



Special Olympics Minnesota Area 4 Track & Field

Facts at a Glance

DATE:	Wednesday, May 15th
SPORT:	Athletics
LOCATION:	Moorhead High School 2300 4 th Ave. S Moorhead, MN 56560
FACILITY/PARKING:	More parking details to come.
REGISTRATION:	Registration will be open until midnight on May 1st ! 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 May 8th!
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:

Athletics

- Athletes may enter up to a total of four events, **AS FOLLOWS:** three individual events and one relay **OR** two individual events and two relays, **OR** the Pentathlon only.
- 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. Athletes with qualifying scores of 15M and above in either the tennis ball or softball throw will need to move up to the next level. i.e.: tennis ball moves to softball, softball moves to shot put.
- 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.

- Please see the handbook for new relay substitution rules.

-Any Medical/Consent Forms must be in to the State Office by the Errors and Exceptions deadline or the athlete will not be able to compete. **NO Medical or Consent forms will be accepted after May 8th for this competition.**

Event List

Track Events

10M Walk (Physical Assistance and Device Assistance)

25M Dash

25M Dash- Physical Assistance

25M Walk

25M Walk (Physical Assistance and Device Assistance)

50M Run

50M Run- Physical Assistance

50M Walk

50M Walk (Physical Assistance and Device Assistance)

100M Run

100M Walk

200M Run

400M Run

400M Walk

800M Run

800M Walk

1500M Run

1500M Walk

4x100M Traditional Relay

4x100M Unified Relay

Pentathlon (100M Run, Long Jump, Shot Put, High Jump, 400M Run)

Wheelchair Events

10M Wheelchair

25M Wheelchair

25M Motorized Wheelchair

25M Motorized Wheelchair Obstacle Course

30M Wheelchair Slalom

30M Motorized Wheelchair Slalom

50M Wheelchair

50M Motorized Wheelchair

50M Wheelchair Slalom

50M Motorized Wheelchair Slalom

100M Wheelchair

Field Events

High Jump

Running Long Jump

Shot Put

Standing Long Jump

Tennis Ball Throw

Softball Throw

Tentative Schedule

GENERAL SCHEDULE

8:30 a.m	Delegation Registration
9:30 a.m.	Coaches Meeting-Location TBD
10:00 a.m.	Opening Ceremonies
10:30 a.m.	Competition Begins
11:30 a.m.	Lunch will be served
	Awards will be presented as races and results are completed