



# Special Olympics Minnesota Area 1 Swimming

## Facts at a Glance

<b>DATE:</b>	Thursday, March 21 <sup>st</sup> , 2019
<b>SPORT:</b>	Swimming
<b>LOCATION:</b>	Franklin Middle School Pool 300 Spruce Ave South Thief River Falls, MN 56701
<b>FACILITY/PARKING:</b>	Parking is available in lot in front of the school.
<b>REGISTRATION:</b>	Registration will be open until <b>midnight Wednesday, March 6<sup>th</sup></b> On-line registration! Web site: <a href="https://services.specialolympicsminnesota.org">https://services.specialolympicsminnesota.org</a> The registration web site can be accessed via HOD Resources on the following web site as well: <a href="https://specialolympicsminnesota.org">specialolympicsminnesota.org</a> . If you have any other questions regarding registration, please contact Dani Druse at <a href="mailto:dani.druse@somn.org">dani.druse@somn.org</a> or 763.270.7193.
<b>RULES:</b>	This competition shall be conducted in accordance with Special Olympics rules and guidelines outlined in the Special Olympics Minnesota Handbook for this sport.

### Sport Specific Guidelines – Swimming:

1. Athletes may enter three individual events and one relay.
2. The tentative order of events run as listed below. **\*\*Changes may be necessary depending on registration.\*\***
3. Unified Relay Teams: all Unified Relay Teams must compete as a relay at the area competition. Substitutions for Unified Partners will not be allowed at the State Competition.
4. The 15M Walk & 30M Walk will not be offered at the State Competition and will be done cross-pool.
5. Dive Starts are not allowed.
6. One hand touch (turns and finishes) for freestyle and backstroke
7. Two hand touch (turns and finishes) for breaststroke and butterfly
8. Relays- each athlete must touch the wall to indicate the next athlete can go. It is not a hand-to-hand touch relay.
9. Start commands:
  - a. "name of race" (ie. 15 meter float)
  - b. "swimmers take your mark"
  - c. "beep"

## Tentative Schedule

### GENERAL SCHEDULE

9:30 a.m	Delegation Check-in and Registration; Warm-up: In the pool. Lifeguard must be present.
10:00 a.m.	Coaches Meeting - Location TBD
10:15 a.m.	Opening Ceremonies – Pool deck
10:30 a.m.	Competition Begins – Lunch and awards follow competition.

### Order of Events:

15M Walk (Area Event Only)

15M Freestyle Swim

15M Flotation

15M Assisted Swim

30M Walk (Area Event Only)

30M Freestyle Swim

30M Flotation

30M Assisted Swim

*(Put in Lane Lines)*

200 M Backstroke

400M Freestyle

25M Flotation

25M Assisted Swim

25M Freestyle

25M Breaststroke

25M Butterfly

50M Butterfly

100M Butterfly

100M Freestyle

50M Flotation

50M Backstroke

200M Freestyle

50M Freestyle

50M Breaststroke

100M Breaststroke

100M Individual Medley

25M Backstroke

100M Backstroke

4x25M Freestyle Relay

4x25M Unified Freestyle Relay

4x50M Freestyle Relay

4x50M Unified Freestyle Relay

Lunch will be provided for Athletes, Partners, and Coaches.

Awards will take place in the adjacent gymnasium after the competition.