2020 SONM VIRTUAL GAMES

Individual Entry Form and Scoresheet

Special Olympics New Mexico

Athlete Information

Form must be completed in its entirety - All FIELDS ARE REQUIRED

First Name:	*Last Name:*	
Date of Birth:	*Gender (male/Female):*	
Email:	*Phone:*	
Street Address:		
City:	*State: New Mexico*	*Postal Code:*

Tee Shirt Size: *place an X on your size*	*Small*	*Medium*	*Large*	*X-Large*	*XX-Large*	*XXX-Large*	(Adult Sizes Only)

Official Events

Please review "The Event Descriptions Page" For details about recording, set-up and proper form

General Fitness Events

☐ Push Ups	☐	*Number of Push Ups in 60 Seconds*
☐ Sit Ups	☐	*Number of Sit Ups in 60 Seconds*
☐ Planking	☐	*How long you hold a plank*
☐ Air Squats	☐	*Number of Air Squats in 2 minutes*
☐ Jumping Jacks	☐	*Number of Jumping Jacks in 2 minutes*
☐ Hula Hoop	☐	*Record time*
☐ Frisbee Throw	Feet ☐	Inches ☐

Volleyball Events

☐ Setting	☐	*Number of self sets in 60 Seconds*
☐ Bumping	☐	*Number of self bumps in 60 Seconds*
☐ Balloon Volley	☐	*How long can you keep the balloon up*

Bocce Event

☐ Closest to the Palina	☐	See Event Description

Softball Event

☐ 60' Throw for Accuracy	☐	See Event Description

Athletics Events

	Minutes	Seconds	
☐ 25 M Walk	:	.	
☐ 25 M Run	:	.	
☐ 25 M Roll	:	.	
☐ 50 M Walk	:	.	
☐ 50 M Run	:	.	
☐ 50 M Roll	:	.	
☐ 100 M Walk	:	.	
☐ 100 M Run	:	.	
☐ 100 M Roll	:	.	
☐ 200 M Run	:	.	
☐ 200 M Walk	:	.	
☐ 200 M Roll	:	.	
☐ 3000 M (3K) Walk	:	.	

	Feet	Inches
☐ Softball Throw		
☐ Tennis Ball Throw		
☐ Standing Long Jump		