



Special Olympics Minnesota Area 2 Swimming

Facts at a Glance

DATE:	Friday, April 26 th 2019
SPORT:	Swimming
LOCATION:	Bemidji High School Pool - 2900 Division Street - Bemidji, MN 56601
FACILITY/PARKING:	Parking is available in lot in front of the school.
REGISTRATION:	Registration will be open until midnight Thursday, April 11th . On-line registration! Web site: https://services.specialolympicsminnesota.org The registration web site can be accessed via HOD Resources on the following web site as well: specialolympicsminnesota.org . If you have any other questions regarding registration, please contact Dani Druse at dani.druse@somn.org or 763-270-7193.
RULES:	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. Only coaches, athletes and volunteers are allowed on the pool deck. Spectators will not be allowed on the pool deck. There is a viewing area for all spectators up in the balcony.
3. The tentative order of events run as listed below. Changes may be necessary depending on registration.
4. 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.
5. The 15M Walk will not be offered at the State Competition and will be done cross-pool.
6. Dive Starts are NOT allowed.
7. One hand touch (turns and finishes) for freestyle and backstroke. 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

- 8:30 a.m. Delegation Check-in and Registration; Warm-up: In the pool. Lifeguard must be present.
- 8:45 a.m. Coaches Meeting - Location TBD
- 9:00 a.m. Opening Ceremonies – Pool Deck
- 9:30 a.m. Competition Begins
- 11:30 a.m. 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)
4x25M Unified Freestyle Relay
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 Assist Swim
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.