



We invite all athletes, Unified partners, coaches, and fan to compete in the very first Special Olympics Iowa fishing tournament. The 2020 Virtual Fishing Tournament is a safe way to compete against your friends and peers from across the state.

Train and compete from home and come together virtually to celebrate your accomplishments with the Virtual Fishing Series Thursday, September 24, through Friday, September 25.

## COMPETE FROM HOME

This tournament is a safe way for athletes, Unified partners, coaches, and fans to keep the spirit of Special Olympics Iowa alive by competing against each other from home!

Here's how it Works:

1. **CHOOSE YOUR EVENTS!** Check out the Virtual Fishing Tournament events. You can choose to do all the events or just your favorites.
2. **GO FISHING!** As you fish, be sure to keep track of the fish you have caught, because you will need to submit final scores by **Monday, September 21**.
3. **SUBMIT YOUR SCORES!** Submit all of your **scores by September 21**.

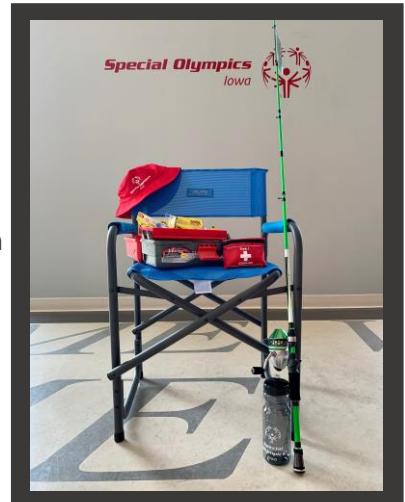
Have other questions or need help submitting your results? Contact J.C. Yates at [jyates@soiowa.org](mailto:jyates@soiowa.org).

## CHOOSE YOUR EVENTS

- Best Selfie with a Fish**
- Biggest Fish Caught (Pounds)**
- Longest Fish Caught (Inches)**
- Most Different Species of Fish Caught**
- Most Fish Caught in One Day**

# HOW SCORING WILL WORK

- In each age-role category, there will be one individual recognized as the Top Fisher.
- The Top Fisher will be the individual with the top combined score total.
- Scores for the Biggest Fish Caught, Longest Fish Caught, Most Different Species of Fish Caught, and Most Fish Caught in One Day events will be included in the combined score total.
- Individuals will receive points based on how they rank against the others in their age-role category for the Biggest Fish Caught and Longest Fish Caught events. For the Most Different Species of Fish Caught and Most Fish Caught in One Day events, points will be given based on the number you submit. (Example – you caught 4 different species, so you will receive 4 points.)
- For the Best Selfie with a Fish event, there will be one overall winner, and they will win the prize shown in the picture to the right.



## CELEBRATE YOUR SUCCESS

Thursday, September 24 through Friday September 25

Once you've practiced, competed, and submitted your scores, join the Special Olympics Iowa community to celebrate! All athletes, Unified partners, coaches, family members, and fans are invited to come together virtually to celebrate everyone's success with the Virtual Fishing Series.

On Friday, September 26, at 5:00 p.m. tune in on [Special Olympics Iowa's Facebook page](#) for the Virtual Fishing Awards.

## Please review the safety information below:

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

### When fishing make sure to:

- Wear a life jacket anytime you are near, on or in water
- Fish only in areas that it is permitted
- Handle fish carefully
- Stay dry, warm and protected from the elements. Wear sunscreen.
- Use caution when baiting and removing hooks
- Wear the right shoes
- Use the correct equipment
- Drink lots of water – stay hydrated
- Warm up and stretch properly
- Be aware of your surroundings - fish in a safe and level area clear of any obstacles.

**\*Be sure to practice social distancing while fishing.**

# FAQS

**What's the timeline?** The Virtual Fishing Competition will run Tuesday, September 1, through Monday, September 21. Be sure to submit your scores by September 21. The Virtual Fishing Series will be September 24 and 25.

**Who can compete?** Anyone - athlete, Unified partner, coach, and fans.

**Who am I competing against?** You're competing against everyone in the state during the practice period. We'll division everyone based on their role as an athlete, Unified partner, coach, or fan as well as their age.

**Does my coach need to know I'm competing?** No, but it would be great if you let them know—they might like to cheer you on virtually!

**Do I need to fill out any paperwork to participate?** In the state of Iowa a fishing license is required to fish.

**Do I need to wear a life jacket?** We recommend wearing a life jacket any time you are near, on, or in water.

**How do I measure how long my fish is?** Use a tape measure (or anything that measures in inches and feet) to measure the distance between the tip of the fish's mouth and the tip of the fish's tail.

**How do I figure out the weight of my fish?** If you don't have a scale, you can use the following equations to get an estimated weight for your fish.

Thicker-bodied Fish Equation

$$\text{Length} \times \text{Girth} \times \text{Girth} / 800 = \text{weight of fish}$$

Slender Fish Equation

$$\text{Length} \times \text{girth} \times \text{girth} / 900 = \text{weight of fish}$$

\*Length = distance from tip of mouth to tip of tail

\*Girth = measure around the thickest portion of its midsection

**How do I know what species of fish I have caught?** Here is a great resource for identifying what fish you have caught - <https://www.fws.gov/fisheries/freshwater-fish-of-america.html>.

**How do I submit my scores?** You can submit your scores online, [HERE](#).

Have a question that was not answered above? Please contact J.C. Yates at [jyates@soiowa.org](mailto:jyates@soiowa.org).