

# TRACK AND FIELD

April 29, 2016

Arrival 8:45 – 9:30 a.m.

Opening Ceremonies 9:30 a.m.

- ❖ Complete data entry form and one data entry form per athlete
- ❖ ***Please only register athletes for TWO events.***
- ❖ Remember-Times and measurements must be accurate for athletes to be seeded correctly.  
**MUST BE IN METERS!!!**
- ❖ Please have any volunteer groups who desire to help from your school contact Volunteer Coordinator to register
- ❖ Deadline for **registration, physicals & releases** – **April 1, 2016** - **NO LATE ENTRIES** will be accepted. If you have questions/issues with submitting your registration forms by deadline or would like to verify receipt, please email our Athletes/Physicals Coordinator – Carrie Estes at [cestes0320@yahoo.com](mailto:cestes0320@yahoo.com).
- ❖ Encourage athletes to wear Special Olympics t-shirts
- ❖ Bring banners and signs to display at competition
- ❖ Be sure to have your ENTIRE group (athletes, teachers, and other helpers) bring lunch – only drinks will be provided.
- ❖ Wear nametags - coaches, athletes, and volunteers and include the athlete's age and the events that he/she will be participating in.
- ❖ **REMINDER: Tennis Ball throw is for wheelchair athletes only! The softball throw is designated for non-wheel chair athletes wishing to participate in a ball throw event.**

For rules: [www.specialolympics.org](http://www.specialolympics.org) and click sports and athletics

**BE SURE TO BRING YOUR ATHLETE PHYSICALS TO ALL  
COMPETITIONS**