



**Special Olympics**  
Missouri



## SW AREA ATHLETICS (TRACK & FIELD)

**AREA DATES:** required for teams advancing to State Summer Games

**See your agency assigned location on Page 10.**

**Wednesday, April 24<sup>th</sup>** (No rain date)

**LOCATION:** Clever High School, 6800 State Highway 14 W, Clever, MO 65631

**Tuesday, April 16<sup>th</sup>** (No rain date)

**LOCATION:** Webb City High School, 621 N Madison St, Webb City, MO 64870

Tentative Schedule for both locations:

8:00-8:30	Coaches Check In – turn in Bib cards for scratches
9:00	Assemble for Opening Ceremonies and Relay Teams Line Up on Track
9:15	Opening Ceremonies
9:30	Games Begin
9:45 – 11:15	Young Athletes for ages 2-7
9:30 – Noon	Low Mobility Events
1:30	Final Events begin: 400M, 800M, 1500M

*Please use the forms in this packet! If you would like them in Word format, contact Jesse.*

**SW Area Track PHYSICAL DEADLINE: March 22nd**

**Roster, Information Sheet/Meal Count, Buddy List & Class A DEADLINE: March 29th**

**No late entries and no changes will be made to rosters after deadline.**

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### Local Track Meets:

**All teams are eligible to participate in ALL Local Track Meets, but only their assigned Area Track Meet.**

**Please note you will need to supply your own lunches at local track meets.** Concession stand may be available. Two Events + Relay for events. Please use the Local Athletics Roster in this packet to register for a local track meet.

**@Marshfield High School – 9:30 AM April 12**

Opening Ceremony begins at 9:30 AM. Approximate end time 1:30 PM. **Physicals are due March 22. Rosters for this meet are due March 25.** You must provide your own lunch.

**@McDonald County High School - 9:30 AM May 3<sup>rd</sup>**

Opening Ceremony begins at 9:30 AM. Approximate end time 1:30 PM. **Physicals are due April 8. Rosters due by April 18.**

**SOMO STATE SUMMER GAMES: May 31<sup>st</sup>-June 2<sup>nd</sup> in Columbia, MO**

## Please review:

- ONLY submit physicals and releases for NEW Special Olympics athletes or athletes with an updated physical. It is NOT necessary to send physicals or releases for all athletes on the roster. Send NEW and updated physicals through the online process and the SOMO Medical form must be signed by the physician. Do not wait until the deadline to send the medical form. Physicals expire 3 years from date of doctor's signature. The online registration is located at: <https://medform.specialolympics.org/us>
- Coaches **MUST** use the enclosed forms to submit their rosters.
- Entry forms **MUST** be completed using **METRIC** measurements.
- At Area and State Competitions, athletes may only enter 3 events and a relay in Athletics (note: an athlete may NOT be in a relay and an alternate on another relay). **At local competitions, athletes may enter 2 events and a relay.** They may **not** enter the following events together:
  - 50 meter and 100 meter
  - Softball Throw and Shot Put
  - Standing and Running Long Jumps
  - Softball Throw and Tennis Ball Throw
- **The Pentathlon will NO longer be offered.**
- Please only register your athletes for the events offered listed on page 7 or 8. Enter the name of the event on your roster – do not use codes.
- **Parameters** – Please review the parameters when submitting your rosters. I will change the event entered as appropriate if they are not within the parameters. If, during training, an athlete improves and looks like they will exceed a parameter, please call the area office to change the event!
- In all applicable events, athletes should always remain in the same lane unless specifically told otherwise. If an athlete does run out of his/her lane, there is no penalty unless they interfere with another runner or in some way gains an advantage by changing lanes for an extended period. It is the job of the Venue Coordinator to disqualify the athlete in this instance. A disqualified athlete will receive a participation ribbon.
- High Jump – Athletes may **never** dive head first over a high jump bar. The athlete will be disqualified immediately for diving.
- Shot Put - Athletes should **never** throw a shot put. It should be putted (pushed). If an athlete is breaking (bending) their wrist during the throw this is illegal and **MUST** be stopped. The athlete should be warned once and then disqualified if they continue to throw a shot put.
- Running Long Jump – the jumping board/mark will be set at 50 CM from the end of the runway. **Athletes must be able to jump 1.00 meter to participate.** Measurements will be from the jumping board/mark to the nearest point that any part of the athlete's body touches to the ground.
- All paperwork must be scanned and emailed to [jwilliams@somo.org](mailto:jwilliams@somo.org) .
- **No changes will be made to rosters after submission deadline.** Please do not ask to add athletes after this point. If their physical was not submitted by the deadline, it will not be entered in our system in time to print heat sheets. Thank you for your cooperation on this.
- **Young Athletes (ages 2-7) will be offered at AREA track events only.** Young Athletes do NOT need a physical but will need the Young Athlete registration form and signed release (by parent/guardian). Contact Jesse for Young Athlete registration forms and roster.

