

2016 Special Olympics West Central Area Events Schedule

Female Divisions will be first in all events							
Time	Running		Field Events			Wheelchair & Developmental Events	
	East Side	West Side	North Side	South Side	Gym	Swimming	Fun City
9:30 am	Opening Ceremonies						
9:45 am		400 M Walk & Dash (all ages)	Softball Throw (16-21 yrs)				
10:00 am	50 M Dash (22-29 yrs)	50 M Walk (all ages)		Long Jump Stand/Run (30 & Over)		Walk with Me (8-21 yrs) 22 & Over	
10:15 am	50 M Dash (12-15 yrs)			Long Jump Stand/Run (22-29 yrs)		25 m Dev Walk (8-21) (22 & Over)	Tennis Ball (8-11 yrs) 12-15 yrs 16-21 yrs 30 & Over 22-29 yrs
10:30 am		100 M Dash (30 & Over)		Long Jump (8-11 yrs)	High Jump (12 & Over)		Swimming Starts Held at the Indianola YMCA
10:45 am		100 M Dash (16-21 yrs)	Softball Throw (8-11 yrs)	Shot Put (12 & Over)	Turbo Jav (all ages)		
11:00 am	50 M Dash (16-21 yrs)	100 M Dash (12 – 15 yrs)				Running Continuously all ages PMP 25 M Race w/c 30m Slalom 30m Motor Slalom 30m Motor Straight	
11:15 am		100 M Dash (8-11 yrs)	Softball Throw (22-29 yrs)	Long Jump Stand/Run (12-15 yrs)			
11:30 am		100 M Dash (22-29 yrs)	Softball Throw (30 & Over yrs)			Body Bowl (all ages)	
11:45 am	50 M Dash (8-11 yrs)	100 M Walk (all ages)		Long jump Stand/Run (16-21 yrs)			
12:00 Noon		Wheelchair (100 M Manual & Motor)					
12:15 pm		Lunch	Softball Throw (12-15 yrs)				
12:30 pm	50 M Dash (30 & Over)	200 M Dash (all ages)					
12:45 pm	Lunch	800 M Run & Race walks (all ages)					
1:00 pm		4x100 M Relay (all ages)					