



2017 Special Olympics Washington Unified Track & Field School Invitational

**Special
Olympics**
Washington



Special Olympics
**Unified Champion
Schools**



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Practice ideas, skill assessment and development, and rules can be found in the SOI Quick Start Guides and SOI Rules for each respective sport a www.specialolympics.org/sports.aspx



Special Olympics Washington Unified Champions Schools

Get Involved and Bring Inclusion to your School!

Special Olympics Unified Champion Schools, formerly Project UNIFY®, brings together students with and without intellectual disabilities through education, sports and youth leadership to provide them with the knowledge, attitudes and skill necessary to create and sustain School communities that promote acceptance, respect and human dignity.

Unified Schools is an education and sports-based program that promotes respect through sports and activities. This programs strives to build an **inclusive** environment among youth **with And without intellectual disabilities**, as well as empowering them to be leaders and agents for change.

Unified Champion Schools works in three ways:

1. **Unified Sports:** Provide students with and without intellectual disabilities opportunities to participate in sports together. Those who participate in Unified Sports must be at least 8 years old. Students 2-7 years old can participate Special Olympics **Young Athletes™ (YA)**.
2. **Youth Leadership:** Provide students with and without intellectual disabilities opportunities to take on leadership roles in their schools through clubs.
3. **School-Wide Activities:** Provides opportunities for all students to participate in Unified Schools through sustained schoolwide activities- existing or new!

Unified Champion Schools Goals:

- **Form Friendships**
- **Promote Acceptance, Respect, and Understanding**
- **Help Young People Become Agents of Change**
- **Break Down Barriers and Stereotypes**



Special Olympics
**Unified Champion
Schools**

Questions? Contact Morgan Larche at mlarche@sowa.org or 206-693-2616



**Inclusive Program for
K- College Students
With & Without
Intellectual
Disabilities!**

Sports

Flag Football, Bowling,
Soccer, Cheer,
Basketball, and Track

Youth Leadership /School-Wide Activities

Lunch/After school
Club, and School-Wide
Activities that Bring
Awareness

Unified Sports

Young Athletes:
Ages 2-7
SOWA Sports:
Ages 8+



Special Olympics Washington

Unified Track & Field

Unified Track & Field is a part of Special Olympics Washington's Unified Schools. All Athletes (students WITH an intellectual disabilities) and Partners (students WITHOUT an intellectual disability) compete in a **maximum of 3 events** and the **team** receives an award not an individual; this is similar to a true school track and field meet. Athletes and Partners must attend the schools they are competing for.

Team Size

Athletes (students WITH and intellectual disability)

Partners (students WITHOUT an intellectual disability)

* Schools should aim to have a 50/50 ratio, however, your school could have a higher or lower ratio

Events

Those participating in the 25 and/or 50 meter race, cannot participate in the 100 meter or 200 meter races. Partners and Athletes should be placed in events that best fit their ability level.

25 Meter Race

Assisted and Wheelchair (motorized and manual) option available.

50 Meter Race

Assisted and Wheelchair (motorized and manual) option available.

100 Meter Race

Athlete/partners that need assistance or use a wheelchair can **only compete** in the 50 and/or 25 meter race.

200 Meter Race

Athlete/partners that need assistance or use a wheelchair can **only compete** in the 50 and/or 25 meter race.

Running or Standing Long Jump

Athletes and Unified Partners that compete in the running long jump **must jump a minimum of one meter**. The one meter distance ensures that the individual can safely make it from the board to the sand pit. The standing long jump starts from the edge of the sand pit.

Throwing Events: Tennis Ball Throw, Softball Throw, or Shot-Put

Athletes and Unified Partners can choose one of the following: tennis ball throw, softball throw or shot-put.

- **Tennis Ball Throw:** The maximum distance an athlete/partner may throw a tennis ball is 5 meters. If they can throw further than 5 meters, they should choose the softball throw.
- **Softball Throw:** The maximum distance an athlete/partner may throw the softball is 15 meters. If they can throw further than 15 meters, they should choose shot put.
- **Shot Put:** Shot put is for an athlete/partner who can throw a softball further than 15 meters. The shot-put is 6 lbs.

4 x 100 Meter Unified Relay

Two Athletes and two Unified Partners each run 100 meters. The order of the relay must be Partner, Athlete, Partner, Athlete. Those that compete in the 25/50m races are not eligible to run this race.



Track and Field Rules

Special Olympics Unified Team Athletics program rules are governed by the ruling body International Association of Athletics Federation (IAAF) and Special Olympics Athletics Rules. Unified Sports Team Athletics provides team competition opportunities among schools, agencies, clubs, or groups. A Unified Sports Team Athletics competition is a separate event in which only Unified teams compete against each other. This event may be held as its own Unified Sports Athletics competition or may be held within a Special Olympics athletics competition.

