



2019 Winter State Games

Snowshoeing

Location: Leavenworth Sports Club (Fish Hatchery)

Date: March 2nd

Time: 10:00am – 11:00am

Participation: 3 Teams / 10 Athletes / 2 Unified Partners
/ 3 Coaches / 10 Volunteers



Competition Overview:

Snowshoeing will take place at the Cross Country venue. Athletes/Teams will be divided according to the qualifying times submitted with their final registration.

Awards will take place after the conclusion of the competition at the Fish Hatchery.

Sport Overview:

Snowshoeing is quickly becoming a favorite for outdoor winter activity. Combining aerobic activity with ease of walking over snow without sinking in, snowshoeing is an activity for all ages. Snowshoe races are part of the Arctic Winter Games and the winter Special Olympics.

Special Olympics first introduced snowshoeing in 1997. Since 2005, when there were 11,676 Special Olympics Snowshoe Athletes, the sport has grown by over 110%!



Events offered for Snowshoeing: (Athletes may compete in, up to two events and a relay)

- 25 Meter Race
- 50 Meter Race
- 100 Meter Race
- 200 Meter Race
- 400 Meter Race
- 800 Meter Race
- 1,600 Meter Race
- 5 Kilometer Race
- 10 Kilometer Race
- 4x100 Meter Relay Race
- 4x200 Meter Relay Race
- 4x400 Meter Relay Race
- 4x100 Meter Unified Relay Race
- 4x200 Meter Unified Relay Race
- 4x400 Meter Unified Relay Race

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

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