

Tentative Swimming Schedule & Information

Where: **Beyer Hall**
 Beyer Hall is located near the corner of Bissel Road & Union Drive.
 Swimmers & coaches enter at the south doors of the building along
 Union Drive.

When: **Friday, May 26**

Awards: **Awards will be given out following the completion of a division.**

Important Aquatics Information:

- Only swimmers competing in the freestyle, breaststroke, butterfly, individual medley & flotation device events dress & warm-up in the morning.
- The pool deck will be cleared of all athletes & coaches.
- Athletes & coaches will be seated in the spectator seating area & called to the staging area for their events. The staging area is located in the south hall.
- No coaches are allowed on the deck, except to assist athletes requiring physical assistance.
- After competition, athletes will receive their awards & then return to the spectator seating area.
- Backstroke & relay swimmers may dress and warm-up prior to the start of the afternoon session.
- Results will be posted on the trophy case outside the spectator seating area.

Competition Schedule:

8:15 am – 8:45 am	Warm-ups
8:45 am	Coaches Meeting
9:15 am – 12:15 pm	200 Yard Freestyle (M & F, all ages) 100 Yard Freestyle (M & F, all ages) 50 Yard Freestyle (M & F, all ages) 25 Yard Freestyle (M & F, all ages) 100 Yard Breaststroke (M & F, all ages) 50 Yard Breaststroke (M & F, all ages) 25 Yard Breaststroke (M & F, all ages) 50 Yard Butterfly (M & F, all ages) 25 Yard Butterfly (M & F, all ages) 200 Yard Individual Medley (M & F, all ages) 100 Yard Individual Medley (M & F, all ages) 25 Yard Flotation Race (15 minutes maximum time limit) * 15 Yard Flotation Race (10 minutes maximum time limit) * *Athletes may participate in one flotation race only.
12:15 pm – 1:00 pm	Lunch Break
1:00 pm – 1:20 pm	Warm-ups
1:30 pm – 3:30 pm	4 x 25 Yard Relay (Male, Female, Co-ed & Unified) 25 Yard Backstroke (M & F, all ages) 50 Yard Backstroke (M & F, all ages) 100 Yard Backstroke (M & F, all ages)

Aquatics Tips:

- Circle swim in the lanes during warm-ups. Swim on the right side of the lane to avoid athletes hitting heads.
- No jewelry may be worn during competition.
- Athletes need to wear footwear when off the deck.
- Breaststroke – toes point out.
- Butterfly – arms move simultaneously.

Frequent Aquatics Rules Violations Reminders:

Backstroke

- Athletes must remain on their backs throughout the entire race.
- The turn requires that some part of the swimmers body contact the end wall.
- The finish requires contact with the wall by any part of the body.

Breaststroke

- Some portion of the head must break the water surface sometime during each stroke cycle.
- The stroke requires both hands be pushed forward from the breast simultaneously on, above or under the surface of the water.
- The kick requires the feet be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs & feet shall be simultaneous & in the same horizontal plane. Scissors, flutter &/or or downward butterfly kicks are not permitted.
- The turn requires a simultaneous wall touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted.
- The finish requires contact with the wall with both hands touching simultaneously, but not necessarily on the same plane.

Butterfly

- The stroke requires that both arms simultaneously pull backward under the water, then simultaneously recover over the water.
- The kick requires that both legs & feet move up & down simultaneously in the vertical plane. Scissors, breaststroke & alternating up & down movements of the legs are not permitted.
- The turn requires simultaneous wall touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted.
- The finish requires contact with the wall when both hands touch simultaneously, not necessarily on the same plane & shoulders horizontal.

The penalty for not properly executing the strokes & kicks as noted above is disqualification from the event. The determination of proper execution of strokes & kicks is made by the meet judges.

