



2023 Winter State Games

Figure & Speed Skating

Location: Town Toyota Center

Date: March 4th (Saturday Only)

Time:

- 7:45am, Team Check-In/Submit Music
- 8:30am-9:00am, Figure Skating Warmups
- 9:00am-12:00pm, Figure Skating Competition
- 1:30pm-2:30pm, Speed Skating Competition
- 3:30pm-4:30pm, Figure and Speed Skating Awards

Participation:

5 Teams / 40 Athletes / 5 Coaches / 30 Volunteers

Competition Overview:

Competition will begin in the morning with the Figure Skating events and then transition over to Speed Skating in the afternoon beginning around 1:30pm.

Figure Skaters will have a warm-up starting around 8:30am. The order of competition will go by badge level and event and will be communicated once registration is complete.

Speed Skating will start with the shorter distance races and then move up to the longer distance races. There will be no relays offered due to number of participants registered.

There will be a 45 min time slot reserved in the afternoon for events that were not able to be completed in the morning.

Awards will take place at Town Toyota Center upon completion of the day's competition at approximately 3:30pm.

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)

**Due to low registration for Speed Skating, events are being reduced.*

Speed Skating

- 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)

Figure Skating

- Singles Badge Competition (Levels 1-12)
- Singles Freestyle (Levels 1-6)
- 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 2023 Winter State Games by going to the
[2023 Winter State Games Webpage](#)