

TRACK AND FIELD

April 29, 2011

Arrival 8:45-9:15 a.m.
Opening Ceremonies 9:25 a.m.

- ❖ Complete data entry form and one data entry form per athlete
- ❖ 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 8, 2011 - 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 contact our Athletes/Physicals Coordinator – Carrie Estes (943-7380).
- ❖ 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
- ❖ **REMINDER: Tennis Ball throw is for wheelchair athletes only!**

For rules: www.specialolympics.org click sports and athletics

**BE SURE TO BRING YOUR CLASS
NOTEBOOK TO ALL COMPETITIONS**