

**Special
Olympics**
New York



LONG ISLAND SPRING GAMES

2024 Guide



Saturday, May 4, 2024

Hosted by Plainedge School District

With Support from the Town of Oyster Bay



How to Use

Welcome to the Long Island Spring Games 2024 Guide!

This guide contains information about event offerings, athlete paperwork, coach certifications, and other important competition details that will help make your Spring Games experience the best it can be.

Please reference the Table of Contents on pages 3 and 4, and feel free to contact any Special Olympics New York staff member using the table on page 19 if you have any additional questions.

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What is the Long Island Spring Games?

The Long Island Spring Games is Long Island's largest Special Olympics competition of the year.

Hundreds of athletes ages 8 and up compete as part of training clubs (teams) in sports like athletics (track and field), powerlifting, swimming, and tennis.

Training clubs can be made up of athletes from your school or your community.

Each training club will participate in an official Special Olympics Opening Ceremonies to kick off Spring Games, followed by a day of competition and medal ceremonies for each sport.

What sports are offered at Spring Games?

Training clubs may register for any of the below sports.



Athletics
(Track and Field)



Powerlifting



Swimming



Tennis

How do I register my training club for Spring Games?

Visit our [Spring Games competition website](#) to access the competition registration form for the specific sport you wish to compete in. The competition registration form should be sent to the Downstate Competition Team (see page 19).

However, there is more to Spring Games than just registering — please review this guide to learn more about how Special Olympics can assist your program with coach certifications, equipment, transportation, and more.

What athletics (track and field) events are offered at Spring Games?

Track Events and Registration Codes

25M Walk	AT25MW
50M Walk	AT050W
100M Walk	AT100W
400M Walk	AT400W
800M Walk	AT800W
25M Run	AT025M
50M Run	AT050M
100M Run	AT100M
200M Run	AT200M
400M Run	AT400M
800M Run	AT800M
1500M Run	AT1500M
3000M Run	AT3MR
5000M Run	AT5CMR
4x100M Relay	AT4x100M
4x100M Unified Relay	AT4x100U
10M Wheelchair Race	AT10WH
25M Wheelchair Race	AT25WH
50M Motorized Wheelchair Slalom	AT50MS

Field Events and Registration Codes

Shot Put Men (8-11) 3kg	ATSP2M
Shot Put Men 4kg	ATSP4M
Shot Put Women (8-11) 1.81kg	ATSP1W
Shot Put Women 3kg	ATSP2W
Wheelchair Shot Put Men 1.81kg	ATWSP1M
Wheelchair Shot Put Women 1.36kg	ATSP1
Standing Long Jump	ATSTLJ
High Jump	ATHIJP
Long Jump	ATLNJP
Turbo Jav 300gr Men/Women (8-15)	ATMJA3
Turbo Jav 400gr Men	ATMJA4
Turbo Jav 300gr Women	ATWJA3
Softball Throw	ATSOBT
Tennis Ball Throw	ATTBTD

Please Note:

- These wheelchair races are designated as manual wheelchair races. If you would like to have an athlete compete in a motorized wheelchair race, please contact our office.
- We have other events that we may be able to offer upon request. Please contact our office if your athlete's desired event is not located here.

What swimming events are offered at Spring Games?

Individual Events and Registration Codes

25M Backstroke	SW25BK
25M Breaststroke	SW25BS
25M Butterfly	SW25BF
25M Freestyle	SW25MF
50M Backstroke	SW50BK
50M Breaststroke	SW50BS
50M Butterfly	SW50BF
50M Freestyle	SW50MF
100M Backstroke	SW100BK
100M Breaststroke	SW100BS
100M Butterfly	SW100BF
100M Freestyle	SW100MF
100M Individual Medley	SW100IM
200M Backstroke	SW200BK
200M Breaststroke	SW200BS
200M Butterfly	SW200BF
200M Freestyle	SW200MF
200M Individual Medley	SW200IM
400M Individual Medley	SW400IM
400M Freestyle	SW400MF
800M Freestyle	SW800MF

