

2023 Western Region Spring Games

Saturday, May 20



Tonawanda City School District – 100 Hines St./600 Fletcher St. – Tonawanda, NY 14150

Event Director: Debbie Fleetwood

Coaches: Please read completely all that is contained in the following pages. Most importantly, complete the registration forms in the proper manner and make sure that all registration forms are returned no later than Wednesday, May 3 to dkuberka@nyso.org.

Points of Information

- 1. Schedule** - Please arrive no later than 8:30 am. The opening ceremony will begin promptly at 8:45 am. Your club's team sign will be hanging on the fence outside of the track – please gather by your sign for the parade. The competition will begin at 9:30 am, and barring any delays will conclude before 1:00 pm.
- 2.** Tonawanda High School will have its concession stand open to purchase food and other refreshments. Water will be provided in jugs for the athletes throughout the day. Athletes are strongly encouraged to bring their own water bottles.
- 3. Registration forms** should be filled out completely and the format of the document should not be altered. Event scores should be calculated in METERS and SECONDS. Completed registrations should be emailed to dkuberka@nyso.org no later than Wednesday, May 3 – please use only the registration form provided.
- 4.** The Athletics Sport Rules as found at specialolympics.org will be followed at the competition. Please email or call the Western Region office with any questions related to the rules. Athletes will be disqualified if they do not follow the rules.
- 5.** When registering athletes, submit their best-recorded time or measurement attained in training. This will ensure that proper competitive divisions can be set up and that Spring Games will provide fair and just competition for all.
- 6.** Athletes may enter up to three events, plus one relay.
- 7.** No coaching, pacing, or touching of the athletes during participation in the event is allowed. Athletes must be willing to respond to officials' instructions.
- 8.** Coaches are responsible for disseminating information about Spring Games to the families of the athletes and their chaperones.

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9. Teams are responsible for having a banner for their team during the opening ceremony. The event committee will make sure that each team has a team sign.

10. Athletes should arrive to the staging area of their event 10-15 minutes early when possible. Volunteer escorts will take athletes to their to the event area, and after competition, to the awards area. After being awarded, athletes are returned to team chaperones at the awards area.

11. Please remind your coaches/parents/families that they are not allowed on the track or in the competition area.

*****If you have athletes that will need a 1:1 coach on the field and/or needs a whistle start for the track events, please attach a memo to your registration form to let us know who they are and why. When you receive your athlete bib numbers, check to make sure a sticker has been placed in the corner.**

12. You are to provide your own t-shirts for your team and chaperones. They may be shirts from the school or agency that your athletes represent, or you may come up with your own team t-shirt. Athletes should dress for athletic competition – no jeans.

13. Spring Games will take place rain or shine. If the weather is severe or questionable, please listen to WBEN 930 for information.

14. Athletes competing in Spring Games must be present by 8:30 am for the opening ceremony. Athletes not in attendance must be scratched by their coach from each of their events. Please complete all scratch forms (enclosed in second packet) and hand to the staging tables by 9:30 am.

15. Athletes will be asked to take off things that may fall off of them for safety purposes.

16. HAVE FUN!!!

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Events

1. 50 Meter Race
2. 100 Meter Race
3. 200 Meter Race
4. 400 Meter Race
5. 1500 Meter Race
6. 100 Meter Walk
7. 4x100 Relay Race
8. Softball Throw
9. Standing Long Jump
10. Running Long Jump
11. Shot Put
12. Mini-Javelin

Adaptive Events – use adaptive games registration form

13. 10 Meter Assisted Walk
14. 25 Meter Assisted Walk
15. 50 Meter Assisted Walk
16. 25 Meter Wheelchair Race – Manual or Motor
17. 30 Meter Wheelchair Slalom
18. Bean Bag Throw
19. Tennis Ball Throw
20. Bowling

***If any athletes require a whistle start (rather than a starter's pistol) please attach a list of their names and events.

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Adaptive Events

10M, 25M, 50M Assisted Walks

- Athlete starts being the start line. Race begins with a starter pistol.
- A walking aid may be used.
- Athlete may not receive any assistance from coaches.
- A coach may walk behind the athlete for safety, but the athlete will be disqualified if the coach has to assist them.

25M Wheelchair Races

- Lanes are two meters wide.
- Athlete begins with wheels behind starting line.
- Straight 25M race.
- Race ends when front wheels cross the finish line.

30M Motorized Wheelchair Slalom

- Lanes are two meters wide and cones are placed five meters apart.
- Athlete begins with wheels behind the starting line.
- Athlete must maneuver wheelchair through the cones without touching any cones or impeding other athletes.
- Race ends when front wheels cross the finish line.

Bean Bag Throw

- There are two targets, each with three concentric circles
 - Target A – 120 cm – 1 pt, 80 cm – 2 pts, 40 cm – 3 pts
 - Target B – 75 cm – 1 pt, 50 cm – 2 pts, 25 cm – 3 pts
- Start marks are measured off at .5, 1, 1.5, 2, 2.5, and 3 meters.
- Athlete gets five attempts; all scores are totaled for the final score.
- **Score and distance** must be given on the registration sheet!

Tennis Ball Throw

- A tennis ball will be used.
- Ball must land in 40-degree angle from back line. Dimensions:

Bowling

- Total pins in three tries.

