



Special Olympics Minnesota Area 2 Track & Field

Facts at a Glance

DATE:	Thursday, May 9 th 2019
SPORT:	Track & Field
LOCATION:	Bemidji High School Track 2900 Division Street Bemidji, MN 56601 Phone: (218) 444-1600
REGISTRATION:	Registration will be open until midnight on Wednesday, April 24th! On-line registration! Web site: https://services.specialolympicsminnesota.org The registration website can be accessed via HOD Resources on the following website as well: specialolympicsminnesota.org Please contact Dani Druse with any questions/problems (763)-270-7193 at dani.druse@somn.org .
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 for Track & Field:

- An athlete can enter up to a total of four events, as follows: 3 individual events and 1 relay –OR– 2 individual events and 2 relays.
- As defined in the SOI Summer Sports Rules, the softball and tennis ball throw are developmental events designed to provide meaningful competition for athletes with lower abilities. Due to the large volume of athletes registered for these events who do not fit their intent and the resulting event management issues, athletes with qualifying scores of 15M and above will not be eligible to register for these events.
- Athletes may enter only one of the following events: shot put, softball throw or tennis ball throw.
- Athletes may enter only one of the following events: running long jump or standing long jump.
- Coaches' Certification will be enforced at this event. Please make sure you have the correct amount of certified coaches for the number of athletes your team plans to bring to this event.

Tentative Schedule

8:30-9:30 am	Delegation Registration
9:00 am	Coaches Meeting-Location TBD
9:15 am	Staging for Opening Ceremonies
9:30 am	Opening Ceremonies
10:00 am	Competition Begins
12:00 p.m. – 2:00 pm	Lunch will be served
After each event	Awards will be presented

Events Offered

1500M Walk	50M Dash
1500M Run	50M Physically Assisted DASH
10M Device Assistance	100M Walk
10M Physical Assistance	100M Dash
25M Wheelchair Race	100M Wheelchair Race
25M Motorized Wheelchair Obstacle	100M Motorized Wheelchair Race
25M Walk	400M Walk
25M Device Assistance	400M Run
25M Physically Assisted DASH	200M Run
25M Dash	200M Walk
30M Motorized Wheelchair Slalom	800M Walk
30M Wheelchair Slalom	800M Run
50M Motorized Wheelchair Slalom	4x100 Relay
50M Wheelchair Slalom	4x100 Unified Relay
50M Wheelchair Race	1500M Run
50M Motorized Wheelchair Race	
50M Walk	

FIELD EVENTS: (cafeteria style)

10:00-12:00pm North of Track

Standing Long Jump
Running Long Jump
Softball Throw
Tennis Ball Throw
Shot Put