



***Special
Olympics***
Washington



2017 Spring Games

June 2-4, 2017

Pacific Lutheran University, JBLM, KC Aquatics Center

Technical Manual

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CODES OF CONDUCT

Coaches Code of Conduct

Special Olympics Washington is a non-profit organization that sponsors high quality physical fitness training and sports competitions for persons with intellectual disabilities.

The primary purpose of this Code of Conduct is to establish a high standard of behavior for coaches to model as well as to ensure the safety and well-being of all athletes involved in training and competition.

Coaches are expected to meet the following standards while participating in Special Olympics, whether in transit, during practice, at a competition or in any associated social activity.

1. Abide by the rules and policies of Special Olympics Washington.
2. Exhibit good sportsmanship and act as role models for Special Olympics Washington.
3. Refrain from and prohibit physical and verbal abuse, profanity and other inappropriate behavior.
4. Refrain from and prohibit the use of alcohol, illegal drugs, and controlled substances. **(No smoking/tobacco use in restricted areas.)**
5. Guarantee adequate supervision of athletes.
6. Refrain from illegal activities (felonies and misdemeanors), including the possession of harmful weapons.
7. Within 24 hours, notify the Senior Region Manager of any offense in Category "A" of the Athlete Code of Conduct.

If a coach does not meet these standards, Special Olympics Washington:

- ✓ Will notify the coach of the undesirable behavior; and
- ✓ May suspend the coach indefinitely; or
- ✓ May expel the coach.

Athlete Code of Conduct

Special Olympics Washington prides itself in sponsoring high quality physical fitness training and sports competitions. The primary purpose of this code of conduct is to establish a high standard of athlete behavior, which will ensure the safety, and well-being of all athletes involved in training and competition. All athletes are expected to abide by the code of conduct and standards of behavior as established by Special Olympics Washington.

Athlete Standards of Behavior

While participating in Special Olympics—whether in transit, during practice, at a competition, or in any associated social activity—athletes are expected to exhibit good sportsmanship and to comply with the following standards of behavior:

Refrain from:

Category A

- Use of alcohol, illegal drugs or any controlled substance.
- Unwanted physical or verbal sexual overtures.
- Physical abuse or any unwelcome physical contact.
- Violent or disruptive behavior.

- Felonies and misdemeanors (or any other illegal or socially unacceptable behavior which seriously disrupts or impedes participation of an athlete or others) and the possession of harmful weapons.

Category B

- Profanity or verbal abuse.
- Tobacco use in restricted areas.
- Frequent unexcused absences.
- Poor personal hygiene.

Athlete Disciplinary Measures

- In *Category A*, Special Olympics Washington (defined as State staff) reserves the right to immediately suspend any athlete, pending an investigation of the offense.
- In *Category A*, the Staff member will exercise the following progressive disciplinary measures.
 1. Verbal warning given to the athlete.
 2. Personal meeting with the athlete.
 - a. A parent/guardian or caseworker will accompany athletes under 18. The meeting will be documented in writing with copies distributed to the athlete, Senior Region Manager, State Office, coach's file, and parent/guardian or caseworker.
 3. Individual disciplinary action taken.

The action may include suspension or expulsion. In cases of suspension or expulsion, a review may be conducted at the end of the suspension period. In cases of very serious or repeated incidents, permanent expulsion may be required.

In *Category B*, the following progressive disciplinary measures are to be exercised by the coach:

1. Verbal warning given the athlete.
2. Written warning issued to the athlete, with copy to Region Sports & Training Manager.
3. Suspension from practices or competition during the specific sport season.
4. Further action must be referred to the Senior Region Manager or State staff.

The athlete has the right to appeal, with written plan in place, to improve behavior.

Volunteer Code of Conduct

As a Special Olympics volunteer, I agree that while serving as a volunteer, I will:

1. Provide for the general welfare, health and safety of all Special Olympics athletes and volunteers.
2. Dress and act in an appropriate manner at all times.
3. Follow the established rules and guidelines of Special Olympics and/or any agency involved with Special Olympics.
4. Report any emergencies to the appropriate authorities after first taking immediate action to ensure the health and safety of the participants.
5. Abstain from the consumption or use of all alcohol, tobacco products and illegal substances while involved with any Special Olympics event, competition or training school.
6. Not engage in any inappropriate contact or relationship with athletes, volunteers or other participants of Special Olympics.

TEAM & ATHLETE CHECK-IN/REGISTRATION

There are two locations for check-in and registration. Please follow the below details for packet pickup:

- Friday Pickup, 1:00 PM – 7:00 PM
 - Pacific Lutheran University-(Anderson University Commons at Pacific Lutheran University)
 - JBLM-Housing - North Fort- Building 13436 on the corner of “I” and 17th Street.
- Saturday Pickup, 7:00 AM - all packets remaining from registration the night before will be delivered to the venue sites and may be picked up at the Sports Information Desk.
 - Venue sites include, KC Aquatics Center, Soccer and Athletics at PLU Sports Information Desk at Olson Auditorium, Powerlifting and Cycling venues on JBLM.

Credentials-ID Badges

Each athlete, coach, chaperone and event volunteers will be **REQUIRED** to wear an official credential. **It must be worn at ALL times**, except while competing. This is not only each person’s ID, it also serves as a meal ticket, access pass to venues, access to earned prizes at Olympic Towns and identification in case an athlete is lost. Families are also asked to register and receive a credential for competition weekend.

The purposes of these badges are as follows:

- **Safety** – Only those with credentials will be allowed into PLU dorms and JBLM housing.
- **Competition** – Event information for athletes and access to venues.
- **Olympic Standard** – Credentials are part of International Olympic Committee.
- **Special Access and Control** - Allows visible identification of athletes, coaches and families.
- **Meals** – The credentials is your ticket to access all meals.
- **Water** – Credentials will be required to redeem water.

HOUSING INFORMATION

Due to the limited number of beds provided to us for these games, teams within 60 miles of Joint Base Lewis McCord will unfortunately not be provided housing.

For the best experience, please consider the following recommendations: lights out by 11:00 PM, no alcohol or smoking, and keep your areas clean out of respect for the facility and other patrons. Please be aware of your surroundings.

Read the information below regarding housing. Pay attention to the details of the housing you are assigned; each location has a different check-in process and other important information:

PACIFIC LUTHERAN UNIVERSITY (PLU)

- **Check-in and Packet Pickup and Room Information**- will take place in the in Anderson University Commons on Friday from 2:00 PM to 9:00 PM. A campus map and directions will be provided.
 - **Keys:** You will receive your residence hall and rooming assignments at CK Hall in the Anderson Center. Within this same room, a representative from each residence hall will provide your keys and keycards, and direct you to the residence hall you will be staying in on campus.
 - **DO NOT LOSE YOUR KEY:** the program/team will be charged \$80 for every lost key. If a key is not returned within 24 hours of scheduled check out time, the key will be deemed lost.

