

SPECIAL OLYMPICS HAWAII ALTERNATE TRACK AND FIELD REGISTRATION

DELEGATION NAME: _____ DELEGATION CONTACT NAME: _____

DAYTIME PHONE: _____ E-MAIL: _____

	Name	Relay Event(s)	Individual Training Time	Relay Team Name
1	Last First			
1				
2				
3				
4				
5				
6				

List alternates on this sheet. Primary runners cannot be listed as alternates. A primary runner is someone already listed on a team for that relay. Please indicate if alternate is UNIFIED.

If an athlete is not a primary runner on any relay, they can be an alternate for 2 different relays. If they are a primary runner on 1 relay, they can be listed as an alternate on a different relay event. Example: primary on 4X100 and an alternate on 4X400.

The individual time for this athlete must be listed for the relay they are an alternate for. If an alternate is used(runs) in Area competition, the Area Director will list them as a primary runner at State Games. The team Name **must** be listed.