Athletes participating at State Summer Games **must** have a photo ID Badge. Please send me a photo (head and shoulders only) of athletes by May 1. I will mail the ID badges to you. Name the file with the first & last name of athlete.

# COMPETITION ATTIRE INFORMATION

## Attire

### Athletes may wear:

#### Shorts

- Running Shorts
- Basketball Shorts
- Biker Shorts
- Sweatpants
- Jogging Pants

#### Shirts

- T-shirts
- Tank Tops
- Sweatshirts

#### Footwear

- Athletic Shoes
- Tennis Shoes
- Basketball Shoes
- Running Shoes
- Cross-Trainers

### Athletes may NOT wear:

#### Shorts

- Denim Slacks or Shorts
- Casual Wear
- Dress Slacks or Shorts
- Tennis Shorts
- Any Pants/Shorts with Buttons/Zipper

#### Shirts

- Button-down Casual Shirts
- Golf Shirts
- Shirts with Collars

#### Footwear

- Hard-soled Shoes
- Sandals / Open-toe shoes
- Hiking Boot Style
- ANY spiked shoes

- Athletes may NOT wear medals or ribbons during competition.
- Athletes may NOT wear any jewelry while competing except Medic Alert necklaces or bracelets. The Medic Alert necklace or bracelet MUST be taped down during competition and must submit an exception form prior to competition.
- Athletes may NOT wear any type of face painting or fake tattoos while competing
- Event Bibs must be worn on the front of the shirt.

**Athletes that violate the dress code may be disqualified.**

*It is important that we keep the track and field competition area congestion free to allow our event to run smoothly, timely, and safely- so we are asking for your cooperation with the following changes.*

Only athletes will be allowed on the track. Coaches, staff, family and fans will need to stay in the bleachers. If an athlete requires one on one assistance on the field, an exception form must be submitted with your roster. Only one assistant per athlete.

**AWARDS will be handed out as the events end, NOT at the end of the day. This is how it runs at State Games, and how it is supposed to run at Area Games.**

## **If you are bringing buddies and/or staff for your athletes:**

1. **Only ONE buddy/staff per athlete will be allowed on the track- with approved exception form.**
2. **You** must provide each buddy/staff with a nametag, with their first name and “Buddy” on the tag so they can be identified.
3. The buddy volunteer list will need to be submitted to Jesse with names by April 5.
4. Buddies should be encouraged to wear your school shirts or school colors to show their support for your team. Buddies **will not** receive a volunteer t-shirt. It is important for the Games Management Team to be able to identify volunteers critical to the management of the games by our SOMO volunteer shirts.
5. Please make sure your buddies understand how to read a bib so they can get the athlete to the competition on time. Buddies should make sure the athlete is checked in at staging for the event and make sure their athlete goes to the awards station for the medal presentations with their division. Once an athlete is in staging, buddies should cheer them on and meet them at the finish line. Buddies should take their athlete outside of the track area when not competing/at staging/at awards, rather than sitting on the ground in the competition area.
6. If you need help finding buddies for your athletes, please contact Jesse by March 29 so we can schedule volunteers for assistance.

