

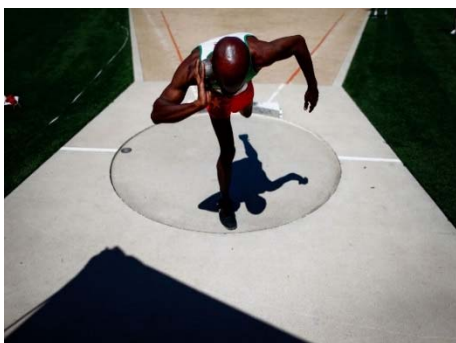


# 2019 East Region SPRING GAMES



May 3-4, 2019

Maribeu Park Hotel – Opening Ceremonies  
Eastern Washington University – Competition



# Technical Manual

## EAST REGION 2019 SPRING SEASON TEAMS

North Central	SWIMMING	Wenatchee Wave Makers	Northeast	CYCLING	Cheney Parks and Rec
Northeast	SWIMMING	Spokane Valley Sharks	North Central	SOCCER	Wenatchee Kickers
Northeast	SWIMMING	Spokane Blue Dolphins	North Central	SOCCER	Wenatchee Kickers (skills)
Tri-Cities	SWIMMING	Tri-Cities Tidal Waves	Valley	SOCCER	Yakima Greased Lightning
Southeast	SWIMMING	Twin River Sturgeons	Valley	SOCCER	Yakima Lightning Yakes
Northeast	SWIMMING	Cheney Park and Rec	Valley	SOCCER	Yakima Lightning Storm
Valley	SWIMMING	Ellensburg Swim Team	Valley	SOCCER	Yakima Lightning Flash
North Central	ATHLETICS	Wenatchee Speedsters	Valley	SOCCER	Yakima Lightning Bolts (skills)
North Central	ATHLETICS	Othello Dream Team	Northeast	SOCCER	Stevens County Fireballs
North Central	ATHLETICS	Moses Lake	Northeast	SOCCER	Stevens County Wolves
Valley	ATHLETICS	Yakima Lightning Thunderbirds	Northeast	SOCCER	Stevens County Stars
Northeast	ATHLETICS	Chewelah Majestic Creatures	Southeast	SOCCER	Twin River Thunder
Northeast	ATHLETICS	Chewelah Cougars	Tri-Cities	SOCCER	Tri-Cities All Stars
Northeast	ATHLETICS	Community Colleges of Spokane	Tri-Cities	SOCCER	Tri-Cities Guardian Strikers
Northeast	ATHLETICS	Spokane County Gophers	Tri-Cities	SOCCER	Tri-Cities Lightning
Northeast	ATHLETICS	Lilac City Warriors	Tri-Cities	SOCCER	Tri-Cities Cougars (skills)
Southeast	ATHLETICS	Twin Rivers Lightning Bolts	Northeast	SOCCER	Spokane Wolfpack 1
Tri-Cities	ATHLETICS	Tri-Cities Suns	Northeast	SOCCER	Spokane Wolfpack 2
Southeast	ATHLETICS	Whitman County Cougars	Northeast	SOCCER	Cheney P&R Coyotes
Walla Walla	ATHLETICS	Walla Walla Stampeders	Walla Walla	SOCCER	Whitman College Gold
Northeast	ATHLETICS	Spokane Wolfpack Athletics	Walla Walla	SOCCER	Whitman College Blue
Northeast	ATHLETICS	Cheney Parks and Rec	Northeast	SOCCER	Cheney P&R Coyotes (skills)
Valley	ATHLETICS	Sunnyside Runnin Rebels	Northeast	POWER LIFTING	Spokane Parks and Recreation Iron Pumpers
Northeast	ATHLETICS	Cheney High School Blackhawks	Southeast	POWER LIFTING	Twin Rivers Power Lifting
Northeast	ATHLETICS	Lakeland Village	Tri-Cities	POWER LIFTING	Tri-Cities Atomic Wolverines
North Central	CYCLING	Wenatchee Hotwheels			
Valley	CYCLING	Yakima Valley Cats			
Northeast	CYCLING	Medical Lake Cardinals			
Tri-Cities	CYCLING	Tri-Cities WOW Cycling			
Northeast	CYCLING	Lakeland Village RoadDogs			
Southeast	CYCLING	Twin Rivers Bikers			

