



Special Olympics Minnesota Area 8 Track & Field

Facts at a Glance

DATE:	Saturday, May 18 th
SPORT:	Athletics
LOCATION:	Redwood Falls Outdoor Track 901 E Cook St. Redwood Falls, MN 56283
REGISTRATION:	Registration will be open until midnight on May 4th ! 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 must be turned in by midnight on May 11th.
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 three individual events and one relay
- Please see the handbook for new relay substitution rules

Event List

10 Meter Walk – Device Assistance
10 Meter Walk – Physical Assistance
10 Meter Wheelchair Race
100 Meter Motorized Wheelchair Race
100 Meter Run
100 Meter Walk
100 Meter Wheelchair Race
1500 Meter Run
1500 Meter Walk
200 Meter Run
200 Meter Walk
25 Meter Dash
25 Meter Dash- Physical Assistance
25 Meter Motorized Wheelchair Obstacle Course
25 Meter Motorized Wheelchair Race
25 Meter Walk – Device Assistance
25 Meter Walk – Physical Assistance
25 Meter Wheelchair Race
30 Meter Motorized Wheelchair Slalom
30 Meter Wheelchair Slalom
400 Meter Run
400 Meter Walk
4 X 100 Meter Relay
4 X 100 Meter Unified Relay
50 Meter Dash
50 Meter Dash- Physical Assistance
50 Meter Walk
50 Meter Walk – Device Assistance
50 Meter Walk – Physical Assistance
50 Meter Wheelchair Race
50 Meter Wheelchair Slalom
800 Meter Run
800 Meter Walk
Pentathlon
Standing Long Jump
Running Long Jump*
Tennis Ball Throw**
Softball Throw***
Shot Put

*An athlete must be able to jump 1 meter in order to be registered in the running long jump□

**If an athlete can throw the tennis ball over 15 meters they need to be moved to the softball throw□

***If an athlete can throw the softball over 15 meters they need to be moved to the shot put□

(FYI- These events are NOT listed in day of event order)

Tentative Schedule

General SCHEDULE

9:00 a.m.	Delegation Registration
9:15 a.m.	Coaches Meeting - Location TBD
9:30 a.m.	Opening Ceremonies
10:00 a.m.	Competition Begins
10 a.m.– 12 p.m.	Field Events
11 a.m.– 1:30 p.m.	Lunch will be served
Ongoing	Awards will be presented

(Event schedule will be decided after registration ends, and based on the number of athletes participating and which events they have chosen to do)