

2017 Athletics State Games



**Special
Olympics**
South Australia

REGISTRATION FORM

**Athletics Selection Games
Sunday 9th April 2017
Enfield Harriers Club
St Albans Reserve, 4 Chester Ave, Clearview**

Time 9am start until 12pm

SELECTION EVENT FOR NATIONAL GAMES 2018

Please Note: Open to all Special Olympics members and visiting clubs

**General information
Registration at 9am
Warm Up at 9.10 – 9.30am
Events start at 9.30am
BYO Snacks and Drinks**

Entry Fee of \$20.00 each athlete

Payments:

Submit Registration Forms and Payment to your program coordinator or send directly to the Office

EFT Payments

Please send copy of receipt or advise us by email that a deposit has been made.

BSB: 032078

Account Number: 740494

Account Name: Special Olympics Australia – Adelaide South

Reference: Your Name – Athletics

Cheques or Money orders to be made payable to: **Special Olympics SA- Adelaide**

Please post entry form and cheque (entry fee) to:

SOSA – Adelaide Club

Level 1, Bldg 4,

32 – 56 Sir Donald Bradman Drive Mile End SA 5031

Entries close: Friday 31st March 2017 - NO LATE ENTRIES ACCEPTED

Registration Form

To be completed by athlete as an individual or program coach

Club: Athlete's SOMS number:

Athlete's Name:

Age Group:
Circle 12 years & under 13-14 years 15-16 years Open 35 years +

ATHLETICS NOMINATION DETAILS

General information:

Athletes can choose up to a maximum of 4 events. Best performances in each event entered are required for placing athletes in the appropriate division for each event.

Please note: that if there are not enough nominations for each event, then the event will not go ahead.

You must indicate times for each event. The 15% rule will be strictly followed. Please read and sign below.

Track

- | | |
|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> 50M Run | <input type="checkbox"/> 50M Walk |
| <input type="checkbox"/> 100M Run | <input type="checkbox"/> 100M Walk |
| <input type="checkbox"/> 200M Run | <input type="checkbox"/> 400M Walk |
| <input type="checkbox"/> 400M Run | <input type="checkbox"/> 4x50M RELAY |
| <input type="checkbox"/> 800M Run | <input type="checkbox"/> 4x100M RELAY |

Field

- | | | |
|---|--|---|
| <input type="checkbox"/> Softball Throw | <input type="checkbox"/> Discus | <input type="checkbox"/> Long Jump |
| <input type="checkbox"/> Shot Put | <input type="checkbox"/> Turbo Javelin | <input type="checkbox"/> Standing Long Jump |
| <input type="checkbox"/> Fun / Development events | | |

Relay (4 Runners)

Please include a **CURRENT** personal best performance (PB) for each event nominated above

Event	Personal Best (PB)	Event:	Personal Best (PB)
1. _____	_____	4. _____	_____
2. _____	_____	5. _____	_____
3. _____	_____	6. _____	_____

15% RULING

At Special Olympics we think it's important for everyone to have a chance to succeed. To do this we try to make sure you compete with other athletes of similar ability. This means the times of the slowest and fastest swimmers in the race shouldn't be more than 15% apart. If you are in a race and the time you get is 15% faster than the time you put down on this form, you won't be able to win or get a place – you will be disqualified.

So please make sure you put down the correct times above. If you're not sure of your times, or don't have a time, just contact us so we can arrange for you to be timed. You can also speak to your coach or Swimming Coordinator if you have any questions. Please sign below to confirm you understand the 15% ruling.

I, _____, have read and understand the 15% ruling.

Athlete: _____ Date: _____