



# Special Olympics Minnesota Area 5 Swimming

## Facts at a Glance

<b>DATE:</b>	Wednesday, April 1 <sup>st</sup>
<b>SPORT:</b>	Swimming
<b>LOCATION:</b>	Little Falls Middle School, 1001 5 <sup>th</sup> Ave. SE., Little Falls, MN
<b>FACILITY/PARKING:</b>	Parking is available in lot near the school.
<b>REGISTRATION:</b>	Registration will be open until <b>midnight March 18<sup>th</sup></b> ! On-line registration! Web site: <a href="https://services.specialolympicsminnesota.org">https://services.specialolympicsminnesota.org</a> The registration web site can be accessed via Resources on the following web site as well: <a href="https://specialolympicsminnesota.org">specialolympicsminnesota.org</a>  All paperwork will be due by <b>midnight on March 25<sup>th</sup></b> .
<b>RULES:</b>	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 two 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. Coaches and Athletes- Please bring pool shoes. Street shoes are not allowed on the pool deck.
7. Parents and friends are encouraged to come, however they will not be allowed on the pool deck. All spectators must stay in the bleacher area.
8. If you have athletes in a flotation race, 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). Flotation device must be U.S. Coast Guard approved. Athletes with an unapproved flotation device will not be allowed to participate.

## Event List

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

9:15 a.m.	Delegation Check-in
9:30 a.m.	Coaches Meeting - Location TBD
9:45 a.m.	Opening Ceremonies
10:00 a.m.	Competition Begins

Awards held after each event.

Lunch is on your own.