



SPORT IMPACT STANDARDS ATHLETICS

Special Olympics





TABLE OF CONTENTS

1.	INTRODUCTION	3
2.	HISTORY OF SPECIAL OLYMPICS ATHLETICS	3
3.	GOVERNING RULES	4
4.	SPECIAL OLYMPICS & WORLD ATHLETICS	4
5.	OFFICIAL EVENTS	5
6.	COACH EDUCATION PROCESS & MINIMUM REQUIREMENTS	7
7.	QUALIFICATION PROCESS CRITERIA	8
8.	QUOTA SIZES	10
9.	COMPETITION FORMAT	12
10.	OFFICIAL ROSTERS – WORLD GAMES	18
11.	SCHEDULE OF COMPETITION.....	19
12.	TRAINING DAY AND PERFORMANCE STATIONS	19
13.	TECHNICAL REQUIREMENTS – FIELD OF PLAY AND STADIUM	20
14.	TIME AND DISTANCE MEASUREMENT, FALSE START CONTROL	26
15.	SPORT PRESENTATION	26
16.	SENSORY SPACES	26
17.	SO CONNECT	27
18.	STATISTICS.....	28
19.	PROTEST AND APPEALS	29
20.	COMPETITION – PRE-COMPETITION PROTOCOL	31
21.	DISCIPLINARY LAWS & PROCEDURES	35
22.	INDISCIPLINE OR VIOLENT CONDUCT BY PLAYERS AND/OR OFFICIALS	35
23.	TECHNICAL COMPOSITION OF ATHLETICS MANAGEMENT TEAM.....	35
24.	SPORT OPERATION ROLE DESCRIPTIONS	39
25.	FITNESS AND PERFORMANCE STATIONS	40
26.	UNIFORMS	43
27.	AWARDS.....	45
28.	CANCELLATION AND/OR ABANDONMENTS OF EVENTS AND RACES	46
29.	SPECIAL OLYMPICS PERSONAL BEST RECORDS	46
30.	RESOURCES.....	55



1. INTRODUCTION

Sports Impact Standards Athletics Overview

Sports Impact Standards is an optimum athlete experience driven by unprecedented highest standards of quality across three essential fundamentals: athlete divisioning, sport operations and an enhanced athlete experience.

As the Special Olympics (SO) turned the corner on its 50th anniversary Special Olympics athletes, are ready to show off rather than just show up. As expressed in the recent athlete satisfaction survey, athletes are demanding high quality sport training and competition opportunities that enable all to exceed expectations on the playing field and achieve higher levels of personal physical, social and emotional well-being.

They want the story of their effort and courage to be told through statistical performance milestones of personal bests like any other well-trained athletes. They want to be recognized as inspirational because of their dedication not because of a medal. SO Sport Competition Excellence will set new standards for training, deliver an optimum environment for performance and in depth recognition of their achievements allowing sport heroes to emerge. Moving the conversation past acceptance, SO Sport Competition Excellence will enable Special Olympics earn respect and beg the world to ask why exclusion ever existed.

Special Olympics athletes train their whole lives for the opportunity to compete on a large stage. It is critical that athletes are afforded a protocol that not only keeps health and safety a priority, but also enhances their preparation and recovery so they can perform at their best throughout the competition. A main component of Sports Impact Standards is embedding elements of health and fitness during training and competition. This will reduce injuries and support performance.

In the past, every competition has differed. For example, football competition at the Unified Cup in 2018 in Chicago, Illinois, was different from football competition at the 2019 World Games in Abu Dhabi, UAE. Sports Impact Standards will allow SOI Sport and Competition to define what a competition for each sport should look like for Special Olympics, creating a more professional sport environment.

It will improve the athlete experience for all competitors, guarantee a fair competition, and give each athlete the opportunity to perform their best.

What are the goals?

1. Build a quality standard for competition.
2. Improve the quality of experience for Special Olympics athletes.
3. Create a more professional environment for competition.

2. HISTORY OF SPECIAL OLYMPICS ATHLETICS

The origins of athletics can be traced back to 776 B.C. during the Ancient Olympic Games in Athens, Greece. The rules and format for the modern events were established in Western Europe and North America in the 19th and early 20th centuries. The sport encourages athletes of all abilities and ages to compete at their highest potential. Through the track and field athletics training program participants can develop a level of fitness so as to



compete in any sport. As remains true in all Special Olympic sports, athletics offers the opportunity to learn in competitive settings through skill development.

Athletics is the most popular sport in the Special Olympics community. It was offered in the first ever-Special Olympics Event, held in Soldier Field, Chicago in 1968. Since that time, it has been offered in every Summer World Games.

By The Numbers:

- In 2018, there were 2,282,353 Special Olympic athletes and more than 340,278 Unified Partners that competed in Athletics competitions.
- In 2018, there were 232 Special Olympic Accredited Programs in 182 countries that participated in Athletics events
- Since 2004, Athletics has grown by over 160%
- Athletics is the #1 sport in athlete participation in all 7 of the Special Olympics regions around the world.

3. GOVERNING RULES

The Official Special Olympics Sports Rules for Athletics shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon the World Athletics Rules. For more information on World Athletics' rules, please check the resources table located at the end of this document. World Athletics or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Athletics or Article I. In such cases, the Official Special Olympics Sports Rules for Athletics shall apply.

Refer to the Article 1 link in the resources section for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

4. SPECIAL OLYMPICS & WORLD ATHLETICS

A critical difference between Special Olympics Athletics competitions and other competitions is that all competing athletes go to a final. Special Olympics stipulate that all athletes must always give their best effort.

Special Olympics Athletics modifies the heights in the high jump and conduct 10, 25, and 50-meter runs, walks and wheelchair events. The aforesaid events do not exist within World Athletics competitions.



