



2025 Special Olympics Iowa Summer Games May 22-24 Ames, IA

Friday, May 23rd

9:00 a.m. 800 M Run, All Ages, M & F

50 M Dash, Walk & Walk with Me Events

9:30 a.m. 30-50 Male
10:00 a.m. 30-50 Female
10:15 a.m. 51+ Male
10:25 a.m. 51+ Female
10:40 a.m. 16-21 Male
11:00 a.m. 16-21 Female
11:30 a.m. 08-11 Male
11:45 a.m. 08-11 Female
1:30 p.m. 12-15 Male
1:50 p.m. 12-15 Female
2:05 p.m. 22-29 Male
2:15 p.m. 22-29 Female

100 M Dash & Walk Events

9:30 a.m. 16-21 Male
10:00 a.m. 16-21 Female
10:15 a.m. 22-29 Male
10:40 a.m. 22-29 Female
11:00 a.m. Pentathlon 100 M
11:15 a.m. 12-15 Male
11:30 a.m. 12-15 Female
11:45 a.m. 51+ Male & Female
12:00 p.m. Wheelchair All Ages
12:15 p.m. Pentathlon 400 M
1:30 p.m. 08-11 Male
1:40 p.m. 08-11 Female
2:00 p.m. 30-50 Male
2:30 p.m. 30-50 Female
3:00 p.m. 400 M Race Walk, All Ages, M & F
2K Race Walk, All Ages, M & F
800 M Race Walk, All Ages, M & F

High Jump

9:00 a.m. All Ages, M & F
10:00 a.m. Pentathlon High Jump

Friday, May 23rd

Standing Long Jump & Running Long Jump

9:00 a.m. Pentathlon Running Long Jump
9:30 a.m. 12-15, Male & Female
11:30 a.m. 22-29, Male & Female
12:00 p.m. 16-21, Male & Female
2:00 p.m. 08-11, Male & Female
3:00 p.m. 30+, Male & Female

Mini Jav, Shot Put, Softball Throw

9:00 a.m. 22-29 Male
9:30 a.m. 22-29 Female
10:00 a.m. 08-11 Male
10:30 a.m. 08-11 Female
11:00 a.m. 30-50 Male
11:30 a.m. 30-50 Female
11:45 a.m. Pentathlon Shot Put
1:30 p.m. 51+ Male
2:00 p.m. 51+ Female
2:30 p.m. 12-15 Male
3:00 p.m. 12-15 Female
3:30 p.m. 16-21 Male
4:00 p.m. 16-21 Female

Saturday, May 24th

8:30 a.m. 400 M Dash, All Ages, M & F
1500 M Run, All Ages, M & F
200 M Dash, All Ages, M & F
4x100 M Walking Relays
4x100 M Running Relays



Developmental Event Schedule Friday, May 23rd

	Gym 175 (Male)	Gym 184 (Female)
10:00 am	25M Walk, 25M Walk with Me & 25M Push Me Please	25M Walk, 25M Walk with Me & 25M Push Me Please
10:45 am	25 M Manual Wheelchair Straight Race	25 M Manual Wheelchair Straight Race
11:15 am	4 x 25 M Wheelchair Relay (co-ed)	
11:30 am	30 M Manual Wheelchair Slalom	30 M Manual Wheelchair Slalom
12:00 pm – 12:30 pm	Lunch	Lunch
12:30 pm	30 M Motorized Wheelchair Slalom	30 M Motorized Wheelchair Slalom
12:45 pm	30 M Motorized Wheelchair Straight Race	30 M Motorized Wheelchair Straight Race
1:15 pm	Tennis Ball Throw	Tennis Ball Throw