**MARIBEAU PARK HOTEL: OLYMPIC TOWN / OPENING CEREMONY / DANCE / LODGING**

**LOCATION:** 1100 N Sullivan Rd, Spokane Valley, WA.

<b>SCHEDULE – Friday, May 3rd</b>	<b>TIME</b>	<b>NOTES</b>
Team Check In (Scratches turned in)	2:30pm – 6:00pm	HALLWAY CHECKIN TABLE: packets need to be picked up by coach or pre-approved adult – <b>no packets</b> available at EWU the next day!
Olympic Town / Merchandise	2:30pm – 6:15pm	Located in the hallway just outside the main ballroom. Merchandise tables also located in hallway.
Anytime Fitness	4:00pm – 5:00pm	Located in the Ponderosa Room – attached to main ballroom.
Healthy Athletes Screening	5:00pm – 8:30pm (Closed during Opening Ceremony)	Located in the Ponderosa Room – attached to main ballroom.
Opening Ceremony (More information below)	6:45pm – 7:30pm	Located in main ballroom.
Coaches Meeting (Mandatory)	7:35pm	Room location to be announced.
DANCE	8:00pm – 9:30pm	Located in main ballroom. <b>THEME:</b> Reaching for the Stars <b>DJ's:</b> Lisa Moles and Candie Carlson

**OPENING CEREMONY / DANCE**

**OPENING CEREMONIES special guests include:**

**Cheney mayor:** Chris Grover

**Cheney Fire Captain:** Tom Jenkins

**Mrs. Wheelchair Washington USA:** Dani Rice

**Cheney High School Choir**

**Coach's Oath:** Kari Smith – Twin Rivers Sturgeons

**Athlete's Oath:** Aiden Smith – Twin Rivers Sturgeons

- Opening Ceremonies and dance are for **ALL** spring season teams: **Swimming / Powerlifting / Cycling / Athletics / Soccer**
  - **Doors will open at 6:20pm** for the Opening Ceremonies – **starts at 6:45pm.**
  - Teams will need to have eaten before Opening Ceremonies / food not provided.
- **Open seating for ceremonies.** Teams will be announced during the ceremonies – **no walk-in introduction.**
  - Dance theme is "**REACHING FOR THE STARS**"
  - Dance will be in the same main ballroom shortly following the Opening Ceremonies.
- **Healthy Athletes Screening** will open following Opening Ceremonies and close at 8:30pm.

## LODGING

**MARIBEAU PARK HOTEL** continues to be our lodging venue. Only available for qualified teams who have completed and sent in a housing registration form. More information about the hotel can be found at: <http://mirabeauparkhotel.com/>

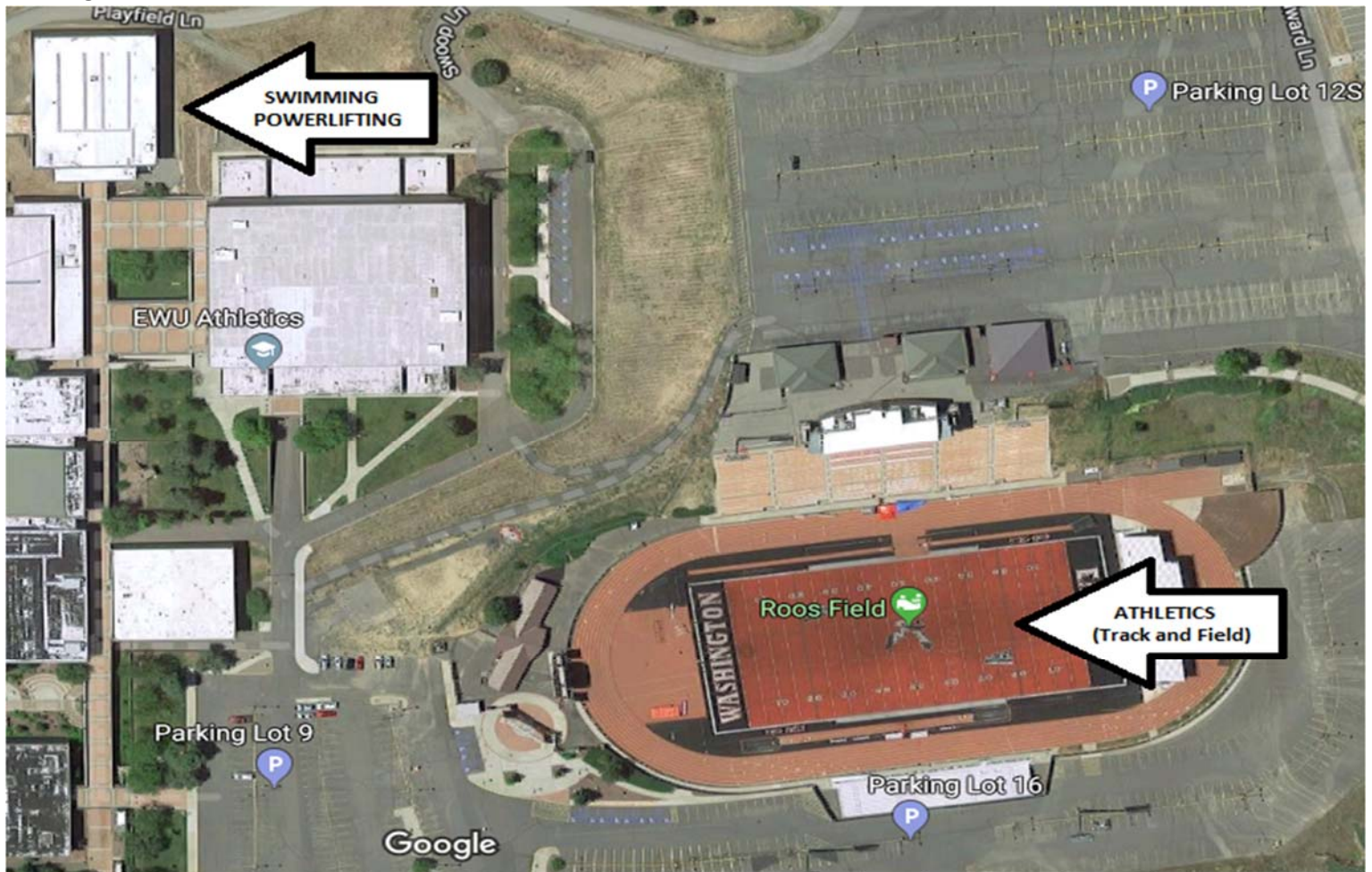
## Venue Information - EASTERN WASHINGTON UNIVERSITY