5. OFFICIAL EVENTS

1. TRACK EVENTS

- 25 Meters
- 50 Meters
- 100 Meters
- 200 Meters
- 400 Meters
- 800 Meters
- 1500 Meters
- 3000 Meters
- 5000 Meters
- 10,000 Meters

2. HURDLE EVENTS

- 100 Meters
- 110 Meters

3. RELAY EVENTS

- 4 x 100 Meter Relay
- 4 x 200 Meter Relay
- 4 x 400 Meter Relay
- 4 x 100 Meter Unified Sports® Relay
- 4 x 200 Meter Unified Sports® Relay
- 4 x 400 Meter Unified Sports® Relay

4. FIELD EVENTS

- Long Jump
- Standing Long Jump
- High Jump
- Softball Throw
- Athletics Ball Throw
- Shot Put
 - Male
 - 4.0 kg/ 8.8 lbs.
 - 3.0 kg/ 6.6 lbs. (8–11 years)
 - Female
 - 3.0 kg/ 6.6 lbs.
 - 2kg/ 4.4 lbs. (8–11 years)
- Mini-Javelin
 - Male: 400g
 - Female: 300g
 - Male and Female (8–15 years): 300g Combined Events



5. PENTATHLON

- 100 Meters
- 400 Meters
- Long Jump
- Shot Put
- High Jump

6. RACE WALKING EVENTS

- 25 Meter Walk
- 50 Meter Walk
- 100 Meter Walk
- 400 Meter Walk
- 800 Meter Walk
- 1500 Meter Walk

7. ASSISTED WALKING EVENTS

- 10 Meter Assisted
- Walk 25 Meter Assisted
- Walk 50 Meter Assisted Walk

8. WHEELCHAIR EVENTS

- 10 Meter Wheelchair Race
- 25 Meter Wheelchair Race
- 30 Meter Wheelchair Slalom
- 4 x 25 Meter Wheelchair Shuttle Relay
- 30 Meter Motorized Wheelchair Slalom
- 50 Meter Motorized Wheelchair Slalom
- 25 Meter Motorized Wheelchair Obstacle Race
- 100 Meter Wheelchair Race
- 200 Meter Wheelchair Race
- 400 Meter Wheelchair Race
- Wheelchair Shot Put
 - Men 2 kg/ 4.4 lbs.
 - Women 2 kg / 4.4 lbs.

9. ROAD RACES

- Half-Marathon
- Marathon

10. TEAM COMPETITION

- Unified Sports Team Athletics



6. COACH EDUCATION PROCESS & MINIMUM REQUIREMENTS

Per the rules, for competition activities, the coach to player ratio is required to be 1:4. In applying this rule there must be at least one certified sport-specific coach for each sport, and the remaining quota may be determined between coach roles. Additionally, this ratio should be applied so that each women athlete accommodation has a women coach available on premise and each men athlete accommodation has a men coach on premise. In the event of a delegation having a single team participating, there must be at least one staff member per gender represented on the team.

Head coaches are required to complete concussion awareness training, available at [CDC Concussion Training](#) and submit the certificate of completion to their state Program. All coaches – head coaches and team managers are required to hold valid certifications from following courses, most of which are available on the [Special Olympics Online Learning Portal](#).

Special Olympics Learning Portal provides a single place to access variety of coach education courses in English, Spanish, French, Chinese, Russian, Arabic, Japanese or Greek.

- To gain access to a range of courses, please create a free account at <https://learn.specialolympics.org>
- For further information on how to create an account and learn more about the range of courses available, please click here or visit <https://resources.specialolympics.org/online-learning-portal>

LEARNING PORTAL ACCESSIBILITY CHART

Course	Head Coach	Coach
	* = Available + = Recommended	* = Available + = Recommended
World Games Coach Preparation	*	*
Level 1 Sport Assistant	*	*
Level 2 Coaching Assistant	*	*
Unified Sports Coaching	*	*
Heads Up Concussion in Youth Sports	*	*
Level 3 Coach (Online Module)	*	
National Sport Governing Body/Federation Coach Certification**	*	
Fitness for the Sport Coach (available in English and Spanish)	+	+

Note: The chaperone will not have any coaching duties assigned



Special Olympics provides a range of coaching education courses available to all coaches with the goal to provide safe and high-quality coaching to athletes with and without intellectual disabilities. SOI aims to provide coaches of all levels, across all sports, with the skills, knowledge, and confidence to provide their athletes with the best possible opportunities to experience, in a safe environment, the joy, challenge and growth opportunities that sport can offer.

The implementation of a Global Coach Education System began in 2018. The Special Olympics online learning portal provides coaches around the world with a single place to go to access their Special Olympics Coach Education. Special Olympics has therefore established a set of minimum education requirements that a coach must have achieved, prior to entering Special Olympics competitions. They must possess required skills, knowledge and confidence to provide their athletes with the best possible opportunities to experience the joy, challenge and growth opportunities in a safe environment.

Within each team, there must be one head coach, a certified sport-specific coach by respective National Governing Body per sport per team. The remaining coach's quota may be assigned to other roles, e.g., assistant coach or team managers (help players in non-sport daily routines).

7. QUALIFICATION PROCESS CRITERIA

Following the Special Olympics Fundamental Principle, athletes of all ability levels have an equal opportunity to advance to the next highest level of competition provided the sport and event are offered. For a team to participate and progress to the World Games, the ensuing criteria for advancement must be followed:

- Eligibility for Advancement: An athlete is eligible to advance to the next competition provided she or he has -
 - Participated in the previous level of competition (e.g., an athlete must compete in Program level Games before advancing to the World Games), with the following exception:
 - An athlete or team for which there has been no competition opportunity at a Tournament or Games shall be eligible to advance to the next level of competition if one or more of the following criteria apply.
 - There is low enrollment of athletes/teams within the Program structure.
 - The opportunity to provide equitable competition within the Program structure is low or non-existent.
 - It is cost prohibitive for the Program to conduct the event/competition within its Program structure; or
 - The athletes/teams have been training or competing in mainstream competition.
- Training and competition must be in the same sport the athlete will participate in at the next level of competition.
- If additional events within that sport are available at the next level of competition, athletes must receive proper training.



- Procedure for Athlete Team and Coach Selection Programs must publish the process and criteria in advance:
 - The Accredited Program, working with the LOC, determines the number of athletes or teams that will be allowed to participate at the competition in question by sport and/or event. This is the quota to be filled.
 - The Accredited Program identifies the number of athletes or teams eligible for advancement within the sport/event based on participation in competition at the lower level.
 - If the number of eligible athletes or teams does not exceed the quota, all athletes and teams shall advance.
- If the number of eligible athletes or teams exceeds the quota, athletes or teams that advance shall be selected as follows:
 - Priority is given to first place finishers from all divisions of the sport/event. If the number of first place finishers exceeds the quota, select athletes or teams to advance by random draw.
 - If there are not enough first place finishers to fill the quota, all first-place finishers shall advance. The remaining quota shall be filled by a random draw of second place finishers from all divisions of the sport/event.
 - If the quota is large enough for all second-place finishers to advance, the remaining quota shall be filled by a random draw of third place finishers from all divisions of the sport/event.
 - Repeat this process, adding each place of finish as necessary, until the quota is filled.
 - These procedures apply to both individual and team sports, including Unified Sports.
- Adherence
 - The criterion for athlete advancement is an essential component of the Special Olympics movement. Under extraordinary circumstances when the criteria cannot be met, authority to deviate from established procedures may be requested, provided the alternate
 - Selection procedures do not conflict with the Fundamental Principle of athlete advancement.
 - Accredited Programs may request authorization to add additional criteria for advancement based on behavior, medical or judicial considerations and/or to deviate from these advancement procedures due to the size or nature of their Program.
- Requests to deviate from the established procedures must be submitted in writing as follows:
 - For advancement to Multi-National, Regional and World Games: Special Olympics World Games Department will consider and approve/ disapprove all requests.



