



Special Olympics Minnesota Area 5 Track & Field

Facts at a Glance

DATE:	Wednesday, May 8 th
SPORT:	Athletics
LOCATION:	Pillager Track 323 E 2 nd St. South Pillager, MN 56473
REGISTRATION:	Registration will be open until midnight on April 24th 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 **three** individual events and one relay.
- 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.

Event List

Track Events (in no particular order)

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 (in no particular order)

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

*Reminder: Track events take priority over Field events. Please have athletes do their Field events in between Track events.

Tentative Schedule

GENERAL SCHEDULE

9:00 a.m.	Delegation Registration
9:45 a.m.	Coaches Meeting-Location TBD
10:00 a.m.	Opening Ceremonies
10:30 a.m.	Competition Begins
	Bring your own lunch
	Awards will be presented as races and results are completed