

2026 Special Olympics Track and Field Registration



Below you will find the 2026 schedule for Track and Field competitions. Please look over the schedule and mark your interest on the registration below. Choose the events you wish to participate in. 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. Keep in mind that attendance at all competitions is mandatory to qualify for the State meet.

Athletes can only compete at one individual sport at the Spring and Summer Games. **Individual Sports offered through Pony Bird are track and field & swimming**

All track athletes must sign up by March 15th and should have a current Special Olympics registration. This can be completed online through the link below. Physicals are no longer required. See instructions on page 2 of this flyer.

<https://form.iotform.com/SpecialOlympicsMO/Athleteregistration>.

PRELIMINARY TIMINGS - Sunday, March, 29th—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 so we can get accurate times and measurements for your events. All athletes are required to attend to be placed on the Pony Bird Leisure Services roster.

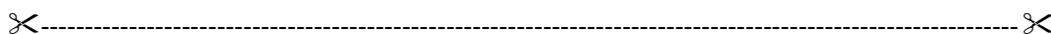
CONDITIONING/TRAINING - This year we will schedule track practices once a month prior to a track meet to give you the opportunity to practice on the appropriate surface used for competitions. Athletes are expected to condition on their own between practices. Track practices are scheduled at Hillsboro High School at 1:00 p.m. on April 19th and May 17th.

JEFFERSON COUNTY TRACK MEET - Tuesday, April 21st with a rain date set for 22nd. You must attend this meet to advance to the Area meet.

ST. LOUIS METRO AREA TRACK MEET - Saturday, May 2nd. The Area Spring Games will be held at Westminster Academy. Athletes will compete in track or 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 - May 29th - 31st. The State Summer Games will be held in Kirksville, MO. There will be a \$60.00 Special Olympics assessment fee plus a \$40.00 transportation fee per athlete. These fees must be received by May 9th if you qualify for the State meet. Requests for assistance from the Dick Bennett Memorial Fund will be accepted.

PONY BIRD TRACK SHIRTS - You may purchase a Pony Bird Uniform t-shirt through our Leisure Services office for \$20.00. Orders must be placed by March 30th. These shirts are the same as last year, light blue with dark lettering.



Track and Field Registration

Name of Athlete: _____ T-Shirt Needed_Y/N_Size _____

Address: _____ Phone: _____

___ Track Timings (March 29th) ___ Jefferson County Meet (April 21st)

___ St. Louis Metro Meet (May 2nd) ___ State Meet (May 29th - 31st)

TRACK EVENTS (Pick 3 events - not including relay. Only 2 events will be chosen for Jeff Co 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 Mini-Javelin

___ 4-person relay (must run 100 m dash or longer in an individual race)



**Special
Olympics**
Missouri

Online Special Olympics athlete registration

If you are interested in participating in Special Olympics sports, Special Olympics Missouri is asking that athletes complete an annual registration online. Below you will find the link to complete this process. Special Olympics no longer requires a physical form signed by a doctor, so the registration process is quick and easy. They do ask you to upload a headshot photo of the athlete. If you have difficulty doing this, please contact our office. Once completed, please forward any confirmation from Special Olympics to our office at leisure@ponybird.org.

Keep in mind, when completing your registration, it will ask for the Area name and coaches/agency name. You will find these answers below:

Which Area do you participate in: St. Louis Metro Area

Coaches name / SOMO agency name: Terri Dallas / Pony Bird, Inc.

Please contact our office if you have any questions or concerns.
636-282-1414.

Online Special Olympics registration:

<https://form.jotform.com/SpecialOlympicsMO/Athleteregistration>