



Special Olympics Minnesota Area 4 Swimming

Facts at a Glance

DATE:	Friday, May 3 rd
SPORT:	Swimming
LOCATION:	Discovery Middle School, 510 McKay Ave., Alexandria MN
FACILITY/PARKING:	Parking is available in lot in front of the school.
REGISTRATION:	Registration will be open until midnight April 19th ! On-line registration! Web site: https://services.specialolympicsminnesota.org The registration web site can be accessed via Resources on the following web site as well: specialolympicsminnesota.org All paperwork will be due by midnight on April 26th .
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:

Aquatics

1. Athletes may enter three individual events and one relay.
2. The order of events run at the competition will be based on registrations.
3. **Unified Relay Teams: Please see the Handbook for new relay substitution rules.**
4. The 15M Walk will not be offered at the State Competition.
5. Dive starts are not allowed.
6. We will once again be swimming the traditional way in the pool so that times earned at Area are accurate for State divisioning.
7. If you have athletes in the flotation races, the flotation device must be of the body wrap around type such that if the athlete were to not be able to hold on to the device, the device would still support the athlete with the face out of the water (flotation devices such as aqua joggers or other waist belts, kickboards, inner tubes or floats that wrap around the arms are not acceptable). Athletes with an unapproved flotation device will not be allowed to participate.

50, 100, 200 and 400 meter freestyle

50, 100 and 200 meter backstroke

50 and 100 meter breaststroke

50 and 100 meter butterfly

100 meter individual medley

4 x 25 and 4 x 50 freestyle relay

4 x 25 and 4 x 50 unified relay

The following provide meaningful competition for athletes with lower ability levels:

25 meter freestyle

25 meter breaststroke

25 meter backstroke

25 meter butterfly

15 meter walk

15, 25 and 50 meter flotation

15, 25, and 50 meter assisted swim

15 meter freestyle

Tentative Schedule

GENERAL SCHEDULE

5:15 p.m.	Delegation Check-in
5:30 p.m.	Coaches Meeting - Location TBD
5:45 p.m.	Opening Ceremonies
6:00 p.m.	Competition Begins

Dinner and awards will take place in the Cafeteria after the competition.