



TRACK MEET ENTRY FORM

Check Which Track Meet(s) Entering

March 4, 2023 S4EA Preliminary Track Meet 9:00am at Sweetwater High School-2900 Highland Ave, NC 91950

April 22, 2023 Monique Henderson Inv S4EA Final Track Meet 9:00am at Sweetwater HS-2900 Highland Ave, NC 91950

Team Name: _____ Head Coach: _____

Phone: H (____) _____ - _____ W (____) _____ - _____ C (____) _____ - _____ Email: _____

Address: _____ City: _____ Zip: _____

PLEASE PRINT ATHLETE NAMES ALPHABETICALLY BY LAST NAME

ATHLETE NAME	M/F	BIRTHDATE OR AGE	SEIZ Y/N	EVENT #1	TIME/DISTANCE	EVENT #2	TIME/DISTANCE	EVENT #3	TIME/DISTANCE
1)									
2)									
3)									
4)									
5)									
6)									
7)									
8)									
9)									
10)									

OFFERED EVENTS: Athletes may enter 3 events plus a relay. Please enter times in MIN:SEC.HUN and distances in METERS.CENTIMETERS

Regular Events

50 – 50 Meter Run
 100 – 100 Meter Run
 200 – 200 Meter Run
 400 – 400 Meter Run
 MILE – 1 Mile Run
 RLJ – Running Long Jump
 SP – Shot Put

Modified Events

10 – 10 Meter Run
 25 – 25 Meter Run
 10WK – 10 Meter Walk
 25WK – 25 Meter Walk
 50WK – 50 Meter Walk
 SLJ – Standing Long Jump
 SBT – Softball Throw
 TBT – Tennis Ball Throw

Wheelchair/Gait Trainer/Walker Events

10GTW – 10 Meter Gait Trainer/Walker
 25GTW – 25 Meter Gait Trainer/Walker
 10WC – 10 Meter Manual Wheelchair
 25WC – 25 Meter Manual Wheelchair
 50WC – 50 Meter Manual Wheelchair
 30OBST – 30M Power WC Obstacle Course
 30SLAL – 30 Meter Power Wheelchair Slalom
 50SLAL – 50 Meter Power Wheelchair Slalom

RETURN BY FEBRUARY 27, 2023 TO:

Walter Jackson, Executive Director

SPORTS for Exceptional Athletes

8380 Vickers St, Suite E

San Diego, Ca 92111

Phone: 858-565-7432/Fax: 858-496-7309

www.s4ea.org / E-mail: walter@s4ea.org



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Team: _____ Head Coach: _____ Phone: _____

ATHLETE NAME	M/F	BIRTHDATE OR AGE	SEIZ Y/N	EVENT #1	TIME/DISTANCE	EVENT #2	TIME/DISTANCE	EVENT #3	TIME/DISTANCE
11)									
12)									
13)									
14)									
15)									
16)									
17)									
18)									
19)									
20)									

RELAY TEAMS: 4 x 100 Meter Relay (RELAY)

4 X 25 Meter Wheelchair Relay (WC RELAY)

Team 1 _____

Team 2 _____

Team 3 _____

ALT: _____

ALT: _____

ALT: _____

TIME: _____

TIME: _____

TIME: _____