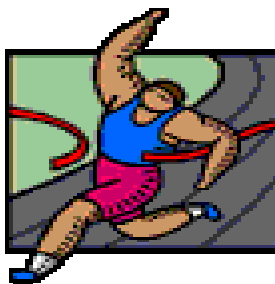




Special Olympics
Washington



Event Registration Packet
Soccer Jamboree: April 25th
Spring Games: April 30-May 1st.
Summer Games: June 4-6th



Special Olympics
Washington

2010 SOWA SUMMER GAMES EVENT CODES

** ATHLETICS**

REGISTRATION GUIDELINES

- Athletes may participate in up to four events: two track (running) events, one field event and one relay.
- Athletes may participate in either walking or running events that are not of the same distance. Walking events must be greater in distance than running events. (Example: An athlete in the 100M dash, must enter the 200M walk or greater.)
- Athletes may participate in either the 50 or 100 meter dash, but not both.
- Athletes capable of running the **50 meter dash in nine seconds or less must register for the 100 meter dash**. If an athlete runs the **50 meter dash in less than nine seconds** at the region event he or she **will be disqualified** and unable to participate at state in this event. The athlete will not be allowed to add another running event.
- Athletes participating in the Pentathlon are limited to that event only.
- Athletes capable of throwing a tennis ball 5 meters or more must register for the softball throw. If an athlete throws the tennis ball over 5 meters at region he or she will be disqualified and unable to participate at state in this event. The athlete will not be allowed to add another field event.
- Athletes capable of throwing a softball **15 meters or more** must register for another field event. If an athlete throws **over 15 meters** at the region event he or she **will be disqualified** and unable to participate at state in this event. The athlete will not be allowed to add another field event.
- A qualifying time/distance/score **must** be submitted for each athlete for each event.
- Athletes able to jump a minimum of one meter, which is the distance between the toe board & the sandpit, are encouraged to enter the Running Long Jump.
- All relay teams (4 members) **must** be identified by number R1, R2, etc.
- All Unified relay teams (4 members) **must** be identified by number U1, U2, etc.
- Unified relay teams shall consist of two Special Olympics Athletes and two Unified Partners. The order of running on the team is left up to the coaches' decision.
- Events identified with **are designed for athletes with lower ability levels who are unable to participate in other events. **Athletes who register for the 25 meter assisted walk cannot register for the 10 meter assisted walk.**
- Rules governing competition include Special Olympics International Athletics rules and USA Track and Field rules.

** ATHLETIC EVENT CODES**

CODE

Wheelchair Events:

AT10WC

AT25WC

AT30WS

EVENT

10 Meter Manuel Wheelchair Race**

25 Meter Manuel Wheelchair Race**

30 Meter Manuel Wheelchair Slalom Race**

| | |
|--------|---|
| AT1CWC | 100 Meter Manuel Wheelchair Race |
| AT2CWC | 200 Meter Manuel Wheelchair Race |
| AT4CWC | 400 Meter Manuel Wheelchair Race |
| AT25MO | 25 Motorized Wheelchair Obstacle Race** |
| AT30MS | 30 Meter Motorized Wheelchair Slalom Race** |
| AT50MS | 50 Meter Motorized Wheelchair Slalom Race** |

Walking Events:

| | |
|---------------|---------------------------------|
| AT10AW | 10 Meter Assisted Walk** |
| AT25AW | 25 Meter Assisted Walk** |
| AT50AW | 50 Meter Assisted Walk** |
| AT50MW | 50 Meter Walk** |
| AT100W | 100 Meter Walk |
| AT200W | 200 Meter Walk |
| AT400W | 400 Meter Walk |
| AT800W | 800 Meter Walk |

Running Events:

| | |
|--------|--|
| AT50MD | 50 Meter Dash** |
| AT100M | 100 Meter Dash |
| ATMHUR | 110 Meter Hurdles Men |
| ATWHUR | 100 Meter Hurdles Women |
| AT200M | 200 Meter Dash |
| AT400M | 400 Meter Run |
| AT800M | 800 Meter Run |
| AT1500 | 1500 Meter Run |
| AT3000 | 3000 Meter Unified Team Running (2 person) |
| AT5000 | 5000 Meter Unified Team Running (2 person) |

Jumping Events:

| | |
|--------|----------------------|
| ATSTAN | Standing Long Jump** |
| ATRUNN | Running Long Jump |
| ATHIGH | High Jump |

Throwing Events:

| | |
|--------|---------------------|
| ATTENN | Tennis Ball Throw** |
| ATSOFT | Softball Throw** |
| ATSHOT | Shot Put |
| ATWCSH | Wheelchair Shot Put |

Relay Events:

| | |
|---------------|------------------------------------|
| AT1CRE | 4 x 100 Meter Relay |
| AT1CUR | 4 x 100 Meter Unified Relay |
| AT4CRE | 4 x 400 Meter Relay |
| AT4CUR | 4 x 400 Meter Unified Relay |
| ATPENT | Pentathlon |

