

**Special  
Olympics**  
New York



# Spring Games *North*

*Registration Packet*

Competition hosted by:

**Farmingdale  
School District**  
with support from  
the Town of Oyster Bay



Town of  
**Oyster Bay**  
Long Island, NY

**SATURDAY May 6, 2023**



# Spring Games North

## May 6, 2023

### Pre-Registration Information

Registration forms for **Spring Games North** will be due:

**Friday, April 14<sup>th</sup>, 2023**

Coaches will be able to come to the Special Olympics office anytime from

**Monday, May 1<sup>st</sup> – Thursday, May 4<sup>th</sup>**

Between **10:00 am to 4:00 pm** to pick up their pre-registration materials.

*\*This will also be the place to confirm any expired coaches/athletes forms\**

*Please bring your medical & consent folder/binder  
so we can check and make sure it is up to date.*

Pre-registration materials include:

- Wristbands for athletes, coaches, and volunteers
- Parking Passes
- Bibs
- Athlete T-shirts

**\*\* Lunch Tickets will be given out at Coach Check-in at the event \*\***

**Each coach is required to submit a FULL  
team Roster BEFORE you can register**  
(Roster form is separate)





# Events Offered

## Athletics

(Track & Field)

### Track Events

|                   |                   |
|-------------------|-------------------|
| 25M Assisted Walk | 50M Assisted Walk |
| 50M Dash          | 800M Run          |
| 100M Dash         | 1500M Run         |
| 200M Dash         | 3000M Run         |
| 400M Run          | 5000M Run         |
| 100M Walk         | 400M Walk         |
| 4 x 100 Relay     | Pentathlon        |

### Field Events

|                   |                    |
|-------------------|--------------------|
| Softball Throw    | Shot Put           |
| Running Long Jump | Standing Long Jump |
| High Jump         | Javelin Throw      |
| Tennis Ball Throw |                    |

### Wheelchair Races

|                                       |   |
|---------------------------------------|---|
| 10 Meter Wheelchair Race              | 25 Meter Motorized Wheelchair Obstacle Race |
| 25 Meter Wheelchair Race              | 30 Meter Motorized Wheelchair Slalom        |
| 50 Meter Wheelchair Race              | 50 Meter Motorized Wheelchair Slalom        |
| 100 Meter Wheelchair Race             |   |
| 200 Meter Wheelchair Race             |   |
| 4 x 25 Meter Wheelchair Shuttle Relay |   |



## Swimming

|                   |                     |                        |                        |                        |
|-------------------|---------------------|------------------------|------------------------|------------------------|
| 15Y Assisted      | 25Y Butterfly       | 100Y Freestyle         | 200Y Freestyle         | 400Y Individual Medley |
| 15Y Unassisted    | 50Y Freestyle       | 100Y Backstroke        | 200Y Backstroke        | 500Y Freestyle         |
| 25Y Freestyle     | 50Y Butterfly       | 100Y Breaststroke      | 200Y Breaststroke      |                        |
| 25Y Backstroke    | 50Y Backstroke      | 100Y Butterfly         | 200Y Butterfly         |                        |
| 25Y Breaststroke  | 50Y Breaststroke    | 100Y Individual Medley | 200Y Individual Medley |                        |
| 4 x 25 Free Relay | 4 x 25 Medley Relay | 4 x 50 Free Relay      | 4 x 50 Medley Relay    |                        |

## Tennis

## Powerlifting

## **DIVISIONING**

- All Athletes will be divisioned based upon either entry times, distances, or scores
- Make sure you put the correct times and/or distances on the registration form
- The Games Management Team, in conjunction with sport officials, have the right to disqualify athletes if their final times, distances, or scores are significantly greater than their entry times, in accordance with Special Olympics Sports Rules Article 1.

**Be sure to email, or fax all registration forms to:**

**Emmanuel Lindsay  
Associate Director of Competition**

**[ELindsay@nyso.org](mailto:ELindsay@nyso.org)**

**Fax: 646-893-6219**

***\* NO REGISTRATION FORMS WILL BE ACCEPTED  
WITHOUT ACCURATE TIMES, SCORES, AND/OR  
DISTANCES \****

### **Schedule of events**

- Coach Check-In 7:30 am
- Parade Staging 9:00 am
- Opening Ceremonies 9:30 am
- Competition begins 10:30 am
- Day Ends 4:00 pm





## Developmental Sports

## Young Athletes

Track

# *Venues:*

## Track & Field, Swimming & Powerlifting

(Middle School Track)

Howitt Middle School  
522 Conklin St.  
Farmingdale, NY

## Tennis

Allen Park  
45 Motor Ave.  
Farmingdale, NY

\* \* Tennis will have shuttle buses. We suggest parking at the venue first, then shuttle to the middle school for opening ceremonies. You will then be shuttled back to the venue. After the competition, you can leave right from the venue





## Competition Attire

Athletes should be appropriately outfitted for competition in sweatpants, t-shirt, shorts, etc. Bib numbers must be visible during competition.

***Jeans/Denim or Khaki's  
are NOT permitted!!!***

*(If an athlete is caught wearing jeans/denim or khaki's  
they will be **DISQUALIFIED**)*

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## Directions to Special Olympics Office:

- **Via Long Island Expressway:** Take exit 49S (Rte. 110) Stay Straight and 560 Broadhollow will be on your right (west side of 110)
- **Via Southern State Parkway:** Take exit 32N (Rte 110). Go about 5 miles and 560 Broadhollow will be on your left (west side of 110).

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**\*\*\* Coaches and/or Class A volunteers must remain with their athletes and keep a 3:1 ratio at all times \*\*\***