- For advancement to Competitions at or below the Program Level: The Accredited Program will consider and approve/disapprove all requests. Special Olympics International shall have the right to review approved deviations.

8. QUOTA SIZES

The World Games quota size consists of 800 athletes and partners. The official events for World Games in Athletics should be:

Track	Field	Relays
50 Meters, 100 Meters, 200 Meters, 400 Meters, 800 Meters, 1.5K, 3K, 5K, 10K	Shot Put, Mini Javelin, Standing Long Jump, Long Jump	4x100 Meters 4x400 Meters

Gender	Region	Number of Athletes
Male	SOEE	100
	SOLA	40
	SOAP	68
	SOEA	24
	SOA	50
	SONA	62
	MENA	40
	Host Country	16
Female	SOEE	100
	SOLA	40
	SOAP	68
	SOEA	24
	SOA	50
	SONA	62
	MENA	40
	Host Country	16

REGULATIONS BY EVENT

MAXIMUM QUOTA							
Gender	Region	100 Meters	200 Meters	400 Meters	Long Jump	Shot Put	Min. # for level 1 & lowest
Male	SOA	14	14	14	14	14	25%
	SOAP	18	18	18	18	18	25%

SPORT IMPACT STANDARDS ATHLETICS



	SOEA	8	8	8	8	8	25%		
	SOEE	26	26	26	26	26	25%		
	SOLA	10	10	10	10	10	25%		
	MENA	10	10	10	10	10	25%		
	SONA	18	18	18	18	18	25%		
	Host Country	8	8	8	8	8	25%		
Female	SOA	14	14	14	14	14	25%		
	SOAP	18	18	18	18	18	25%		
	SOEA	8	8	8	8	8	25%		
	SOEE	26	26	26	26	26	25%		
	SOLA	10	10	10	10	10	25%		
	MENA	10	10	10	10	10	25%		
	SONA	18	18	18	18	18	25%		
	Host	8	8	8	8	8	25%		
MINIMUM QUOTA									
Gender	Region	10K	5K	3K	1.5K	800 Meters	50 Meters	Mini Javelin	St. Long Jump
Male	SOA	2	2	2	6	6	6	2	2
	SOAP	2	2	2	6	6	6	2	2
	SOEA	1	1	1	3	3	3	1	1
	SOEE	2	2	2	6	6	6	2	2
	SOLA	1	1	1	3	3	3	1	1
	MENA	1	1	1	3	3	3	1	1
	SONA	2	2	2	6	6	6	2	2
	Host Country	1	1	1	1	1	1	1	1
Female	SOA	2	2	2	6	6	6	2	2
	SOAP	2	2	2	6	6	6	2	2
	SOEA	1	1	1	3	3	3	1	1
	SOEE	2	2	2	6	6	6	2	2
	SOLA	1	1	1	3	3	3	1	1
	MENA	1	1	1	3	3	3	1	1
	SONA	2	2	2	6	6	6	2	2
	Host Country	1	1	1	1	1	1	1	1



MAXIMUM QUOTA			
Gender	Region	Relay 4x100 Meters	Relay 4x400 Meters
Male	SOA	4	4
	SOAP	6	6
	SOEA	2	2
	SOEE	6	6
	SOLA	3	3
	MENA	3	3
	SONA	6	6
	Host Country	2	2
Female	SOA	4	4
	SOAP	6	6
	SOEA	2	2
	SOEE	6	6
	SOLA	3	3
	MENA	3	3
	SONA	6	6
	Host Country	2	2

POINTS OF EMPHASIS

- Regions will receive a proposed target number of team slots to fulfill.
- Regions must keep the 50% of participation ratio by gender in all the events. Should a region not meet the quota in one gender, the quota for the other gender will be reduced by SOI so as to keep the ratio at 50%.
- If any region does not meet the quota established in this document, SOI must reallocate the remaining quota to other regions. The criteria for the reallocation process will be determined by SOI.
- It is expected that all athletes be well trained in order to achieve consistent results between their registration information and final competition. Poor training or preparation will not be considered an acceptable excuse for variations in performance. The integrity of the Divisioning process can be adversely affected by both poor athlete training and lack of honest effort and if we do not do our best to uphold the integrity of the Divisioning process those athletes that abide by the rules and train properly are unfairly penalized.
- Age requirement: An athlete / partner is eligible to attend this event if he/she is 15 years old by the opening ceremony of the games.

9. COMPETITION FORMAT

There are three formats of competition that are utilized during athletics meets:



1. **Format 1 (Quarterfinal) should be utilized for the following events (*100 meters, 200 meters, 400 meters, Shot Put and Long Jump*) and apply the below criteria:**
 - Athletes will compete under the new level of performance model.
 - For the quarterfinals, athletes will be grouped together according to their levels submitted by their respective coaches.
 - Athletes will compete in heats with a maximum of 8 athletes and a minimum of 6, except the last heat where the total number could be lower than 6 but never less than 3. This applies to all stages of competition. Should there be less than 3 athletes in the final division, the athletes will be placed in the division prior.
 - After all heats have finished, the athletes will be placed in the appropriate corresponding division for the semifinals.
 - Once all semifinals are complete the top 8 athletes will go to the “Final Plus” of the level. The other 8 will go to Division 2 – to Division 3, 4 until the number of divisions needed to accommodate all the athletes on the event.
2. **Format 2 (Semifinal) should be utilized for the following events (*50 meters, 800 meters, 1.5K, Mini Javelin, Standing Long Jump, 4x100 meters, 4x400 meters*) and apply the below criteria:**
 - Athletes will compete under the new level of performance model.
 - For the semifinal, athletes will be grouped together according to their levels submitted by their respective coaches.
 - Athletes will compete in heats with a maximum of 8 athletes and a minimum of 6, except the last heat where the total number could be lower than 6 but never less than 3. This applies to all stages of competition. Should there be less than 3 athletes in the final division, the athletes will be placed in the division prior.
 - Once all semifinals are complete the top 8 athletes will go to the “Final Plus” of the level. The other 8 will go to Division 2 – to Division 3, 4 until the number of divisions needed to accommodate all the athletes on the event.
3. **Format 3 (Direct Final) should be utilized for the following events (*3K, 5K, 10K*) and apply the below criteria:**
 - Athletes will compete under the new level of performance model.
 - Regardless of level, all athletes will run together in the same heat.
 - Final positions for the races will be established by level.
 - A heat that contains no less than 6 but no more than 8 athletes will determine the final standings. This may not be possible in some levels due to the low number of athletes registered. Should that be the case, the final standings could be lower than 6 but never less than 3. Should the last division to compete have less than 3 athletes, that division will merge with the one above it to accommodate the number of participants.
 - Athletes with the best time by level will go to the Division 1 of the level called “Final Plus”.

