

TRACK AND FIELD 2019

April 25, 2019 – April 26, 2019

Athlete Arrival: 8:45 – 9:15 a.m.

Line Up for Parade of Athletes: 9:15 – 9:30 a.m.

LETR & Opening Ceremonies: 9:30 a.m. – 10:00 a.m.

- Complete one registration form per athlete. Athletes planning to attend state games may register for THREE events; Athletes not planning to attend state games may register for TWO events
- Times and measurements must be accurate for athletes to be divisioned correctly. MEASUREMENTS MUST BE IN METERS
- Please have any volunteer groups who desire to help from your school contact the Upper East Area 3 Volunteer Coordinator to register at volunteer@area3sotn.com
- *Registration must be sent via email to registration@area3sotn.com. The deadline for registration, physicals, and releases will be March 29, 2019. **NO LATE ENTRIES** will be accepted. If you have questions/issues with submitting your registration forms by the deadline, please contact us.*
 - *NOTE: email confirmation of registration will be sent to you by April 15, 2019; any corrections must be submitted by April 22, 2019*
- Releases and physicals should be completed and returned only if the athlete is a 1st time participant or if the release and/or physical is expired. For inquiries on physicals/releases, please email registration@area3sotn.com
- Athletes are encouraged to wear Special Olympics t-shirts & gear!
- Bring banner to carry during the parade of athletes. (this is how we identify your team/group) Support signs are also great to display for those cheering in the stands!
- Water will be provided. Be sure to have your ENTIRE group (athletes, teachers, coaches, and assistants) bring a packed lunch
- Coaches, athletes, and teachers are asked to wear nametags. For athletes, please include the athlete's age and the events that he/she will be competing in. This will help at the start line of the events.
- **REMINDER:** Tennis Ball throw is for wheelchair athletes only. The male/female softball throw is designated for non-wheel chair athletes wishing to participate in a ball throw event

For rules: www.specialolympics.org. Click Sports & Games, Overview, and Athletics.

***** BE SURE TO BRING YOUR ATHLETES INFO TO ALL COMPETITIONS *****