Tentative Athletics (Track & Field) Schedule & Information

Where:

Lied Recreation Athletic Center

Events: Running, Walking, Pentathlon, High Jump, Running Long Jump & Standing Long Jump

Outside of the Lied Recreation Center, east of the center

Events: Mini Jav, Shot Put & Softball Throw

The Lied Recreation Center is located on Beach Road, north of Lincoln Way.

When:

May 25 - 27

Thursday, May 25 Schedule

Time	2 K Race Walk	400 M Race Walk	800 M Race Walk
1:00 pm	All Ages, M & F		
1:45 pm		All Ages, M & F	
2:30 pm			All Ages, M & F

Friday, May 26 Schedule

Time	100 M Dash 100 M Walk 100 M WC	50 M Dash 50 M Walk	800 M Run	Standing Long Jump	Running Long Jump	High Jump	Shot Put Softball Throw Mini Jav
9:00 am			All Ages		Pentathlon	All Ages	22-29 M
9:30 am	16-21 M	30-50 M		12-15 M & F			22-29 F
10:00 am	16-21 F	30-50 F			12-15 M & F	Pentathlon	8-11 M
10:30 am	22-29 M	51+ M					8-11 F
11:00 am	22-29 F & Pentathlon	51+ F			16-21 M & F		30-50 M
11:30 am	12-15 M	16-21 M		22-29 M & F			30-50 F
Noon	12-15 F	16-21 F		8-11 M & F	8-11 M & F		Pentathlon with 400M following Shot Put
12:30 pm – 1:30 pm	Lunch						
1:30 pm		8-11 M			22-29 M & F		16-21 M
2:00 pm	100 M WC**	8-11 F		30+ M & F			16-21 F
2:30 pm	8-11 M	22-29 M			30+ M & F		12-15 M
3:00 pm	8-11 F	22-29 F		16-21 M & F			12-15 F
3:30 pm	30+ M	12-15 M					51+ F
4:00 pm	30+ F	12-15 F					51+ M ***

**** Motorized & non-motorized wheelchair**

***** Shot Put: 51 + Male & Female athletes will compete at 3:30 pm*****

Saturday, May 27 Schedule

Start Time	1500 M Run	400 M Run	200 M Run	4 x 100 M Relay
8:30 am	All Ages			
		All Ages		
			All Ages	
				All Ages

Athletics (Track & Field) Continued:

Saturday events, with the exception of the 1500M Run, will begin at the conclusion of the preceding event. **Athletes who arrive late will not be allowed to compete.** Athletes MUST wait on the reserved bleachers in the northeast corner of Lied to be called to the staging area.

Important Athletics Information:

- Athletes should report to the staging area for their specific events 15 minutes prior to the scheduled start time of their event.
 - The locations of the track field staging areas are included on the venue maps on pages 35-37.
- After athletes finish competing they are to report to the awards area of their specific event.
- No drinks, food, coolers or chairs are allowed in the Lied Recreation Center. A tent will be located in the Olympic Festival in Lot 100, south of the Lied Recreation Center where delegations can keep their coolers, food & drinks. Volunteers will be overseeing the tent throughout the day.
- Softball throw competition will be held on the soccer field.
- The shot put and mini jav competitions will be held south of the soccer fields. **Athletes competing in the shot put must adhere to the following:**
 - Shot shall touch or be in close proximity to the chin.
 - Shot is put from the shoulder (in front of ear) with one hand only.
 - Shot at release does not drop behind or below the shoulder.
- After athletes finish their competition in the throwing events they will receive their awards at the awards area adjacent to the specific throwing areas.
- **Pentathlon** competitors will report at 8:30 am to the announcers table at the infield of the Lied Recreation Center where they will be placed into their divisions. There will be escorts assigned to each division to take athletes to their events. Athletes will be finished shortly after 12:00 pm. Pentathlon athletes can be picked up at the awards area at this time.
- Final Delegation Reports will be e-mailed to Delegation Managers for review. **Corrections to events, times, distances, etc. should be reported to Tanner Nissen at registrations@soiowa.org by Monday, May 8. The state office will not accept any additional corrections or additions to athletes' events or scores nor will the office accept any additional entries for a delegation after Monday, May 8.** Scratches can be sent to Tanner Nissen at registrations@soiowa.org or by fax to 515-986-5530. E-mail is the preferred method of communicating scratches.