## Special Olympics Missouri – SW Area Athletics (Track and Field) Information Sheet

Agency & Number	
Head Coach's Name	
Mailing Address	
Email	
Fax	Cell Phone

Please answer the following:

1. Circle **ALL** Track Meets you will be attending:

**Area Meets- only 1** (area attendance required only if advancing to State Summer Games)

Webb City- April 16<sup>th</sup>

Clever- April 24<sup>th</sup>

**Local Meets** (not required, both optional- can attend 0, 1, or both)

Marshfield- April 11<sup>th</sup>

McDonald County- May 3<sup>rd</sup>

2. How many lunches will you need for **AREA** track? \_\_\_\_\_ (athletes, Young Athletes, Unified Partners and coaches ONLY). **You must provide your own lunches at local meets.**

Buddies, parents and all other volunteers will need to provide their own lunches. This will be a sandwich sack lunch. Feel free to provide your own lunches if you prefer or need specific requests.

**ONE PERSON will need to pick up all the lunches for your team.**

3. Does your team plan to compete at the State Summer Games?     Yes             No

**Coaches – please check your records and make sure ALL coaches have current certifications including General Session, Protective Behaviors, Principles of Coaching, Concussion Awareness (within last 3 years), CPR/First Aid and Athletics Sports Specific training. EVERYONE MUST submit the COVID Risk Acknowledgement form.**

**Any other questions/comments/concerns:**

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Please submit this form with your roster by the deadline.  
Lunches will not be available if form is not submitted by roster deadline.

Special Olympics Missouri, SW Area  
Jesse Williams  
Phone: 417.306.9966            E-mail: [jwilliams@somo.org](mailto:jwilliams@somo.org)

## Track and Field Event Parameters

The only way to eliminate heats that are potential "blowouts" is to set parameters. In this way if an athlete has reached his/her potential in an event, that athlete can then participate in a more challenging event. If an athlete has tried to participate in an event but because of his/her ability cannot compete in an even heat, that athlete should be moved to an event that meets the athlete's ability.

### Special Olympics Missouri Athletics Event Parameters:

<u>Event</u>	<u>Minimum</u>	<u>Maximum</u>
100 Meter Race		1:00.0 sec
200 Meter Race		2:00.0 min
400 Meter Race		2:55.00 min
800 Meter Race		4:50.00 min
1500 Meter Race		12:00.00 min
4 X 100 Meter Relay		2:00.00 min
4 X 400 Meter Relay		7:00.00 min
100 Meter Walk	30.00 sec	1:00.00 min
400 Meter Walk	2:00.0 min	4:00.00 min
800 Meter Walk	3:50.0 min	8:00.00 min
25 Meter W/C Race	9.00 sec	1:00.0 min
100 Meter W/C Race	29.00 sec	2:12.0 min
High Jump	1.00 meter	
Shot Put (2.72 kg)	1.00 meter	
Shot Put (4 kg)	1.00 meter	
Running Long Jump	1.00 meter	
Standing Long Jump	0.1 meter	2.60 meter
Softball Throw	4.00 meter	35.00 meter
Tee Ball Throw	0.1 meter	20.00 meter

**Please review the rules at <https://somo.org/athletics#coach>.**

## Athletics events offered at AREA Track & Field

### Track and Field Event

100 METER RUN  
200 METER RUN  
400 METER RUN  
800 METER RUN  
1500 METER RUN  
3000 METER RUN  
4 X 100 METER UNIFIED RELAY  
4 X 400 UNIFIED RELAY  
4 X 100 METER RELAY  
4 X 400 METER RELAY  
HIGH JUMP  
RUNNING LONG JUMP  
SHOT PUT – see rules for weights  
TURBO JAVELIN (Mini Javelin) – see rules for weights  
100 METER WALK  
400 METER WALK  
800 METER WALK

