

SW Athletics Regionals Coaches Meeting

Coaches Call

April 20th

6:30pm

Dori McGovern – SW Region Manager
Cheyenne Baird – SW Program Manager
Tyler Bjork – Director of Sports
Development, Education & Training
Susan Greenwood – Head GMT

Special Olympics

Washington



Welcome!



Meetings Reminders

- This meeting is being recorded
- Please stay muted unless you are asking a question
- Feel free to keep your camera off if you would like

To start, please provide the following information in the chat!

- Name
- Program
- Years of service with Special Olympics



Agenda



- Resources
- Our Reminders
- Mt. Tahoma HS - Competition Schedule
- **Mt. Tahoma HS – Venue Set Up**
- Tentative Event Schedule
- Additional Event Information
- Allocations for State Games
- Timeline BEFORE Competition/ AFTER COMPETITION
- Questions

Resources



Southwest
Region
Webpage

ATHLETICS
RULES

UPDATED
PROTEST
FORMS



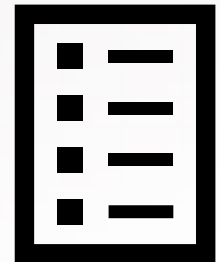
Our Reminders

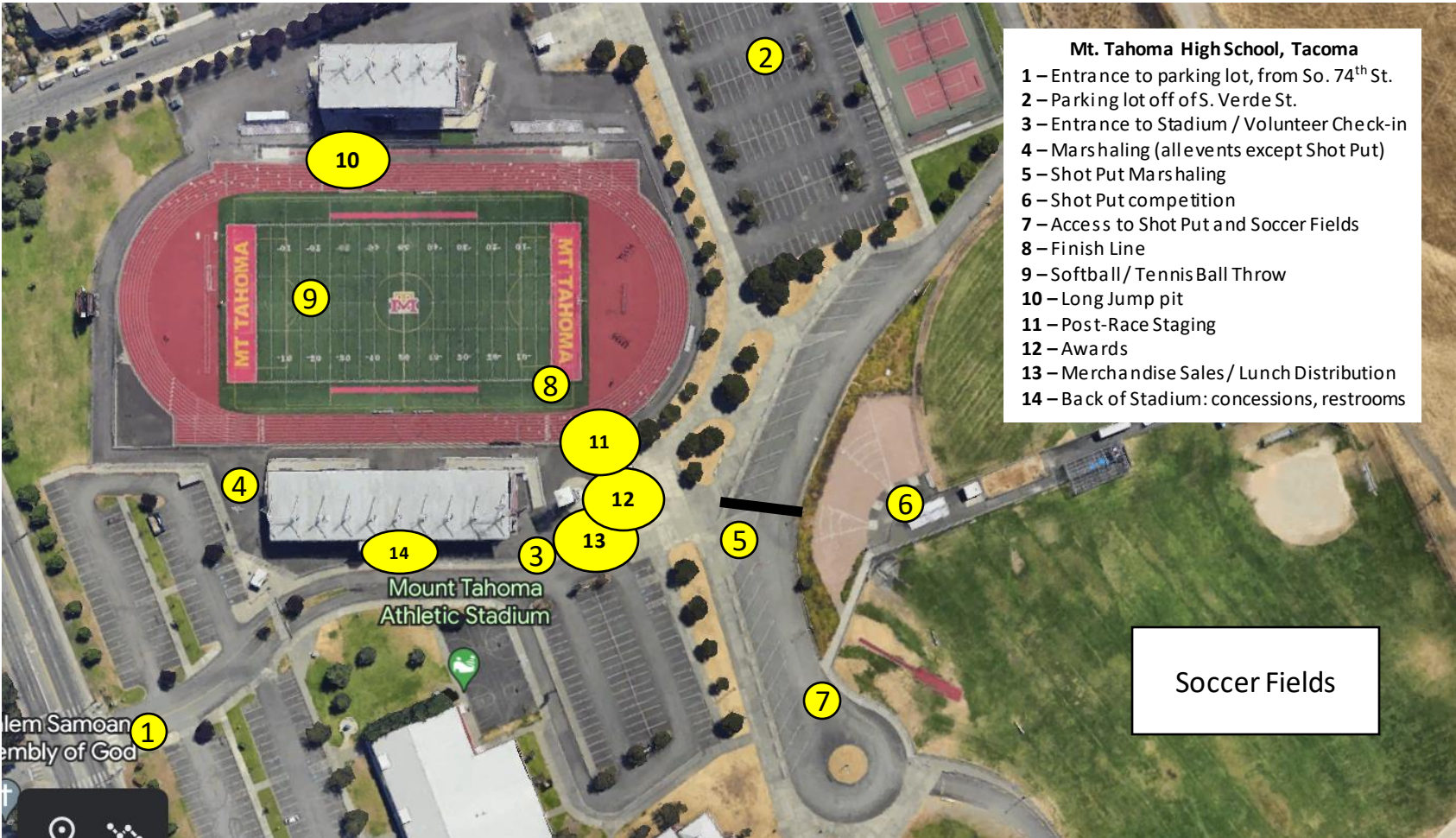
- **LISTEN TO THE CALLS!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**
 - Calls will go in the order of the schedule, follow the division #s
- **No Whistle Start for the 200m dash**
- **Please ensure your athletes do not have medals/ribbons remaining on them when checking into marshalling.**
 - This is a safety hazard to the athlete
 - We don't want the medal/ribbon to go missing
- **Track Marshalling / Shot Put Marshalling**
- **There will not be any "open pits"**
- **This will be a closed track. Track Pass Required.**