Event Scoring

All Special Olympics Athletes and Unified partners on Unified Sports Athletics teams compete against each other in their competitive divisions (age and ability). Depending on ability and age, some heats might be co-ed. These divisions consist of athletes and partners who are of similar ability levels. **This is determined by qualifying times in track events or distances in field events.** There will be no walking races, however, athletes/partners can be timed on walking and will be placed in a heat that represents their time. Participants score points for their Unified Athletics team based upon their finishing place in every event. 1st place scores 5 points, 2nd place scores 3 points, and 3rd place scores 1 point. This is a team competition. The final overall team score is determined by adding together the points earned by all of the participants on the team throughout the races/field events. Every school team will receive a Team Certificate for completion of the first Unified Track & Field Meet.

Athlete Eligibility

Identifying Persons with Intellectual disabilities

A person is considered to have an intellectual disability for purposes of determining his or her eligibility to participate in Special Olympics if that person satisfies any one of the following requirements:

The person has been identified by an agency or professional as having an intellectual disability as determined by their localities; **or**

The person has a cognitive delay, as determined by standardized measures such as intelligent quotient or "IQ" testing or other measures which are generally accepted within the professional community in that Accredited Program's nation as being a reliable measurement of the existence of a cognitive delay; **or**

The person has a closely related developmental disability. A "closely related developmental disability" means having functional limitations in both general learning (such as IQ) and in adaptive skills (such as in recreation, work, independent living, self-direction, or self-care). *However, persons whose functional limitations are based solely on a physical, behavioral, or emotional disability, or a specific learning or sensory disability, are **not eligible to participate as Special Olympics athletes**, but may be eligible to volunteer for Special Olympics.



Athlete & Partner Paperwork (Hyperlinks are provided in blue)

[Application for Participation \(AFP\)](#): Required for students **with an intellectual disability**.

Athletes are required to have a physical and a doctor sign-off to participate. The AFP is good for 3 years and students must be a minimum of 8 years or older.

[Unified Partner Release](#): Required for students **without an intellectual disability**. No physical is required and the form is good until the student turns 18 or their contact/health information changes. Required for students 8 years and older.

[Young Athletes Form](#): Required for students ages 2-7 years old **with and without an intellectual disabilities** who will be participating in Young Athletes. No physical is required. Please note, SOWA would like schools to begin to implement Young Athletes prior to the track meet.

Paperwork Due Date

Tuesday, April 18th 2017

Includes the Following Paperwork:

- Unified Track and Field Registration Form (below)
- Unified Relay Registration Form (below)
- Application for Participation Form
- Unified Partner Release Form
- Young Athletes Form
- [Commitment to Inclusion Form](#)

Coaches Trainings (Hyperlinks are provided in blue)

First Steps-

- 1) Apply here: [Volunteer Application](#)

Certification and coaches education process- to be completed once approved by SOWA contact

1. Complete online [background check](#)
2. Online training:
 - a. [General Orientation](#)
 - b. [Protective Behaviors](#)
 - c. [Concussion Awareness Training](#) and [quiz](#)
 - d. [Sudden Cardiac Arrest](#)
 - e. Complete [Unified Sports](#) Online Training **Unified Sports Coaches only.*

Please Send All Paperwork by mail, fax, or email to:

Morgan Larche

PO Box 1640

Richland, Washington 99352

Tel 206-693-2616

Fax 15093969902

Email mlarche@sowa.org



UNIFIED TRACK & FIELD EVENT SCHEDULE

Greater Tri-Cities Schools Invitational

Tuesday, May 9, 2017 (during the school day)

Fran Rish Stadium,
Richland High School

Team Check-in: 8:30 a.m. - 9:00 a.m.

Welcome: 9:00 a.m. - 9:15 a.m.

Track & Field Events: 9:30 a.m. - 2:00 p.m.

**The Greater Tri-Cities Public Schools Invitational will also include activity stations to learn about the Spread the Word to End the Word program, Unified Champion Schools, Community Special Olympics Programs and volunteerism.*



PLAY UNIFIED. LIVE UNIFIED.



Individual Sports Entry Form

This form is to be used for the following sports: Athletics, Aquatics, Bowling, Cycling, Golf, Alpine Skiing, Cross Country Skiing, Figure and Speed Skating, and Powerlifting.

School Name _____ Head Coach's Name _____

School Address _____

School District _____ Head Coach's Day Phone # _____

Assistant Coach/Chaperone's Name _____

Instructions: Please print or type entry information. See event list in Unified Track & Field Rules Packet.

EXAMPLE: Athlete/Partner Information	Event (see event list in rules)	Event Info Special Needs	Time Min:Sec.Tenth	Height/Distance Meters.Cent	Points/Pounds Score	Score Updates
Name: Last <u>Larche</u> First <u>Morgan</u>	1. <u>100 Meter</u>	Motorized/ Manual W/C	: <u>10</u> . <u>53</u>	: _____ . _____	_____	_____
Sex: <input checked="" type="checkbox"/> M <input type="checkbox"/> F Athlete/Partner/Partner W/C <input type="checkbox"/> Y or <input checked="" type="checkbox"/> N	2. <u>200 Meter</u>	Assisted Device	: _____ . _____	: _____ . _____	_____	_____
DOB: Month <u>09</u> Day <u>18</u> Year <u>2000</u>	3. <u>Shot Put</u>	Relay- See Relay Sheet	: _____ . _____	: <u>20</u> . <u>3</u>	_____	_____
Age: <u>17</u>						