Relay Events and Registration Codes

4x25M Freestyle Relay	SW4x25MF
4x25M Medley Relay	SW4x25MR
4x25M Unified Freestyle Relay	SW4x25UF
4x25M Unified Medley Relay	SW4x25UR
4x50M Freestyle Relay	SW4x50MF
4x50M Medley Relay	SW4x50MR
4x50M Unified Freestyle Relay	SW4x50UF
4x50M Unified Medley Relay	SW4x50UR
4x100M Freestyle Relay	SW4x1CMF
4x100M Medley Relay	SW4x1CMR
4x100M Unified Freestyle Relay	SW4x1CUF
4x100M Unified Medley Relay	SW4x1CUR
4x200M Freestyle Relay	SW4x2CMF
4x200M Unified Freestyle Relay	SW4x2CUF

Please Note:

- Special Olympics International uses the metric system for all events, which is why the events are listed in meters.
- However, we understand many of you practice in pools measured in yards. If you use such a pool, you can register your athletes using their times for the events swam in yards.

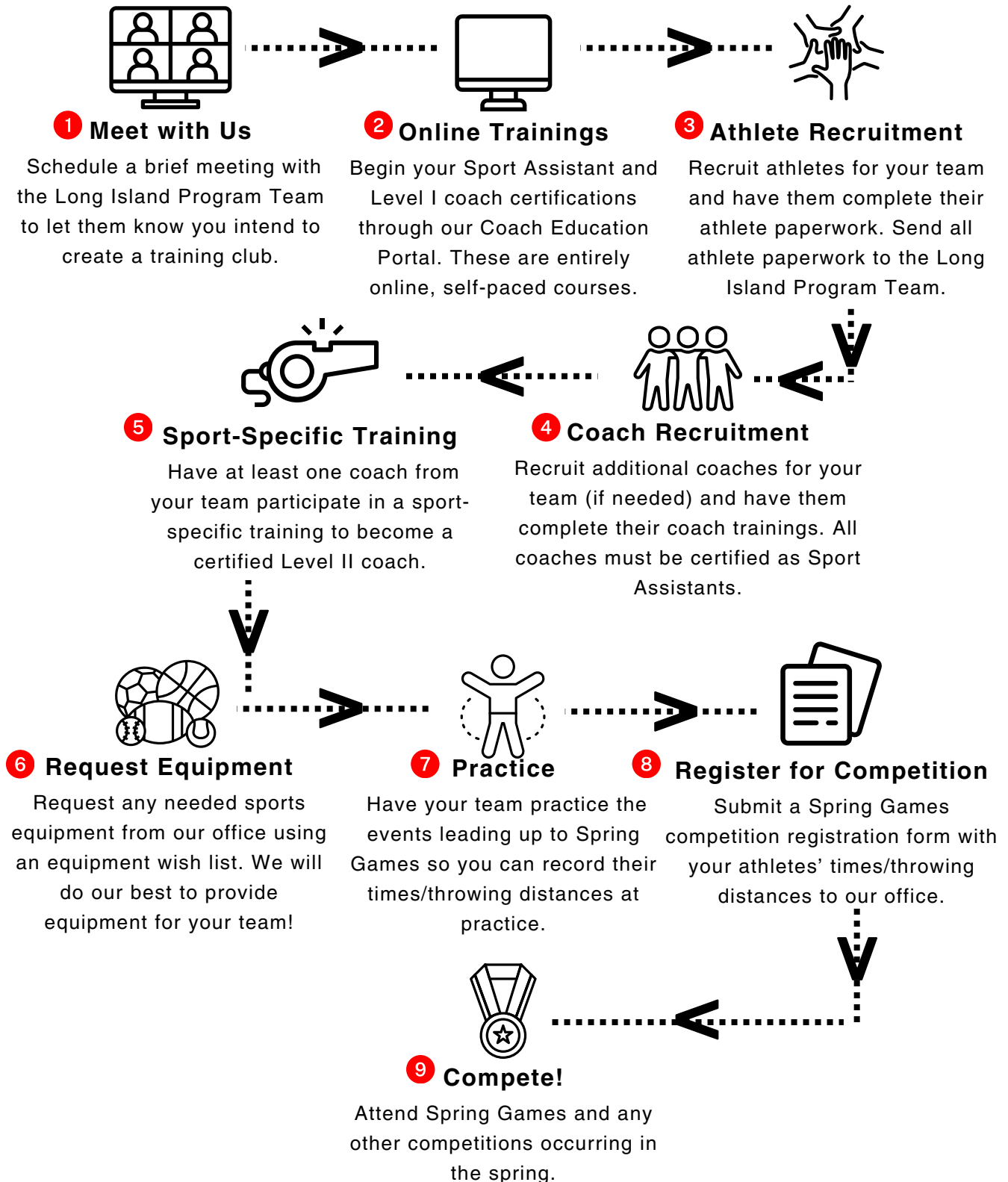
What powerlifting weight classes are offered at Spring Games?