- Linens and bedding: Linens WILL NOT be provided at Pacific Lutheran University. Programs and teams will need to provide their own linens and bathing items.
- Bathrooms and Showers: are available on every floor of the residence halls and are divided by gender. Shampoo and other amenities will not be provided, so please come prepared.
- Security and Supervision: Coaches and chaperones will be required and responsible for watching all participants who travel with their program. The dorms will not be accessible without a key and there will be campus safety patrolling the campus at all times. If you experience any acts of crime or need assistance, call **PLU campus security at: 253-535-7441**. If you have an emergency of any kind, please call 911.
- Smoking Policy: PLU is a smoke-free campus. Smoking is not allowed in the halls or on the ground. No exceptions, if you are found to be smoking on campus you may be asked to leave the premises.
- Non-emergency phone **253-535-7450**
- **Resident Hall Check-out**: occurs Sunday from 7:00 AM to 12:00 PM in the lobby of the hall you are assigned.
- **Parking on Campus**: If your team is competing on campus, it is **HIGHLY recommended** that each team find parking on upper campus and walk to and from competition venues and the commons for meals. Parking on lower campus will be extremely limited.
- **The Cave**: Also known as the athlete lounge on the PLU campus below Anderson University Commons, will be open Friday and Saturday from 10am – 11pm.

JOINT BASE LEWIS MCCORD (JBLM)

There one style of housing/billeting it is open bay. Your Senior Region Managers will communicate your housing assignments prior to Spring Games. Please see below for more details:

Housing on JBLM for Cycling and Powerlifting teams will be located at: 13436 on the Corner of 17th and "I" Street on North Fort. [View Map Here](#)

- **Packet Pickup and Room information-**

- Open bay style: floors in the building will be assigned by gender. More information will be released on information for wheelchair housing, but it will be provided. Keep your athletes together, you may be asked to condense your team if beds are open and there is not enough space to accommodate all athletes.
 - Linens and Bedding: will NOT be provided on base. Programs and teams will need to provide their own linens and bathing items.
 - Bathrooms and Showers: there are bathrooms on each floor and will be assigned by gender.
 - Security and Supervision: there will be a CQ (Charge of Quarters) assigned to make sure that everything is secure on the outside of the buildings and that no one outside of Special Olympics has access. Coaches and Chaperones are in charge of night watches and other supervisions as part of your role.
 - Smoking Policy: there is no smoking allowed at any Special Olympic venue. There will be places marked by the military where you are permitted to smoke.

TRANSPORTATION, ACCESS, AND PARKING

Please remember that when you are on base or at any other location, we are guests and need to treat volunteers and facilities with respect to ensure a great experience for all! It is especially important to respect the protocol of the military throughout the weekend, and remember that we are all representing Special Olympics Washington.

Transportation

For those staying at Pacific Lutheran University: Transportation will not be provided on and off JBLM. Please use your own buses, vans, or vehicles to travel to and from JBLM and allow enough time in your schedule to get from point A to point B.

- Special Gate Access -there will be back gate access from JBLM to PLU in order to avoid traffic on Interstate-5 (I-5). A map and directions will be provided to access this gate for Opening Ceremony and Saturday Night Activities.
- **On-base transport Bus Stops will NOT be provided.**

Access on JBLM

Due to security on military installations: coaches, volunteers, athletes, vendors, sponsors and family members must be pre-registered by **Monday, May 22, 2017** through SOWA to gain access to the base. If you do not register by this deadline, your name will not be on the SOWA Access List and you will need to go to one of two visitor's centers at the main gates of JBLM. Without being on the SOWA list, you may not be allowed onto JBLM.

GO TO WWW.SOWA.ORG TO SUBMIT BASE ACCESS INFORMATION beginning May 9th. **Information must be submitted by May 22nd.**

NOTE: Washington State ID (including regular driver's licenses and ID cards) is an acceptable form of ID to get onto base. You do not need additional ID to get on base. You may enter any JBLM gate during the games. Please avoid using I-5 because of congestion. There is a bridge between JBLM's McChord Field and Lewis Main Fort, UNITY Bridge.

MESSAGE FROM JBLM ----*BE AWARE, BE PREPARED*

As you make preparations for your participation at Spring Games 2017 please take the following important information seriously and share accordingly with anyone that will be traveling to Spring Games.

Due to security requirements at Joint Base Lewis-McChord (JBLM) the following ***Access Plan*** has been put into place. **Anyone planning on accessing any portion of JBLM must know and abide by the following:**

1. All attendees are required to present a SOWA 2017 Pass to access JBLM.
2. One pass is required per vehicle. All vehicle occupants must be prepared to present photo ID. The driver must present a valid Driver's License. Identity documents will be scanned at the gate prior to being allowed. Coach and Athlete Credentials will be accepted at the gate for entry.
3. To attend the SOWA 2017 Spring Games on JBLM all persons **must meet the following in order to be allowed onto the installation:** (1) Each vehicle must have a valid SOWA 2017 Pass, (2) Vehicle occupants names must be on a SOWA Access List provided to JBLM by SOWA, (3) Driver's License or other official photo ID for anyone 16 and older - NO EXCEPTIONS!
4. Attendees meeting the requirements in Paragraph 3 can enter at any gate on JBLM by showing your pass and presenting photo ID to be scanned.

5. **Pass must be prominently displayed on the dash-board** of your car and remain there at all times while you are in your vehicle.
6. **All drivers of vehicles must have the following three pieces of identification**, in accordance with Washington State regulations: Driver's License, Vehicle Registration, and Proof of Insurance Coverage. ***No Exceptions!***
7. **Expect and plan for congestion at the entry gates to JBLM AND allow extra time for entry and processing. Random car checks will occur.**
8. **Photo identification must be presented along with the pass at the gate and carried at all times** by coaches, volunteers, family members, etc. (Athletes and coaches are provided identification for participation, meals and barracks access at **SOWA Registration**; however, **they should also carry personal identification on their person.**
9. **All Powerlifting and Cycling teams should register at JBLM before attending Opening Ceremonies.**
 - a. Teams (Coaches/Athletes) can enter at North Fort Gate (Exit 120) to proceed to the Team Housing for in-processing on Friday (be prepared for delays). Coach and Athlete Credentials will be accepted at the gate for entry.
 - b. Coaches **pick up registration materials** at "Team Check In." Team check in is located at JBLM housing.
 - c. Coaches and athletes must register for additional Base Access Passes at the "Base Access Registration" table.
10. Coaches are accountable for their athletes at **all** times.
11. All **oversized vehicles** (e.g., RVs and commercial vehicles) arriving **before Friday, June 2nd at 6:30 PM** are to use **exit 123**. Oversized vehicles arriving **after that** time are to use **exit 122**. Visitor Centers are located at Exit 120 (Lewis Main) and Exit 125 (McChord Field)
12. Anyone attending the SOWA Spring Games whose name was not submitted prior to the start of the games will have to process for a one-day pass at an Installation Visitor Center before being allowed access.

JBLM Parking

- **Main Fort Powerlifting-** General parking areas are in front of the Evergreen Theater, Building 3405 2nd Division Drive, JBLM, WA 98433
- **North Fort -** Cycling parking will be on J Street near South Drive near building or on Grass between I Street and I Street.
- **Housing Location:** 13436 on the Corner of 17th and "I" Street on North Fort
- **Motor Home or RV Parking-** No motor homes or RVS are allowed on JBLM. The only exception would be that the operator is a service member or retiree who has already registered at the Northwest Adventure Campsite.

PLU Access and Parking (Click for [PLU Map](#))

- **PLU Parking** – It is recommended that team's park on upper campus and walk to activities over the weekend on lower campus. Parking on lower campus is limited, especially during daytime hours. Use the reference points below to access parking.
- **Parking permits**-you will not need a permit to park when staying at PLU, but please keep your base access pass visible on your dashboard.



