



# 2023 SPECIAL OLYMPICS SPRING SEASON

## May 13, 2023 - ATHLETIC COMPETITION

### EAST REGION

Eastern Washington University - Roos Field  
526 5th St., Cheney

Qualifying competition for SPRING STATE GAMES!

#### EAST REGION WEBPAGE

(season - sport specific - competition information)

Go to: [sowa.org](http://sowa.org) / click on "Sports" / Click on "East Region Sports"



### SCHEDULE:

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Team Check In .....	8:00am
Opening Ceremony (Roos Field) .....	8:55am
Competition Begins .....	9:15am
Lunch Distribution Begins .....	11:00am
Competition Ends .....	Approx. 4:30pm

### COMPETITION INFORMATION

(forms mentioned below available on East Region Webpage)

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- + **Submit 1 on 1 "Infield Access Pass" form no later than April 17th (same deadline as FINAL REGISTRATION)**
  - + **Lodging provided** for approved teams. Submit Lodging Request form no later than April 23rd.
  - + **Lunch provided** at competition. Submit Lunch Request form no later than April 23rd.
  - + **ATHLETIC COACH** zoom meeting on April 26th @ 6:00pm. Registration Required - link on ER Webpage!
  - + Due to a raised runway - **RUNNING LONG JUMP will not be offered at our competition.** An athlete advancing to state from any of the other events can compete in RUNNING LONG JUMP at state if the event was included in their FINAL REGISTRATION. FYI: this athlete will only be competing in no more than three events at regionals. STANDING LONG JUMP will be offered at regional.
  - + A **TECHNICAL MANUAL** will be sent no later than May 5th - more competition details!
  - + An in-person mandatory **Coach Meeting** on Friday, May 12th @ 8:30pm @ Holiday Inn Express in Cheney.
  - + **NO OPENING CEREMONIES** on Friday, May 12th
  - + **TEAM packets** will be distributed at Coach Meeting on Friday, May 12th!