

# Athletics (Track & Field)

Revised April 2020

***Special Olympics***  
*Iowa*



# Registration Entries



Entry forms are available online at [www.soioowa.org](http://www.soioowa.org)

- ▶ Website: Competitions tab > click on Participation Forms > Scroll to Spring Games
- ▶ Entry score for the athlete should be their **best** effort time/distance **NOT** average of scores

## Area Competition Entries

- ▶ Go to your Area Competitions tab > click on your area to see where to send entries
  - ▶ Deadline for the area will be listed at bottom of page

## State Competition Entries

- ▶ Entries can be emailed to: [registrations@soioowa.org](mailto:registrations@soioowa.org)  
~OR~
- ▶ Mailed to the State Office (551 SE Dovetail Road, PO Box 620, Grimes, Iowa)
- ▶ After your entries have been put into GMS you will be sent a Delegation Report
  - Review the report and return to the State Office with any corrections

# Practices/Training



Athletes are to practice 8 weeks or 10 hours prior to competition

- ▶ The more an athlete can practice or participate, the better
- ▶ Practice in the fall, do not wait for the spring
- ▶ Challenge Athletes
  - ▶ 50 M Dash and Softball Throw – Challenge athletes to compete in longer dashes and shot put

ALL measurements must be recorded using the **metric system**

Consecutive age groups may be combined to provide quality competition for the athletes

Cleats or spikes may **NOT** be worn at any area or state athletics competition

# Competition & General Guidelines



Running events take precedence over field events.

If two of the athlete's events are scheduled at the same time or one is running late, report to one of the staging areas that the athlete will be late.

If an athlete arrives after their division has competed and **reported** to the staging area, the athlete may compete and receive the appropriate award.

If an athlete arrives after their division has competed and they did **not report** to the staging area, the athlete **might** be able to participate for a **participation ribbon only**.

Athletes who receive assistance from any person may be disqualified, excluding the 25M Walk with Me event. Assistance includes pacing by anyone not participating in the race or through any kind of technical device. This includes developmental events.

In **all** the 50M, 100M, 200M, and 400M events each athlete must keep in their allotted lane from start to finish. If an athlete is judged to have run out of their lane and/or impedes another athlete, the athlete may be disqualified.

200M and 400M, run and walk, use a staggered start.

800M – runner will run in the lanes through the first turn as far as the nearer edge of the break line where athletes may leave their respective lanes.

1500M and 2K use a waterfall start.

# Event Overview



Athletes can participate in up to 2 events and 1 relay

An athlete can participate in one throwing event and one jumping event

Athletes cannot be in a lead up event and a regular event

- ▶ Example: Standing and running long jumps, or Mini Javelin/Softball throw and shot put

## Relays

- ▶ Relay Teams consist of 4 athletes
- ▶ **Coed** (2 male & 2 female), **Female** (4 female) **Male** (3 male & 1 female or 1 male & 3 female or 4 male) and **Unified** (2 athletes & 2 Unified Partners)
- ▶ **Relay Age Groups** (8-15) or (16-21) or (22+)
  - ▶ Determined by the age of the oldest team member
- ▶ Running and walking relays are available (4 x 100M)
- ▶ If one athlete is unable to compete the day of competition:
  - ▶ He/she may be replaced with another athlete so long as the category does not change (example: Junior female relay must stay a Junior female relay)
  - ▶ The substituted athlete must already be competing in the sport at the competition

# Developmental Events



Developmental events are open only to athletes with low motor ability and who are; therefore, unable to participate in traditional Special Olympics events

## 25M Walk with Me

- ▶ Lead up to 25M Walk, athlete requiring a person to guide or balance for safety ONLY

## 25M Walk (walk independently on own or with use of cane/walker)

- ▶ for athletes who complete the distance in more than 12 seconds
- ▶ If less than 12 seconds, athletes should be in the 50 M dash

## Wheelchair Events

- ▶ 25M Manual Race
- ▶ 30M Manual Slalom
- ▶ 30M Motorized Slalom
- ▶ 30M Motorized Straight
- ▶ 4 x 25M Wheelchair Shuttle Relay

Slalom: cones are placed every five meters

athlete will be given a three second penalty for knocking over a cone

athletes that varies from the cones must go back to missed cone then resume

## Tennis Ball Throw

- ▶ for athletes who throw less than 10 meters
- ▶ If more than 10 meters, athletes should be in the softball throw