POINTS OF EMPHASIS

- The 50-meter competition is for athletes with a time over 10 seconds for male, and 11 seconds for female. Any athlete whose time does not correspond with this rule and any athlete found to compete at a faster time during competition would be disqualified.



- Athletes can only be registered in 2 single events (2 track or 1 track and 1 field) and 1 relay. Athletes cannot be registered for 2 field events. Coaches should understand the schedule of competition so as not to register their athletes in overlapping events.
- Mixed gender relays are allowed and will be composed by 2 male and female athletes. For Berlin 2023, mix gender relays with a ratio different than 2M & 2F will be allowed, but they will compete in the Male category. If enough 2M & 2F composition relays are registered, the Technical Delegate will create a separate division.
- Athletes from different delegations cannot compete together on the same relay team.
- Athletes must only compete against their own gender.
- Athletes are not divisioned by age.
- The coach is responsible for registering athletes in the level that most appropriately corresponds to the athletes' abilities. Neither SOI nor the LOC will move any athlete from the level that he/she has been registered. Improvements over the limit of the next level at any stage will be considered as a DQ by "over level DQ".
- After a delegation has registered the athletes' level, coaches will have up to one month prior to competition to update this.
- The following should be taken into consideration that: "Should an athlete perform at the maximum limit of the upper level with room for improvement between the registration process and actual games, the coach must decide if it is in the athlete's best interest to register the athlete at the ensuing higher level."
- The athlete level is by event. For example, an athlete can be Level A in the 100 meters and Level C in the long jump.
- The best level in each event is Level A, and so on.
- The best division by level will be called "Final Plus". Then, the next best one will be called Division 2, and so on.

LEVELS OF PERFORMANCE

- Athletes will compete under the new level of performance model.
- A maximum of 4 levels of performance, and a minimum of 2 (which is dependent upon event).
- Levels will be determined through a range of times.
- Coaches will be designated a level for the athlete. And they will have, until one month before the competition starts to update the level of the athlete.
- The coach must understand that should an athlete achieve a better time that falls over the maximum limit of the upper level a DQ will be given at any stage of competition and designated as "over level DQ".
- An "over level DQ" will not apply to athletes in level A.
- Any other technical violation could be subject to disqualification in any stage of the competition.
- Each level will offer different divisions.
- The levels will range from Level A (the highest) to Level D (the lowest).



LEVELS BY EVENT

Gender	Event	Level	Maximum Time	Minimum Time
Male	100 Meters	A	13.50	-
		B	15.90	13.60
		C	20.00	16.00
		D		20.10
Female	100 Meters	A	15.50	-
		B	17.00	15.60
		C	21.90	17.10
		D	-	22.00

Gender	Event	Level	Maximum Time	Minimum Time
Male	200 Meters	A	25.90	-
		B	31.00	26.00
		C	37.50	31.10
		D	-	37.60
Female	200 Meters	A	32.90	-
		B	39.50	33.00
		C	47.50	39.60
		D	-	47.60

Gender	Event	Level	Maximum Time	Minimum Time
Male	400 Meters	A	59.00	-
		B	01:11.00	59.10
		C	01:25.00	01:11.10
		D	-	01:25.10
Female	400 Meters	A	01:14.50	-
		B	01:29.50	01:14.60
		C	01:47.50	01:29.60
		D	-	01:47.60

Gender	Event	Level	Maximum Time	Minimum Time
Male	800 Meters	A	02:21.00	-



		B	02:49.40	02:21.10
		C	03:23.50	02:49.50
Female	800 Meters	A	03:00.00	-
		B	03:36.00	03:00.10
		C	04:26:50	03:36.10

Gender	Event	Level	Maximum Time	Minimum Time
Male	1500 Meters	A	04:57.00	-
		B	05:56.50	04:57.10
		C	07:07.90	05:56.60
Female	1500 Meters	A	05:33.00	-
		B	06:39.50	05:33.10
		C	08:00:00	06:39.60

Gender	Event	Level	Maximum Time	Minimum Time
Male	3K	A	12:21.00	-
		B	14:49.50	12:21.10
		C	17:47:50	14:49.60
Female	3K	A	13:04.50	-
		B	15:42:50	13:04.60
		C	18:51.00	15:42.60

Gender	Event	Level	Maximum Time	Minimum Time
Male	5K	A	18:24.00	-
		B	22:05.00	18:24.10
Female	5K	A	25:10.00	-
		B	30:12.00	25:10.10

Gender	Event	Level	Maximum Time	Minimum Time
Male	10K	A	40:00.00	-
		B	48:00.00	40:00.10



Female	10K	A	60:00.00	-
--------	-----	---	----------	---

The 50-meter event is strictly offered for male athletes with times over 10 seconds and female athletes over 12 seconds.

Gender	Event	Level	Maximum Time	Minimum Time
Male	50 Meters	A	12.00	10.00
		B	14.50	12.10
		C	-	14.60
Female	50 Meters	A	14.50	12.00
		B	17.50	14.60
		C	-	17.60

Gender	Event	Level	Maximum Distance	Minimum Distance
Male	Shot Put	A	-	11.00
		B	10.99	08.80
		C	08.79	07.04
		D	07.03	-
Female	Shot Put	A	-	7.80
		B	7.79	6.20
		C	6.19	4.95
		D	4.94	-

Gender	Event	Level	Maximum Distance	Minimum Distance
Male	Standing Long Jump	A	-	1.70
		B	1.69	-
Female	Standing Long Jump	A	-	1.11
		B	1.10	-

Gender	Event	Level	Maximum Distance	Minimum Distance
Male	Long Jump	A	-	5.25



		B	5.24	4.20
		C	4.19	1.00
Female	Long Jump	A	-	3.80
		B	3.79	3.00
		C	2.99	1.00

Gender	Event	Level	Maximum Distance	Minimum Distance
Male	Mini Javelin	A	-	18.64
		B	18.63	14.01
		C	14.00	-
Female	Mini Javelin	A	-	13.19
		B	13.18	10.55
		C	10.54	-

10. OFFICIAL ROSTERS – WORLD GAMES

The minimum number of athletes that can be registered per accredited program is two (2), where one athlete must be male and one athlete must be female. A maximum of 16 athletes by Delegation can be registered for World Games, with the exception of Host Country, who may have a maximum of 32.