King County Weyerhaeuser Aquatics Center Access & Parking

No special passes are required for access to the Aquatic Center, however parking is limited. **Please reserve room in the main parking lot of the aquatic center for individual or groups with ADA placards or those with that have trouble with access only.** There are other lots adjacent to the center that are also available to park, passenger vehicles only.

RVs, buses and all other vehicles will be directed to specific on and off site parking areas (red square below) next to the softball fields. Buses: please unload at the center and then park at the lot identified in red. RV's are not allowed in the main parking areas adjacent to the Aquatic Center buildings. Please follow the direction of parking attendees.. See Figure below:



MEALS AND FOOD

All meals provided at the Spring Games are for registered coaches and athletes for the Saturday night dinner only. Please understand that preparing meals for 3,000 people is not an easy task. The food provided is intended to meet many nutritional and dietary needs, however, if you or any of your team members believe the food is not adequate, please purchase food (at your own expense) from one of the many local vendors.

Requirements for Obtaining Meals

Credentials provided by SOWA must be shown to attain meals. All meal numbers are based on coach's submission to their Region Managers.

Breakfast

Information on breakfast will be given at Registration and will be sent out via email prior to the games for those teams not staying in provided housing.

Lunch

Lunches will be distributed on Saturday and Sunday at the following locations:

- Weyerhaeuser-King County Aquatic Center (Saturday only)
- Pacific Lutheran University – Sports Information Desk at Olson Auditorium
- JBLM – Teams will **pick up their lunches at breakfast** and take them to the competition venues.

Saturday Night Dinner

Saturday evening dinner will be located at Pacific Lutheran University, Keithley Middle School and Washington High School. Due to the lack of space and time on location, the Saturday Night Dinner will only include coaches, athletes, unified partners, and team chaperones. Individual credentials will be used to access dining areas.

Food Trucks and Concessions

Food and beverage items will be for sale at Pacific Lutheran University (food trucks) and the King County Aquatic Center (concessions).

Water

Teams are responsible for providing their own water bottles in order to meet the Athlete's and program needs.

Water will be provided for teams in brown bag lunches daily. As much as we wish we could provide more, participants will not have an unlimited supply of water bottles for each team. Please be sure to take advantage of the water fountains at PLU and water buffaloes at JBLM venues.

COMPETITION DETAILS

Competition Locations

- Athletics – Pacific Lutheran University
- Aquatics – King County Aquatics Center
- Cycling – North Fort, JBLM
- Power-lifting – Evergreen Theater, JBLM (Saturday Only)
- Soccer – Pacific Lutheran University

Coaches Meetings

The following sports will host a conference calls leading up to Spring Games to go over any remaining details or questions: Aquatics, Athletics, Cycling, Powerlifting, and Soccer. The details of the meeting will be emailed to Program Coordinators. In addition to pre-games conference calls, all sports will have meetings on-site the first day of competition, please see your sport section below and the attached sport schedule for meeting times and locations.

Submitting Scratches (Athlete No-Shows)

Please let us know if athletes are not going to show up. Scratch locations will be located at the registration and check in areas identified in the housing section. This will be the last step in the Friday night registration process.

Divisioning

Special Olympics competitions provide athletes with the opportunity to demonstrate sport skills they have acquired during training. Special Olympics Athletes, like all dedicated athletes, strive for their best performance at each competition.

Athletes will be divisioned by age, gender, and ability unless there is not enough participants to create a competitive division within these parameters. Based on Special Olympics International's Article 1, divisions must be created with a minimum of 3 and a maximum of 8 participants. In the event that there are not enough participants to accommodate age, gender and ability while also abiding by the minimum and maximum division numbers, we will combine the categories above in order to make equitability competition. We will always strive to create the best divisions.

Protests

Locations for protest is mentioned below in each Sporting Venue Section. Should these locations change, coaches will receive a new location at Registration. All protests must be turned in no later than 30 minutes after the infraction. Judgment calls and Divisioning cannot be protested. Each competition venue will have protest procedures on location.

Awards Information

- All athletes will be escorted from the event areas to the awards stands.
- All venues will have their own awards area.
- Coaches and chaperones are responsible for athletes during the awards process. If athletes are not able to retrieve their awards, it is the coach's responsibility to pick up those awards on behalf of the athlete.

Games Evaluation

There are a few ways to be "heard" and provide feedback about the 2017 Spring Games. A Feedback Form will be included in your Registration packet, with a link on the APP and website.

Anyone is able to view and provide an evaluation of the games. Your feedback is an opportunity to provide valuable feedback to the Games Management Team, as they continually work toward making these games more enjoyable for everyone involved. Please tell us what you like about the current program, along with any ideas about processes needing improvement.

SPORT VENUE INFORMATION

AQUATICS

Location: King County Aquatic Center (Weyerhaeuser).

Competition Days: Saturday (ONLY), June 3rd from 8:00 AM—4:00 PM

Coaches Meeting: will be held at 8:30 AM in Arts and Crafts area on the east side of the building.

Spectator Rules

Deck space: Teams on the deck must stay in the bleachers or you will be asked to move. No sitting or lying down on the deck as it creates a hazard and will not be permitted.

Spectators: spectators are not permitted on the competition pool deck, except to watch their athlete receive their award. Spectators are permitted on the recreation pool deck.

Relay Information

After the welcome ceremony at Aquatics, the 4x25m relays will be run interspaced with the longer relays to give athletes time to recover. An electronic link will be provided to all coaches to complete prior to competition, forms will also be provided on site on the morning of competition.

Race Information

- Event Order: events will be run in order, but will be adjusted as needed to ensure the meet is completed on time.
- Long Distance Races: 1500m races will be held at 8:15 AM. 400m and 800m will be held at the end of the schedule.
- Each team must provide their own regulation flotation devices (vests).
- Heat Sheets: please print your own as they will not be provided
- Scratches: submit scratch forms to the appropriate pool (comp or rec)
- 25m Flotation: will be run after the recreation pool is complete with their events

Protests: please turn into competitive pool staging area within 30 minutes of event

Other Information

- Warm-Ups: will be in the dive tank
- Awards: will follow completion of the heat...
 - Competition Pool-awards will be presented on the west side of the dive tank.
 - Recreational Pool-awards will be presented on the pool deck.
- Hospitality: the hospitality room is open to volunteers, coaches, and spectators and is located next to the women's locker room.
- Lunch: is based on information provided by coaches and coordinators. It will be delivered and available from 10:30AM—12:30 PM.

ATHLETICS (TRACK AND FIELD)

Location: Pacific Lutheran University, Track

Competition Days:

- Saturday, 8:00 AM—4:00 PM
- Sunday, 7:30 AM—2:30 PM

Coaches Meeting

There will also be a mandatory Coaches' Meeting on Saturday, June 3rd at 7:15 a.m. at the Athletics Awards area at PLU Track.

Spectator Rules

- Spectator / Team seating will be offered on both sides (east and west) of the PLU track. Teams are encouraged to bring their own awnings / tents and space will be provided on a first come first serve basis.
- Due to safety reasons and to create a walkway around the PLU track, tents will need to be 6ft behind the flagging.
- Due to interference with the radios used on the track, hand-held radios/walkie-talkies are prohibited around the track at PLU. Outside of the fenced area around the PLU track is allowed.

Relays

- All Relays will be contested on Sunday

Race Information

The race schedule will be a separate attached document. Please read the competition schedule carefully, as there are several changes from last year's schedule:

- Competition will be held at PLU Track and long distance running course around the grounds.
- All races 1.5k or longer will be conducted on long distance running courses around the PLU grounds south of the track and will begin and end in the separate area away from the track. Spectator viewing area will be provided along the race routes.