Long Distance Running/ Walking Events:

| | |
|---------------|---|
| LD1KRW | 1.5 Kilometer Race Walk |
| LD5KRW | 5 Kilometer Race Walk |
| LD1KUW | 1.5 Kilometer Unified Race Walk |
| LD5KUW | 5 Kilometer Unified Race Walk |
| LD3KRR | 3 Kilometer Road Race (New Event for 2010) |
| LD5KRR | 5 Kilometer Road Race |
| LD10KR | 10 Kilometer Road Race |
| LD5KUR | 5 Kilometer Unified Road Race |
| LD10KU | 10 Kilometer Unified Road Race |



Special Olympics
Washington

2010 SUMMER GAMES EVENT CODES

****AQUATICS****

***REGISTRATION GUIDELINES ***

- Athletes may participate in up to three events plus a relay.
- A qualifying time **in meters must** be submitted for all athletes entered in swimming events. If the qualifying times are timed in yards, multiply the times by 1.11 to get times for meters. For example, a time of 31 seconds for 25 yards would be changed to $31 \times 1.11 = \underline{34.41}$. The time of 34.41 would be submitted as the time for 25 **meters**.
- All relay teams (4 members) must be identified by number R1, R2, etc.
- All unified relay teams (4 members) must be identified by number U1, U2, etc.
- **Relay teams will have a maximum of four and two alternates identified. Alternates may not be changed after Friday prior to Summer Games competition.**
- Unified relay teams shall consist of two Special Olympic Athletes and two Unified Partners. The order of swimming in the relay is left to the coaches' decision.
- Rules governing competition include Special Olympics International Aquatics rules and United States Swimming, Inc.
- **New for 2010, if an athlete is registered in a Category A event, that athlete can only compete in Category A events (10m Assisted Swim, 15m Aquatics Walk and the 15m Floatation Race). A Category A athlete can't register for Category B events.**
- **An athlete registered in a Category B event, can only participate in Category B events (15m Unassisted Swim, 15m Unassisted Backstroke and the 25 Floatation).**
- **Athletes registered in 50m event in a particular stroke may not register in a 25m event for that same stroke.**

**US Swimming, Inc.
1750 East Bolder St.
Colorado Springs, CO 80909
(719) 578-4578**

EVENT CODES

| <u>CODE</u> | <u>EVENT</u> |
|--------------------|---|
| AQ10AS | 10 meter Assisted Swim (Category A) |
| AQ15WK | 15 meter Aquatics Walk (Category A) |
| AQ15FL | 15 meter Flotation Race (Category A) |
| AQ15US | 15 meter Unassisted Swim (Category B) |
| AQ15BK | 15 meter Unassisted Backstroke (Category B) |
| AQ25FL | 25 meter Flootation Race (Category B) |
| AQ25FR | 25 meter Freestyle |
| AQ25BK | 25 meter Backstroke |
| AQ25BS | 25 meter Breaststroke |
| AQ25BF | 25 meter Butterfly |
| AQ50FR | 50 meter Freestyle |
| AQ50BK | 50 meter Backstroke |
| AQ50BS | 50 meter Breaststroke |
| AQ50BF | 50 meter Butterfly |
| AQ1CFR | 100 meter Freestyle |
| AQ1CBK | 100 meter Backstroke |
| AQ1CBS | 100 meter Breaststroke |
| AQ1CBF | 100 meter Butterfly |
| AQ2CFR | 200 meter Freestyle |
| AQ2CBK | 200 meter Backstroke |
| AQ2CBS | 200 meter Breaststroke |
| AQ4CFR | 400 meter Freestyle |
| AQ8CFR | 800 meter Freestyle |
| AQ1500 | 1500 meter Freestyle |
| AQ1CIM | 100 meter Individual Medley |
| AQ2CIM | 200 meter Individual Medley |
| AQ1CRE | 4 x 25 meter Freestyle Relay |
| AQ2CRE | 4 x 50 meter Freestyle Relay |
| AQ4CRE | 4 x 100 meter Freestyle Relay |
| AQ1CMR | 4 x 25 meter Medley Relay |
| AQ2CMR | 4 x 50 meter Medley Relay |
| AQ4CMR | 4 x 100 meter Medley Relay |
| AQ2CUR | 4 x 50 meter Unified Free Relay |
| AQ4CUMR | 4 x 100 meter Unified Medley Relay |
| AQ4CUR | 4 x 100 meter Unified Free Relay |
| AQ8CUR | 4 x 200 meter Unified Free Relay |



Special Olympics
Washington

2010 SOWA SUMMER GAMES EVENT CODES

****CYCLING****

REGISTRATION GUIDELINES

- Athletes may participate in up to three events.
- Athletes wishing to participate in the Stage race are limited to that event. A racer's final place will be determined by his or her combined time for all three events.
- A Unified tandem team consists of a Special Olympics Athlete and a Unified Partner.
- A Unified team consists of a Special Olympics Athlete and a Unified Partner.(2 person team)
- All Unified teams (2 members) **must** be identified by number U1, U2, etc.
- The Unified team race, place, and time will be determined when the last person on the team crosses the finish line.
- A qualifying time **must** be submitted for all athletes.
- All Unified teams (tandem and non tandem teams) **must** be identified by either a team name or number.
- Rules governing competition include Special Olympics International Cycling rules and United States Cycling Federation rules.