Tentative Developmental (Athletics) Events Schedule & Information

Events: 25 M Walk, 25 M Walk with Me, 25 M & 30 M Wheelchair & Tennis Ball Throw
Where: Forker Building, Gyms 175 & 184
 The Forker Building is located on Beach Road directly west of the Lead Recreation Center.
When: Friday, May 26

Competition Schedule:

	Gym 175 (Male)	Gym 184 (Female)
10:00 am	25 M Walk & 25 M Walk with Me	25 M Walk & 25 M Walk with Me
10:45 am	25 M Manual Wheelchair Straight Race	25 M Manual Wheelchair Straight Race
11:15 am	4 x 25 M Wheelchair Relay (co-ed)	
11:30 am	30 M Manual Wheelchair Slalom	30 M Manual Wheelchair Slalom
12:00 pm – 12:30 pm	Lunch	Lunch
12:30 pm	30 M Motorized Wheelchair Slalom	30 M Motorized Wheelchair Slalom
12:45 pm	30 M Motorized Wheelchair Straight Race	30 M Motorized Wheelchair Straight Race
1:15 pm	Tennis Ball Throw	Tennis Ball Throw

Awards: Awards will be given out immediately following the completion of a division.
Additional Information: Coaches are to bring a rope for any athlete who requires one for competition. Room 198 will be used as a quiet area. Changing areas will also be available.

Bocce

Where: Maple-Willow-Larch Intramural Fields
 The fields are located east of the Maple-Willow-Larch Residence Hall complex.
When: Thursday, May 25 for Four Person Team; 9:30 am
 Friday, May 26 for Singles; 9:00 am
Registration: Check in at the staging table 30 minutes prior to the scheduled game time.
Awards: Awards will be given out following completion of the teams/singles last match.

Important Bocce Information:

- Each team & singles athlete will play at least two games.
- Each match will be limited to: 30 minutes in length or 16 points in team competition or 12 points in single.
- Competition schedules will be posted on www.soiowa.org & sent to the Delegation Managers.
- A shuttle stop will be available on Beach Road by the Maple-Willow-Larch Residence Halls for athletes, coaches, chaperones, volunteers & spectators attending the bocce competition venue.
- Bocce parking passes for Lot 63 are available by contacting Rhonda Schwarzkopf at rschwarzkopf@soiowa.org.
- In both Four Person Team and Singles competition, athletes will alternate ends for each new frame.
- Delegations may bring their own ramps. The state office will provide two bocce ramps.
- Spectators may bring their own lawn chairs.
- A ramp team is a team in which every member uses the ramp in order to compete. In non-ramp divisions, one or more of the athletes may use the ramp to compete.
- Bocce is considered an individual sport. Therefore coaches cannot “coach” athletes during competition.
- Coaches, parents & spectators **are not** allowed beyond the staging area without prior approval from Venue Director Sally Briggs (sbriggs@soiowa.org).
- A practice field will be available on site for athletes to use when not competing.
- Lunch may be purchased from a food truck vendor located at the venue site.

Cycling

Where: Iowa State Center Parking Lot
University Boulevard and Center Street

When: Thursday, May 25

Competition Schedule:

9:00 am – 3:00 pm	Registration & Bike Inspection
9:30 am	10 K Races (per heat schedule) 1 K Races (per heat schedule) 5 K Races (per heat schedule)
Approx. 1:30 pm	250 M Races (will mix modified and 2-wheel bikes per heat schedule)

Schedule Notes:

- There will be no break between the 10 K, 1 K & 5 K races.
- The only break between the 5 K & 250 M races will be to move the course, move the awards area & to get officials set up on the new course.
- If events are moving ahead of schedule, the next event will start early.
- Athletes who are not at the venue when their race begins will not be allowed to compete later.