### **THE FOLLOWING ARE CONSIDERED LOW MOTOR EVENTS FOR LOWER FUNCTIONING ATHLETES**

25 METER RUN  
50 METER RUN  
25 METER WALK  
50 METER WALK  
STANDING LONG JUMP  
SOFTBALL THROW  
TEE BALL THROW

### **ATHLETES MUST BE ORTHOPEDICALLY HANDICAPPED (OH), USE A WHEELCHAIR (WC) OR CANE/WALKER (C) TO PARTICIPATE IN THE FOLLOWING EVENTS:**

10 METER ASSISTED WALK  
10 METER WHEELCHAIR RACE  
25 METER ASSISTED WALK  
50 METER ASSISTED WALK  
25 METER WHEELCHAIR RACE  
30 METER WHEELCHAIR RACE  
30 METER MOTORIZED WHEELCHAIR SLALOM  
50 METER MOTORIZED WHEELCHAIR SLALOM  
50 METER WHEELCHAIR RACE  
100 METER WHEELCHAIR RACE  
25 METER MOTORIZED WHEELCHAIR OBSTACLE COURSE

Please designate on your roster if wheelchair is motorized or non-motorized.

## **Local Track Meets**

### Track and Field Events

Athletes may participate in 2 events + 1 Relay

50 Meter Run

50 Meter Walk

100 Meter Run

100 Meter Walk

200 Meter Run

400 Meter Run

4 x 100 Meter Relay

Softball Throw

Mini Javelin

Shot Put

Standing Long Jump

Running Long Jump

### Low Motor Events:

Tee Ball Throw

10 Meter Assisted Walk

25 Meter Assisted Walk

25 Meter Run

25 Meter Walk

Wheel Chair 10 Meter Race

Wheel Chair 25 Meter Race

Wheel Chair 25 M Obstacle Race

**Parameters must be followed for BOTH Area and Local Competitions.**





School _____
Event <u>Area Spring Games</u>
Event Date _____

**Buddy and/or Staff Day of Event Volunteers:**

Organization Name	
Contact Name	
Email	
Address	
City/State	Zip
Cell Phone	

**By volunteering at Special Olympics, volunteers grant Special Olympics Missouri permission to use their likeness, voice, and words in television, radio, film or in any form to promote activities of Special Olympics Missouri. Please provide your own lunches for team volunteers.**

Please **PRINT** names of all volunteers with your group.

First & Last Name	First & Last Name

**Class A forms are NOT required for Day of Event team volunteers but must be on your list. Teams must provide your own nametags and shirts for your team volunteers.**

## Agency Assignments for SW Area Spring Games

If you have a conflict with your assigned date/location or if your agency is not on the list but is planning to participate, please let Jesse know by March 1. See page 1 for paperwork deadlines.

**Wednesday, April 24<sup>th</sup>** (No rain date set at this time)

**LOCATION:** Clever High School, 6800 State Highway 14 W, Clever, MO 65631

Cassville	Purdy
Clever	Republic
Springfield	Branson
Osceola	Ozark
Stockton	Nixa
Bolivar	Lebanon Courage
Howell County	Marshfield
Houston	Aurora
Dallas County	West Plains
Spokane	SW R-5

**Tuesday, April 16<sup>th</sup>** (No rain date set at this time)

**LOCATION:** Webb City High School, 621 N Madison St, Webb City, MO 64870

Carl Junction Schools	Carthage Schools
Liberal	McDonald County
Neosho	Nevada
Seneca	Webb City Schools
Lamar	Wheaton
Avilla	Joplin Schools
Chances of Hope	Community Support Services
Easy Living	Preferred Family Healthcare
East Newton	

**All teams are welcome to attend the Marshfield and/or McDonald County Local track meets!**  
Please submit the appropriate roster if attending either of these meets.

