



# Special Olympics Minnesota Area 3 Trifecta

## Facts at a Glance

**DATE:** Saturday, May 11<sup>th</sup>, 2019

**SPORTS:** Basketball, Swimming, and Powerlifting (for exhibition only)

**LOCATION:** Lincoln Park Middle School  
3215 West Third Street  
Duluth, MN 55806  
218-336-8880

**MEAL:** Lunch will be provided at this competition

**REGISTRATION:**

- Registration will be open until **midnight on Sunday, April 26<sup>th</sup>**
- 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 Handbooks for these sports.

**SPECIFIC GUIDELINES – BASKETBALL:**

- All teams **MUST** submit assessment scores for each athlete and a Team Information sheet for each team. Registrations without these scores and evaluations will not be accepted. Team Info Sheet must be turned in by the Errors and Exceptions Deadline.
- The roster size is 4 minimum and 6 maximum for Half Court and 5 minimum and 12 maximum for Full Court. **Rosters provided at the competition will be checked against those provided during registration.**
- Athletes may only participate in either Individual Skills Competition **OR** a Team Competition event (Full Court or Half Court)
- Please see the Special Olympics Minnesota Basketball Handbook (link in Registration Email) for more rules and guidelines.

**SPORT SPECIFIC GUIDELINES – SWIMMING:**

- Athletes may enter three individual events and one relay.
- Events will be run in the order listed on the tentative schedule. Please enter athletes in events accordingly. Only events listed on tentative schedule will be offered.
- The 15 Meter Walk will only be offered at Area, but NOT at the State Competition
- Relay Teams: All relay teams must compete as a relay at the Area competition. Substitutions for athletes or Unified Partners will not be allowed at the State Competition.
- Please take note of the Assistance Needed categories listed and register your athletes accordingly.
- Please see the Special Olympics Minnesota Swimming Handbook for more rules and guidelines.

**SPORT SPECIFIC GUIDELINES – POWERLIFTING:****(Starting 2018 – NOT RUN UNDER SPECIAL OLYMPICS MINNESOTA)**

- If an athlete will be competing in ALL the lifts (squat, bench press, and dead lift), select the event COMBINATION 2. If the athlete will be competing in the bench press and the deadlift, select the event COMBINATION 1. If the athlete will only be doing an individual lift, please select the appropriate lift (example: Bench Press).
- A qualifying score will need to be entered for each event. For powerlifting, the qualifying score will be the athlete's **weight class**.
- Please be sure your athletes are in the appropriate weight class. Example: if a male athlete weighs 135 pounds, he should be in the 145.5 weight class. If a male athlete weighs 129 pounds, he should be in the 130 weight class.
- Please see the Special Olympics Incorporated Powerlifting Rules for more information.

**EVENT LIST:**

Basketball:	Powerlifting:	Swimming:
Individual Skills	Bench Press	*See Schedule Below
Half Court	Squat	
Full Court	Dead Lift	
Unified Full Court	Combination 1(Bench Press and Dead Lift)	
	Combination 2 (Bench Press, Dead Lift, and Squat)	

## Tentative Schedule

**\*\*Please note that schedule is subject to change based on registrations\*\***

ESTIMATED TIME	SCHEDULE OF EVENTS	LOCATION
8:00am	Team Registration/Check-In	Cafeteria
8:15am	Swimming Coaches Meeting/Scratch Meeting	Cafeteria
8:45am	Line up for Opening Ceremonies for all Sports	Gym
9:00am	Opening Ceremonies	Gym
10:00am	Swimming Competition Begins	Pool
<b>**This is the same order as 2018. Please register your athletes accordingly. Races will not be held for athletes registered for back-to-back events**</b>	<b><u>Order of Events:</u></b> 15M Flotation 15M Walk 15M Assisted Swim 15M Freestyle 30M Flotation 30M Walk 30M Assisted Swim 30M Freestyle <b>(Lane Markers Put In)</b> 25M Assisted Swim 100 M Breaststroke 50M Backstroke 200M Freestyle 50 M Flotation 50M Assisted Swim 50M Freestyle 100M Butterfly 200M Backstroke 25M Freestyle 400 M Freestyle 25M Flotation 25M Butterfly 25M Breaststroke 50M Butterfly 100 M Backstroke 100M Individual Medley 50M Breaststroke 100M Freestyle 25M Backstroke 4x25M Freestyle Relay 4x25M Unified Relay 4x50M Freestyle Relay 4X50M Unified Relay	
10:00am	Basketball Coaches Meeting/Scratch Meeting	Gym
10:30am	Basketball - Full & Half Court Competition Begins	Gym
11:00am	Basketball - Skills Competition Begins	Gym
11:00am-1:00pm	Lunch Served	Cafeteria
10:00am	Powerlifting - Competition Begins	Weight Room
<b><u>*Schedule is tentative based on athlete participation numbers*</u></b>		