## LONG DISTANCE WALKING ENTRY FORM

## AREA \#:

AGENCY:
Certified Coach Registered with SOGA:
Phone Number:

|  | $\begin{aligned} & \hline \text { "P" if } \\ & \text { Unified } \\ & \text { Partner } \\ & \hline \end{aligned}$ | ATHLETE'S LAST NAME | FIRST NAME | M <br> or <br> F | DOB | 3K | 3K UNIFIED | 5K | 5K UNIFIED | 1 MILE |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 |  |  |  |  |  | $ـ^{\ldots} \begin{gathered} \min \\ \mathrm{sec} \end{gathered}$ |  |  | $L^{Z} \quad \begin{gathered} \text { min } \\ \mathrm{sec} \end{gathered}$ | $\ldots \begin{gathered} \min \\ \mathrm{sec} \end{gathered}$ |
| 2 |  |  |  |  |  | $ـ^{-} \begin{gathered} \min \\ \mathrm{sec} \end{gathered}$ | $\__{\mathrm{sec}}^{\mathrm{min}}$ | $\_^{\ldots} \begin{gathered} \min \\ \mathrm{sec} \end{gathered}$ | $\_^{\min }$ | $-\begin{gathered} \min \\ \sec \end{gathered}$ |
| 3 |  |  |  |  |  | $\_^{\min }$ | $\__{\sec }^{\min }$ | $\__{\mathrm{sec}}$ | $\_^{\min }$ | $-\begin{gathered} \min \\ \text { sec } \end{gathered}$ |
| 4 |  |  |  |  |  | $\_^{\min } \begin{gathered} \mathrm{sec} \end{gathered}$ | $-{ }_{\min }^{\sec }$ | $\__{\mathrm{sec}}^{\mathrm{min}}$ | $\text { _ }{ }_{\mathrm{sec}}^{\mathrm{min}}$ | $\text { _ } \begin{gathered} \min \\ \sec \end{gathered}$ |
| 5 |  |  |  |  |  | $Z_{\sec }^{\min }$ | $-{ }_{\min }$ | $—_{\mathrm{sec}}^{\min }$ | $-{ }_{\mathrm{min}}^{\mathrm{sec}}$ | $-\begin{gathered} \min \\ \sec \end{gathered}$ |
| 6 |  |  |  |  |  | $\left[\begin{array}{l}\text { min } \\ \sec \end{array}\right.$ | $-{ }_{\min }^{\sec }$ | $—_{\mathrm{sec}}^{\mathrm{min}}$ | $-{ }_{\mathrm{min}}^{\mathrm{sec}}$ | $-\begin{gathered} \min \\ \sec \end{gathered}$ |
| 7 |  |  |  |  |  |  | $-{ }_{\mathrm{min}}^{\mathrm{sec}}$ | $—_{\mathrm{sec}}^{\mathrm{min}}$ | $-\begin{aligned} & \min \\ & s e c \end{aligned}$ | $-\begin{gathered} \min \\ \mathrm{sec} \end{gathered}$ |
| 8 |  |  |  |  |  | $\_^{\min } \begin{gathered} \mathrm{sec} \end{gathered}$ | $\__{\mathrm{sec}}^{\mathrm{min}}$ | $—_{\mathrm{sec}}^{\min }$ | $—_{\mathrm{sec}}^{\min }$ | $\begin{gathered} \min \\ \mathrm{sec} \end{gathered}$ |

- 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. ( $15 \%$ )
- 3 K is equal to 1.86 miles and 5 K is equal to 3.1 miles.
- Athletes may enter two (2) events.
- This is not Race-Walking, this is Fitness Walking Athletes will be disqualified for running during any part of their event.

