



LONG DISTANCE WALKING 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	3K		5K		1 MILE	
						min	sec	min	sec	min	sec
1						_____ min	_____ sec	_____ min	_____ sec	_____ min	_____ sec
2						_____ min	_____ sec	_____ min	_____ sec	_____ min	_____ sec
3						_____ min	_____ sec	_____ min	_____ sec	_____ min	_____ sec
4						_____ min	_____ sec	_____ min	_____ sec	_____ min	_____ sec
5						_____ min	_____ sec	_____ min	_____ sec	_____ min	_____ sec
6						_____ min	_____ sec	_____ min	_____ sec	_____ min	_____ sec
7						_____ min	_____ sec	_____ min	_____ sec	_____ min	_____ sec
8						_____ min	_____ sec	_____ min	_____ sec	_____ min	_____ 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.
- This is not Race-Walking, this is Fitness Walking Athletes will be disqualified for running during any part of their event.