Male Weight Classes and Registration Codes	
111 lb (53 kg)	A
130 lb (59 kg)	B
145.5 lb (66 kg)	C
163 lb (74 kg)	D
183 lb (83 kg)	E
205 lb (93 kg)	F
231 lb (105 kg)	G
264 lb (120 kg)	H
264.75+ lb (120+ kg)	I

Female Weight Classes and Registration Codes	
95.75 lb (43 kg)	J
103 lb (47 kg)	K
114.50 (52 kg)	L
125.50 (57 kg)	M
139 lb (63 kg)	N
158.5 lb (72 kg)	O
185 lb (84 kg)	P
185.25+ lb (84+ kg)	Q

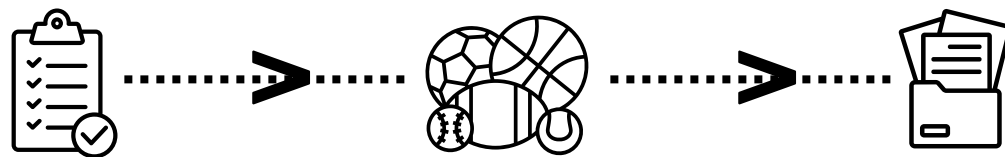
My school or group has never competed at Spring Games before. What do we need to do?

Please see the diagram below. If you have any questions about this process, the Long Island Program Team (see page 19) is more than happy to assist!



My school or group has competed at Spring Games in the past. What do we need to do for this year?

Please see the diagram below. If you have any questions about this process, the Long Island Program Team (see page 19) is more than happy to assist!



1 Send Roster

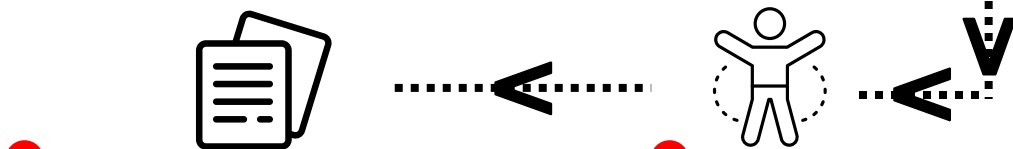
Send the Long Island Program Team your team roster. We will create a report showing what athlete paperwork or coach certifications may be expired.

2 Request Equipment

Request any needed sports equipment from our office using an equipment wish list. We will do our best to provide equipment for your team!

3 Collect Paperwork

Collect athlete paperwork and ensure your coaches' certifications are up-to-date by using the report created by the Long Island Program Team.

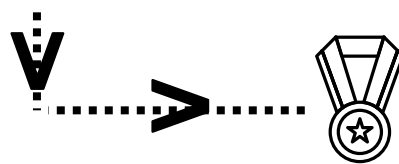


5 Register for Competition

Submit a Spring Games competition registration form with your athletes' times/throwing distances to our office.

4 Practice

Have your team practice the events leading up to Spring Games so you can record their times/throwing distances at practice.



6 Compete!

Attend Spring Games and any other competitions occurring in the spring.

Venue Information

Athletics (track & field), tennis, and powerlifting athletes will all compete at the Plainedge High School Athletic Complex.

Swimming athletes will participate in the Parade and Opening Ceremonies at Plainedge High School, and then be transported by a shuttle to compete at the Farmingdale School District Aquatic Center.

