

Spring Games North

Registration Packet

Competition hosted by:

Farmingdale School District with support from

the Town of Oyster Bay







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 14th, 2023

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

Monday, May 1st – Thursday, May 4th

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
- Bibs

- Parking Passes
- Athlete T-shirts

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

Each coach is required to submit a <u>FULL</u> team Roster BEFORE you can register

(Roster form is separate)









Events Offered

<u> Athletics</u>

(Track & Field)

Track Events

25M Assisted Walk 50M Assisted Walk

25M Dash

800M Run

50M Dash

1500M Run

100M Dash

3000M Run

200M Dash

5000M Run

400M Run 100M Walk 400M Walk Pentathlon

4 x 100 Relay

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

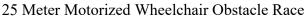
25 Meter Wheelchair Race

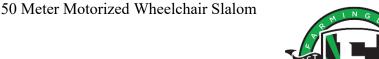
30 Meter Motorized Wheelchair Slalom

50 Meter Wheelchair Race 100 Meter Wheelchair Race

200 Meter Wheelchair Race

4 x 25 Meter Wheelchair Shuttle Relay







400Y Individual Medley

500Y Freestyle



15Y Assisted	25Y Butterfly	100Y Freestyle	200Y Freestyle
15Y Unassisted	50Y Freestyle	100Y Backstroke	200Y Backstroke
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

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
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• 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 <u>NOT</u> permitted!!!

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

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).

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