



# LONG DISTANCE RUNNING ENTRY FORM



AREA #: \_\_\_\_\_

AGENCY: \_\_\_\_\_

Certified Coach Registered with SOGA: \_\_\_\_\_

Phone Number: \_\_\_\_\_

	"P" if Unified Partner	ATHLETE'S LAST NAME	FIRST NAME	M or F	DOB	1 MILE	3K	3K UNIFIED	5K	5K UNIFIED
1						_____ min	_____ min	_____ min	_____ min	_____ min
						_____ sec	_____ sec	_____ sec	_____ sec	_____ sec
2						_____ min	_____ min	_____ min	_____ min	_____ min
						_____ sec	_____ sec	_____ sec	_____ sec	_____ sec
3						_____ min	_____ min	_____ min	_____ min	_____ min
						_____ sec	_____ sec	_____ sec	_____ sec	_____ sec
4						_____ min	_____ min	_____ min	_____ min	_____ min
						_____ sec	_____ sec	_____ sec	_____ sec	_____ sec
5						_____ min	_____ min	_____ min	_____ min	_____ min
						_____ sec	_____ sec	_____ sec	_____ sec	_____ sec
6						_____ min	_____ min	_____ min	_____ min	_____ min
						_____ sec	_____ sec	_____ sec	_____ sec	_____ sec
7						_____ min	_____ min	_____ min	_____ min	_____ min
						_____ sec	_____ sec	_____ sec	_____ sec	_____ sec
8						_____ min	_____ min	_____ min	_____ min	_____ min
						_____ sec	_____ sec	_____ sec	_____ sec	_____ sec

- All 3K's will compete together. All 5K's will compete together.
- Separate awards will be given for traditional and unified divisions. Divisioning will be based on scores provided on this form.
- The Honest Effort Rules will be enforced. (15%)
- 3K is equal to 1.86 miles and 5K is equal to 3.1 miles.
- Athletes may enter two (2) events.