ROSTER SIZE BREAKDOWN

Delegation Size	Athletes	Coaches
2	1 Female 1 Male	1 Male Coach 1 Female Coach
4	2 Female 2 Male	1 Male Coach 1 Female Coach
5	2 Female 2 Male	1 Male Coach 1 Female Coach
6	3 Female 3 Male	3 Coaches (at least – 1 Male Coach 1 Female Coach)



7	3 Female 3 Male	3 Coaches (at least – 1 Male Coach 1 Female Coach
8 or More	Half of the athletes to be Female.	3 Coaches (at least – 1 Male Coach 1 Female Coach Every 4 athletes over 8 will allow for an additional coach

11. SCHEDULE OF COMPETITION

This is for reference purposes only - The Technical Delegate prior to the start of the registration process, will determine the final schedule.

Day 1 *	Day 2 *	Day 3**	Day 4
Training Day and Performance Stations Coaches Meeting	1.5K SF Shot Put QF 200 Meters QF 50 Meters SF	5K DF Long Jump QF 200 Meters SF 50 Meters F Shot Put SF 800 Meters SF	Standing Long Jump SF Standing Long Jump F 200meters F Shot Put F 800 Meters F
Day 5	Day 6	Day 7	Day 8
1.5K F Mini Javelin SF Mini Javelin F 100 Meters QF 400 Meters QF	Long Jump SF Long Jump F 100 Meters SF 400 Meters SF	3K DF 100 Meters F 400 Meters F	10K DF 4x100 Meters SF 4x400 SF 4x100 Meters F 4x400 Meters F

*Before Opening Ceremony

**Day after Opening Ceremony

- On the day of Opening Ceremony, training is only allowed in the morning, and only under LOC approval.
- On the day after Opening Ceremony, no event should be scheduled prior to noon.
- No events will be offered on the day of Closing Ceremony, with the exception of any event that must be rescheduled. Any event that has been rescheduled to the day of Closing Ceremony must be completed before 12:00pm, local time.

12. TRAINING DAY AND PERFORMANCE STATIONS

A training day will be offered prior to the start of competition for all delegations in the official venue. Performance Stations support athletes competing in the World Games the areas of fitness. Stations are strategically placed in the flow of the competition from



beginning to end, providing a unique experience that directly impacts performance, prevents on-site injuries and illness, and promotes healthy lifestyle choices.

Athletes will first experience the stations during the training day, when more time can be spent visiting each station. Volunteers will not only provide the support outlined above but will be able to dedicate time to educate athletes about the importance their station holds to performance and what to expect at each station throughout the competition. Volunteers will also encourage athletes to visit their respective station each time they compete while at the World Games and provide tips and suggestions on how they can continue what they have learned at home.

On competition days, station participation will be much more succinct in order to flow seamlessly with the tight schedule of each day. The focus of the stations will be on providing the services and support related to each station (i.e., warm-up activities, snack, water), rather than educating the athletes. This will ensure athletes stay focused on their competition.

For more information and ideas for offering onsite education, please reference the **Technical Manual for Fitness and Performance Stations**.

13. TECHNICAL REQUIREMENTS – FIELD OF PLAY AND STADIUM

VENUE SPECIFICATIONS

Athletics for the Special Olympics World Games shall be held in a stadium that meets all requirements of World Athletics' Rules as specified in this document. The venue must also meet the National Governing Body of Athletics standards as suitable for the events, number of athletes and any other expectation of quality established for the sport. This endorsement by the NGB must be provided to SOI for final approval.

Following World Athletics regulations and SOI considerations, the track must be of a single radius bend construction, or have a double radius bend design, the smaller radius may not be less than 30.00m. The infield shall be natural grass or covered in a synthetic surface.

The official area of competition for Shot Put and Mini Javelin shall also serve as the official location for Long Jump and Standing Jump. The competition area for field events should be located where spectators have an unobstructed view of the field of play. The spectator area for field events may be different to the main spectator area. The number of spectators expected for the competitions should be estimated in advance by the LOC and provided to SOI for approval.

The venue should have a roof that covers 70% of its seating capacity. The total venue capacity should be approved by SOI prior to the World Games.

WARM-UP AND STAGING AREAS

Athletes will complete a proper warm-up, including aerobic activity and dynamic stretches, prior to competition. Fitness professionals will be available to support athletes and coaches, as needed.



Separate warm-up areas for track and field events must be provided. Additionally, covered staging areas for final preparations for track and field events are required. The warm-up areas should be located within easy walking distance from the staging areas. The warm-up track area should be made of the same or similar surface product as that in the main stadium.

A specific venue for training is not required, as delegations will be provided with a day of training in the actual venue of competition.

EQUIPMENT

All competition equipment must meet current World Athletics and SOI Rules.

- **EQUIPMENT FOR WARM-UP AND TRAINING AREAS –**
 - The LOC must provide adequate and sufficient equipment for all warm-up and official training sessions.
- **PERSONAL EQUIPMENT –**
 - Personal equipment must be easily identifiable, have a current World Athletics certification, have been checked for compliance with the rules in accordance with the Technical Delegates' instructions and are not on the official list.
 - The equipment on the official list must be available for use by other competitors until the end of the event.
- **BIB AND HIP NUMBERS –**
 - The athletes' bib and hip numbers will be provided by the LOC. The athletes will only be issued one set and must use them for the entire event.

