



2023 Metro Games Registration Packet

Date:

Saturday May 20th, 2023

Location:

Martin Van Buren HS (230-17 Hillside
Avenue, Queens, NY 11427)

Registration
Deadline:

Friday April 28th, 2023

Send to:

Emmanuel Lindsay
Special Olympics New York 211 E. 43rd
Street, Suite 802 New York, NY 10017
elindsay@nyso.org
Phone: (646)893-6219

Competition Guidelines

Attire

It is the responsibility of the delegation to make sure that its athletes are properly attired for competition. Athletes wearing inappropriate attire (jeans, dress pants, etc.) will not be allowed to compete.

Meals

Lunch will be provided for all registered athletes and coaches

Olympic Village

There will be an Olympic Village area for athletes and coaches between competitions

Healthy Athletes & Performance Station

We will be offering 3 disciplines this year; **Special Smiles Fun Fitness & Healthy Hearing**. Athletes are encouraged to go through each health screening. There will be giveaway items as well as some great information that will help our athletes lead a healthier lifestyle.

Coaches

For all sports, each area should have one sports-specific coach at the venue. All coaches and/or assistant coaches must have a Class A, Protective Behaviors, and Concussion completed and on file.

Registration Instructions

The following forms must be returned by **April 28th** in order to complete your registration for the Metro Invitational:

- Delegation Contingent Sheet
- Bus Transportation Request (if needed)
- Athlete & Coach Forms
- Meal Request Form
- **All forms can be found on the SONY Calendar Event Page**

All events are in metric units of distance (meters and centimeters). Please make sure that the scores and times entered reflect that fact.

Pre-Event Registration Instructions

Coaches will be able to come to the NYC Regional Office anytime between 11:00 a.m. & 7:00 p.m. from **Monday May 15th 2023- Friday May 19th , 2023** to pick up coach's packets for event.

- A Head Coach and/or Assistant Coach will bring a copy of medicals for all athletes registered and not on file from his/her training club to be checked and verified for validity
- Coaches Credentials will be checked

- Training club packets consisting of bibs, bracelets, schedules, etc. will be distributed after all medicals have been checked

Coach Check in Process at event

The following steps will take place at coach check in for all training clubs

- Coaches will report scratches only, there will be no alternates added the day of competition
- Coaches will provide medicals and consents for athletes still missing from pre-registration
- Coaches will receive remaining items from coach's packet not obtained at pre-registration

Competition Overview

- We will be running a **CLOSED** track. Only coaches with ORANGE bracelets will have access to the track and/or field area. ORANGE bracelets can be picked up in our office during pre-registration.
- Training clubs may register athletes in up to any **TWO** events plus a relay.

Examples:

Two track events + Relay event

Two field events + Relay event

One track event + One field event + Relay event

Two field events + Relay event

You do not have to register for a relay event.

- Athletes are not permitted to enter walking events and running events. They must select one method of movement for all their track events.
- We will be running on one side of the track. Athletes will be staged under tent prior to their event, however races **WILL NOT** be taking place simultaneously on both sides of the track.

Schedule of Events

Time	Event
8:30 a.m. – 9:30 a.m.	Coach Check In
9:30 a.m. – 10:00 a.m.	Opening Ceremony
10:00 a.m. – 4:00 p.m.	Competition*
10:00 a.m. – 3:00 p.m.	Olympic Village/Healthy Athletes
11:30 a.m. – 3:00 p.m.	Lunch

Please make sure to follow competition schedule closely. Events are running on a tight schedule and athletes will be disqualified if not on time for their event. We will be making announcements throughout the day regarding upcoming track & field events. If you have questions, please ask and you will be directed to the correct location.

*

Events Offered

Athletics

Event	Code	Event	Code
50M Dash	050M	Shot Put – Men (8-11)	SP2M
100M Dash	100M	Shot Put – Men	SP4M
200M Dash	200M	Shot Put – Women (8-11)	SP1W
400M Run	400M	Shot Put - Women	SP2W
800M Run	800M	Standing Long Jump	STLJ
1500M Run	1500M	High Jump	HIJP
100M Walk	100W	Run Long Jump	LNJP
400M Walk	400W	Turbo Jav 300gr Men/Women (8-15)	MJA3
3000M Run	3MR	Turbo Jav 400gr Men	MJA4
5000M Run	5CMR	Turbo Jav 300gr Women	WJA3
4x100 Relay	4x100M	Pentathlon	PENT
4x100 Unified Relay	4x100U		

Wheelchair Races

10 Meter Wheelchair Race

25 Meter Wheelchair Race

50 Meter Wheelchair Race

100 Meter Wheelchair Race

200 Meter Wheelchair Race

25 Meter Motorized Wheelchair Obstacle Race

30 Meter Motorized Wheelchair Slalom

50 Meter Motorized Wheelchair Slalom

4 x 25 Meter Wheelchair Shuttle Relay

Training clubs may register athletes in up to any two events plus a relay.

Events Offered

Powerlifting

Bench Press, Deadlift, & Combo

Tennis

Singles & Skills

Developmental Sports

Track

Young Athletes

Policies/Coaches Responsibilities

Policy on the consumption of alcohol

In 1989 the Special Olympics New York Board of Directors voted to eliminate the consumption of alcohol from all Special Olympics training and events, which includes all competition and training on local, area, sectional, and state levels. Consumption of alcohol is forbidden for any persons associated with this event from time of departure to the event to arrival back to the Area.

Medical Information

- Coaches must be familiar with participants' health problems, medications and dosages.
- First Aid personnel will be in attendance for the entire event. Medical personnel are trained in both CPR and First Aid and will be readily identifiable
- All accidents and medical concerns must be reported to medical personnel regardless of the magnitude of the incident.

Coaches Responsibilities

Coaches attending the Metro Invitational must accept and carry out the following responsibilities:

- Compliance with SONY's prohibition of alcohol and controlled substances at Special Olympics events.
- Providing for the general safety, health, welfare and well-being of each athlete in his or her charge.