Athlete/Partner Information	Event	Event Info Special Needs	Time Min:Sec.Tenth	Height/Distance Meters.Cent	Points/Pounds Score	Score Updates
Name: Last _____ First _____	1. _____	Motorized/ Manual W/C	: _____ . _____	: _____ . _____	_____	_____
Sex: <input type="checkbox"/> M <input type="checkbox"/> F Athlete/Partner/Partner W/C <input type="checkbox"/> Y or <input type="checkbox"/> N	2. _____	Assisted Device	: _____ . _____	: _____ . _____	_____	_____
DOB: Month _____ Day _____ Year _____	3. _____	Relay- See Relay Sheet	: _____ . _____	: _____ . _____	_____	_____
Age: _____						

Athlete/Partner Information	Event	Event Info Special Needs	Time Min:Sec.Tenth	Height/Distance Meters.Cent	Points/Pounds Score	Score Updates
Name: Last _____ First _____	1. _____	Motorized/ Manual W/C	: _____ . _____	: _____ . _____	_____	_____
Sex: <input type="checkbox"/> M <input type="checkbox"/> F Athlete/Partner/Partner W/C <input type="checkbox"/> Y or <input type="checkbox"/> N	2. _____	Assisted Device	: _____ . _____	: _____ . _____	_____	_____
DOB: Month _____ Day _____ Year _____	3. _____	Relay- See Relay Sheet	: _____ . _____	: _____ . _____	_____	_____
Age: _____						



Instructions: Please print or type entry information.

School Name: _____

Athlete/Partner Information	Event	Event Info Special Needs	Time Min:Sec.Tenth	Height/Distance Meters.Cent	Points/Pounds Score	Score Updates
Name: Last _____ First _____	1. _____	Motorized/ Manual W/C	____:____.____	____:____.____	_____	_____
Sex: <input type="checkbox"/> M <input type="checkbox"/> F Athlete/Partner/Partner W/C <input type="checkbox"/> Y or <input type="checkbox"/> N	2. _____	Assisted Device	____:____.____	____:____.____	_____	_____
DOB: Month _____ Day _____ Year _____	3. _____	Relay- See Relay Sheet	____:____.____	____:____.____	_____	_____
Age: _____	4. _____					

Athlete/Partner Information	Event	Event Info Special Needs	Time Min:Sec.Tenth	Height/Distance Meters.Cent	Points/Pounds Score	Score Updates
Name: Last _____ First _____	1. _____	Motorized/ Manual W/C	____:____.____	____:____.____	_____	_____
Sex: <input type="checkbox"/> M <input type="checkbox"/> F Athlete/Partner/Partner W/C <input type="checkbox"/> Y or <input type="checkbox"/> N	2. _____	Assisted Device	____:____.____	____:____.____	_____	_____
DOB: Month _____ Day _____ Year _____	3. _____	Relay- See Relay Sheet	____:____.____	____:____.____	_____	_____
Age: _____						

Athlete/Partner Information	Event	Event Info Special Needs	Time Min:Sec.Tenth	Height/Distance Meters.Cent	Points/Pounds Score	Score Updates
Name: Last _____ First _____	1. _____	Motorized/ Manual W/C	____:____.____	____:____.____	_____	_____
Sex: <input type="checkbox"/> M <input type="checkbox"/> F Athlete/Partner/Partner W/C <input type="checkbox"/> Y or <input type="checkbox"/> N	2. _____	Assisted Device	____:____.____	____:____.____	_____	_____
DOB: Month _____ Day _____ Year _____	3. _____	Relay- See Relay Sheet y	____:____.____	____:____.____	_____	_____
Age: _____						

Athlete/Partner Information	Event	Event Info Special Needs	Time Min:Sec.Tenth	Height/Distance Meters.Cent	Points/Pounds Score	Score Updates
Name: Last _____ First _____	1. _____	Motorized/ Manual W/C	____:____.____	____:____.____	_____	_____
Sex: <input type="checkbox"/> M <input type="checkbox"/> F Athlete/Partner/Partner W/C <input type="checkbox"/> Y or <input type="checkbox"/> N	2. _____	Assisted Device	____:____.____	____:____.____	_____	_____
DOB: Month _____ Day _____ Year _____	3. _____	Relay- See Relay Sheet	____:____.____	____:____.____	_____	_____
Age: _____						



RELAY REGISTRATION

- If you have more partners than athletes; then you must select which partners will run the relay.

Relay Team 1	Athlete/Partner
1	
2	
3	
4	

Relay Team 5	Athlete/Partner
1	
2	
3	
4	

Relay Team 2	Athlete/Partner
1	
2	
3	
4	

Relay Team 6	Athlete/Partner
1	
2	
3	
4	

Relay Team 3	Athlete/Partner
1	
2	
3	
4	

Relay Team 7	Athlete/Partner
1	
2	
3	
4	

Relay Team 4	Athlete/Partner
1	
2	
3	
4	

Relay Team 8	Athlete/Partner
1	
2	
3	
4	