TECHNICAL AREAS

The LOC must provide the following technical areas:

- **CHECK IN AREA –**
 - This area should be adjacent to the athletes' staging area of athletes and include:
 - One (1) check in area for field events called "Check In - Field Events"
 - One (1) check in area for track events called "Check in - Track Events"
 - Each area requires the following:
 - 6 Chairs
 - 2 2x1 Tables
 - 3 Laptops
 - 1 Printer
 - Other supplies as requested by LOC
- **ATHLETES AND COACHES STAGING AREA -**
 - There are two staging areas are required:
 - One staging area for track events called "Staging Area T"
 - One staging area for field events called "Staging and Warm-Up"



Area 2F"

- Each area requires the following:
 - Approval by SOI
 - Either an indoor (Stadium) location or a temporary structure (e.g., tent).
 - An enclosed outdoor tent with walls is sufficient for the athletes' lounge but must be equipped with portable fans.
 - It should be only accessible to athletes closed off to the public.
 - The area should have a computer with Internet access.
 - At least 40 chairs.
 - Enough water to accommodate all athletes and coaches at once. Isotonic beverages should be made available, as needed.
 - Only athletes and coaches waiting to compete in the upcoming 4 races / heats will be allowed access.
 - The temperature should be around 20 Celsius, +/- a difference of 3 degrees. Fans and/or air conditioning are recommended to keep the area cool.
- **WARM UP AREAS –**
 - **Warm-Up Area 1: Track and Field Events**
 - Area requirements are as follows:
 - It must be outdoors.
 - The area must be at least 200m²
 - It must be free from obstacles to provide an area large enough for the athlete to warm up properly.
 - A water cooler should be readily available.
 - It must have 2 portable restrooms nearby.
 - It must be located near the Staging Areas.
 - **Warm Up Area 1T (strictly track events)**
 - Area requirements are as follows:
 - It must be outdoors.
 - The area must be big enough to allow 40 athletes to warm up at the same time.
 - It must be free from obstacles to provide an area large enough for the athlete to warm up properly.
 - It must have 2 portable restrooms nearby.
 - **Warm Up Area 2 (For Track and Field Events)**
 - The area requires the following:
 - A staging area for track events called "**Warm Up 2T**"
 - This lounge should be an indoor space (enclosed tent is acceptable), unless another area is approved in advance by the LOC.
 - It must provide enough room for the athletes to stretch and center themselves prior to competition.
 - It must be next to the official entrance of the field of play for athletes.

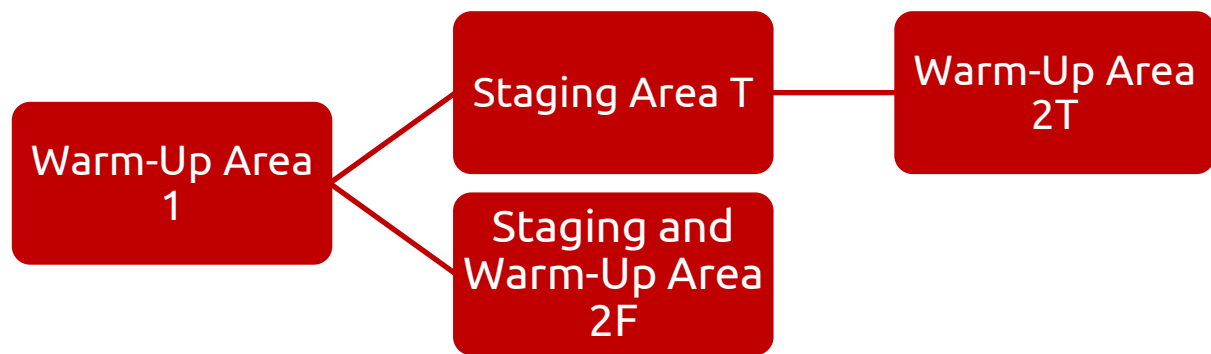


- A TV screen with sound must be available to play a video with one of our ambassadors / supporters of athletics that will guide the stretching and concentration process.
- A second staging area for field events called **"Warm Up 2F"**
 - It should be an outdoor area.
 - The area must be big enough to allow 8 athletes to warm up at the same time.
 - It must have 2 portable restrooms nearby.
 - This area should have all required equipment for athletes.
 - It must be located near the staging area for the field of play.
- **Staging Area T: Track Events**
 - This area is reserved for track athletes getting ready to compete.
 - This lounge should be an indoor space (enclosed tent is acceptable), unless another area is approved in advance by the LOC.
 - It must provide enough room for the athletes to stretch and center themselves prior to competition.
 - It must be next to the official entrance of the field of play for athletes.
 - The staging area should have a supply of water, an adequate temperature, and ample number of sofas or chairs for everyone. There should be enough volunteers for any support required.
 - Athletes will be organized in a line, by heat, in their chairs.
- **Warm-Up Area 2T: Track Events**
 - This lounge should be an indoor space (enclosed tent is acceptable), unless another area is approved in advance by the LOC.
 - This is where athletes will remain immediately prior to the competition.
 - It must provide enough room for the athletes to stretch and center themselves prior to competition.
 - It must be next to the official entrance of the field of play for athletes.
 - A TV screen with sound must be available to play a video with one of our ambassadors / supporters of athletics that will guide the stretching and concentration process.
 - Only one coach per athlete (and one coach per relay team) is allowed in this area.
- **Staging and Warm-Up Area 2F: Field Events**
 - This area is reserved for field athletes getting ready to compete.
 - This lounge should be an indoor space (enclosed tent is acceptable), unless another area is approved in advance by the LOC.
 - It must provide enough room for the athletes to stretch and center



themselves prior to competition.

- It must be next to the official entrance of the field of play for athletes.
- A TV screen with sound must be available to play a video with one of our ambassadors / supporters of athletics that will guide the stretching and concentration process.
- The staging area should have a supply of water, an adequate temperature, and ample number of sofas or chairs for everyone. There should be enough volunteers for any support required.
- Athletes will be organized in a line, by heat, in their chairs.



• **TECHNICAL DELEGATES TECHNICAL AREA -**

The technical office serves as Sport Operations Head Quarters. This area should have enough room to accommodate at least 10 staff members to work at the same time and include:

- Internet Connection
- Power
- 3 Printers
- 1 TV Screen / Monitor at least 43"
- 1 Working Table with Chairs to accommodate 10 people
- 1 Cooler
- 1 Table for snacks
- 1 Standing Whiteboard
- 1 Table and chairs to accommodate 10 people
- 1 Meeting Table with Chairs to accommodate 5 people

Should the LOC have an area with different specifications, it must provide the dimensions to SOI for review and approval.

• **OFFICIALS STAGING AREA -**

- This area should include:
 - 4 Round Tables
 - 20 Chairs or something similar for officials to sit on
 - 1 Cooler



- 2 Whiteboards
 - 1 Table for fruit & water
 - Showers (these should be available for officials in the same or area close by)
 - A storage area
 - The officials' toilets should be located between 20m – 40m from the staging area
- **PHOTO FINISH CONTROL ROOM / SO CONNECT ROOM -**
 - It must be located next to (or close to) the Technical Office
 - It should include all technical requirements established by the LOC / SOI.
 - It must include all office supplies and equipment for a standard work area.
 - This entire area or some of its components could be located as part of the TDs Technical Office should the TDs and LOC consider another area more suitable for operations, if all requirements are met and there is room to work comfortably.
- **SPORT INFORMATION STATION -**

An area where delegations will find updated scores, schedules of competitions, and any other important technical information for delegations.
- **PROTEST AND APPEAL STATION**

This area allows coaches to submit any protest online. The coach will then get a file number associated with status and a final decision.
- **OTHER OPERATIONAL AREAS -**

A Sport Presentation area must also be available, should it be needed and/or requested for in order to execute the event appropriately.

