



## 2019 State Spring Games

### *Athletics*

**Location:** PLU (Pacific Lutheran University)

**Date:** June 1<sup>st</sup> – 2<sup>nd</sup>

**Time:**

- Saturday, 8:00am – 4:00pm
- Sunday, 7:30am – 3:00pm



**Participation:** 61 Teams / 575 Athletes / 20 Unified Partners / 61 Coaches / 200 Volunteers

### **Competition Overview:**

Competitors will be heated based off their times posted from their qualifying competition. Heat call-outs will be posted on reader boards and a big screen, as well as announced over a PA system. Awards will take place at the awards tent upon the completion of each heat.

### **Sport Overview:**

The sport of athletics encourages athletes of all abilities and ages to compete at their optimum level. Through the track-and-field-based athletics training program, participants can develop total fitness to compete in any sport. As with all Special Olympics sports, athletics offers athletes the opportunity to learn through skill development and competitive settings and to be involved in large social settings. Athletics Programs in Washington State include individual skills, sprints, walking, long distance runs, jumping events, field competitions and more.

Athletics was an event at the first Special Olympics International Games held in Chicago, Illinois in 1968.



Events offered for Athletics: (Athletes may compete in, up to four events)

### **Wheelchair Events**

- 10 Meter Manual Wheelchair Race
- 25 Meter Manual Wheelchair Race
- 30 Meter Manual Wheelchair Slalom Race
- 100 Meter Manual Wheelchair Race
- 200 Meter Manual Wheelchair Race
- 400 Meter Manual Wheelchair Race

### **Motorized Wheelchair Events**

- 25 Motorized Wheelchair Obstacle Race
- 30 Meter Motorized Wheelchair Slalom Race
- 50 Meter Motorized Wheelchair Slalom Race

### **Assisted Walking Events**

- 10 Meter Assisted Walk
- 25 Meter Assisted Wal
- 50 Meter Assisted Walk

### **Relay Events**

- 4 x 100 Meter Relay
- 4 x 100 Meter Unified Relay
- 4 x 400 Meter Relay
- 4 x 400 Meter Unified Relay
- 4 x 100 Meter Relay

### **Field Events**

- Tennis Ball Throw
- Softball Throw
- Mini Javelin
- Shot Put
- Standing Long Jump
- Running Long Jump
- High Jump

### **Guided Events**

- 10 Meter Guided Walk
- 25 Meter Guided Walk
- 50 Meter Guided Walk
- 100 Meter Guided Walk
- 25 Meter Guided Race
- 50 Meter Guided Race

### **Individual Events**

- 50 Meter Walk
- 50 Meter Dash
- 100 Meter Dash
- 200 Meter Dash
- 100 Meter Walk
- 200 Meter Walk
- 400 Meter Walk
- 800 Meter Walk
- 400 Meter Run
- 800 Meter Run
- 1500 Meter Run
- 110 Meter Hurdles Men
- 100 Meter Hurdles Women
- Pentathlon
- 1500 Meter Run
- 1.5 Kilometer Race Walk
- 5 Kilometer Race Walk
- 5 Kilometer Road Race
- 10 Kilometer Road Race
- 3000 Meter Unified Team Running (2 person)
- 5000 Meter Unified Team Running (2 person)
- 1.5 Kilometer Unified Race Walk
- 5 Kilometer Unified Race Walk
- 5 Kilometer Unified Road Race
- 10 Kilometer Unified Road Race



Learn more about **Special Olympics Athletics** by reviewing the [Rules](#)

Learn more about the **2019 State Spring Games** by going to the

[2019 State Spring Games Webpage](#)