Awards: Awards will be given out immediately after completion of each race.

Important Cycling Information:

- All bikes will be inspected on site. Please allow enough time for the mechanics to inspect personal bikes.
- Mark all equipment with the name of the athlete & the delegation.
- Athletes must bring their own helmets for proper fit & health reasons. Gloves are to be worn during the competition. Gloves will be available to athletes who do not have their own.
- Special Olympics Iowa encourages athletes to train and compete using their own well maintained & properly fitted equipment. Athletes will be more comfortable competing with their own equipment rather than competing with bikes & gloves from another source.
- Parking is available in the western half of Lot B3, the eastern half of Lot C3, Lot B4 and Lot C4. However vehicles are not to leave until the competition is over.
- Lunch may be purchased from an on-site vendor.

Soccer Skills

Where: **Lied Recreation Center - Outdoor Fields**
Fields are located east of the Lied Recreation Center located on Beach Road, north of Lincoln Way.

When: **Thursday, May 25**

Competition Schedule:

Time	Soccer Skills
10:00 am	08 – 11 Male & Female
11:00 am	12 – 15 Male & Female
11:45 am	16 – 21 Male & Female
12:15 pm	22 – 29 Male & Female
12:30 pm	30 + Male & Female

Awards: **Awards will be presented immediately following completion of a division.**

Important Soccer Skills Information:

- Day of event scratches should be called into Venue Director Dianne Modlin at 515-249-1360.

Tentative Team Soccer Information

Where: **ISU Lied Recreation Center - Outdoor Fields**
Fields are located east of the Lied Recreation Center located on Beach Road, north of Lincoln Way.

When: **Thursday, May 25**

Competition Schedule: **First Round Games will begin at 10:00 am.**

Awards: **Awards will be presented immediately following completion of a division.**

Important Team Soccer Information:

- Competition schedules will be posted on www.soioowa.org and sent to the Delegation Managers.
- Teams are to be checked in & on the field sidelines 15 minutes prior to the game start time.

Tentative Tennis Information

Where: **Forker Building Courts**
Courts are located south of the Forker Building on Beach Road.

When: **Thursday, May 25, Singles Competition & Individual Skills; 9:00 am – 4:30 pm**
Friday, May 26, Doubles Competition; 8:30 am

Awards: **Awards will be presented immediately following completion of a division.**

Important Tennis Information:

- Competition schedules will be posted on www.soioowa.org and sent to the Delegation Managers.



2017 Special Olympics Iowa Summer Games

Tentative Schedule of Events

Current as of 03/27/2017



Thursday, May 25		
7:30 am – 4:30 pm	Delegation Registration - for ALL delegations & athletes	Lot 100, South of the Lied Rec. Center * tent on the west side of the lot
7:00 am – 5:00 pm	Competition Shuttle Service	S Parking Lots S6, S7, S8, to Maple-Willow-Larch bus stop for Bocce, to Lied Recreation Center & back to the S Parking Lots (continuous loop)
9:00 am – 4:30 pm	Team Bocce Competition	Maple-Willow-Larch Intramural Fields
9:00 am	Cycling Competition Begins	Iowa State Center Parking Lot
9:00 am – 4:30 pm	Individual Skills & Singles Tennis Competition	Forker Building Tennis Courts
9:00 am – 6:00 pm	Residence Hall Check-In	Maple Willow-Larch Commons Desk
10:00 am – 11:30 am	Souvenir Sales	Cycling Venue
10:00 am	Team Soccer Competition Begins	Lied Recreation Center outdoor fields *east of Lied
10:00 am	Soccer Skills Competition 10:00 am – 11:00 am 8-11 M/F 11:00 am – 11:45 am 12-15 M/F 11:45 am – 12:15 pm 16-21 M/F 12:15 pm – 12:30 pm 22-29 M/F 12:30 pm – 1:00 pm 30+ M/F	Lied Recreation Center outdoor fields *east of Lied
12:00 pm – 4:00 pm	Souvenir Sales	Olympic Festival – Lot, 100 south of Lied Recreation Center
1:00 pm	Athletics - Race Walk Competition Begins	Lied Recreation Center
2:00 pm – 3:00 pm	Sports Clinic	Maple-Willow-Larch Intramural Fields
3:00 pm – 3:45 pm	Cheerleading Clinic	Room 198, Forker Building
4:15 pm – 6:30 pm	Dinner	Maple-Willow-Larch Dining Center, Seasons Marketplace
6:00 pm – 6:45 pm	Opening Ceremony Shuttle	Maple-Willow-Larch Residence Halls to Hilton Coliseum
6:15 pm	Opening Ceremony Parade Line-up	Parking Lot C-2, south side of Hilton Coliseum
7:00 pm – 9:00 pm	Opening Ceremony	Hilton Coliseum
8:45 pm – 9:15 pm	Opening Ceremony Shuttle	Hilton Coliseum to Maple-Willow-Larch Residence Halls

