

Special Olympics Iowa Southeast Area Spring Games

Please have all athletes to events on time. Running events have priority over field events. Report scratches during registration or to Head Official of the event.

| | 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 30-50 | Male Age 30-50 | | 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 50+ | Male Age 50+ | | Tennis Ball Female/Male Age 8-50+ | | | | 50 M Dash Age 12-15 | | |
| 12:20 PM | Lunch & Carnival Dance | Female Age 8-15 | Male Age 8-15 | | | | | | | 400 M Walk/Run Age 8-50+ | |
| 1:00 PM | Lunch, Carnival, & Dance END | | | | | | | | | | |
| Track Events: Begin at 1:00 PM | | Track- West Side | | | | | Track- East Side | | | | |
| 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 Walk - Female/Male *Age 8-11 *Age 22-29 *Age 12-15 *Age 30-50 *Age 16-21 *Age 50+ | | | | | 100 Meter Dash -Male *Age 8-11 *Age 22-29 *Age 12-15 *Age 30-50 *Age 16-21 *Age 50+ | | | | |
| 2:00-2:30 PM | | 100 Meter Dash - Female *Age 8-11 *Age 22-29 *Age 12-15 *Age 30-50 *Age 16-21 *Age 50+ | | | | | 200 Meter Dash- Female/Male *Age 8-11 *Age 22-29 *Age 12-15 *Age 30-50 *Age 16-21 *Age 50+ | | | | |
| 2:30-2:40 PM | | | | | | | 1500 M Run All Ages | | | | |
| 2:40-3:10 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!**