# Walking Events



## Walking Events

- ▶ Athletes must walk
  - ▶ If any athlete can run, put them in a dash to be on the safe side
  - ▶ Athletes maintain unbroken contact with the ground – one foot must touch ground at all times - may result in disqualification
  - ▶ Arm movements can be very beneficial

50M Walk

100M Walk

400M Race Walk

800M Race Walk

2K Race Walk

4 x 100M Race Walk Relay

4 x 100M Unified Race Walk Relay

# Dashes



50M Dash

100M Dash

100M Manual Wheelchair Straight

100M Motorized Wheelchair Straight

200M Dash

400M Dash

4 x 100M Relay

4 x 100M Unified Relay

800M Run

1500M Run



# Field Events



## **Pentathlon** (14 & older) - Five Events (RLJ, SP, HJ, 100M, 400M)

- ▶ Athlete may participate in a relay as well
- ▶ Excellent event for very fit athlete or someone who enjoys a challenge

## **Throwing Events**

- ▶ Three non-consecutive puts or throws
- ▶ Distance measured from middle of start line to where the object landed
- ▶ Athlete must choose between Softball Throw and Mini Javelin
- ▶ Softball Throw - **if an athlete is able to throw the softball more than 30M, they need to try the shot put or mini javelin**
- ▶ Step and throw to help increase the distance of the ball
- ▶ Step with opposite leg of throwing arm
- ▶ Athletes can throw the ball overhand or underhand

# Standing & Running Long Jumps



- ▶ Three non-consecutive jumps
- ▶ Distance measured from takeoff line to the closest impression made by any part of the body

## **Standing Long Jump**

- 1) Toes close to the starting line
- 2) Assume a crouching position with arms down and back as far as possible
- 3) Swing arms forward as hard as possible and extend legs
- 4) Bend forward at the waist while jumping to further elevate legs
- 5) Athletes must take off with BOTH feet

[VIDEO](#)

## **Running Long Jump**

- ▶ Athletes must take off with only ONE foot
- ▶ Athlete must jump at least one meter (distance from take-off board to sand pit)

[VIDEO](#)

# High Jump



Athlete must be at least 12 years old

Athlete must jump off ONE foot

Minimum opening height is one meter

Athletes cannot dive forward over the bar

Videos:

[Establishing the Approach](#)

[Drills to Establish the Takeoff](#)

[Proper Takeoff Technique](#)

# Mini Javelin



400g for all male athletes ages 16+

300g for all females and males ages 8-15

Must land on nose, not side or fins to avoid disqualification

Proper Throwing Technique

▶ [Video](#)

## **Proper Grip**

- Place middle finger, ring finger, and pinkie on mini jav
- Rest thumb and forefinger above the grip on the raised “V”
- Lower thumb & forefinger at grip

## **Proper Stance**

- Feet facing forward about a shoulder apart

## **Carry Position**

- Mini jav is at eye level, just above ear
- Mini jav is parallel to the ground with tip aimed levelly forward
- Non-throwing arm is pointing straight to the direction of the throw

## **Carry Position from the Standing Position**

- Elbow points forward and never bent outward
- Both arms are above the shoulders
- Bring the mini jav straight backward
- Do not twist body, use wrist, throw away from body or lower the shoulder of the no-throwing arm
- Stand tall
- Point forward
- Use the shoulder to throw, not the arm
- Throw like a dart
- Do not stand flat footed (stand on the ball of the feet)
- Pull from the chest
- Have a good follow through

## **Carry Position from the One-Step Throw**

- If right handed, move the right foot straight back one step
- If left handed, move the left foot straight back one step
- Follow steps listed in the “Standing Position” instructions
- Bring the mini jav back and throw straight forward
- The right or left foot then comes forward when the throw is made

# Shot Put



Men 4.0kg/8.8lbs

Women 3.0kg/6.6lbs

Athletes and wheelchairs may not touch top edge of the stop-board, the top of the iron ring or any surface outside of the circle. It is legal to touch the inside of the stop-board or the iron band.

## Proper Throwing Technique:

- 1) Hold shot put at the base of the fingers (not the palm)
- 2) Shot is put from the shoulder (in front of the ear) with one hand only
- 3) Shot shall touch or be in close proximity to the chin
- 4) Elbow is held high, just below the shoulder
- 5) The hand cannot drop below this position during the act of putting
- 6) The shot at release does not drop behind or below the shoulder
- 7) The lead arm is straight and held relaxed in front of the body
- 8) The shot leads the elbow

Click here to watch a video:

- ▶ [How to throw the Shotput](#)

# QUIZ



Click the link to take the quiz:

[Athletics Quiz](#)