## Coaches Check List for Events

### Coaches Check List for Area Events:

- Coaches Packet reviewed – put due dates and event date/location on calendar
- Read sports rules: <https://somo.org/SportsOffered> – contact area program manager with any questions
- Certification for all coaches completed – including sports specific quiz
- Practice schedule set
- Complete skills assessments and qualifying scores in the first few practices for your roster submission
- Communicate with families (practices, expectations, code of conduct and competition date & location)
- Engage other volunteers/parents to assist you as needed
- Physicals and releases for NEW athletes submitted
- Updated physicals for athletes with expired physicals submitted
- Unified Partners form and Class A's submitted:
- Class A's for coaches, chaperones, team volunteers submitted
- Rosters submitted
- Buddy List (if applicable) submitted
- Info Sheet submitted
- If an athlete or Unified Partner is under age 18 competing with a team that is in Master/Sr. Master, they will need to complete a Master's Division Release form and submit it to your Area Program Staff.
- Team travel arrangements made
- Communicate with families (event schedule, competition attire, bring a water bottle, lunch/money if needed, review the code of conduct and any info they need to know such as bus departure/return times)
- Determine if team/athletes will advance to regional/state competition and provide information to area program manager
- Copies of physicals in notebook or on google drive to take to event
- Supplies to take: uniforms, sports equipment, first aid kit, medications, sunscreen, blankets, snacks, water, team tent, etc.

### Day of Event:

- Physicals Notebook – must have these at the event!
- Load supplies needed
- Depart on time
- Check in at coaches table upon arrival and turn in scratches
- Enjoy the day and be a great role model for all athletes

### Post Event if not advancing to regional/state:

- Submit all coaches' hours at <https://somo.org/coachhours>
- Provide feedback to your area program manager about the event
- Thank your school administrators, volunteers and parents
- If you do awards banquets/recognition be sure to get medal placement, scores, etc. from athletes or your team volunteers
- **Celebrate your team/athletes' success and YOUR Success!**

### Coaches Checklist (if advancing to regional/state):

- Review physical list for any expiring before the next competition (all expiring physicals MUST be submitted 2 weeks prior to event)
- Visit <https://somo.org/compete/> to find additional event details on State Events
- Review the Coaches Handbook prior to the event for details
- Check ID Badges – submit photos for new athletes to program manager
- Confirm athlete/UP attendance with Area Program Manager
- Engage other volunteers/parents to assist you as needed
- Class A forms submitted: Deadline **TBA**
- Complete JOT form: Deadline **TBA**
- Make travel arrangements
- Download the mobile app to receive updates throughout the event
- Communicate with families on event details families (event schedule, competition attire, bring a water bottle, lunch if needed, items to pack, review the code of conduct, how families can download the mobile app to get information throughout the weekend and info they need to know such as bus departure/return times)
- If this is your first time attending a Regional or State event, contact your Area Program Manager and we can connect you with a “seasoned” coach if you would like!
- Attend the coaches meeting so you can have current information
- Pick up your coaches packet at designated time/location
- Encourage your athletes to attend the Healthy Athlete Screenings if available (these are FREE)
- Enjoy the event and be a great role model for all athletes

### End of Season

- Submit all coaches’ hours at <https://somo.org/coachhours>
- Provide feedback to your area program manager about the event
- Thank your school administrators, volunteers and parents
- If you do awards banquets/recognition be sure to get medal placement, scores, etc. from athletes or your team volunteers
- **Celebrate your team/athletes success and YOUR Success!**

### Other helpful tips for organization:

- Save your physicals and **all forms** on a google drive so you can access them at any time and this allows other coaches to access to them. This is helpful in the event your teams are playing in different locations or are traveling at different times. You can also keep your coaches and chaperones contact info on the drive. Some teams set up folders by sports in the google drive and add each athlete and all paperwork relevant to that sport. Then share the folder with the coaches for that sport.
- If your team plans on attending Regional and State events, take a photo of the new athlete/unified partner when they submit their paperwork. You will not have to track them down for that later and you can send it to your Area Program Staff so they can get the ID badge made in advance of the event.
- Make sure you collect ID badges after State Events and save them for the next event.



