

12 Days of Special Olympics Iowa At-Home Competition Events

Choose your events. You can choose to do all the events or just your favorites!

Bocce

Traditional

Set up: Place the pallina on the center of the 40 foot line. The player rolls all 8 balls towards the pallina. Measure the closest 3 throws from the pallina to each ball in inches.

What to submit: These three distances will be submitted for your final score.

Modified

Set up: Place the pallina on the center of the 10 foot line. The player rolls all 8 balls towards the pallina. Measure the closest 3 throws from the pallina to each ball in inches.

What to submit: These three distances will be submitted for your final score.

Cycling

250M

Set up: Map out 250-meter course around your neighborhood or in an open, marked-off parking lot. You can measure by using an online mapping service, phone app, or watch.

What to submit: Record the time it takes to ride the course.

1K

Set up: Map out a 1-kilometer (1K) course around your neighborhood or in an open, marked-off parking lot. You can measure by using an online mapping service, phone app, or watch.

What to submit: Record the time it takes to ride the course.

5K: Traditional or Unified

Set up: Map out a 5-kilometer (5K) course around your neighborhood or in an open, marked-off parking lot. You can measure by using an online mapping service, phone app, or watch.

Unified: For athletes and Unified partners wishing to race together as a team against other Unified teams, the times for both riders (athlete and Unified partner) are combined for a total team time.

What to submit: Record the time it takes to ride the course.

Fitness

Push-Ups: How many push-ups can you do in 60 seconds?

What to submit: Count and record the number of push-ups you can do in 60 seconds.

Plank: How long can you hold a plank?

What to submit: Start a timer and record the plank time in seconds.

Sit-Ups: How many sit-ups can you do in 60 seconds?

What to submit: Count and record the number of sit-ups you can do in 60 seconds.

12-Minute Walk

Set up: You will measure out distance of 30 meters, marking the beginning with a cone and end with a cone. The two cones represent the loop that will be followed to count the amount of laps obtained during the twelve minutes.

What to submit: Record the number of laps completed.

If you are in-between two cones when the timer stops you will measure the distance from the last cone to where you stopped. For total distance you will take the laps completed X length of the course (30 meters) + Last Lap distance = the total to be submitted.

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.

You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Being aware of your surroundings - exercise in a safe and level area clear of any obstacles or items

Stop exercising immediately and seek medical help if you experience symptoms such as:

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat during exercise

***Be sure to practice social distancing while exercising.**