US Cycling Federation
1750 E. Boulder St.
Colorado Springs, CO 80909
(719) 578-4581

EVENT CODES

| <u>CODE</u> | <u>EVENT</u> |
|--------------------|--|
| CY5CTT | 500 meter Time Trial |
| CY1KTT | 1 kilometer Time Trial |
| CY1KRR | 1 kilometer Road Race |
| CY5KTT | 5 kilometer Time Trial |
| CY10TT | 10 kilometer Time Trial |
| CY5KRR | 5 kilometer Road Race |
| CY10RR | 10 kilometer Road Race |
| CY15RR | 15 kilometer Road Race |
| CY25RR | 25 kilometer Road Race |
| CY40RR | 40 kilometer Road Race |
| CY1KUT | 1 kilometer Unified Tandem Time Trial |
| CY5KUT | 5 kilometer Unified Tandem Time Trial |
| CY10UT | 10 kilometer Unified Tandem Time Trial |
| CY5KUR | 5 kilometer Unified Team Race |
| CY10UR | 10 kilometer Unified Team Race |
| CY15UR | 15 kilometer Unified Team Race |
| CY25UR | 25 kilometer Unified Team Race |
| CY40UR | 40 kilometer Unified Team Race |



Special Olympics
Washington

2010 SOWA SUMMER GAMES EVENT CODES

****POWERLIFTING****

REGISTRATION GUIDELINES

- Athletes with a minimum of two years of lifting experience may compete in all four events. Other athletes may compete in all events excluding the Squat.
- A qualifying weight lifted must be submitted for all participants in each of their lifts. (Enter in Points/Pounds box).
- Combination events are scored by adding the maximum weight successfully lifted in the respective events.
- Rules governing competition include Special Olympics International Powerlifting rules and United States Powerlifting Federation rules.

US Powerlifting Federation
2103 Langley Ave.
Pensacola, FL 32504
(904) 477-4863

EVENT CODES

| <u>CODE</u> | <u>EVENT</u> |
|-------------|--|
| PLBENC | Bench Press |
| PLDEAD | Deadlift |
| PLSQUA | Squat |
| PLCOM1 | Combination 1 (bench press & deadlift) |
| PLCOM2 | Combination 2 (bench press & deadlift & squat) |



Special Olympics
Washington

2010 SOWA SUMMER GAMES EVENT CODES

****SOCCER****

REGISTRATION GUIDELINES

- Athletes are limited to team competition or individual skills competition, which is designed specifically for lower ability athletes who have not yet developed the skills necessary to participate meaningfully in team soccer.
- All soccer teams' entries **must** be identified by a team name.
- All teams must either play 5-a-side competition or 7-a side.
- All 5-a side rosters **must** have a minimum of five players and a maximum of ten players.
- All 7-a side rosters **must** have a minimum of seven players and a maximum of twelve players.
- Teams should compete in a minimum of four games prior to your respective region tournament.
- Unified rosters shall contain a proportionate number of athletes and partners.
- During Unified competition, the line-up shall never differ from three athletes and two partners at any time. Failure to adhere to the required ratio results in a forfeit.
- Each Unified team shall have an adult non-playing coach responsible for the line-up and conduct of the team during competition.
- Athletes using wheelchairs and assistive walking devices are ineligible for soccer team competition for safety reason, but may take part in Individual Skills Competition.
- Rules governing competition include Special Olympics International rules and the United States Soccer Federation rules.

US Soccer Federation
1750 E. Boulder St.
Colorado Springs, CO 80909
(719) 578-6400

EVENT CODES

| <u>CODE</u> | <u>EVENT</u> |
|--------------------|--|
| SOSKIL | Soccer Individual Skill Competition |
| SOTEJR | Special Olympics Team Competition (5-a side) - JUNIORS (8-15) |
| SOTESR | Special Olympics Team Competition (5-a side) - SENIORS (16-21) |
| SOTEMA | Special Olympics Team Competition (5-a side) -MASTERS (22+) |
| SO7TEA | Special Olympics Team Competition (7-a side) |
| SOUNJR | Unified Team Competition-Juniors (8-15) |
| SOUNSR | Unified Team Competition-Seniors (16-21) |
| SOUNMA | Unified Team Competition- Masters (22+) |