**526 5th Street, Cheney, Washington**

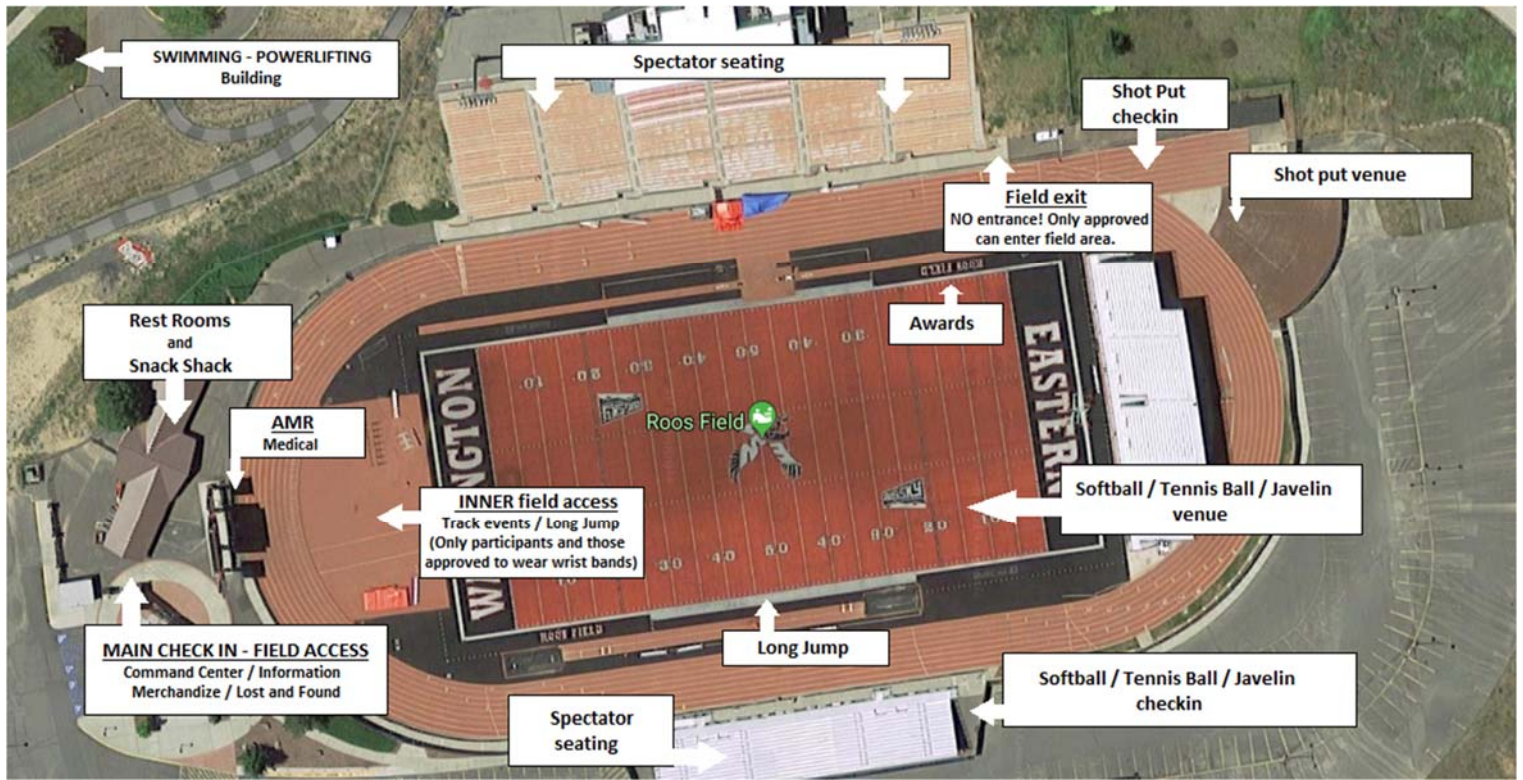
**Eastern Washington University** is hosting our SPRING GAMES once again – EWU has now for many years in a row. The university also provides approximately 100 student volunteers – incredible!