Friday, May 26		
7:00 am – 3:00 pm	Delegation Registration - for ALL delegations & athletes	Lot 100, South of the Lied Rec. Center * tent on the west side of the lot
6:30 am – 8:30 am	Breakfast	Maple-Willow-Larch Dining Center, Seasons Marketplace
6:30 am – 5:00 pm	Competition Shuttle	S Parking Lots S6, S7, S8 to Maple-Willow-Larch bus stop for Bocce, to Lied Recreation Center, to Beyer Hall & back to S Parking Lots (continuous loop)
8:00 am	Coaches Meeting (only if inclement weather)	Maple-Willow-Larch Commons
8:15 am	Aquatics Competition Begins (warm-ups)	Beyer Hall
8:30 am	Doubles Tennis Competition begins	Forker Building Tennis Courts
9:00 am	Athletics Competition Begins	Lied Recreation Center
9:00 am – 1:00 pm	Singles Bocce Competition	Maple-Willow-Larch Intramural Fields
9:00 am – 2:00 pm	Healthy Athletes Screenings: Opening Eyes – Room 0202W Special Smiles – Tent outside of Forker FUNFitness – Room 213 Fit Feet – Tent outside of Forker Health Promotion – Tent outside of Forker	Forker Building
9:00 am – 4:00 pm	Souvenir Sales	Lot 100, South of Lied Rec. Center
10:00 am	Athletics - Developmental Events Begin	Forker Building
10:00 am – 11:30 am	Souvenir Sales	Aquatics – Beyer Hall south entrance
10:00 am – 4:00 pm	FIT Program Assessments	Lot 100, south of Lied Rec. Center
10:00 am – 4:00 pm	Olympic Festival	Lot 100, south of the Lied Recreation Center
10:00 am – 4:00 pm	Sport Clinics	East of Lied Recreation Center
11:15 am – 1:15 pm	Lunch	Maple-Willow-Larch Dining Center, Seasons Marketplace
4:15 pm – 6:30 pm	Dinner	Maple-Willow-Larch Dining Center, Seasons Marketplace
6:30 pm – 7:00 pm	Dance Shuttle	Maple-Willow-Larch to Hilton Coliseum
7:00 pm – 9:00 pm	Celebration Dance	Hilton Coliseum
9:00 pm – 9:30 pm	Dance Shuttle	Hilton Coliseum to Maple-Willow-Larch

Saturday, May 27		
6:30 am – 8:30 am	Breakfast	Maple-Willow-Larch Dining Center, Seasons Marketplace
7:30 am	Delegation Registration - for those athletes participating on Saturday only	Event Staging Area inside the Lied Recreation Center
8:30 am	Athletics Competition Begins	Lied Recreation Center
8:30 am – 11:30 am	Souvenir Sales	Lot 100, south of Lied Rec. Center