

Due Date March 27th 2020

**SPRING GAMES
Individual Events Entry Form**

(Individual Events, Relays, Individual Skills, Motor Activities, Young Athletes),

Teacher Information

Teacher Name: _____ Email: _____
School/Team/Agency: _____ Courier #: _____
Address: _____ City: _____ Zip Code: _____
Phone(day): _____ Phone (cell): _____ Phone (fax): _____
School or agency is **(Please circle)**

Competing on Wednesday, April 8th

Swim Meet at MCAC

Competing on Friday, April 24th

Track & Field Meet, Softball

Northern Meck County Middle/High Schools
at Hough High

Competing on Tuesday, April 28th

All Events excluding Swimming

High & Middle School age

at Charlotte Country Day School

Competing on Thursday, April 30th

Elementary age at Charlotte Country Day School

***Note: Athletes can train in multiple sports but can compete in only one sport, with the exception of swimmers also being able to compete on a softball unified team. Swimmers may NOT compete in an individual softball or track&field event.**

Athlete Information

Last Name: _____ First Name: _____

Sex: M F Wheelchair: Y N DOB: _____ Age: _____

Event Code _____ Entry Score _____ Note: _____

Last Name: _____ First Name: _____

Sex: M F Wheelchair: Y N DOB: _____ Age: _____

Event Code _____ Entry Score _____ Note: _____

Last Name: _____ First Name: _____

Sex: M F Wheelchair: Y N DOB: _____ Age: _____

Event Code _____ Entry Score _____ Note: _____

Last Name: _____ First Name: _____

Sex: M F Wheelchair: Y N DOB: _____ Age: _____

Event Code _____ Entry Score _____ Note: _____

Last Name: _____ First Name: _____

Sex: M F Wheelchair: Y N DOB: _____ Age: _____

Event Code _____ Entry Score _____ Note: _____

Last Name: _____ First Name: _____

Sex: M F Wheelchair: Y N DOB: _____ Age: _____

Event Code _____ Entry Score _____ Note: _____

Last Name: _____ First Name: _____

Sex: M F Wheelchair: Y N DOB: _____ Age: _____

Event Code _____ Entry Score _____ Note: _____

Last Name: _____ First Name: _____

Sex: M F Wheelchair: Y N DOB: _____ Age: _____

Event Code _____ Entry Score _____ Note: _____

Special Olympics Mecklenburg County

**SPRING GAMES
TRACK & FIELD RELAY FORM**

Courier #: _____

Teacher(s) Name: _____

School/Agency: _____ Email: _____

Phone (day): _____ Phone (Cell): _____ Phone (fax): _____

Sport	(circle one)	Roster Limits
Athletics	4-person relay	4
	4-person unified relay (circle one)	4

RELAY TEAM INFORMATION

Entry Score: _____

Relay Team Name: _____

Athlete Name	Gender	Age	DOB
1. _____			
2. _____			
3. _____			
4. _____			

Entry Score: _____

Relay Team Name: _____

Athlete Name	Gender	Age	DOB
1. _____			
2. _____			
3. _____			
4. _____			

SPRING GAMES EVENT CODES:

Athletes should choose one of the following sports in which to compete. Competition is held simultaneously, so only one sport is allowed.

AQUATICS: *Contact the Adapted P.E. Department, 980-343-2684, if you have any question.*

Notes:

- Athletes may enter 2 individual events plus a relay. An athlete's events should be either all development or all traditional events. In other words, an athlete would compete in the floats, assisted races and walks or in the traditional events, but not in both.
- To be eligible to attend the State Competition athletes must attend a Regional Qualifier Meet.
- Uniform guidelines: one piece swimsuits

Shallow Water/Developmental Events

* AQ15AS	<i>Staff in water and flotation allowed</i>	15 yard assisted swim
* AQ1WKX	<i>Staff in water and flotation allowed</i>	4 x 25 yard walk relay
* AQ25WK	<i>Staff in water and flotation allowed</i>	25 yard walk

Deep Water/Developmental Events

* AQ25AS	<i>Staff in water and flotation allowed</i>	25 yard assisted free
* AQ25AB	<i>Staff in water and flotation allowed</i>	25 yard assisted back
* AQ25FL	<i>No staff in water</i>	25 yard free flotation
* AQ25BF	<i>No staff in water</i>	25 yard back flotation