Let's make sure to take excellent care of the facilities by making sure we pick up our trash and leave things in better condition than when we arrived. Also – if you meet any EWU staff – tell them how much their involvement means to us. Take a moment before you arrive to become familiar with the location of various venues and check points:

**Building for SWIMMING and POWERLIFTING is a short walk from ROOS FIELD:**



## ROOS FIELD check points:



## COMMAND CENTER

Located at main entrance to Roos Field. Here is what you will find at **COMMAND CENTER**:

- Lost and Found**
- Merchandise table**
- Volunteer check in**
- General Information**

## LUNCH 11:30am – 1:00pm

Dozens of volunteers prepare our lunches – THANK YOU! When available (starting at 11:30am) – **Athletic** lunches can be picked up at the Command Center located just outside the main entrance at ROOS FIELD – an announcement will be made when ready for pick up.

**Swimming** and **Powerlifting** LUNCHES will be delivered to each venue.

## APPLICATION for PARTICIPATION (AFP) – UNIFIED PARTNER RELEASE (UP)

SOWA requires all participants to poses a current AFP / UP in order to participate during the season – that includes practice and competition! Coaches are **required to carry copies** of those forms while at practice and competitions. It is very important to keep those forms in a safe place as they contain personal information.

## MERCHANDISE

Our merchandise table will be located near COMMAND CENTER. Along with our current SPRING SEASON clothing, we will be selling our “past season” clothing at deeply reduced prices. **Cash / check / credit cards are all excepted.**

## AWARDS



At ROOS FIELD, the **ATHLETIC** (track and field) awards will be presented near the designated area on the field as results are processed and completed. Families and friends can take pictures from the area located in the stands.

**SWIMMING** and **POWERLIFTING** awards will be presented in the venue hosting the competition. This is a state qualifying competition for each

## INFIELD ACCESS – ROOS FIELD



It is extremely important to limit infield access during the event! Only athletes, approved staff and volunteers are allowed on the field. However, provisions are made for anyone needing to assist an athlete in running/walking events. Before approval is given, additional evidence of why the athlete needs assistance may be requested by SOWA staff.

**Email Grant Opland, East Region Senior Manager, at [gopland@sowa.org](mailto:gopland@sowa.org) requesting approval – include name of person assisting / name of athlete / name of team / reason athlete needs assistance.**

Those approved for INFIELD ACCESS need to pick up a wrist band from the COMMAND CENTER located near the main entrance of ROOS field. Wristbands must be worn and visible while in the INNER FIELD assisting the athlete. Entrance to the field is at the INNER ACCESS station just inside the main entrance to ROOS field – near the large score clock.

## POWERLIFTING - Schedule

### 2019 Powerlifting @ EWU Weight Room

<b>Time</b>	<b>Event</b>
8:00 AM	Check-in at Weight Room
8:30 AM	Weigh-in
9:00 AM - 12:00 PM	Squats & Bench Press
12:00 PM - 1:00 PM	Lunches available for pick up – powerlifting venue
1:00 PM - 2:00 PM	Dead Lift
2:00 PM – 3:00 PM	Awards

## SWIMMING - Schedule

### 2019 Swimming Schedule @ EWU Aquatics Center

<b>Time</b>	<b>Event</b>
9:00 am- 9:50 am	Swimming Warm-Up
9:40 am - 9:50 am	Swimming Coaches Meeting w/ Mark Swimming
10:00 am - 3:00 pm	Competition
11:30 am - 1:30 pm	Lunches available for pick up – swimming venue

## ATHLETICS (Track and Field) - Schedule

### 2019 Track & Field Schedule @ Roos Field

The following schedule is subject to change. Be attentive to event announcements!