Protests

All protests must be filed at the Track & Field Announcing Tent within 30 minutes of the protested infraction and must reference the rule and rule book page number. Judgment calls and Heating cannot be protested. Procedures and forms are located at the track and field announcing tent.

Other Information

- Reminder: Tent set-up at PLU Track begins at 2:00 PM Friday June 2nd. No tents are to be set up before that time in order to provide teams throughout the state equal opportunity to select their location around the grounds. Teams will be asked to remove their tents if set up early.
- The pentathlon will be contested in its entirety on Sunday.

- Access to marshalling, competition and post-race staging and awards areas will be limited to authorized games personnel and competing athletes only. **Track pass applications** are due to the state office no later than May 19th and are granted on a case-by-case basis. The track pass application will be attached to this packet and you can also get it from your Senior Region Manager.
- Heat assignments shown on the bib will be strictly adhered to for all events. Athletes arriving late for an event will not be allowed to compete in another heat. Consideration will be given for delays that are a function of the competition.
- Lunch: is based on information provided by coaches and coordinators. It will be delivered and available from 10:30AM—12:30 PM.

CYCLING

Location: JBLM North Fort-Cycling route, see venue map and directions. The course will be on a relatively flat 5-kilometer loop and there is a gradual incline.

Competition Days:

- Saturday, 8:00 AM—4:30 PM
- Sunday, 8:00 AM—3:30 PM

Coaches Meeting

There will be a scheduled online call to go over information prior to Spring Games. The date and time of this call will be emailed to all coaches and coordinators assisting with the teams.

There will also be a meeting on Saturday and Sunday mornings at 7:00 AM at the Cycling Awards Tent.

New Timing Process

The competition schedule has changed, so please pay attention to when your races are scheduled to take place. More information will be released via email to coaches and coordinators about the new process to take place.

Cycling timing and races on Saturday and Sunday will be supported by Tortoise and Hare Racing Company. Athletes will be provided their bibs as usual, but they will also be provided with a helmet chip that will need to be affixed to their helmet. It is advised that each athlete have their own helmet. As athletes start and finish races, the chip allows for all times to be electronically recorded at the finish line and will appear on a screen as they finish. This is an improvement over manual timing that will be a great benefit to the athletes and the event broadly.

Race Format: Like racing organizations around the world, athletes will not be staged by division but will be coming off of the start line in heats. Example: athletes competing in the 500m will be called to the start line in a certain time frame. They will not be lined up by division, but as they arrive to the line will be set with a group of 6-8 other racers to complete the race. Racers may not necessarily be riding with athletes in their division, but may be mixed in with other divisions depending on when they get in line to complete their race. More information on this process will be sent to coaches prior to Spring Games.

Scratches

Report any last minute scratches as early as possible each day or during the day to the Cycling Administration Office. The office is open by 6:00 AM each day. Also let us know if any of your athletes need additional accommodation during race events.

Race Information

- The shortest race will be a 500 Meter race, with the longest being a 40K race.
- Bicycles must be **"Road Ready"** before arriving at competition. Please have bicycles at venue by 7:30 AM.
 - There will be a bike inspection tent available 7:00 AM to 2:00 PM over the weekend.
- Races begin each day at 8:00 a.m. The schedule will be sent out separately. Have athletes at the start/finish line at least 10 minutes before their race time. Practice laps will be available and athletes must be off the course by 7:45 AM.
- Everyone riding a bicycle must have a proper helmet.
- **Entry numbers are to be worn on the left lung**, outside jackets or rain gear. The numbers must be visible to the Officials. Extra safety pins will be available at the start/finish line.
 - You will also be given the chip tag to affix to your helmet, instructions will be provided.

Protests: The Protest Station will be in the Cycling Administration Office. Protests must be submitted within 30 minutes after the race results are posted. Please, if in doubt, see the Protest Station before awards have occurred. Protest procedures and forms are located in coaches' packets which are picked up at Friday registration.

Awards

Awards presentation will be held at the end of each day. Note that if races run late on Saturday, the awards will occur Sunday morning at 9:00 AM or as otherwise noted on the Cycling schedule.

Lunch Information:

- Each team will pick up their box lunches on Saturday and Sunday mornings at breakfast. It is the responsibility of the team to collect and secure lunches to be distributed at the venue during lunch hours.

POWERLIFTING

Location: Competition will be held at the Evergreen Theater, Building 3405 2nd Division Drive, JBLM, WA 98433 on Saturday only.

Competition Day-Saturday only, 7:00 AM—4:00 PM

Coaches Meeting

There will be a conference call hosted for all powerlifting coaches on the new processes in the theatre. The information for the conference call will be communicated via email and will take place the week of Spring Games. A mandatory coaches meeting will also be held on Saturday morning at 7:45 AM on the stage with officials and coaches.

Spectator Rules: Spectator seating will be designated by flagging. Spectators will sit behind the designated team areas.

Competition Information: Based on the national and international venues for Special Olympics, Washington is hitting the standard by creating a more theatrical atmosphere for competitors. Lifters will compete in a combination of the Bench Press, Squat, and Deadlift at this event.

- Please report lifts promptly to reporters table as those lifts will be projected on the screen. More than two calls for a lift can result in a DQ for that lift.

- Participants will enter on the right side of the stage (if you are facing the stage), and exit on the left side of the stage for competition.
- Staging: if you are 'On Deck' or 'In the Hole' you will be required to sit in a designated area near the where you will enter the stage. This ensures that athletes are ready to participate when called.
- Rule Highlight (New!):
 - RULES OF COMPETITION - General Rules and Modifications: During any competition organized on a platform or stage, no one other than the lifter, the members of the jury, the officiating referees, assigned medical personnel, assigned platform personnel and the manager and/or the competing lifter's coach shall be allowed around the platform or on the stage.
 - A designated coach location on the stage will provided in 2017. Coaches are to stay in the designated area during athletes lifts.

Protests: Should be reported to the judge for an official ruling. Protest procedures and forms are located in each coaches packet provided at registration.

Lunch Information: Each team will pick up their box lunches on Saturday and Sunday mornings at breakfast. It is the responsibility of the team to collect and secure lunches to be distributed at the venue during lunch hours.

Awards: Awards will be presented on Sunday starting at **9:00 AM** at PLU Soccer Awards at Championship Field.

SOCCKER

Location: Team and Individual Skills Competition will be held on PLU Lower Campus. Individual Skills will take place on Championship Field (Foss Field) and all other competitions will take place at the Southwest complex (Fields 1-7) or Championship Field (fields 1-2).

Competition Days:

- Saturday, 8:30 AM—4:00 PM
 - Individual Skills- 10:00AM—12:00 PM
- Sunday, 9:00 AM—4:00 PM

Competition Locations: There will be two separate soccer field locations at PLU. Two Championship Fields will be located on Foss Field, centrally located on Lower Campus and will be the location for all gold medal matches on Sunday and all other competition on Saturday. The southwest fields will include seven additional fields and will be utilized for all levels of the soccer competition. The map below shows the two different locations on PLLU's lower campus.



Soccer Coaches Meeting

There will be a scheduled conference call prior to the Spring Games to clarify any information about the competition format and venue overall. An email will be sent to all coaches and coordinators with the date and time of the conference call. In addition, there will also be a meeting on Saturday morning at 8:00 AM at the command center located at Championship Fields (Foss Field) on PLU Lower Campus.

