

Super Regional Track and Field

**Special
Olympics**
New York



Saturday May 4th

Avon Central Schools
245 Clinton Street
Avon, NY 14414

GENERAL SCHEDULE:

7:30am-8:30am

Volunteer Registration

8:45am-9:15am

Athlete Registration & Healthy Athletes

9:30am

Parade Formation

9:45am

Opening Ceremonies

11:00am

Competition Begins, Olympic Village, and
Lunches Available

Track Events:

50M Dash
100M Dash/Walk
200M Dash
400M Dash/Walk
800M Run/Walk
1500M Run
4x100M Relay

Field Events:

Shot Put
Softball Throw
Mini Javelin
Run Long Jump
Stand Long Jump

Adaptive Events

25M Walk
Ball Throw Acc.
Ball Throw Dist.
Bean Bag Drop
Switches
Prone Head Lift
Softball Throw

Wheelchair Events

10M Wheelchair
25M Wheelchair
30M WC Slalom
25M Elec Obstacle
50M Elec Slalom

REGISTRATION INFORMATION:

T-Shirt Order Forms for Coaches Due: MONDAY APRIL 15th

Registration Forms Due: MONDAY APRIL 15th

Athlete T-Shirts will be free, if coaches wish to order shirts they will cost \$5 each. You will not need to fill out a separate order form for athlete T-Shirts instead include sizes on the Registration form

Please email your t-shirt order forms and registrations to:

JENN LANG at : trackfield.jenn@gmail.com

Please contact Jenn for questions regarding event information!

EVENT RULES:

Athletes 8 years or older may enter any two events and one relay.

Athletes 7 years and under may participate under the Special Olympics "Young Athletes" Program and demonstrate their abilities in the 50M Dash and Softball Throw,

Please register them accordingly.

Athletes must wear appropriate athletic attire. Jeans are not permitted! Please bring appropriate cold-weather athletic gear.

