



Special Olympics
Washington

Tri-Cities Track & Field Meet Rules

1. Athletes may participate in two track events, one field event and one relay.
2. Athletes may participate in either walking or running events that are not of the same distance. Walking distances must be greater than running events. (Example: An athlete in the 100M Dash, would enter the 200M walk or greater).
3. Athletes may participate in either the 50 or 100 meter dash, but not both.
4. 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 nine seconds or less at the track meet, then he/she will be disqualified. Athletes will receive a participation ribbon.
5. Athletes capable of throwing a tennis ball 5 meters or more must register for the softball throw. If an athlete throws a tennis ball 5 meters or more at the track meet, then he/she will be disqualified. Athletes will receive a participation ribbon.
6. Athletes capable of throwing a softball 15 meters or more must register for the shot put. If an athlete throws a softball 15 meters or more at the track meet, then he/she will be disqualified. Athletes will receive a participation ribbon.
7. A qualifying time/distance/score must be submitted for each athlete for each event on the registration paperwork. Athletes missing a qualifying time/distance/score for an event will be scratched from that particular event.
8. Athletes able to jump a minimum of 1 meter, which is the distance between the toe board and the sandpit, are encouraged to enter the Running Long Jump instead of the Standing Long Jump.
9. All relay teams (4 members) must be identified on the entry rosters by placing the same number/letter by all the members on that team. If you have more than one relay team, then you will need to use more than one number/letter. For example,
 - a. Robert Bird (Team A)
 - Sam Smith (Team B)
 - Bill Wright (Team A)
 - Susan Smith (Team B)
10. Events designated with **are designed for athletes with lower ability levels who are unable to participate in other events.
11. Rules governing competition include Special Olympics International Athletic Rules and USA Track and Field rules.
12. The original Athletes' Application for Participation forms are due with the final event registration. Athletes who don't have a current Application for Participation form on file at the region office by the registration due date will be scratched from the team's roster.