

Special Olympics Iowa Southeast Area Spring Games

Please have all athletes to events on time.

	Activities	Softball	Softball	Shot Put	TurboJav & Tennis Ball	Standing Long Jump	Standing Long Jump	Running Long Jump	Wheelchair, Walking, Running	Walking & Running
		Area A	Area C	Area B	Area B	Area D	Area E	Area D/E	East Side of Track	West Side of Track
9:30 AM	Registration Begins									
9:50 AM	Parade Line-Up									
10:00 AM	Opening Ceremonies									
10:30 AM	EVENTS BEGIN!	Female Age 22-29	Male Age 22-29	Pentathlon & Female/Male Age 8-50+		Female Age 8-15	Male Age 8-15	Pentathlon & Female/Male Age 8-50+	25 M Wheelchair	50 M Walk Female/Male Age 30-50+
10:50 AM		Female Age 8-15	Male Age 8-15		TurboJav Female/Male Age 8-50+	Female Age 16-29	Male Age 16-29		25 M Walk, 30 M Slalom,	50 M Walk Female/Male Age 16-29+
11:20 AM	Lunch & Carnival	Female Age 16-21	Male Age 16-21			Female Age 30-50+	Male Age 30-50+		All other wheelchair races	50 M Walk Female/Male Age 12-15
									50 M Dash Age 8-11	
11:50 AM	Lunch & Carnival Dance Begins	Female Age 30-50	Male Age 30-50		Tennis Ball Female/Male Age 8-50+				50 M Dash Age 12-15	
12:20 PM	Lunch & Carnival Dance	Female Age 50+	Male Age 50+						400 M Walk/Run Age 8-50+, 1500 M Run All Ages	
1:00 PM	Lunch, Carnival, & Dance END									
Track Events: Begin at 1:00 PM		Track- <i>West Side</i>				Track- <i>East Side</i>				
1:00-1:30 PM		50 Meter Dash- Female/Male *Age 16-21 *Age 22-29				50 Meter Dash- Female/Male *Age 30-50 *Age 50+				
1:30-2:00 PM		100 Meter <i>Walk</i> - Female/Male *Age 8-11 *Age 22-29 *Age 12-15 *Age 30-50 *Age 16-21 *Age 50+				100 Meter <i>Dash</i> - Female/Male *Age 8-11 *Age 22-29 *Age 12-15 *Age 30-50 *Age 16-21 *Age 50+				
2:00-2:30 PM						200 Meter Dash- Female/Male *Age 8-11 *Age 22-29 *Age 12-15 *Age 30-50 *Age 16-21 *Age 50+				
2:30-3:00 PM						4x100 Relay 4x100 Relay Unified				

****Please remember that these are APPROXIMATE times... WE WILL RUN AHEAD OF SCHEDULE, if possible!**

Be waiting, listening, and ready for your event take time to thank the wonderful volunteers!