Spectator Rules

Spectators will not be allowed on the team bench sideline. All inner sidelines will be reserved for teams and coaches only, no exceptions. There will be signs posted to designate areas.

Soccer Competition Rules

- Competition Format: Teams will be divisioned prior to the Spring Games State competition. If time and space allow, teams in age groups 16+ in divisions 1-3 will play double elimination format brackets with all other divisions playing a multi-level competition which ensures at least a two game minimum. Note: Competition format may change based on allowable field space to complete competition by Sunday afternoon.
- Duration of Games:
 - All soccer competitions will consist of two, 15-minute halves with a 5-minute half time break.
 - Games tied at the end of regulation time will play a 5-minute sudden victory (first team to score wins) overtime. If still tied at the end of two overtime periods, the winner will be determined by shots from the mark.
- Field Size: The following age groups and divisions may play on SOI minimum field sizes: Age 8-15 and Division 4 – up.
- Individual Skills competition will be held from 10:00 a.m. - 12:00 PM on Saturday and awards will be presented to IS athletes at 1pm at Championship Soccer Fields Awards area.

Unified teams:

- Head coaches of Unified and Special Olympics teams **may not** be players on the team.
- Unified teams may not have more than two (2) partners (non-Special Olympics players) on the field at any time during the game.
- Teams must start the game with three (3) athletes and two (2) partners on the field.
- All Unified Sports Competitive models competitions will play by the SOI meaningful involvement rules. Please refer to additional materials at the end of this technical manual for more information.

Protests

Can be reported to the official's tent/command center. Protests need to be turned in within 30 minutes of the incident.

2017 Spring Games Soccer Protest Committee:

Fawzi Belal – Sports Commissioner
Cal Lovering – Technical Delegate
Nate Wallace – Head of Officials
Colin Edwards – Head Coach

Opportunities and Other Information

- **No** Individual Skills athletes may be added on Saturday. All registration must have been done during registration process.
- Smoking is not permitted at ANY sports venues.

Awards

- Soccer Awards will take place at the Awards area at Championship Fields, PLU.
- Individual skills awards will be held at 1:00 PM on Saturday.
- Team competition awards will begin at 11:00 AM on Sunday. Teams eliminated on Saturday may receive awards at the end of their competition that day. Proceed to Championship Fields Awards area when your competition is completed. **Please note**: To speed things up please bring a copy of your roster sheet with your team name, coach's names, and player names. This will act as your team check in for awards and we will be able to use it for awards presentation.

Athlete Lunches

- Lunches will be distributed in front of Olson Auditorium at the Sports Information Desk beginning at 10:30 AM-12:30 PM on Saturday and Sunday. Lunches will be in a “brown bag”. Please help take care of the venue grounds by recycling the water bottle and throwing garbage in the trash.

MEDICAL

Emergency Numbers

SOWA Medical Team: 253-208-2188

Life Threatening Emergency: dial 911

Special Olympics Medical Services

- Medical services will be available from your arrival at the games on Friday until departure on Sunday, at the close of the games
- Medical services will be available on-site at all Sports Venues, as well as housing locations on and off base. Please see details below for medical emergency information.
- Medical Services staff will strive to provide care for any and all of your medical needs while you and your athletes are at the games, both on or off the military base.

Special Olympics Medical Staff Mission

- Medical staff will support Special Olympics events and provide athletes, volunteers and family members with any and all medical needs. The Medical team will:
 - Ensure a safe environment with competent and appropriate care.
 - Strive to be tireless advocates for anyone placed in our charge.
 - When possible, return participants to their events in a safe and timely manner
- If you cannot summon the on-site medical staff and must call 911 you will need to:
 - know your exact location,
 - if calling from on base, **inform the dispatcher that you are on JBLM**, this will allow them to connect you with on base services
- If you call 911, your second call should be to the medical services number 253-208-2188 to let them know you are in need of immediate assistance until the ambulance arrives.
- An information number for non-emergencies will be provided upon check in, and via email to all coaches and coordinators.

Medical Locations and Availability

Location	Time
PLU Track	Friday, 12:00 PM – Sunday, 4:00 PM
Soccer Medical Tent	7:00 AM – 4:00 PM
Olson Auditorium, PLU	Opening Ceremony (5:30PM-9:30PM) and Victory Dinner/Dance (5:00PM-10:00PM)
King County Aquatic Center	During Competition Hours
Pacific Lutheran University	Please call 253-535-7441.
Evergreen Theatre (PWL)	8:00AM—4:00 PM, Saturday
North Fort (Cycling)	8:00AM—4:00 PM, both days
JBLM Housing	Non-Competition Hours

Medication Refrigeration

Refrigeration is available at JBLM and PLU housing locations for those medications requiring refrigeration.

Inclement Weather Information

In the event of extreme weather (cold, hot, rain, etc.) it is the Coach's responsibility to provide protective gear (blankets, rain gear, sunscreen, etc.) for their athletes.

Sunscreen

It is important to bring special **Sports Sunscreen**. Ordinary sunscreen can be carried by the sweat into the eyes, causing eye irritation and discomfort.

Contingency Plan

In the event of an unexpected, but dangerous situation please retreat to the nearest sheltered location until instructed otherwise. Be sure to always be aware of your surroundings and nearest sheltered areas in case of an emergency situation. Always have an evacuation plan in mind. Each venue location has emergency and contingent plan information that they will execute if need be.

ACTIVITIES AND INITIATIVES

OPENING CEREMONY

The 2017 Opening Ceremony is a time to recognize those 2,200 Athletes who have endured an incredible amount of training prior to competing in the 2017 Spring Games. We honor them now with a series of Olympic Opening Ceremony traditions like the Flame of Hope, inspirational speakers, and much more! Bank of America is hosting the 2017 Spring Games Opening Ceremony and will guide athletes through check-in, staging and seating:

Location: PLU Olson Auditorium

Date: Friday, June 2, 2017

Time: 7:00 p.m. - 9:00 p.m.

Staging: 6:15 p.m. - 7:00 p.m. (Arriving after 6:30 may not be seated in order)

Grand Marshall: Luke Ridnour, SOWA Unified Sports Ambassador, Former NBA Basketball Player / Seattle Supersonic

Parade of Athletes (Start of Opening Ceremonies)

Bank of America volunteers will:

- Greet athletes upon arrival at OC
- Lead athletes to check-in
- Escort athletes to their appropriate staging locations
- Help assemble teams by Area
- Guide start of the Parade of Athletes
- Guide teams to their seats (seating will be available for all Opening Ceremony participants)
- Assist athletes using wheelchairs to their team's location, on the perimeter of that row

Opening Ceremony Program

- Parade of Athletes
- Entertainment
- Presentation of Colors and Anthem
- Entry of Special Olympics Flame of Hope
- Oath of Athletes, Volunteers, Officials
- Presentations by VIP's
- Entertainment
- Official Opening of 2017 Spring Games

Notes:

- Do not stand on chairs at any time during the ceremony.
- Seating is available for family members and spectators in the bleachers.
- Please keep seating in the center of the Hangar for Olympic teams only.
- Late athlete arrivals, please make your way to the check-in desk located outside Olson Auditorium.
- **Lost & found** will be located at the Sports Information Desk in the lobby of Olson Auditorium. Lost athletes, family members, coaches and others will be directed to this location.
- Please be aware that Opening Ceremony will take place during peak congestion times on I-5.
- Teams are responsible for their own transportation to and from the opening ceremony.