Mt. Tahoma HS – Comp. Schedule



- Mt. Tahoma High School: *4634 S 74th St. Tacoma, WA 98409*
- Team check in – Begins @ 7:00am at Stadium Entrance
- Coaches Meeting – 7:45am in front of the home grant stands (across from medical)
- First Events – Begin @ 8am with the 5k Race/Walk Traditional & Unified
- Lunch – Between 11:30-1:30pm, Please wait for an announcement, pick up will be by check in.
 - Half orders of Ham & Turkey, vegetarian is available upon request at the Lunch Pick Up table.
- Awards – as soon as the event has concluded will be hosted at the Stadium.





Mt. Tahoma High School, Tacoma

- 1 – Entrance to parking lot, from So. 74th St.
- 2 – Parking lot off of S. Verde St.
- 3 – Entrance to Stadium / Volunteer Check-in
- 4 – Marshaling (all events except Shot Put)
- 5 – Shot Put Marshaling
- 6 – Shot Put competition
- 7 – Access to Shot Put and Soccer Fields
- 8 – Finish Line
- 9 – Softball/ Tennis Ball Throw
- 10 – Long Jump pit
- 11 – Post-Race Staging
- 12 – Awards
- 13 – Merchandise Sales/ Lunch Distribution
- 14 – Back of Stadium: concessions, restrooms

Soccer Fields

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Assembly of God



Finish Line

Finish Line

Finish Line

Marshaling
Athlete
Check-in

Post-Race
Staging

Award

Merch/Lunc
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Stadium Entry
&
Volunteer Tent

