



Dear Coach/Program Coordinator,

The recent burst of Spring weather has got us all looking ahead to the Spring Sports Season. Track and Field is fast approaching and we felt it was important to pass along some changes as the season approaches. **All of these changes will be reviewed at our upcoming Coaches College on Saturday April 14th at Shrewsbury High School.** For more information or to register visit the [calendar page](#). Two major changes that will take place this track season are the modification of categories for event selection and changing of the turbo javelin event for adult divisions.

Categories for Event Selection

For the past two spring seasons coaches had 7 registration categories to choose from when registering their athletes. Starting this spring, SOMA has consolidated the registration options down to 4 categories. As in the past, athletes may register for up to 3 events within their category. Also, SOMA will be modifying the Summer Games schedule, so athletes can more easily compete in events in their registration category. For example, the 1500M & 3000M run will now be on separate days to allow those athletes to run in both races. Athletes must register for events in their chosen categories when registering.

Updated categories

Cat 1	Cat 2	Cat 3	Cat 4
10m WC	100m Walk	400m Walk	400m Run
25m WC	100m Guided Dash	800m Walk	800m Run
25m WC obstacle	100m Dash	1500m Walk	1500m Run
30m WC Slalom	200m Dash	3000m Walk	3000m Run
10m Asst'd Walk	400m Run	Softball Throw	Relays
25m Asst'd Walk	W/C athletes at these distances	Mini-Jav (<i>Jrs only</i>)	Mini-Jav-(<i>Jrs only</i>)
50m Asst'd Walk	Relays	Shot Put	Running Long Jump
50m Walk	Softball Throw	Javelin	High Jump
50m Dash	Mini-Jav (<i>Jrs only</i>)		Shot Put
Softball Throw	Javelin		Javelin
Standing Long Jump	Running Long Jump		
Tennis Ball Throw	High Jump		
WC Shotput	Shot Put		
	Pentathlon		

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Turbo Jav- Event & Equipment Changes

Three years ago we simplified the turbo javelin/mini-jav event by strictly using the 400 gram turbo jav. This javelin is a very small modified javelin and for adult athletes is not an appropriate modification to the event. Our goal has always been to provide our athletes with sports training and competition with limited modifications in the event/sport. With that in mind, we are accepting the recommendation from our Track and Field Advisory Board to adopt the use of a training javelin for all adult divisions. This javelin is a much better modification to the event. The javelin is a heavier weight and will be 600 grams. It will also be closer in length to a true javelin. We feel these two changes provide our athletes with a more accurate training experience in their chosen events.

Understanding that this change can be frustrating for teams Special Olympics plans to purchase 2 javelins for programs that had registered athletes competing in the event last Spring Season. This will help to alleviate the additional costs as our program makes the change to this new throwing equipment. The smaller 400 gram turbo javelin or mini-jav will still be used for all Junior's divisions. This throwing equipment is still a better fit for the younger and smaller athletes to train and learn proper throwing technique before using the larger javelin.

The new equipment will be available at the upcoming Coaches College on April 14th and we will review the change along with showcasing the new equipment.