SATURDAY AND SUNDAY ACTIVITIES

There are many activities (non-sporting events) occurring throughout the weekend for athletes, family members, and the community to participate in! Everyone is invited to participate in the Unified Sports Experiences on Saturday at PLU - Olson Auditorium and athletes will once again have the opportunity to enjoy Hair Fair on Saturday afternoon, the Victory Dinner/Dance and Happening on Saturday night and four Olympic Towns on Saturday and Sunday.

PLU Victory Village (Main Street)

Pacific Lutheran will be host to many of the activities JBLM provided in years past. Food trucks and community resources can be found at Victory Village outside Olson Auditorium Friday – Sunday. This location will also provide:

- Souvenirs, Food Trucks, Sports Information Desks, Family resources, soccer vol. check in - more.

Hair Fair

Hair Fair is an activity that allows athletes to have their hair cut and styled by licensed beauticians prior to the Dinner Dance. Hair fair will be held at two locations this year in order to accommodate the different housing areas. Athletes should come with clean hair! If under 18 years of age, any uncommon cuts (Mohawks, etc.) will need a coaches or parent approval. Please note that Hair Fair is for athletes and Unified Partners only:

Location: PLU Anderson University Commons and JBLM Housing Block.

Date: Saturday, June 3, 2017

Time: 3:00 PM—6:00 PM (Promptly)

Victory Dinner and Dance, and the Happening:

The Victory Dinner/Dance will replace and eliminate the Saturday Family BBQ and Athlete Dinner. We are excited to invite our pre-registered families to dine alongside our Athletes, SOWA Board Members, Executive Staff and Games Management to make it a great experience for all!

Dance Location: Pacific Lutheran University Olson Auditorium

- **Entertainment:** DJ Shane

Dinner Location: PLU, Keithley Middle School and Washington HS.

- Teams will be provided a specific location and time prior to the games.

Date: Saturday, June 3, 2017

Dinner: 5:30 PM—7:30 PM (Teams will be provided a time and location prior to arriving)

Dance: 7:30 PM—9:30 PM

Family Dinner

- Registered family members will be provided vouchers in their registration packet for food truck vendors and local restaurants.
- Families must be registered via our website by May 15th to receive family amenities.

Dance Theme

- Starry Night / Time to Shine

SPORT EXHIBITIONS AND CLINICS

Unified Sports Experiences – Saturday 9am – 4pm

Athletes and unified partners of all ages are invited to participate in multiple Unified Sports Experiences throughout the day on Saturday, June 3rd at Pacific Lutheran University. Sports experiences include:

Sport	Location	Hours of Operation	Days Available
Rugby	Championship Field 1	11a - 12pm	Saturday
Rowing	Olson Aud.	10am-11am	Saturday
Floorball	Olson Aud.	11:30am-12:30pm	Saturday
Flag Football	Championship Field 1	12pm-1pm	Saturday
Volleyball	Olson Aud.	12:30am-1:30pm	Saturday
Disc Golf	Behind Pflueger and Foss Residence Hall	11am-3pm	Saturday

[Register Online](#)

Contact [Morgan Larche](#) for more details.

OLYMPIC TOWNS

Sponsored by T-Mobile - A festival-like atmosphere can be found at each of the three Olympic Town (OT) venues (see locations below). Most Olympic Towns have a wide variety of activities including educational, entertainment, and sport-type activities.

Specifically, you might find karaoke, arcade type games, Arts & Crafts, basketball, bowling, putt-putt golf, exhibitions, trading posts, fancy cars, static military displays like tanks or back-hoe, and many other activities. Special guests may also be roaming the grounds.

Space is limited at the Aquatics Olympic Town and therefore there are fewer activities.

Athletes can earn tickets for actively participating in activities at OT. Tickets won at a specific Olympic Town can only be used to purchase prizes at that specific Olympic Town Trading Post Tent. Tickets are color-coded for each OT.

See below for times and locations:

Olympic Town Locations	Times and Days Available
Pacific Lutheran University (Lower Campus – Field House at Olson Aud.)	Saturday, 9:00 AM—4:00 PM Sunday, 9:00 AM—2:00 PM <i>*Note:</i> PLU Olympic Town open during Dance.
Cycling Venue (North Fort)	
King County Aquatic Center	Aquatics Olympic Town is Saturday only from 9:00 AM—4:00 PM

HEALTHY ATHLETES

Location: PLU, Morkin Center (Located behind Olson Auditorium on PLU's lower campus)

Hours of Operation:

- Saturday, June 3rd 10:00AM—5:00 PM

Purpose

Healthy Athletes is the world's largest database of healthy data for people with intellectual disabilities. Despite a mistaken belief that people with I.D. receive the same or better health care than others, they typically receive sub-standard care or virtually no care. That is why we strive to provide it to as many athletes as possible within Washington State.

ATHLETE LOUNGES, FAMILIES, YOUNG ATHLETES

Relaxation Stations

Where space permits, areas with heavy congestion or noise will have Relaxation Stations exclusively for athletes negatively affected by noise/crowds are who need quiet space to avoid escalation. Relaxation Stations will be provided at the following venues:

- Pacific Lutheran University, Opening Ceremony
- Pacific Lutheran University, Saturday Dinner / Dance

Athlete Lounges

Where space permits at each venue, Athlete Lounges will be provided throughout the weekend. Athlete Lounges are scheduled for the following venues at the 2017 Spring Games:

- Pacific Lutheran University, The Cave
 - Activities include “open mic”, foosball, card games, lounging area with couches.
 - Hours of Operation: Friday 2pm – 10pm, Saturday 10am – 10pm
 - Note: Musical Talent Search:
 - Saturday 10am – noon.
- JBLM Cycling, low key area to relax and hang with new friends. Includes couches and quiet card games.

NEW! The Cave - Athlete Lounge Talent Search

Athletes will be provided an opportunity to show off their musical talents on Saturday morning at PLU's Athlete Lounge and have the chance to be selected to join an elite training program provided by the **United by Music** organization.

- **Time**: Saturday, 10am-noon.
- Additional Details to be announced
- **Mission Statement for United by Music**: United by Music North America is a U.S. based 501(c)(3) charitable organization. Our mission is to further the scope of our parent company in Europe, United by Music, by providing programs of study and performance in blues, swing and jazz music for musically talented people with intellectual disabilities here in North America. We aim to improve the quality of life for our members, and challenge public attitudes about people with an intellectual disability, showing that we are more alike than we are different through the exceptional talents of our members. [Learn more](#)

Family Resources

All families interested in joining the family program for Spring Games will need to register online at www.sowa.org by May 15th. All registered families will receive a credential in their family registration packets upon arrival and it will be required to receive any onsite amenities.

Family Meals

Register families will be provided one meal voucher for local restaurants and onsite food trucks. **Note**: Families will not be allowed to join the athletes and coaches on Saturday evening for dinner provided by Pacific Lutheran University.

Venue Resources:

Each sports venue will have an area for community organizations to host tables with information and resources for families. Resources will be provided in Olympic Town or near the Sports Information Desk at the following venues:

- Pacific Lutheran University, Victory Village at Olson Auditorium
- King County Aquatics Center, Lobby; Sports Information Desk

Family Support Workshops / Presentations:

Saturday, June 3rd @ Pacific Lutheran University, Reiki Science Center

- **Assistance with Decision Making: Informal Supports to Guardianship** (4:30-5:30pm)
 1. **Presenter, Katie Hurt**: Ms. Hurt was admitted to practice in the State of Washington in 2013. She earned her Juris Doctor Cum Laude from Seattle University School of Law

in 2013 and a Bachelor of Arts in Economics and Political Science from the University of Washington in 2010. As an associate with Brothers Henderson Dussault, Ms. Hurt's practice focuses on the areas of developmental disability law including: capacity; estate and trust planning; trust administration; establishment of and reporting on guardianship; benefits management and advocacy; independent living; and special education.