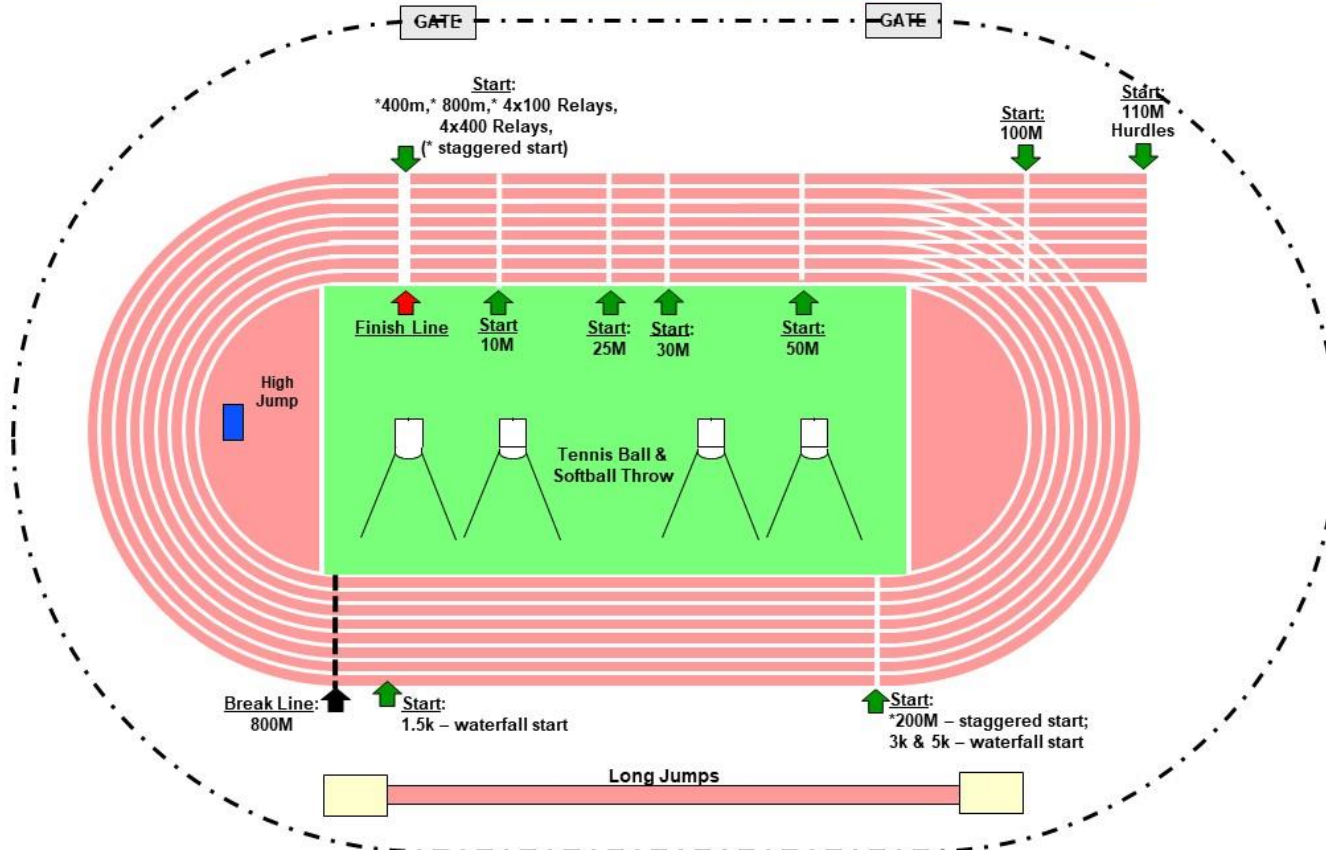
Shot Put
Marshaling

Shot
Put

Special Olympics Washington

(Access to track is limited to Athletes only)

Track/Field Awards



Tentative Event Schedule



Start	Field Event	Gender	Flights
8:45	Shot Put	M	200-211
-	W/C Shot	M/F	-
9:00	Standing Long Jump	M	212-216
-	Running Long Jump & PENT	M	217-222/103
9:00	Tennis Ball Throw	M	223-225
-	Softball Throw	M	226-242
9:15	Mini-Javelin Throw	M	243-256
10:45	Shot Put PENT	PENT	103

Start	Track Event	Gender	Heats
8:00	10k Unified Race (25 laps)	M/F	-
8:00	5k Walk/Unified Walk (12.5 laps)	M/F	100
8:00	5k Race/Unified Race (12.5 laps)	M/F	101-102
8:45	110m Hurdles	M	-
	100m Hurdles	F	-
	100m PENT	PENT	103
	25m W/C Obstacle	M/F	104-106
	25m W/C Race	M/F	107-108
	25m A/W	M/F	109-112
	25m G/W	M/F	113-116
	25m G/R	M/F	117
	100m Walk	F	118-127
	100m Dash	F	128-136
	400m W/C Race	M/F	-
	400m Walk	F	137-138
	400m Dash	F	139-140
	1.5k Walk/Unified Walk (3.75 laps)	M/F	141-143
	1.5k Run (3.75 laps)	M/F	144-145
	50m A/W	F	146
	50m G/W	F	-
	50m Walk	F	147-152
	50m G/R	F	153
	50m Dash	F	154-159
	800m Walk	F	160
	800m Run	F	161
	100m W/C Race	M/F	162

Start	Field Event	Gender	Flights
11:00	Shot Put	F	257-261
11:00	Tennis Ball Throw	F	262-263
-	Softball Throw	F	264-279
11:15	Mini-Javelin Throw	F	280-287
11:15	High Jump & PENT	M/F	103
11:30	Running Long Jump	F	288-289
-	Standing Long Jump	F	290-292

Start	Track Event	Gender	Heats
	100m G/W	M/F	163
	100m Walk	M	164-171
	100m Dash	M	172-193
	10m W/C Race	M/F	194-195
	10m A/W	M/F	196-197
	10m G/W	M/F	198
	400m Walk	M	199/300-302
	400m Dash & PENT	M	303-307
	3k Road Race	M/F	308
	3k Unified Team Run	M/F	-
	30m Motorized W/C Slalom	M/F	309-310
	30m Non-Motorized W/C Slalom	M/F	-
	50m A/W	M	311
	50m G/W	M	312-313
	50m Walk	M	314-317
	50m Dash	M	318-323
	50m Motorized W/C Slalom	M/F	324-325
	800m Walk	M	326-327
	800m Run	M	328-329
	200m W/C Race	F	-
	200m Walk	M/F	330-340
	200m Dash	M/F	341-363
	4 x 100m Relay	M/F	364-371
	4 x 100m Unified Relay	M/F	-
	4 x 200m Relay	M/F	-
	4 x 200m Unified Relay	M/F	-
	4 x 400m Unified Relay	M/F	-
	4 x 400m Relay	M/F	372

Additional Event Information



Changes to
Delegations/Rosters

Allocations for State Games



SW will be **sending up to 75% of the participants** from this competition to State!

- **Depending on final divisioning** – (*this may change*)
- 1st - All Golds will advance to state games
- If there are spots available then Silvers, then Bronze
- State Games Registration is Due May 25th



Timeline BEFORE Competition



- Today – Coaches Call
- Tomorrow, April 21 – Coaches Meeting Debrief
Email will be sent out.
- BY Tuesday, April 25 – Finalized divisions and
competition schedule
- Sunday, April 30 – Competition Day!

Timeline AFTER Competition



- Tuesday, May 2 – Results sent out to all programs AND State Allocations by program
- Thursday, May 25 - State Registration Due this includes housing forms for those programs who qualify.
- TBA - Spring State Games Coaches Meeting for Athletics

Questions?



Please refer to video recording of this meeting for all questions that were asked and answered.

Thank you!