MIXED ZONE

A mixed zone area, strictly for athlete interviews, will be set up near the field of play, the calm down and recovery station area.

VENUE MEDICAL STATION

All venues should have clearly marked and easy access to a first aid station and a venue medical station (for non-life-threatening conditions), as well as access to emergency/ambulance services. Access to physical therapy resources should also be considered within medical stations and operational plan. Full details on requirements for medical stations, and complete medical operations plan, see the Medical Operations Technical Manual.

RECOVERY STATION

After high-level performance at competition, athletes should focus on a proper recovery in order to feel well rested and able to compete again at their best quickly. The Recovery Station offers a relaxed space where athletes can come to rehydrate, refuel, stretch, and if needed, received medical/athletic training services.



More information about the Recovery Station can be found in the Post-Competition Protocol section of this document.

LOCKER ROOM

There should be separate locker rooms for men (male athletes and male coaches) and for women (female athletes and female coaches), preferably adjacent to the competition area. The locker rooms must not be accessible by the public. Facilities must include:

- Toilets
- Showers (if possible)
- Hand washing facilities (must be cleaned and disinfected on an hourly basis)
- An adequate supply of toilet paper and wastepaper/sanitary bins
- There must be sufficient security to:
 - Prevent public access and unauthorized entry
 - Protect the players' personal belongings
 - 1 cooler or 2 water dispensers
 - A storage area in the locker room where each delegation can keep their personal belongings during competition is strongly recommended.

14. TIME AND DISTANCE MEASUREMENT, FALSE START CONTROL

As established by World Athletics, below are the requirements for capturing competition results:

- Fully automatic timing and photo finish systems
- Scientific distance measuring equipment (to be used as appropriate).
- Starting blocks (must be outfitted with an approved false start control apparatus that has an automatic recall system).

15. SPORT PRESENTATION

The LOC is responsible for the planning and delivery of event presentation elements, in accordance with the World Athletics Event Presentation Guidelines. Expenses associated with providing world-class event presentation are the responsibility of the LOC. These elements include:

- An event presentation team
- At least two (2) adequately sized video boards in the stadium for public viewing of the broadcast. Their size shall be agreed upon with SOI in advance.
- At least one electronic scoreboard to display results.
- A suitable sound system for the public address system and event presentation purposes.

16. SENSORY SPACES



Sensory Rooms and low-stimulations environments are specially designed spaces containing a range of stimuli designed to provide a safe environment for individuals to engage their senses. Sensory space is important for athletes who have issues with sensory processing/integration and have difficulty regulating certain sensory stimuli to help them decompress and cope with their surroundings. Along with many other benefits related to developing sensory skills, these spaces can provide a moment of comfort and calmness. The benefits of these spaces include:

- Improve focus and concentration
- Develop senses
- Provide a feeling of calm and comfort
- Promote relaxation
- Encourage socialization
- Promote cognitive development
- Improve motor development and coordination

Consideration should be made to have a designated space at the event for a sensory area meeting the following requirements:

- Centrally located, but away from excessive external noise
- Soft lighting that can be dimmed is preferable, avoid strobe lighting and try to avoid fluorescent lighting
- Size and dimensions vary, based on the size of the event. On average around 500 square feet or larger is ideal.
- Appropriate heating, cooling, and ventilation present

Safety Requirements:

- Develop safety and risk management plan
- Engage Occupational Therapists and other clinicians with experience in creating sensory spaces and low-stimulation environments as leads.
- More than one volunteer MANDATORY when the volunteers in the Sensory Space are not certified Class A volunteers (permitted to be alone with an athlete) for security and policy purposes. However, it is still recommended that you have more than one volunteer present, even if they are Class A volunteers, to accommodate more athletes in the space and/or in case one volunteer must leave the space temporarily

Communication requirements:

- Incorporate communication about location and hours of availability through delegation services, Healthy Athlete volunteers, and medical services.

Required Supplies:

- At least 5 items should be available in the room for athlete from the Sensory Space Technical Manual. It is recommended that you work with local organizations or companies to borrow supplies or have them donated.

A suggested equipment list can be found in the Sensory Space Technical Manual

17. SO CONNECT



SO Connect is the technology platform that connects, engages and mobilizes, users across the globe. It delivers a web-based games management solution by supporting the constituent lifecycle from registration to competition.

All athletics competition will run under SO Connect. SOI will determine the SO Connect Technical staff member for athletics who will oversee the software operations for the sport. SOI, in conjunction with the LOC Technical Department, will determine the equipment and resources required.

The LOC must be able to guarantee full compatibility with the timing and measurement services but also with the very specific technical requirements of Television, Media and Event Presentation including the provision of a Commentary Information System (CIS).

18. STATISTICS

Statistics will be used to measure the individual athlete's progress by highlighting their performance within a specific event and their overall performance during the World Games. The athletes' profiles will be built through statistical highlights and will also be used to provide valuable content to the media.

An LOC of the World Games should have a comprehensive plan and resources (staff, software, etc.) to track, analyze and distribute statistics to coaches and the media.

The below statistics should be tracked by team and individual player per event:

- Best times / distances by gender by event
- Number and kind of DQ by event
- Number of athletes by gender by event
- Number of athletes by level of competition
- Number of awards ceremonies



19. PROTEST AND APPEALS

HOW TO FILE A PROTEST

A Step by Step Guide for
World Games Protests



**Special
Olympics**

STEP 1: IDENTIFY THE PROTEST

A Coach or Designee may submit a protest for one or more of the following reasons:

1. There was a misinterpretation of sport rules
2. There is a failure of a referee or judge to apply the correct rule
3. There is a failure to impose the correct penalty for a violation

A person may not submit a protest for the following reasons:

1. If it is a fact-specific judgment call(s) of referees, judges or others
2. Divisioning and meaningful involvement decisions



STEP 2: THE SPORT SPECIFIC JURY WILL REVIEW

The Sport Specific Jury will review the protest. The person who submitted the protest may either accept the decision or submit an appeal to the Jury of Appeals.



STEP 3: SUBMITTING A APPEAL

If the person who submitted the protest does not accept the decision, he or she must submit an appeal to the Jury of Appeals. Appeals must be submitted within 60 minutes after the decision has been made. The Jury of Appeals are the final authority for all rule interpretations and appeals during the Games. Their decision is final.



