

Competition Entry Reminders

- Please review the current year's Special Olympics Oregon Aquatics Rules and Guidelines for the complete list of rules and guidelines for the aquatics season.
- Please be sure that each athlete/unified partner listed on the roster has a current medical form or unified partner form on file that is valid through the end of the season.
- Please include all special notes about an athlete (i.e., blind, deaf, wheelchair, outside lane, etc) in the "Notes" column.
- Please indicate any athlete that needs 1:1 supervision by putting an "x" in the "1:1" column with the name of the volunteer who is serving as the athlete's 1:1 chaperone.
- Please make additional copies of this form as needed to register all of your athletes.
- Each athlete may enter 2 individual events and 1 relay (if an athlete is entered into developmental events, he/she can enter 2 individual events but no relay event).
- Official Special Olympics Oregon events offered
 - Developmental events (*see note below about development and cross-over events)
 - 10m assisted swim
 - 15m walk
 - 15m flotation
 - 25m flotation
 - Cross-over event
 - 15m unassisted swim
 - Traditional events
 - 25m backstroke
 - 25m breaststroke
 - 25m butterfly
 - 25m freestyle
 - 50m backstroke
 - 50m breaststroke
 - 50m butterfly
 - 50m freestyle
 - Relay events
 - 100m backstroke
 - 100m breaststroke
 - 100m freestyle
 - 100m individual medley
 - 200m backstroke
 - 200m breaststroke
 - 200m freestyle
 - 200m individual medley
 - 4x25m freestyle relay
 - 4x25m medley relay
 - 4x25m Unified freestyle relay
 - 4x50m freestyle relay
 - 4x50 medley relay
 - 4x50m Unified medley relay
 - 4x100m freestyle relay
- *Athletes who participate in developmental events cannot enter traditional events, with one exception. Athletes can enter the 15m unassisted swim and the 25m freestyle or one additional development event. This "cross-over" rule is to help athletes who are trying to advance beyond developmental events.
- *Athletes may not enter both the 15m unassisted swim and the 10m assisted swim.
- An athlete with Down syndrome shall be restricted from participation in the butterfly events, individual medley events, and may not use diving starts in training or competition, unless he/she has had an x-ray and been found clear of AAI.
- For swimming events record all times minutes : seconds . tenths). Example, if an athlete swims the 100m freestyle in 2 minutes and 32.60 seconds, her time is entered as 2: 32. 60
- Relay events
 - Only 5 names may be entered on a traditional relay team (4 primary athletes and 1 alternate).
 - For Unified relay teams, up to 6 names may be listed. A minimum of 2 athletes and 2 partners and maximum of 3 athletes and 3 partners may be listed (allows for 1 athlete alternate and 1 partner alternate).
 - Individuals may only be listed on 1 relay team.
 - An alternate may be listed for only 1 relay team.

Athlete/Unified Partner Roster

Name	Notes	Needs 1:1	UP	Event 1	Event 1 time			Event 2	Event 2 time			Relay team number
					Min	Sec	Tenths		Min	Sec	Tenths	

Relay Entries

Relay team number	Relay team name	Relay event	Team time		
			Min	Sec	Tenths
1					
2					
3					
4					
5					
6					
7					
8					