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	3K UNIFIED	5K	5K UNIFIED	1 MILE
1						min sec	min sec	min sec	min sec	min sec
2						min sec	min sec	min sec	min sec	min sec
3						min sec	min sec	min sec	min sec	min sec
4						min sec	min sec	min sec	min sec	min sec
5						min sec	min sec	min sec	min sec	min sec
6						min sec	min sec	min sec	min sec	min sec
7						min sec	min sec	min sec	min sec	min sec
8						min sec	min sec	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.