

2019 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	Soccer Field	Football Field		Gym	Swimming	Fun City	
9:30 AM	Opening Ceremonies								
9:45am		400M Walk & Dash (all ages)	Softball Throw (16-21 yrs)	Long Jump Stand/Run (30 & over)	Turbo Jav (16-21 yrs)			Swimming Starts Held at Indianola YMCA	Fun City Opens
10:00am	50M Dash (30 & Over)	50 M Walk (all ages)		Long Jump Stand/Run (22-29 yrs)		Walk With Me (all ages)			
10:15am	50M Dash (22-29 yrs)			Long Jump (8-11 yrs)		25 M Dev Walk (all ages)	Tennis Ball 8-11 yrs 12-15 yrs 16-21 yrs 30 & over 22-29 yrs		
10:30am	50 M Dash (12-15 yrs)								
10:45am	50 M Dash (12-15 yrs)	100 M Dash (16-21 yrs)	Softball Throw (8-11 yrs)	Shot Put (12 & over); High Jump (12 & over)	Turbo Jav (8-11 yrs)	Running continuously all ages PMP 25 M Race w/c 30 M Salom 30 M Motor Slalom 30 M Motor Straight	Body Bowl (all ages)		
11:00am		100 M Dash (12-15 yrs)							
11:15am	50 M Dash (16-21 yrs)	100 M Dash (8-11 yrs)	Softball Throw (22-29 yrs)	Long Jump Stand/Run (12-15 yrs)	Turbo Jav (22-29 yrs)				
11:30am		100 M Dash (22-29 yrs)	Softball Throw (30 & over)	Long Jump Stand/Run (16-21 yrs)	Turbo Jav (30 & over)				
11:45am		100 M Walk (all ages)							
12:00 Noon	50 M Dash (8-11 yrs)	Wheelchair (100 M Manual & Motor)	Softball Throw (12-15 yrs)		Turbo Jav (12-15 yrs)				
12:15pm		Lunch							
12:30pm		200 M Dash (all ages)							
12:45pm	Lunch	800 M Run & Race walks 1500 M (all ages)							
1:00pm		4 x 100 M relay (all ages)							