Deep Water/Traditional Events

AQ25FR	25 yard = 1 lap (minimum time: 2:30)	25 yard freestyle
AQ25BK		25 yard backstroke
AQ25BS		25 yard breaststroke
AQ25BU		25 yard butterfly
AQ50FR	50 yards = 2 laps (minimum time: 3:00)	50 yard freestyle
AQ50BK		50 yard backstroke
AQ50BS		50 yard breaststroke
AQ50BU		50 yard butterfly
AQ1CFR	100 yards = 4 laps (minimum time: 4:00)	100 yard freestyle
AQ1CBK		100 yard backstroke
AQ1CBS		100 yard breaststroke
AQ1CBU		100 yard butterfly
AQ1CIM		100 yard individual medley
AQ2CIM		200 yard individual medley
AQ2CFR	200 yards = 8 laps	200 yard freestyle
AQ2CBK		200 yard backstroke
AQ2CBS		200 yard breaststroke
AQ1FRX	relay = 4 swimmers per team	4 x 25 yard freestyle relay
AQ2FRX	(1 alternate)	4 x 50 yard freestyle relay
AQ4FRX		4 x 100 yard freestyle relay
AQ1MRX		4 x 25 yard medley relay

SPRING GAMES EVENT CODES:

Athletes should choose one of the following sports in which to compete. Competition is held simultaneously, so only one sport is allowed.

TRACK & FIELD (Athletics):

Note:

- Athletes may enter 2 individual events plus a relay from one of the three categories below.
- An assisted walk means the athlete may use a walking aid such as a walker or cane and some form of prompting such as bells for visually impaired in order to transverse the distance but may not receive physical assistance from coaches, officials, etc.
- Athletes may select from “Developmental Events” **OR** “Lead-up & Wheelchair Events” **OR** “Traditional Events”, but must stay within that section.
- Encourage your athletes to “graduate” to more demanding events.

Developmental Events:

AT10WC 10m wheelchair race
AT10MA 10m assisted walk
AT25WK 25m Walk
ATTBTH Tennis Ball Throw

Lead-up & Wheelchair Events:

AT25WC 25m wheelchair race
AT1MWC 100m wheelchair race
AT30MS 30m motorized wheelchair slalom
AT50MS 50m motorized wheelchair slalom
AT25MR 25m dash
AT50MR 50m dash
AT50MW 50m walk
(cannot enter both 50 walk and dash)
ATSBTH softball throw

ATSTJP standing long jump
ATWCSHOT wheelchair shot put

Traditional Events

AT100M 100m dash
AT100W 100m race walk
(cannot enter both 100m walk and dash)
AT200M 200m dash
AT800M 800m run
ATSHOT shot put (mid/high)
ATRLJP running long jump
AT4X1R 4 x 100m relay
AT4X1UR 4 x 100m unify relay
*ATSBTH softball throw
*(elementary age only)

MOTOR ACTIVITIES TRAINING PROGRAM (MATP)

MACTIV

MATP activities are sport based, and designed to be in line with Special Olympics events for those athletes not ready to participate in more traditional events. The activities may be modified to meet the individual challenges of each athlete. There is no comparison to other athletes. Participants receive a specially designed MATP award upon completion of participation.

MATP cont.

Mecklenburg County is offering all 8 events listed in the MATP Guiding Document.

Softball Throw	relates to	Athletics/Field Events
Ball Roll		Bocce
Target Bowling		Bowling
Softball Strike		Softball
Soccer Kick		Soccer
Table Tennis Strike		Table Tennis
Overhand Strike		Tennis
Volleyball Serve		Volleyball

Each participant can go to any or all stations, there is no particular order of stations. At each station a volunteer will stamp a card the participant will carry with them. Once the participant has completed the activities, they will take the card to the awards table. Ideas for expanding and adding new stations are welcomed! SOMC has strived to make the stations sports related, using gross and fine motor skills. Stations hopefully offer a challenge to athletes of the differing ages involved.

SOFTBALL

SBSKIL	individual skills
	-base running
	-throwing
	-hitting
	-fielding
SBTEAM	regulation team competition
SBUNFD	unified team competition
TBUNFD	unified t-ball

Notes:

- An athlete may be entered in individual skills or be on a team, but not both
- Athletes entered in SBSKIL will be expected to complete all four (4) skills
- An entry score for SBSKIL is determined by adding together the scores achieved in each of these 4 events

YOUNG ATHLETES PROGRAM for 6 and 7 year olds

YAP = Young Athletes Program

Notes:

- Activities chosen will have an emphasis on activities relating to the particular sports season. For a list of suggested activities contact the SOMC office.