Special Olympics Wake County
Events for Spring Games Competition

YOUNG ATHLETES EVENTS:

Event Guidelines

- Limited to athletes 2 - 7 years of age.
- Athletes are included in all six events, which are held outside.
- The purpose of the event is to *develop competition skills* and *an understanding of some of the aspects of Special Olympics events*.
- The focus is on *taking turns*, *following directions*, and *learning some of the skills of Track and Field competition*.
- *Safety* should be stressed over *speed* or *accuracy*.
- There is no scoring and 'winning' is not the goal.
- The same 'Young Athletes' ribbon is awarded to all participants.

Event Descriptions

Red Light, Green Light	– Athletes are lined up in a row at a start line. – Athletes can move forward when the Official says "Green Light" or "Go" and stop moving when the Official says "Red Light" or "Stop". – The most important aspects are *following directions* and *remaining in their lane*. – Athletes not following directions are sent back to the starting line.
Jump from Spot to Spot	– Athletes take turns standing on colored circles and are to jump to the next circle when instructed by the Official. – The spots are spaced as close to each other as comfortable for each athlete and the distance should increase after successful jumps. – An alternate activity is available for those who cannot jump.
Bean Bag Throw	– Athletes take turns throwing beanbags at a target from behind a line placed on the ground (i.e. shoe box). – Targets can be moved closer or further to accommodate the athlete and the distance should increase after successful throws.
Running in Lanes	– Athletes are placed behind a starting line one at a time. – The Official makes sure participants are behind the line. – Athletes are given the instructions "On your Mark – Get Set – Go" and the athlete walks, jogs, or runs to the finish line. – The most important aspects are *following directions* and *remaining in their lane*.
Jumping from a Line	– Athletes take turns standing in a line with their feet together. – Athletes can swing their arms and jump landing with their feet together. – *Form* should be stressed over *distance*. – An alternate activity is available for those who cannot jump.
Velcro Ball Throw	– Athletes are placed behind a starting line. – Athletes take turns throwing a Velcro tennis ball at a hanging sticky target. – The distance to the target is adjusted per athlete.

DEVELOPMENTAL EVENTS:	
Event Guidelines	
– Primarily for the mobility impaired or SPMD and take place in a separate competition area inside at Ravenscroft and outside at Cary Academy. – Athletes can register for a maximum of 3 out of these 7 events and cannot register for any other category.	
Event Descriptions	
10m Wheelchair Race	May be self-push, motorized, or assisted.
10m Assisted Walk	Coaches can help with balance, but not forward motion.
25m Wheelchair Race	May be self-push, motorized, or assisted.
25m Walk	– Racers must have one foot on the ground at all times. – If they look as if they are running they should be disqualified. – Time is recorded in *Minutes: Seconds. Fractions*.
Timed Tee-Ball	– Athletes have 30 seconds to see how many tennis-balls they can knock off of a tee-ball stand. – Athletes can use his/her hand, a bat or a paddle. – Balls are placed on the stand by the Section Manager as quickly as possible. – The number of balls knocked of tee-ball stand is counted.
Object Throw	– Athletes have a choice of different objects (i.e. beanbags, spider-balls, foam balls, etc.). – Athletes stand behind a line and throw the object for distance. – Each athlete has three throws. Each throw should be measured. – Measure and record the longest attempt in *Feet FT', Inches In"*.
Timed Ball Kick	– Athletes have 30 seconds to see how many balls they can kick off of a designated spot on the floor, off a short cone or off their footrest. – Athletes have their choice of different balls. – The balls be replaced by the Section Manager as quickly as possible. – The number of balls kicked is counted.

STANDARD EVENTS:

Guidelines

- Standard events for medium to higher skill level athletes.
- Athletes can register for a maximum of three events (plus the relay) and cannot register for any other category (one race, one jump and a softball throw).

Event Descriptions

PICK ONE RACE:	**25m Dash (82ft)**
	50m Dash
	50m Walk (164ft)
	100m Dash (328ft)
		– Races are on the straight section of the track.
		– Athletes are required to start from behind the line and to stay in their lane.
		– In the 'WALK' race, one foot must always be in touch with the ground.
		– The athlete is disqualified:
		  – after two false starts.
		  – if he/she impedes another athlete's progress by obstructing, jostling, interfering, or otherwise gaining an unfair advantage.
		  – if he/she looks as if they are jogging or running in a 'walk' event.
		– Time is recorded in *Minutes: Seconds. Fractions.*

	Softball Throw	– Athletes throw three non-consecutive times from inside of a 2m wide by 2.85m deep rectangle. – Athletes may not step outside of the rectangle for a legal throw. – Distance is measured from the middle of the front line to where the ball 1st hits the ground. – The final score is the longest legal throw. – Distance is measured and recorded in *Feet FT', Inches In"*.

Participants must select either Standing Broad Jump OR Running Long Jump

Standing Broad Jump (can only do one jump)	– Athletes have three non-consecutive jump attempts, standing with their feet together behind the designated line. – Athletes have Athletes may swing their arms and rock back and forth as long as they do not lift their feet off the ground. – Jumps are measured from the line to the closest place they touch the ground. If they step backward after landing, the measurement is taken to where they stepped back. – Distance is measured and recorded in *Feet FT', Inches In"*.	**Running Long Jump** (can only do one jump)	– Athletes have three non-consecutive jump attempts to run up to the designated line and jump off of one foot into the sandpit. – The line can be adjusted to make sure athletes land in the sandpit. – An athlete's foot may touch but not cross over the line. – Measurement is taken from the edge of the line nearest the sand to the closest mark in the sand. – Distance is measured and recorded in *Feet FT', Inches In"*.
4x100m Relay (this is an extra or	– The Relay requires that groups have 4 higher skill level athletes that are registered each individually for the 100m Dash. – This race utilizes the entire track in staggered lanes and is run as the last event of the day.		

4th event for athletes)	– Athletes must stay in their lane during the race. – Runners must pass (not throw) the baton within the exchange zones (20M zones). – Athletes may pick up a dropped baton. – Runners are disqualified if they obstruct, impede or interfere with another runner's progress or if the make the exchange outside of the exchange zone. – Time is recorded in *Minutes: Seconds. Fractions*.

STANDARD WHEELCHAIR EVENTS:

Event Guidelines

- Standard events for medium to higher skill level athletes.
- Athletes can register for a maximum of all three events and cannot register for any other category.

Event Descriptions

30m Wheelchair Slalom, 50m Wheelchair (can do both but cannot combine with non-wheelchair races)	– May be self-push or motorized (be sure to indicate on the Entry Forms). – Front wheels of the chair must start from behind the start line. – Racers finish when the front wheels cross the finish line. – Racers have two regular lane widths in which to race. – For slalom races, cones are centered every 5 meters and athletes are to weave through them. – Athletes are disqualified if they impede another racer or miss any cones. – Time is recorded in *Minutes: Seconds. Fractions.*
Softball Throw	– Athletes throw from inside of a 2m wide by 2.85m deep rectangle. – Athletes may not step outside of the rectangle for a legal throw. – Athletes shall be given three non-consecutive throw attempts. – Distance is measured from the middle of the front of the rectangle to where the ball 1st hits the ground. – The final score is the longest legal throw. – Distance is measured and recorded in *Feet FT', Inches In"*.