

# 2024 Special Olympics Iowa West Central Track & Field Schedule

Time	Running Events		Soccer Field	Field Events		Developmental Events Gym
	East Side of Track	West Side of Track		Football Field		
9:30 A.M.		1500M Run & 400M Walk/Dash (All Ages)				
9:45 A.M.						
10:00 A.M.					High Jump (All Ages)	
10:15 A.M.	50M Walk (All Ages)	100M Dash (30 & Over)		Long Jump (22+)	Mini Javelin (12-15)	
10:30 A.M.	50M Walk With Me (All Ages)			Long Jump (8-15)		25M Walk With Me
10:45 A.M.	50M Dash (30 & Over)	100M Dash (22-29)		Long Jump (16-21)	Mini Javelin (16-21)	25M Walk
11:00 A.M.		100M Dash (12-15)				25M WC Push Me Please
11:15 A.M.	50M Dash (8-11)	100M Dash (16-21)	Softball Throw (30 & Over)			25M Amannual Wheelchair Race
11:30 A.M.	50M Dash (22-29)	100M Dash (8-11)				30M Wheelchair Slalom
11:45 A.M.	50M Dash (12-15)	100M Walk (All Ages)	Softball Throw (8-11)			30M Motorized Wheelchair Straight
12:00 P.M.	50M Dash (16-21)	100M Wheelchair Manual & Motor (All Ages)			Shot-Put (All Ages)	
12:15 P.M.		4X100M Unified Relay (All Ages)	Softball Throw (12-15)			Tennis Ball (8-11)
12:30 P.M.					Mini Javelin (8-11)	Tennis Ball (12-15)
12:45 P.M.		4X100 Traditional Relay (All Ages)	Softball Throw (16-21)		Mini Javelin (30 & Over)	Tennis Ball (16-21)
1:00 P.M.						Tennis Ball (22-29)
1:15 P.M.		800M Walk & Dash (All Ages)			Mini Javelin (22-29)	Tennis Ball (30 & Over)
1:30 P.M.		200M Dash (All Ages)	Softball Throw (22-29)			

## Coaches & Families

- \*The delegation manager for each team will need to pick up their packet at delegation registration.
- \*Some divisions have been combined in a single heat. Final division results are presented at awards.
- \*All athletes will receive their awards right after they compete in each event.
- \*Athletes name tags will have their division, heat, & lane.
- \*Lunch will be served for all registered coaches, athletes, & volunteers.
- \*All pentathlon athletes will be escorted to their events following their 400M Dash at 9:30 A.M.
- \*The announcer in the press box will call each age group to the specific staging area at the time listed for their event. - Please note 4 staging area locations on map.

## Volunteer Shifts

- \*Race Events- 8:45 A.M.- 1:30 P.M.
- \*Track & Field Awards- 9:00 A.M. - 2:00 P.M.
- \*Developmental Events- 9:00 A.M.- 1:30 P.M.
- \*Field Events- 9:00 A.M.- 1:30 P.M.
- \*Softball Throw- 9:00 A.M.- 1:30 P.M.
- \*Olympic Festival- 10:00 A.M. - 1:00 P.M.
- \*Souvenir Sales- 10:00 A.M. - 1:00 P.M.

\*Volunteers check-in at the start of your shift at football stadium NE gate





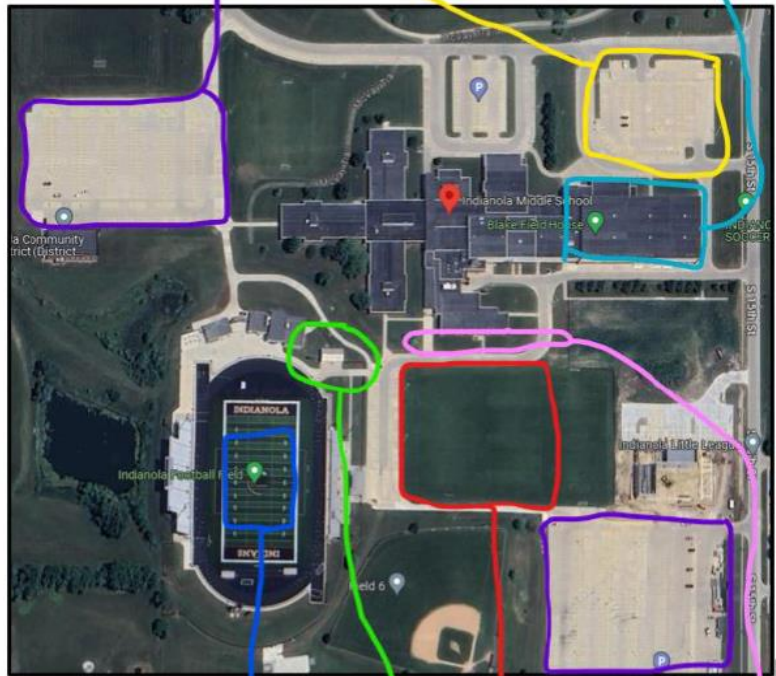
**The 2024 West Central Track & Field Meet Welcomes 52 Special Olympics Delegations to Indianola!**

