



# Special Olympics Minnesota Area 3 Track and Field

## Facts at a Glance

**DATE:** Saturday, May 18, 2019

**SPORT:** Track & Field

**LOCATION:** Cloquet High School Track  
1000 – 18<sup>th</sup> Street  
Cloquet, MN 55720

### REGISTRATION:

- Registration will be open until **midnight on Sunday, May 5th!**
- Online Registration Website: <https://services.specialolympicsminnesota.org>
- The registration website can also be accessed via HOD Resources on the following website: [specialolympicsminnesota.org](https://specialolympicsminnesota.org)
- If you need your username or password, please contact your HOD.
- If you have any other questions regarding registration, please contact Dani Druse at [dani.druse@somn.org](mailto:dani.druse@somn.org) or 763-270-7193.

**RULES:** This competition shall be conducted in accordance with Special Olympics rules and guidelines as outlined in the Special Olympics Minnesota Handbook for this sport.

**SPORT SPECIFIC GUIDELINES – TRACK & FIELD:**

- An athlete can enter up to four events total, using one of the following combinations: 3 individual events and 1 relay, OR 2 individual events and 2 relays, OR the Pentathlon and 1 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 for either the tennis ball throw or the softball throw may not compete in these events.
- Athletes may enter only (1) one of the following events: shot put, softball throw or tennis ball throw.
- Athletes may enter only (1) one of the following events: running long jump or standing long jump.
- In the long jump, an athlete must be able to jump at least 1-meter, which is the minimum distance between the take-off board and the sand pit.
- In the high jump, please note that minimum height needed to clear for a valid jump is 1-meter. Please also note that athletes must take-off from one foot while jumping to avoid disqualification.
- Please see the Special Olympics Minnesota Track & Field Handbook for more rules and guidelines.

**TENTATIVE EVENT LIST/ORDER:**

**\*\*Please note that this order of events is subject to change based on registration. \*\***

East Side Track Events (Grand Stand Side):

10M Walk - Devise Assisted  
 10M Walk - Physical Assisted  
 10M Wheelchair Race  
 25M Motorized Wheelchair Obstacle Course  
 25M Motorized Wheelchair Race  
 25M Wheelchair Race  
 25M Walk - Devise Assisted  
 25M Walk - Physical Assisted  
 25M Walk  
 25M Dash  
 25M Dash - Physically Assisted  
 30M Wheelchair Slalom  
 30M Motorized Wheelchair Slalom  
 50M Wheelchair Slalom  
 50M Motorized Wheelchair Slalom  
 50M Wheelchair Race  
 50M Motorized Wheelchair Race  
 50M Walk  
 50M Walk - Devise Assisted  
 50M Walk - Physical Assisted  
 50M Dash - Physically Assisted  
 100M Wheelchair Race

## 100M Motorized Wheelchair Race

100M Walk  
 50M Dash  
 100M Run  
 1500M Walk  
 1500M Run  
 400M Walk  
 400M Run  
 200 M Run  
 200 M Walk  
 800 M Walk  
 800 M Run  
 4 x 100 M Relay  
 4x100M Unified Relay

Field Events:

Standing Long Jump  
 Running Long Jump  
 Tennis Ball Throw  
 Softball Throw  
 Shot Put Female: 2.72kg/6lbs  
 Shot Put Male: 4kg/8.13lbs

## Tentative Schedule

### GENERAL SCHEDULE

7:00 a.m.	5K (5000M) Run**
8:00 a.m. – 8:30 a.m.	Delegation Registration – Outside at track if weather permits
8:00 a.m. – 9:20 a.m.	Team Pictures – Outside on track if weather permits
8:30 a.m.	Coaches Meeting – Outside at track if weather permits
9:15 a.m.	Staging for Opening Ceremonies
9:30 a.m.	Opening Ceremonies
10:00 a.m.	Competition Begins
10:30 a.m. – 2:00 p.m.	Field Events (Cafeteria Style)
11:00 a.m. – 1:00 p.m.	Lunch – Served inside at the school cafeteria
Ongoing	Awards – Available in packets for pick up if inclement weather

### SCHEDULE NOTES:

- **Team Registration** and the Coaches Meeting will be held outside at the track if weather permits. If not, they will be held inside in the school cafeteria. Please be prepared to bring your scratches and subs to the coaches meeting.
- **Team Pictures:**
  - Weather permitting, team pictures will take place outside on the track.
  - **Time slots are available in 10 minute increments from 8:00am-9:10am. Please contact Dani with your first and second choice as soon as possible.**
  - Please have your full team ready to go at your scheduled time!
- **Awards:**
  - If weather permits, awards for all track events will be presented at the awards area located at the south side of the bleachers. More specific details to follow.
  - Awards for field events will be mailed to the HOD following the competition.
  - In the event of inclement weather, no awards will be presented at the competition. Ribbons will be prepared as time allows, and those that are completed can be picked up at the end of the competition.
- **Field Events – Tentative Schedule:**
  - Ball Throws and Shot Put 10:00am-12:00pm
    - Please note that the start time for these events is immediately.
    - The Shot Put event will take place at the discus vectors. There will be two vectors with rings and kick plates.
  - Long Jumps 10:00am-2:00pm
- \*\*If you are available to serve as a Course Monitor for the 5K Run, please contact Roberta Wachlin at [coachbert3@gmail.com](mailto:coachbert3@gmail.com), or Dani Druse at [dani.druse@somn.org](mailto:dani.druse@somn.org)