



2019 Winter State Games

Speed & Figure Skating

Location: Town Toyota Center

Date: March 2nd

Time: 8:30am – 3:00pm

Participation: 6 Teams / 48 Athletes / 4 Unified Partners
/ 7 Coaches / 40 Volunteers



Competition Overview:

Competition will begin in the morning with the Speed Skating events and then transition over to Figure Skating in the afternoon beginning around 1:00pm.

Speed Skating will start with the shorter distance races and then move up to the longer distance races with the relay events taking place last. There will be a 45 min time slot reserved in the afternoon for events that were not able to be completed in the morning.

Figure Skaters will have a warm-up starting around 12:30pm. The figure skating competition will start with the level 1 competitors and then work its way up to the level 4 competitors.

Awards will take place at Town Toyota Center upon completion of the day's competition.

Sport Overview:

Speed Skating today is a lifetime fitness sport for individuals of all ages. Speed Skating provides both cardiovascular and aerobic benefits as well as improving muscle strength, balance, and coordination. Today, the sport can be enjoyed year-round with indoor skating facilities found throughout the world.

As a recreational and competition sport, Speed Skating offers the potential for social integration for both training and competition experiences within multi-level Special Olympics competition experiences as well as training and competition experiences through this sport's National Governing Body.



Figure Skating is a sport in which individuals, pairs, or groups perform spins, jumps, footwork and other intricate and challenging moves on ice skates. Figure skating is one of the few judged Special Olympics sports. Special Olympics figure skating features singles and pairs jumps, lifts and many feats of strength and precision. Ice dancers concentrate on interpreting the rhythm and tempo of music through dance steps on the ice. Figure skaters compete at various levels from beginner up to the Olympic level (senior), and at local, national, and international competitions.

Events offered for both Figure and Speed Skating: (Athletes may compete in, up to three events)

Speed Skating

- 25 Meter Straight Race
- 55 Meter Half Lap Race
- 111 Meter Race (1 Lap)
- 333 Meter Race (3 Laps)
- 500 Meter Race (4.5 Laps)
- 777 Meter Race (7 Laps)
- 1,000 Meter Race (9 Laps)
- 1,500 Meter Race (13.5 Laps)
- 1,500 Meter Unified Relay (4-person short track)
- 4x500 Meter Unified Relay
- Unified Team Sprint

Figure Skating

- Singles Compulsory (Levels 1-5)
- Singles Freestyle (Levels 1-5)
- Ice Dancing (Levels 1-3)
- Unified Ice Dancing (Levels 1-3)
- Pair Skating (Levels 1-2)
- Unified Pair Skating (Levels 1-2)

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

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

Learn more about the **2019 Winter State Games** by going to the [2019 Winter State Games Webpage](#)