

2023 Special Olympics Track and Field Registration



Below you will find the 2023 schedule for Track and Field competitions. Please look over the schedule and mark your interest on the registration below. Choose which events you wish to participate in. Keep in mind that attendance at all competitions is mandatory to qualify for the State meet. In Track, you are allowed to compete in 3 events, plus a relay, with the exception of the Jefferson County meet. (Because of time constraints, only two of your events will be entered for this meet.) Those interested in relays will be assigned a team. We must have at least 4 interested relay runners.

Athletes can compete in 1 team sport and 1 individual sport at the State Summer Games. Athletes must choose between the following individual sports and team sports at Summer Games.

Individual Sports: track and field, &swimming No Team Sports offered through Pony Bird

All track athletes must be registered by March 15th. Athletes who have not participated before must have a current Special Olympics physical completed by March 15th. If you think you need a new physical form, please call us. We can check and let you know. All Special Olympics physicals are good for two years.

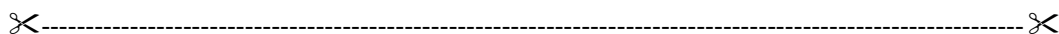
PRELIMINARY TIMINGS - Sunday, March 26th—Hillsboro High School at 1:00 p.m.. We will hold preliminary timings for all athletes registering for Track and Field. It is very important that you attend the preliminary timings in March so we can get accurate times and measurements for your events. All athletes need to attend to be placed in the most accurate competition divisions. We have not competed for a while so we will need to update scores.

CONDITIONING/TRAINING - Due to lack of interest in the past, we will not schedule practice for conditioning. However, to be the most competitive in your events, it is recommended that athletes set a routine conditioning schedule. Walking, running or involvement in other sports training during this season will help to build your endurance and prepare you for track and field competitions. If you are interested in a scheduled group activity, please let us know. If we get enough interest, we can schedule a training event.

JEFFERSON COUNTY TRACK MEET - Tuesday, April 18th with a rain date set for the 19th. You must attend this meet to advance to the Area meet. DeSoto High School Student Council will be sponsoring this event for the 23rd consecutive year. The students are so enthusiastic and great to work with. Each year it gets better and better.

ST. LOUIS METRO AREA TRACK MEET - Saturday, April 29th: The Area Spring Games will be held at Westminster Academy. Athletes will compete in track & swimming. You must compete at the Area games to qualify for the State meet. The number of Pony Bird athletes attending the Area games determine number of slots available to us for State.

STATE SUMMER GAMES - June 2nd - 4th: The State Summer Games will be held in Columbia, MO. There will be a \$60.00 Special Olympics assessment fee plus a transportation fee per athlete. The transportation fee is not determined at this time. These fees must be received by May 9th if you qualify for the State meet. Request for assistance from the Dick Bennett Memorial Fund will be accepted.



Track and Field Registration

Name of Athlete: _____ T-Shirt Size _____

Address: _____ Phone: _____

____ Track Timings (March 26th) _____ Jefferson County Meet (April 18th)

____ St. Louis Metro Meet (April 29th) _____ State Meet (June 2 - 4th)

TRACK EVENTS (Pick 3 events - not including relay. Only 2 will be chosen for Jeff. County meet)

____ 25 m walk ____ 50m walk ____ 50 m dash ____ 100 m dash ____ 200 m dash ____ 400 m dash

____ Standing Long Jump ____ Running Long Jump ____ 25m Wheelchair Race

____ Shot Put ____ Softball Throw ____ 50m Wheelchair Slalom

____ Turbo Javelin

____ 4-person relay (must run 100 m dash or longer for your individual race)