

Special Olympics Iowa

2021 Virtual Summer Games At-Home Competition Events

Choose your activities. You can choose all events or just your favorites!

Athletics (Track & Field)

25M Dash

Set up: You can do the 25-meter dash in your yard, on a sidewalk, or any open space. Measure 25 meters (or 82 feet). If you are unable to use a measuring tape, you can measure by taking 30 large steps. Mark the distance.

What to submit: The time it takes you to run, walk or roll your wheelchair 25 meters from start to finish.

50M Dash

Set up: You can do the 50-meter dash in your yard, on a sidewalk, or any open space. Measure 50 meters (or 164 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 60 large steps. Mark the distance.

What to submit: The time it takes you to run, walk or roll 50 meters from start to finish.

100M Dash

Set up: You can do the 100-meter dash in your yard, on a sidewalk, or any open space. Measure 100 meters (or 328 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 120 large steps. Mark the distance.

What to submit: The time it takes you to run, walk or roll 100 meters from start to finish.

200M Dash

Set up: You can do the 200-meter dash in your yard, on a sidewalk, or any open space. Measure 200 meters (or 656 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 240 large steps. Mark the distance.

What to submit: The time it takes you to run, walk or roll 200 meters from start to finish.

Standing Long Jump

What to submit: Keeping both feet on the ground during the jump, measure the distance of your jump in meters and centimeters.

Tennis Ball Throw (15 meters max)

***If you can throw farther than 15 meters, do not try this activity.**

What to submit: Measure the distance of your throw in meters and centimeters.

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 a 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.

Tennis Skills

Serve

Set up: Each athlete is given five attempts to hit a legal serve from the right court to the deuce service box. A ball landing in the correct service box will count as 1 point. A zero score is recorded if the athlete commits a foot fault or fails to get the ball in the service box.

What to submit: the total number legal serves out of 5.

Return of Serve

Set up: The athlete stands one meter behind the center (T) of the service line. The feeder, positioned on the other side of the net halfway between the service line and the net, underhand tosses the ball so it bounces once before reaching the athlete's forehand side. Each athlete is given five attempts.

What to submit: the total number legal return to serves out of 5.

Volleys

Set up: The athlete stands approximately one meter from the net with the feeder on the other side of the net, positioned halfway between the service line and the net. Each athlete is given five attempts to hit a ball safely over the net. The feeder underhand tosses each ball to the athlete's forehand side. The athlete scores one point for hitting into the service box into either service box.

What to submit: the total number legal return volleys out of 5.

Swimming

25 Yard

What to submit: The time it takes you to backstroke, breaststroke, butterfly or freestyle swim 25 yards from start to finish.

50 Yard

What to submit: The time it takes you to backstroke, breaststroke, butterfly or freestyle swim 50 yards from start to finish.

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
- Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items
- Maintain social distancing rules when exercising

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.**