



Form 5
Adaptive Sports USA 2019 Junior Nationals™
Track Relay Form



Return this form via email to jessie.cloy@adaptivesportsusa.org or hand it in during onsite registration no later than 3:00pm on Tuesday, July 16.

This form is to be completed by the Head Coach **only** from each team. Refer to the Relay Points matrix. Include Relay Team name(s), if applicable. Please put names in race order.

Athletes do not need to qualify as a team but all members of the relay team must meet the standard for the distance they are running per the ATFUSA standards for age and class. For team relays, 3 of the 4 members of the relay team must be from the same team. The 4th member of the relay team may be an independent or may be from another team. For independent relays, 3 of the 4 members of the relay team must be from the same region: East, Central, or West. The 4th member of the relay team may come from a team or another region. Independent relays do not earn team points for team awards.

Each athlete may enter no more than 2 relays and may not run the identical relay (ie: same gender, distance, point value) twice.

The Universal 4 x 100m Relay must consist of 2 male and 2 female athletes with a maximum of 2 athletes from the following Sports Classes: T13, T46/47, T38, T54. The remaining athletes must be: T11-12, T42-45, T61-64, T35-37, T51-53. The running order must be:

First Leg T11-13 Second Leg T42 – 47, T61 - 64 Third Leg T35 -38 Fourth Leg T33 - 34, T51- 54

POINT SYSTEM FOR RELAYS

Wheelchair Classes

Age Category	Classification		
	T33	T34	T54
U11	1	2	3
U14	2	4	6
U17	3	6	9
U20/U23	4	8	12

Ambulatory Classes

Age Category	Classification			
	T31*/32*/35	T36	T37/38	T11
U11	1	2	3	4
U14	2	4	6	8
U17	3	6	9	12
U20/U23	4	8	12	16

*If a T31 or a T32 athlete is in your relay, this athlete must run the final leg of the relay.

Team Name: _____ **Coach:** _____

Relay 1: Male Female Mixed Gender / Wheelchair Ambulatory Universal

4 x 100m 10 pt. 20 pt. 30 pt. 40 pt. (ambulatory) 50 pt. (ambulatory) Universal

4 x 400m 30 pt. 40 pt. 50 pt. (ambulatory)

800m Medley 30 pt. 40 pt. 50 pt. (ambulatory)

Athlete Name	Class	Age Division	Gender	Points
			TOTAL POINTS	

Relay 2: Male Female Mixed Gender / Wheelchair Ambulatory Universal