- **Financial Management:** 5:40 – 6:40pm
 1. **Presenter:** Bank of America

Young Athletes™

All families and kids with and without disabilities ages 5-7 are invited to drop in at PLU's Victory Village to learn about the Young Athlete program and participate in the skills of the program.

VOLUNTEER INFORMATION

Volunteers play a vital role in the success of Spring Games – thousands of dedicated and enthusiastic persons are needed in the days before, during and after games weekend. Whether you are volunteering with your co-workers, your family members and friends, or if you're here on your own, THANK YOU!

Below is important information that you will need to know so your volunteer experience is an enjoyable one:

Registration – if you haven't already, please register online at:

<https://sowaspringgames2017.my-trs.com/>

If you wish to volunteer at any of the venues or activities taking place on JBLM and you do not currently have military ID, the deadline to register is the end of day Monday, May 22nd. If Civilian Volunteers do not register by this deadline, your name will not be on the SOWA Access List and you will need to go to one of two visitor's centers at the main gates of JBLM to obtain a one day pass. Without being on the SOWA list, however, you may not be allowed onto JBLM.

Volunteer Assignment

When you register to volunteer, your information will be forwarded to the venue manager or volunteer coordinator for that competition or activity. They will communicate with you prior to Games Weekend and provide you with additional details regarding your assignment, directions and an electronic version of the pass required for access to JBLM.

Base Access

If you registered prior to **May 22nd**, your information will be given to base security which will enable you to drive on post. When you receive your volunteer assignment, you will also be sent an electronic pass.

With your access pass, you can use the JBLM gate most convenient for your volunteer assignment. Please be sure to print a copy of that access pass. Only the driver will present his/her pass and a valid driver's license to the security personnel at the gate, however, if there are multiple volunteers in the car, all volunteers shall be ready to supply their ID, if over the age of 16. Drivers, please ensure your vehicle's insurance and registration is current and accessible should you be requested to present it.

Checking-In

Details as to where you will need to check-in upon arrival will be in the email with your volunteer assignment. Some venues will have a table or booth marked "Volunteer Check-in", others will be directed to check in at a "Sports Information Desk". Please allow a few extra minutes prior to the start of your shift to sign in, and confirm your assignment.

SOWA Volunteer T-Shirts

We are excited to be able to offer our volunteers a free t-shirt as a way to say "thank you"! If you registered prior to Monday, May 22nd and provided us with your size, we will have it for you when you check in. If you registered after May 22nd, we cannot guarantee that we will have the size you requested.

Food/beverages

Volunteers are encouraged to bring their own water bottles and refill them from the drinking fountains and military water "buffaloes" stationed around the venues. Volunteers are encouraged to bring their own snacks and/or lunch and keep it with or near you while you're volunteering. Food will be available for purchase from the various vendors participating but your ability to leave your volunteer station may be limited, based on competition and activities schedules, etc.

Clothing – please be prepared for all weather situations, wear layers if needed. Also, don't forget the sunscreen AND the comfortable shoes!

GENERAL INFORMATION AND RULES WHILE AT THE GAMES

Please remember as you go through this experience throughout the weekend that each of you have been selected or volunteered your time, you are a representation of your programs and of Special Olympics Washington. Please follow all military and civilian rules and use common sense:

- **Smoking Policy:** Smoking is not allowed at ANY Special Olympics Washington event or competition area. Smoking areas will be designated by the military. There is absolutely NO smoking at cycling, opening ceremony, or the Victory Dinner/Dance.
- **Credential Policy:** must be worn at all times with the exception of competition. Your badge is a way to identify each individual and it allows for them to reach certain access points. This must be worn to receive meals and gain access to the dance and opening ceremony.
- **Pet Policy:** NO pets are allowed unless they are service/working animals or part of the exhibitions at Olympic Towns. Please be prepared to show proof of service as requested by military or staff.

Other Details

- **Souvenirs:** souvenirs will be sold at Opening Ceremony, Victory Dinner/Dance, Olson Auditorium at PLU and the Aquatics venue.
- **APP for iPhone and droid:** if you search "Special Olympics Washington" in your applications search bar, you will find the app for Washington's state games. You will have access to competition schedules, maps, directions, as well as promotional items. Updates and schedule changes will also be pushed out through the APP. You will need to update your app if you already have the one from the 2017 Winter Games on your phone.
- **Lost and Found:** Each venue will have a lost and found at the Sports Information Desk or main check in area of the venue. Anything found on the grounds, stadium, theater, etc. will be turned in to the Sports Information Desk.

CYCLING COMPETITION SCHEDULE

Cycling Competition Schedule
Saturday – June 3, 2017

(Please Note: All Races Require Coach/Assistant Coach)

07:00 **Coaches Meeting with Cycling Venue Director – Please bring your scratches**
(Practice laps will be available at this time and athletes must be off the course by 7:45 AM)

07:50 *Staging 25K RR*

08:10 **25K Unified Team Road Race (partner)**
25K Road Race

09:30 *Staging 5K TT*

09:50 **5K Unified Time Trial (tandem)**
5K Time Trials

11:00 **Lunch**

11:15 *Staging 1K RR*

11:45 **1K Road Race**

12:10 *Staging 10K RR*

12:30 **10K Unified Team Road Race (partner)**
10K Road Race

13:30 *Staging 1K TT*

13:50 **1K Unified Time Trial (tandem)**
1K Time Trial

14:10 **Awards**

Cycling Competition Schedule

Sunday – June 4, 2017

(Please Note: All Races Require Coach/Assistant Coach)

07:00 **Coaches Meeting with Cycling Venue Director – Please bring your scratches**
(Practice laps will be available at this time and athletes must be off the course by 7:45 AM)

07:50 *Staging 40K RR*

08:10 **40K Unified Team Road Race (partner)**
40K Road Race

09:50 *Staging 5K RR*

10:10 **5K Road Race**

10:35 **5K Unified Road Race (partner)**

11:00 **Lunch**

11:15 *Staging 500m TT*

11:45 **500m Time Trial**

12:00 *Staging 10K TT*

12:20 **10K Unified Team Time Trial (tandem)**
10K Time Trials

13:15 **Award Ceremony**



UNIFIED SOCCER - MEANINGFUL INVOLVEMENT

The Special Olympics Sports Rules provide standards for Special Olympics competition. When there is an obvious and overwhelming disparity between the involvement of teammates and such involvement or lack thereof indicates a clear departure from the dignified and meaningful competition experience provisions of Special Olympics Sports Rules Article 1, the Unified Sports Committee (USC) of the Games Organizing Committee may authorize and impose penalties and sanctions with support from the following sections of the Special Olympics Sports Rules 2012. The following Sections will be considered:

Article 1 Section C. 2. CODE OF CONDUCT –

Article 1 Section F. 3. MEDICAL AND SAFETY REQUIREMENTS –

Article 1, Section L. 2b. HEALTH AND SAFETY –

A coach should place the health and safety of athletes first and exclude partners with significantly greater skill levels which may create a risk to others.