- |                          |                                 |   |
|--------------------------|---------------------------------|---|
| Adel CSD                 | DMPS East HS                    | Johnston Timber Ridge Dragons             |
| Ankeny Angels            | DMPS Focus                      | Johnston Wallace Elementary               |
| Ankeny Centennial HS     | DMPS Garton Elementary          | Knoxville CSD                             |
| Ankeny High School       | DMPS Hoyt MS                    | Marion County SO                          |
| Ankeny Hurt              | DMPS Lincoln HS                 | Norwalk High School                       |
| Ankeny Northview         | DMPS Meredith MS                | Norwalk Lakewood Elementary               |
| Ankeny Southview         | DMPS North HS                   | Norwalk Middle School                     |
| Bondurant Farrar Schools | DMPS Roosevelt HS               | Pella CSD                                 |
| Carlisle Big Cats        | DMPS Ruby Van Meter             | Pleasant Hill LL Cool T & The All-Stars   |
| Carlisle CSD             | DMPS Stride                     | Pleasant Hill SEP Spring Creek Rams       |
| Des Moines Givler        | DMPS South Union                | Prairie City Monroe Mustangs              |
| Des Moines Hoover        | Granger Gray's                  | Southeast Polk HS                         |
| Des Moines HOPE Agency   | Grandwood Hawks                 | Urbandale HS                              |
| Des Moines Mosaic East   | Indianola Christian Opportunity | Waukee Advantages In Life                 |
| Des Moines Mosaic North  | Indianola High School           | West Des Moines Community Schools- Tigers |
| Des Moines Oberlander    | Indianola Middle School         | West Des Moines Liberty Landing           |
| DMPS Brubaker Elementary | Indianola Willson               | West Des Moines Link Associates           |
|                          |                                 | Woodward Resource Center                  |

**Developmental Events Parking-** There are limited spots in this lot. Please allow parking spaces for developmental athletes.

**Parking -** 2 lots N & SE of Stadium for all Athletes, Coaches, Volunteers, & Fans.

**Blake Field House Gym-** Developmental Events: Wheelchair & Tennis Ball throw



**Mini Javelin, Shot-Put, & All Jump Events -** will take place on the football field.

**Softball Throw-** On the Soccer Fields

**Delegation & Volunteer Check-In-** NE Corner of Stadium

**Olympic Festival & Souvenir Sales-** Fun Games, Face Painting, & SOIA gear for sell.

Athletes that receive 1st place in their division will have the opportunity to compete at the 2024 Summer Games Track & Field Meet May 16th-18th in Ames, Iowa!

**Special Olympics Iowa Awards**

- 1st Gold Medal with Blue Ribbon
- 2nd Silver Medal with Red Ribbon
- 3rd Bronze Medal with Yellow Ribbon
- 4th Medal with Green Ribbon
- 5th Medal with Orange Ribbon
- 6th Medal with Maroon Ribbon
- 7th Medal with White Ribbon
- 8th Medal with Black Ribbon

**4 Award Stations- Athletes will receive their award right after they compete in each event**

- #1 Developmental & Tennis Ball Awards-** Inside Blake Field House.
- #2 Softball Throw-** On Soccer Field east of stadium where softball takes place.
- #3 50M Awards-** Middle of football field near 50M finish line.
- #4 Running & Field Event Awards-** SW Corner of football field.

**Four Staging Areas**

- #1 Developmental & Tennis Ball-** Inside Blake Field House
- #2 Softball Throw-** On Soccer Field east of stadium at softball throw.
- #3 50M Staging-** SE Corner of football field.
- #4 Main Staging-** Running & Field Events (South endzone)

- |                               |                    |
|-------------------------------|--------------------|
| 100M- Dash, Walk & Wheelchair | Mini Javelin       |
| 4X100- Traditional & Unified  | Shot-Put           |
| 200M                          | Running Long-Jump  |
| 400M                          | Standing Long-Jump |
| 800M & 1500M                  |                    |