



2019 TRACK AND FIELD REGISTRATION FORM

It is important to fill out this form completely! We need accurate information about our athletes, the tournaments in which they'll compete, and contact information so that we can reach people in advance of a practice if necessary. If you have any questions, please contact head coach Marcie Padgett at mpadgett@ci.apple-valley.mn.us or (952) 953-2312

PARTICIPANT INFORMATION (INCLUDE **ALL** THE INFORMATION BELOW)

First Name: _____ Last Name: _____ Birthday ____ / ____ / ____

Address: _____ City/Zip: _____

Home Phone: _____ Cell Phone: _____

Contact 1: _____ Contact 2: _____

Contact 1 Cell: _____ Contact 2 Cell: _____

COMPETITION INFORMATION

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- I plan to attend the Area Track and Field meet on **Sunday, May 5, 2019** at Irondale High School in New Brighton, knowing it doesn't matter what sport I choose to compete at state.
- I plan to compete in **Track and Field at the State Competition, Friday-Sunday, JUNE 21, 22, and 23** at the University of St. Thomas, and **am enclosing the \$25.00 state registration fee.** (Checks made to South Region Stars)

EVENT INFORMATION

You can choose up to three individual events and you can add one relay. Return this form at the first practice or mail to Marcie Padgett, 8665 Hadley Avenue, Cottage Grove, MN 55016 by **March 15.**

| TRACK EVENTS | | | FIELD EVENTS | |
|----------------------|-----------------------|-------------------------------|--------------------|---|
| Runs | Walks | Wheelchair Events | Softball Throw ■ ■ | <p>Shot Put ■</p> <p>Tennis Ball Throw ■</p> <p>Standing Log Jump ■</p> <p>Running Long Jump ■</p> <hr/> <p>■ If you can throw more than 15M, don't enter!!</p> <p>■ Choose ONE: softball throw, tennis ball throw OR shot put.</p> <p>■ You cannot do both long jumps – choose ONE!</p> |
| 25M Run | 25M Walk | 25M Wheelchair | | |
| 50M Run | 50M Walk | 50M Wheelchair | | |
| 100M Run | 100M Walk | 100M Wheelchair | | |
| 200M Run | 200M Walk | Motorized Wheelchair | | |
| 400M Run | 400M Walk | 30M Motorized Slalom | | |
| 800M Run | 800M Walk | 50M Motorized Slalom | | |
| 1,500M Run | 1,500M Walk | 25M Motorized Obstacle | | |
| Assisted Runs | Assisted Walks | Relays (Pick ONE only) | | |
| 25M Dash | 25M Asst Walk | 4x100M Relay | | |
| 50M Dash | 50M Asst Walk | 4x100M Unified Relay | | |