

Track & Field Season Format

Special Olympics



Objective



- The purpose of this documents is to educate our track & field programs on the updated criteria for all levels of competition through out the track & field season. It is our goal that by the end of the presentation the person viewing it will have all of the advancement information for the upcoming season, information on updated event categories, changes to the javelin field event and understand how Special Olympics Massachusetts developed these updates.
- Track & Field has been identified as a capacity sport at Special Olympics Massachusetts. It is the goal of SOMA to continually evaluate our capacity sports and find avenues to offer more opportunities for our athletes to compete and train through out the season.

Capacity Sports



- It is in keeping with the sports philosophy of Special Olympics International that regardless of ability level, competition progression is key to acknowledging and rewarding every athlete's hard work, improvement and athletic excellence. This practice is consistent with many of the world's sports organizations.
- Other factors such as venue capacity, schedules, funding, volunteer workforce, and more, dictate realistic parameters regarding the size and duration of Games. This inherently necessitates constraints on how many participants can be accommodated and how many competitions can be contested during a set time.

Track & Field Season Overview



Traditional Track & Field

- Athletes are permitted to register for one Category
 - Athletes can be registered for up to 3 events per Category
- Athletes may **NOT** register for events in multiple categories
- Highly recommended to register for 1 track, 1 field & 1 relay. Reduces risk of event being called at the same time
 - Relays are NOT an advancement event

Track & Field- Categories



Category 1- Developmental

10m WC
25m WC
25m WC obstacle
30m WC Slalom
10m Asstd Walk
25m Asstd Walk
50m Asstd Walk
50m Walk
50m Dash
Softball Throw
Standing Long Jump
Tennis Ball Throw
WC Shotput

Category 2- Dashes

100m Walk
100m Guided Dash
100m Dash
200m Dash
400m Run
WC athletes at these distances
Relays
Softball Throw
Javelin
Running Long Jump
High Jump
Shot Put
Pentathlon

Track & Field- Categories



Category 3- Walks

400m Walk
800m Walk
1500m Walk
3000m Walk
Softball Throw
Javelin
Shot Put

Category 4 Distance

400m Run
800m Run
1500m Run
3000m Run
Relays
Javelin
Running Long Jump
High Jump
Shot Put

Summer Games- Schedule Update



Special Olympics Massachusetts will be updating the Summer Games Schedule to reflect the updated categories so an athlete can participate in multiple events in their chosen category. For example the 100M & 200M Dash, 800M & 1500M (run& walk), 1500M & 3000M (run& walk) will be separated and not run on the same day so an athlete may now do both.

Javelin- Event Updates



Starting in 2018, SOMA is accepting the recommendation from our Track and Field Advisory Board to adopt the use of a training javelin for all adult divisions. The javelin is a heavier weight and will be 600 grams compared to the 400g of the mini jav. It will also be closer in length to a true javelin. Understanding that this change can be frustrating for teams, SOMA has purchased 2 javelins for programs that had registered athletes competing in 2017. 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. 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.

Softball Throw- Event Updates



SOMA will be imposing a limit of 30 meters (98 ft). Special Olympics International believes that once an athlete in the softball throw reaches the 30 meter mark, they have mastered the art of the softball throw and have advanced past the lower ability level that this event is intended for. We believe that part of Special Olympics is to motivate and challenge our athletes to become the best that they possibly can be while becoming around better people and athletes. We feel that once an athlete masters an event, it is time to challenge them to learn and master another event or discipline and to expand their skills and knowledge. For that reason and for the safety of everyone who is competing at the track we will be enforcing the 30 meter limit.

Track & Field Invitational Meets



Track & Field Invitational Meets

With our ongoing efforts to increase competition opportunities across all of our sports, SOMA is working to reserve dates for a number Invitational Meets this season. These are optional events and geared to add competition and social opportunities between programs. If you are interested in hosting a Track & Field Invitational please contact SOMA as we can provide the tools to assist you with hosting an event

Registration Timeline



Date	
Wednesday, April 11th	<ul style="list-style-type: none">• Track and field registrations due for Brockton & Chicopee
Wednesday, April 25th	<ul style="list-style-type: none">• Track and field registrations due for Cape Cod & Milton
Monday, May 21st	<ul style="list-style-type: none">• Final Registrations sent to coaches
Wednesday, May 23rd	<ul style="list-style-type: none">• Housing forms due• Changes to Final Registrations due• All head coaches to be fully certified• All recently expiring class A/medicals, and new chaperone class A's due

Unified Track & Field

Special Olympics



Track & Field Season Overview



Unified Track and Field

Team Rosters and Eligibility

Rosters are of between 12-23 participants who are of similar ages. Local Programs can bring more than one team. Age groups for teams are: Juniors 8 – 15 and Seniors 16+. The team composition must be comprised of no less than 50% athletes (*teammates with i.d.*) and no less than 33% partners (*teammates without i.d.*). Ideally, the team should be composed of 50% athletes and 50% partners.

Track & Field Season Overview



Unified Track and Field

Divisioning

Competition is conducted in co-ed divisions composed of teammates with similar abilities. Divisions consist of teammates with and without disabilities and are only determined by the participants' ability levels as expressed by times or distances and their age group.

Team Scoring

Team Scoring – 10 points for 1st, 8 pts. for 2nd, 6 pts. for 3rd, 4 pts. for 4th, 2 pts. for 5th, 1 pt. for 6th

Ribbons will be awarded to each individual in every heat.

Gold, Silver, and Bronze medals will be awarded to the top three point scoring teams. Rosette Ribbons will be awarded to fourth through 9th place teams at the Season Ending Tournament

Track & Field Season Overview



Unified Track & Field

Athletes can register in up to 3 events (*track and/or field*) from the below list. Relays are counted as one of the 3 events. Each team is limited to 2 relay teams per relay race.

Track Events

50 meters (juniors only)

100 meters

200 meter

400 meters

800 meters

4 x 100 meter relay

4 x 400 meter relay

Field Events

Softball Throw (*juniors only*)

Shot Put

Standing Long Jump

Javelin

Advancement Criteria

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Track & Field State Qualifying Tournament Criteria



- Submit complete registration on or before established deadline
- Fully certified Head coach by registration deadline
 - Class A
 - Protective Behaviors
 - General Orientation
 - Sport Specific Track & Field Training
 - Concussion Training
 - Unified Sports Training- Only for Unified teams
- Program must have at least one member who regularly attends practice that is CPR/First Aid Certified

Track & Field State Tournament Criteria



- Programs must have met all prior advancement criteria
- Athlete must receive a gold medal in one event (*non relay*) they are registered for within their category.
- Once all gold medalists that accept invitation to advance, remaining slots will be offered to Silver medalists and process continues until Quota is filled
- Fully Certified head coach at or before established deadline
- One member of program who regularly attends practices that is CPR/First Aid certified

Track & Field Awards

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Track & Field Season- Awards

- **State Qualifying Tournament- Medals & Ribbons will be awarded to athletes based on their placement within their division.**
- Unified Participants will compete in a Unified division and will be awarded individually. There will not be team awards at Qualifying Tournaments

Season Ending Tournament: Summer Games

- Traditional: Medals & Ribbons will be awarded to individuals based on their placement within their division
- Unified: Ribbons for individual races will be awarded. Medals & rosette ribbons for team awards
- **Maximum effort rule will be enforced when medaling at all events**
- Athletes score must be with in 21% of submitted registration time or they will be disqualified



Thank you for reviewing the Special Olympics Massachusetts Track & Field Season Format.