

ATHLETICS (T&F)

To Enter Athletes in Athletics for Summer Games, you must submit:

- * Coach's Card
- * 2010 SG Registration Form
- * Summer Games Relay Form

Athlete entries (**except Relay Entries**) & Med/Release forms have been submitted to SOOK by the Area T&F Competition Director where your Team competed in T&F

Submit **SG T&F Relay** entry only

Check out the following pages for 2010 T&F Info. & Schedule

Remember your Celebration Night Reservation Form if you plan to attend

COACHES

Turbo Jav will be held on Wednesday at the SBT venue.

Athletes competing in the Turbo Jav will **NOT** be able to compete in Softball Throw.

Shot Put - ALL shot put competition will be held on Thursday of the Games.

Remember – Track events have priority over Field events. Get athletes to their track event – pull them from awards if necessary – and get them to their Field event – then go back to Track for award.

TRACK & FIELD – RULE ENFORCEMENTS

Coach's Certification is required for coaches to enter athletes in Aquatics or T&F at Area or State level competitions. Thank you for your commitment & for working with us to provide the highest standard of training & sports opportunities to your athletes.

At your Area Track & Field competition, Area Games Committees will be enforcing the following rules more strictly – and these rules will also be enforced @ Summer Games. Please read them and work with your athletes to prepare them to meet these rules for competition. Thank you for your help.

1. If an athlete shows up late and misses his/her heat in an event, even if the athlete is eventually allowed to compete, the athlete will receive a Participation Ribbon. Coaches are encouraged to keep the Track schedule on hand and make sure athletes are staged at their events on time.

2. Proper competition clothing and footwear must be worn for competition. If an athlete does not want to compete in shorts, they should be in sweat pants or athletic pants. Jeans, slacks, boots and street shoes are not acceptable competition wear. Athletes will no longer be allowed to compete unless they are dressed appropriately.

** Athletes in wheelchairs are exempt from this rule.*

3. Starters at the Track will use pistols to start dashes, walks & runs 100M in length & longer. Please let your athletes know and prepare them as best you can in practice.

Coaches – We thank you for your time & effort in training your athletes and preparing them to observe these rules. Our Staff, Games Committees, Athletics Sport Director & Board of Directors are determined, like you, to offer the highest level of competition to our athletes. Thanks to your continued commitment to your athletes, we have seen improvement in the abilities of your athletes at competitions. Keep up the outstanding work!