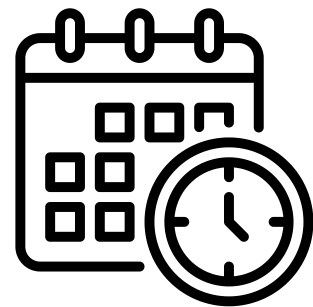
**Plainedge High School
Athletic Complex**
241 Wyngate Drive
North Massapequa, NY 11758

**Farmingdale School District
Aquatic Center**
522 Conklin Street
Farmingdale, NY 11735

Projected Schedule of Events

Spring Games will take place on Saturday, May 4, 2024. A schedule of events is listed below. Please note this schedule is subject to change.

7:30 AM: Coach Check-In
9:00 AM: Parade Staging
9:30 AM: Opening Ceremonies
10:30 AM: Competition Begins
4:00 PM: Competition Ends



When will we receive the schedule of events for specific sports?

The schedule of events for athletics (track and field) will be released between April 29 and May 3. We must have all athletes properly divisioned to release the schedule, and divisioning can only occur after competition registration has closed.

Training clubs competing in all other sports will receive their schedule of events from Sport Directors on the day of the event.

Who will my athletes compete against?

All athletes will be divisioned based upon entry times, distances, or scores listed on their team's competition registration form to ensure they compete against athletes of similar ability.

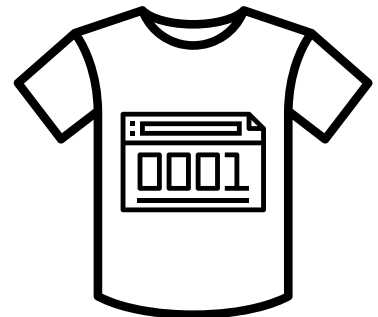
Please put the correct times, distances, and scores on the competition registration form. The Games Management Team, in conjunction with sport officials, have the right to disqualify athletes if their final times, distances, or scores on competition day are significantly greater than their entry times, distances, or scores, in accordance with [Special Olympics Sports Rules Article 1](#).

What should athletes wear to compete?

Swimmers should wear bathing suits and swim caps. Two-piece bathing suits (i.e., bikinis) are not permitted.

All other athletes should be appropriately outfitted for competition in shorts, t-shirts, sweatpants, sneakers, etc. Bib numbers must be visible during competition.

Athletes are **not permitted** to wear jeans or khakis.



What paperwork do athletes need to compete?

All athletes must have current athlete paperwork on file with the office to compete at Spring Games. All athlete paperwork should be submitted to the Long Island Program Team (see page 19).

This paperwork includes:

1. Athlete Registration Form
2. Athlete Release Form
3. Athlete Medical Form*
4. Communicable Disease Waiver

*Please note that the Athlete Medical Form must be signed a licensed medical professional. The athlete does not need a new physical (the doctor can use the information from the most recent well visit), but it does have to be on our paperwork with the date of the exam.

When does athlete paperwork expire?

An athlete's medical form expires after 3 years from the date of the exam.

Otherwise, **athlete paperwork does not expire**. Other forms do not need to be re-submitted every year unless the athlete's personal information has changed.

How many coaches do I need on my team?

There is no maximum number of coaches a team can have. However, you must keep a 1:3 ratio of coaches to athletes for athletics (track and field) and for powerlifting. For all other sports, the ratio of coaches to athletes is 1:4.

Anyone who is coaching or volunteering with your team must be certified as a Sport Assistant or higher (see diagram below).

At least one person per team must be certified as a Level II Coach and is considered the head coach of the team. There is no limit to the number of Level II coaches on a team.

What certifications do coaches need?



How do I obtain these coach certifications?

All Sport Assistant and Level I Coach certifications can be obtained entirely online through our Coach Education Portal. The Long Island Program Team (see page 19) can provide you with the appropriate link.

The Level II Sports-Specific Course varies. Please contact the Long Island Program Team for details.

When do coach certifications expire?

The Background Check, Protective Behaviors Training, Concussion Course, and Sports-Specific Course expire 3 years after the date on which they were completed.

All other courses do not expire.