<b>TIME</b>	<b>FIELD EVENTS</b>	<b>GENDER</b>
9:30 AM	Tennis Ball Throw	<b>ALL</b>
9:30 AM	Shot Put	<b>Male</b>
9:30 AM	Running Long Jump	<b>Male</b>
9:30 AM	Standing Long Jump	<b>Male</b>
9:30 AM	Softball Throw	<b>Male</b>
1:00 PM	Shot Put	<b>Female</b>
1:00 PM	Running Long Jump	<b>Female</b>
1:00 PM	Standing Long Jump	<b>Female</b>
1:00 PM	Softball Throw	<b>Female</b>
1:00 PM	Mini-Javelin	<b>ALL</b>

<b>TIME</b>	<b>TRACK EVENTS</b>	<b>GENDER</b>
9:00 AM	1500 M & LDR 1.5	<b>ALL</b>
9:00 AM	30/50 W/C Slalom 25	<b>ALL</b>
9:00 AM	M Obstacle	<b>ALL</b>
9:00 AM	100 M Wheelchair 25	<b>ALL</b>
9:00 AM	W/C Manual	<b>ALL</b>
9:00 AM	25 MO Straight	<b>ALL</b>
9:00 AM	10 M W/C	<b>ALL</b>
9:30 AM	800 M Walk	<b>ALL</b>
9:45 AM	800 M Run	<b>ALL</b>
10:00 AM	50 M Run	Female
10:10 AM	50 M Walk	Female
10:30 AM	100 M Run	Female
10:30 AM	100 Walk 10/25	Female
10:50 AM	M Guided	<b>ALL</b>
11:00 AM	Walk 25 M Assisted	<b>ALL</b>
11:00 AM	Walk 50 M Assisted	Male
11:20 AM	Walk 50 M Guided	Male
11:30 AM	Walk 110 M Hurdles	Male
11:40 AM	50 M Run	Male
11:40 AM	50 M Walk	<b>ALL</b>
11:50 AM	100 M Run	Male
12:10 AM	100 M Guided Walk	Male
12:10 AM	100 M Walk	Male
12:30 PM	400 M Walk	Female
1:00 PM	400 M Run	Female
1:30 PM	400 M Walk	<b>ALL</b>
2:00 PM	400 M Run	Male
2:30 PM	200 M W/C	Male
2:30 PM	200 M Walk	Female
3:00 PM	200 M Run	Female
3:30 PM	200 M Walk	<b>ALL</b>
4:00 PM	200 M Run	Male

## STATE ALLOCATIONS

Here are how the state allocations (how many teams/individuals the EAST REGION can send) for our upcoming **SPRING STATE GAMES** are determined.

Special Olympics Washington has divided the state into three regions – the East Region includes the areas of **North Central / Northeast / Southeast / Tri-Cities / Walla Walla / Valley** as shown on the map below:



# AREA MAP

## Peninsula

Clallam  
Jefferson  
Kitsap  
Gig Harbor  
Mason

## Capitol

Pierce  
Thurston  
Lewis  
Grays Harbor  
Pacific

## Columbia River

Clark  
Cowlitz  
Skamania  
Wahkiakum

## Cascade

Snohomish  
Whatcom  
Skagit  
Island

## North Central

Douglas  
Okanogan  
Chelan  
Grant  
Adams

## Northeast

Spokane  
Ferry  
Stevens  
Lincoln  
Pend Oreille

## Southeast

Whitman  
Asotin  
Columbia  
Garfield

## Tri-Cities

Benton  
Franklin

## Walla Walla

Walla Walla

## King County

King

## Valley

Yakima  
Ellensburg  
Sunnyside  
Kittitas  
Klickitat



The state office works from a pre-determined matrix (formula) in order to approve how many ALLOCATIONS a region is allowed. That matrix includes things such as: housing space / venue space / time restraints / volunteer availability / budget boundaries / etc.

The total ALLOCATION number must then be divided amongst the three regions. This is determined by calculating the number of teams/skills individuals representing each region. The number of ALLOCATIONS each region is awarded is proportionate (percentage) to the number of participants/teams the region reports.