**Special Olympics**  
**Missouri**

**Athlete Exception Form – only needed for Area, Regional & State Events**

In the event an athlete is unable to comply with the rules as they are written due to a physical disability or an emotional/behavioral issue, the coach may use this form to apply for an exception. Example – an athlete may have a deformity that prevents swimming a proper stroke, if this form is submitted and approved the athlete would not be disqualified for doing an improper stroke; OR if an athlete needs assistance throughout staging, competition, and awards approval of this form would grant the coach or chaperone to stay with the athlete throughout the entire process.

Athlete Name: \_\_\_\_\_

Age: \_\_\_\_\_ Event: \_\_\_\_\_

Agency: \_\_\_\_\_

Coach: \_\_\_\_\_

Athlete Disability: \_\_\_\_\_

Reason for Applying for Exception: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

For Committee Use ONLY	
Committee has	approved    disapproved
this Application for Exception.	
Initials:	Date:

NOTE: This form may only be filled by a certified coach. ONLY one person may accompany an athlete in staging areas, competition areas, and any other restricted areas AND ONLY a certified coach may accompany an athlete.

7-Feb-24



# Special Olympics Missouri

## Special Olympics Missouri – **SW Area Track Meet** Track and Field Roster

Agency Name & Code: \_\_\_\_\_

Track Meet Location: Webb City OR Clever

Head Coach Name: \_\_\_\_\_ Cell Phone #: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Assistant Coach Name: \_\_\_\_\_ Cell Phone #: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Athlete's Name	Age/Sex (Ex: 16/M)	Event	Time/Distance (min/sec/10ths/m/cm)



**Special Olympics**  
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**Special Olympics Missouri – SW Area Meet**  
**Track and Field – Relay Roster**

Agency Name & Code: \_\_\_\_\_ Area: Webb City OR Clever

Head Coach Name: \_\_\_\_\_ Phone #: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Assistant Coach Name: \_\_\_\_\_ Phone #: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Team Name	Age Group (Circle One)	Sex	Athlete /Unified Partner Names List in running order	Relay Event	Total Time for team (min/sec/10ths)	Alternates
	Junior 8 - 15		1			
	Senior 16 - 21		2			
	Master 22+		3			
			4			
	Junior 8 - 15		1			
	Senior 16 - 21		2			
	Master 22+		3			
			4			

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# Special Olympics Missouri



Roster for **LOCAL** Track Meets: Athletes can participate in 2 events + relay

Agency Name & Code: 44. \_\_\_\_\_ Area: SW

Head Coach Name \_\_\_\_\_ Cell Phone # ( \_\_\_\_\_ )

Head Coach Email Address \_\_\_\_\_

Assistant Coach Name \_\_\_\_\_ Cell Phone # ( \_\_\_\_\_ )

Local Track Meets we are attending (please circle all LOCAL meets you plan to attend):    Marshfield            McDonald County

**Distance must be in meters/centimeters**

Athlete Name	DOB	Sex (M/F)	Events (2 only for Local Track & Field Meets)	Time/Distance <b>min/sec/10ths/m/cm</b>
			1.	
			2.	
			1	
			2.	
			1.	
			2.	
			1.	
			2.	
			1.	
			2.	
			1.	
			2.	



**Local** Track Meet Entry Form for 4 x 100 Meter Relay

Agency Name & Code: 44. \_\_\_\_\_ Area: SW

Head Coach Name \_\_\_\_\_ & Cell Phone #\_( \_\_\_\_\_ )

Athlete Names/UP Names List in running order on track	Age Group (Check One)	Sex	Total Time for team min/sec/10ths	Relay Team Name
1.  2.  3.  4.	Junior 8 - 15  Senior 16 - 21  Master 22+			
1.  2.  3.  4.	Junior 8 - 15  Senior 16 - 21  Master 22+			
1.  2.  3.  4.	Junior 8 - 15  Senior 16 - 21  Master 22+			