How do I know what athletes or coaches on my team need new paperwork or certifications?

The Long Island Program Team (see page 19) can create a report called an **Errors and Exceptions** that shows exactly which athletes and coaches have expired paperwork and/or certifications.

To receive an Errors and Exceptions for your team, please submit a roster of all your athletes and coaches to the Long Island Program Team. We will use that roster to create an Errors and Exceptions, which we will send to you that describes exactly who needs updated paperwork or renewed certifications.

The earlier in the season you can send us your roster, the sooner you will receive an Errors and Exceptions.

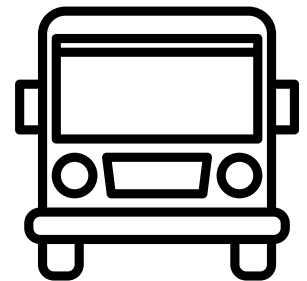
Can I get equipment for my team from Special Olympics New York?

Yes! Pending our budget, we can provide equipment to teams that need it for training purposes. To request equipment, please contact the Long Island Program Team (see page 19).

Does Special Olympics New York provide transportation to Spring Games?

Yes! Pending our budget, we can provide transportation to athletes and coaches via a bus. We cannot provide transportation to parents or siblings of athletes or other non-certified school staff.

If you would like to request transportation to Spring Games, please complete a transportation request form, which can be found on the [Spring Games website](#), and submit to the Downstate Competition Team (see page 19).



Are there other Special Olympics competitions besides Spring Games to compete in?

Yes! There are other athletics (track and field), powerlifting, swimming, and tennis competitions throughout the spring.

All unexpired athlete paperwork applies to other competitions besides Spring Games. The only new form needed for a regional or super-regional competition is a registration form for that specific competition.

We also offer competitions in other sports during our fall and winter seasons. To view our calendar of events, please visit [our website](#).

Can my company or organization support Spring Games and/or Special Olympics New York?

Yes! We offer various opportunities to sponsor or become vendors at our signature events, including Spring Games. We anticipate approximately 400 athletes, 100 coaches, and 250 volunteers in attendance, which cannot happen without the support of our Long Island community. We hope to see you there!

For more information on sponsorship, donations, or how to become a vendor, please contact the Long Island Development Team (see page 19).

Important Dates

Please see the list below of important dates to keep in mind throughout the spring. Please note that these dates are subject to change.

Monday, February 26
Training season officially opens

Monday, April 8
Competition Registration Forms due date

Tuesday, April 30 through Thursday, May 2
Coach Pre-Check-In is available in the Long Island office. Coaches can submit athlete paperwork and collect competition materials.

Saturday, May 4
Spring Games event date

What is Coach Pre-Check-In? Is it required?

Coach Pre-Check-In is an opportunity offered to our coaches to visit our office in Melville in the week leading up to Spring Games to receive competition materials, such as athlete t-shirts, wristbands, and bibs. Coaches will also verify that all athlete paperwork and coach certifications are up-to-date at Coach Pre-Check-In.

Coach Pre-Check-In is not required, but it is strongly recommended to ensure a more efficient check-in process on the date of the competition. (It will save you a lot of time on event day if you come to Pre-Check-In!)

Long Island Staff Contact Information

If you have a question that is not listed in this guide or if you need obtain a form, link, etc. from a Long Island staff member, please use the below table:

I need more information on...	Who should I contact?	Staff Emails
Athlete paperwork	Long Island Program Team	Jesse Lodispoto Director of Program jlodispoto@nyso.org
Coach certifications		Emily Mohlin Associate Director of Program emohlin@nyso.org
Equipment requests		
Transportation	Downstate Competition Team	David Durandisse Director of Competition ddurandisse@nyso.org
Sport rules		Emmanuel Lindsay Associate Director of Competition elindsay@nyso.org
Competition registration		
Sponsoring or becoming a vendor at Spring Games	Long Island Development Team	Alexis Dawson Director of Development adawson@nyso.org Rebecca Hoffmann Director of Development rhoffmann@nyso.org

Long Island Office Address

560 Broadhollow Road, Suite 106
Melville, New York 11747