

ASAA Cross Country PARA & GUIDE REGISTRATION FORM

In order to register an athlete for the Para event at ASAA Cross Country Provincial Championships, coaches must:

1. Register the student in the ASAA SRS
2. Register the student through their zone
3. Complete this form and send it to shanna@asaa.ca and the Zone Secretary

Last Name: _____	First Name: _____
School Attending: _____	Association: _____
Grade: _____	Gender: _____
Contact # (School) _____	Coaches Name _____
_____	Contact # (Cell) _____
_____	_____

Disability Category Information Chart:

Please use the chart below to determine which classification is most appropriate for the student you are registering.

Classification	Definition	Associated classification #
Intellectual disability	Athletes with an IQ of 75 or less – able to compete without race assistance	T20
Visually Impaired	Athletes with: <ul style="list-style-type: none"> - No vision - Very limited vision - Limited vision 	T11 T12 T13
Ambulatory	Athletes who compete standing up: <ul style="list-style-type: none"> - Athletes with CP, brain injuries and/or neurological disorders - Loss or limited use of lower limbs - Loss or limited use of upper limbs 	(In each category, the higher the number the higher the function) T35 – 38 T42 - 44 T45 - 47

Disability Category:

Please check one (refer to the above chart for classification information. If more clarification is needed, please visit <http://www.asaa.ca/sports/para-sport/para-cross-country> or e-mail shanna@asaa.ca)

X	Category	Approximate T classification	Additional Information
	Intellectual Disability	T20	
	Visually Impaired	T11-13	
	Ambulatory	T35-38, 42-44, 45-47	

Guide Information:

Will the athlete be using a guide during competition? (**note: guides are only allowed for athletes who are registered in the visually impaired classification. Visually impaired athletes must fit with the Athletics Canada guidelines for this classification- NO EXCEPTIONS**)

Yes No (please circle one)

Guide's Name: _____ Age: _____

Please Note: **Visually impaired athletes must provide their own guide.**

Safety Standard: For safety and logistical purposes, Para athletes need to be able to finish a 2km distance in a maximum time of 28-30 minutes.

Please list the best time for a 2km distance for your athlete: _____ minutes

Coaches Name: _____

Coaches Signature: _____ Date: _____

Please send all completed forms to shanna@asaa.ca and your Zone Secretary

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Information for ASAA Race Announcements during the event: Please brag about your athlete!!

Please List your Athletes Previous Race Experience and accomplishments: _____