Article 1, Section L. 3c. PHILOSOPHICAL CONSIDERATIONS

The Unified Sports experience is enhanced when the ability level of teammates are as closely matched as possible. The risk of injury is diminished and provides a more meaningful sports competition experience.

COACH'S CODE OF CONDUCT

A coach ensures a positive experience by making certain that the competition challenges the athlete's potential and are appropriate to that athlete's ability.

A coach ensures that he/she will act professionally and take responsibility for his/her actions.

The coach agrees that if the Code of Conduct is violated, his/her actions will be subject to consequences.

The coach is held accountable for violations pursuant to the Sports Rules and Coach's Code of Conduct and therefore subject to penalty for unsporting behavior.

CONDUCT OF COMPETITION

If a member of the USC determines that a player is dominating play (resulting in an unfair advantage and/or to the exclusion of lower-ability teammates in violation of the meaningful competition provision of Article 1) to gain an unfair advantage, the USC official may sanction the coach of the offending team and/or offending player. Sanctions may include warnings to the coach; carding the player and/or coach; loss of game points; or disqualification from the game.

The following is a list of examples (and is not limited to) which could lead to possible "dominant play" sanctions

1. Scoring opportunities as a result of frequent give-and-goes or designed plays are employed by specific individuals (Example: partners) only.
2. Players consistently not utilizing teammates, ignoring teammates, bypassing teammates, etc... while attempting to penetrate offensively.
3. A player consistently dominates individually on either the offensive or defensive end of the field.
4. Players consistently have very limited opportunities to handle, pass, shoot and dribble the ball while there is team control.
5. Players repeatedly fail to pass the ball to an open teammates for an obvious scoring opportunity.
6. In the last minutes of competition, the participation of identified players is noticeably increased to the exclusion of teammates.
7. Coaches do not engage in tactics and strategies to eliminate player dominance or develop methods for meaningful involvement.

Important Notes:

- * Player dominance and meaningful involvement may include or exclude both athletes and partners.
- * The officials on the field do not monitor or determine meaningful involvement, however, they may be asked for input during dead-balls, halftime or at the completion of games.
- * The USC has the right to implement the below infractions at any time.

UNIFIED SPORTS COMMITTEE MEMBERS

The Unified Sports Committee will be composed of representatives from the following constituent groups by the technical delegate for the 2017 Special Olympics Washington Spring Games. Members of the USC will gather after each game to complete a game summary form which will be provided to the technical delegate for review. The game summary form will include comments and concerns and will be filed for future reference.

1. Chair: Soccer Technical Delegate
2. Experienced Unified Sports Staff / Professional(s)
3. Head Official and Experienced Unified Official(s)
4. Sport Specific Unified Sports Trainers
5. Head Coach(s)
6. Unified Partner(s)
7. Athlete(s)

VIOLATIONS / INFRACTIONS

For the 2017 Special Olympics Washington Spring Games, the following procedures will be implemented if a USC member determines that (a) partner/s in the Unified Sports Soccer Competition is dominating play, to the exclusion of teammates.

1. First violation, verbal warning given to the head coach by USC member. This may take place during or upon completion of the game. An entry is noted in the official scorebook. The scorebook entry includes the number(s) of the player(s) involved and comments.
2. Second violation, coach receives official warning (yellow card) and required to meet with USC upon completion of the game. An entry is noted in the official scorebook. The scorebook entry includes the number(s) of the player(s) involved and comments.
3. Third violation, the coach is suspended for a game and receives a one game suspension. Any subsequent violations the head coach will be suspended for all future games in this competition.

Note: The USC has the right to implement a sanction to players not responding to coaching strategies and leadership.

Unified Soccer Game Summary

Home Team: _____ Away Team: _____

Field: _____ Game Time: _____ Division: _____

Names of Summary Committee: _____

1. Did each team utilize all players on the team? Did everyone have a meaningful role? How was the team play?

2. Any Outstanding Players? List numbers? Is there a potential for player dominance in future games?

3. Team(s) ability to adjust to competitive levels:

Comments:



2017 State Soccer

Team Line-Up Sheet

Team Name: _____

Coach: _____

Uniform #	First Name	Last Name	Athlete/Partner

*Rosters are to be submitted to scorers table 5 minutes prior to start of game.
Please list players in numerical order starting with the lowest.
Use the same line up sheet for every game.*



2017 State Swimming Relay Entry

Event No: _____

Event: _____

Lane No: _____

Team Name: _____

	Last Name	First Name	Age	ID
1				
2				
3				
4				

Alternate: _____

Coach's Signature: _____

2017 State Swimming Event Schedule

	Comp Pool	Heat Numbers	Rec Pool	Heat Numbers
8:15 AM	1500m freestyle			
9:15 AM	4x100m unified freestyle relay		10m assisted swim	
	4x25m freestyle relay		15m walk	
	4x50m unified freestyle relay		15m unassisted swim	
	4x100m freestyle relay		15m flotation	
	4x25m medley relay		15m backstoke	
	4x100m unified medley relay			
	4x50m freestyle relay			
	4x100m medley relay			
	4x50m medley relay			
	4x200m unified freestyle relay			
	25m butterfly			
	400m freestyle			
	25m freestyle Group A			
	100m butterfly			
	200m freestyle			
	50m breaststroke			
	25m Freestyle Group B			
	100m individual medley			
	25m flotation*			
	25m breaststroke			
	100m freestyle			
	50m backstroke			
	200m individual medley			
	25m backstroke			
	200m breaststroke			
	100m backstroke			
	50m butterfly			
	200m backstroke			
	50m freestyle			
	100m breaststroke			
	800m freestyle			

Competition Pool: Events will be run in both the north and south ends of the pool.

Recreation Pool: Events should be finished by 1 PM.

Warm-ups: Will be in the Dive Tank.

Long distance races: 1500m races will be held at 8:15 am, 400m after relays and 800m toward end of the day.

Event Order: Events will be run in the order, but will be adjusted as needed to insure meet is completed on time.

Coaches Meeting: 8:30 AM in Arts & Crafts. Summer Games Only

Opening: 9:00 AM.

Racing: 8:00 AM - 5:00 PM

Heat Sheets: Print your own, we will not be providing copies.

Scratches: Submit Scratch forms to the appropriate pool (Comp or Rec).

Relays: Staging will begin at 8:30 and will begin after opening ceremonies.

The 4x25 relays will be run interspersed with the longer relays to give athletes swimming in more than one relay a break.

Relay Forms: Must be turned into the Competition Staging area by 8:30 am before the coaches meeting

SWIMMING EVENT SCHEDULE CONTINUED...

Protests: Turn into Competition Pool Staging Area within 30 minutes of event.

***25m Floatation: Will be run after Recreational Pool is complete with their events.**

Flotation Devices: Teams must provide their own device and must be type that goes around body. Only permitted in 15 and 25 Meter Flotation and assisted swim events.

Team Seating: Team seating is limited on the pool deck. Use the balconies for team seating.

Awards: Awards will be awarded following completion of the heat.

Competition Pool Awards will be presented on the west side of the dive tank.

Recreation Pool Awards will be presented on the pool deck.

Spectators: Spectators are **not** permitted on the Competition Pool deck, except to watch their athlete receive their award. Spectators are permitted on the Recreation Pool deck.

Hospitality Room: The Hospitality room is open to Volunteers, Coaches and Spectators and is located next to the Woman's locker room. Summer Games Only.