STEP 4: THE PROTEST PROCESS IS COMPLETE

The Protest and Appeals Process is now complete! As a reminder, the Protest and Appeal Process is to ensure that competition is organized and carried out accordingly to the rules. All decisions are based on the rules and the specific circumstances for each protest.

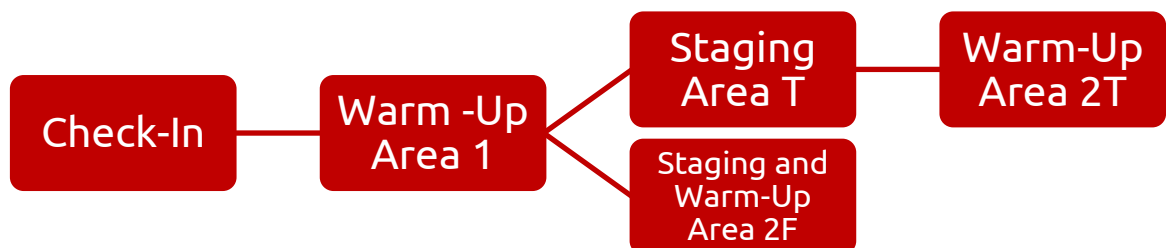
"LET ME WIN. BUT IF I CANNOT WIN, LET ME BE BRAVE IN THE ATTEMPT"
- EUNICE KENNEDY SHRIVER



20. COMPETITION – PRE-COMPETITION PROTOCOL

CHECK IN PROCESS (FOR TRACK AND FIELD EVENTS)

- There will be two (2) clearly identified check-in areas.
 - One check in area for field events labeled “Check In Field Events”
 - One check in area for track events labeled “Check In Track Events”
- Competing athletes must arrive no later than 1:00 (1) hour prior the start of their competition.
- Athletes must arrive in official World Games transportation.
- Athletes will proceed to the check in counter to register. The check in process must be done no more than 45 minutes before the time of the athlete’s heat.
- Once an athlete is checked in, he/she will go with their coach to “Warm Up Area 1”.
- For field events with an open competition time, athletes will go straight from the check in area to the staging area, at least 25 minutes before the actual time of their event,
- Rather than having a set time, some field events might have a window of time for competition. In that case, athletes or coaches should arrive to the check in area to register and to set the time for the competition, at least 1 hour prior to the close of the event.
- Coaches / Assistant Coaches can check in for all competing athletes within their delegation.
- Athletes that do not present themselves to the check in area before the time stated within this document will automatically be DQ-ed for that specific event, affecting the rest of the competition for the specific event & Final Standing for the athlete.



WARM UP AREA 1T (TRACK EVENTS ONLY)

- A general warm-up area should be available to athletes prior to competition. Fitness professionals will be available to assist athletes, as needed. One coach per athlete or relay team is allowed in the warm-up area.
- The warm-up should include some aerobic activity and dynamic stretches.
- Athletes will arrive to Warm Up Area 1T to warm up with SOI technical instructors. 2 Fitness instructors will be available to assist athletes if needed.
- Athletes will have access to Warm Up Area 1T up to 40 minutes prior to their competition for a maximum of 20 minutes.
- 22 minutes prior to the event a volunteer will summon the athletes and direct them to the staging area
- 20 minutes prior to the event all competing athletes in the upcoming heat will be



released by the volunteer and led to the staging area.

- Should an athlete not be available to be led to the staging area, he/she will be ineligible to compete and will not be able to be incorporated in any further pre-competition movement.
- All athletes departing Warm Up Area 1T must be dressed in their respective uniform down to having appropriate footwear.
- This area will be located near the staging area.
- One coach per athlete or relay team is allowed in the warm-up area.
- Medical support will be available in warm up area.
- Portable restrooms will be available next the warm-up area.

STAGING AREA (FOR TRACK AND FIELD EVENTS)

- This area is reserved for athletes getting ready to compete.
- Two staging areas will be available.
 - One staging area for track events called "Staging Area T"
 - One staging area for field events called "Staging Area F"
- One coach or assistant coach from the same delegation must remain with the athletes in the staging area.
- All athletes entering the staging area must be dressed in their respective uniform down to the appropriate footwear. They will not be allowed to enter unless dressed properly.
- Competition equipment will be reviewed in by Officials this area.
- Athletes will be asked to remove any jewelry or watches that do not meet official criteria.
- The coach or assistant coach should inform the LOC during the check in process if they are unable to remain with their athletes so that a volunteer can be coordinated for support.
- The staging area must be set up in order to provide a relaxing environment for the athletes. This is not a place for coaches to provide instructions or prepare pre-event logistics.
- Staff must remain calm and speak quietly to keep the athletes relaxed and focused for their next event.
- The staging area should have a supply of beverages, an adequate temperature, and ample number of sofas or chairs for everyone. There should be enough volunteers for any support required.
- Athletes will be organized in a line, by heat, in their chairs.
- Athletes will remain a maximum of 10 minutes in the staging area.
- There will not be restroom access in the staging area.

WARM UP AREA 2 (FOR TRACK AND FIELD EVENTS)

- Within Warm Up Area 2 the staging areas below will be available.
 - One staging area for track events called "Warm Up 2T"
 - One staging area for field events called "Warm Up 2F"
- Athletes competing in track events should arrive to Warm Up Area 2T from the staging area 10 minutes prior to competition.
- They will have 5 minutes to stretch and center themselves prior to competition.



- Only athletes in the next upcoming heat will have access to this area.
- A TV screen with sound must be available to play a video with one of our ambassadors / supporters of athletics that will guide the stretching and concentration process
- This is an indoor tent / room where athletes will remain immediately prior to the competition.
- Only one coach per athlete (and one coach per relay team) is allowed in this area.
- Five (5) minutes before the competition athletes will be led to the track for their event.
- Athletes should be in place at the start line at least three (3) minutes prior to competition.
- A volunteer will guide all coaches to the coaches' zone. No coach will have access to the competition area.
- Athletes must leave Warm Up Area 2T ready to compete in complete competition attire including appropriate uniform and footwear.
- Athletes competing in field events should arrive to Warm Up Area 2F from the Staging area 15 minutes prior to competition.
- Athletes will have a maximum of 12 minutes to warm up, stretch and center themselves prior to competition. Balls used for shot put and discs used for the discus as well as other items will be made available for use but can only be used for warm up. The volunteers in the area will regulate them.
- Only athletes in the next competing heat will have access to this area.
- This is an outdoor area and is the final staging area prior to competition.
- One coach per athlete is allowed in this area.
- Athletes will be led to the competition area at least two (2) minutes prior to competition.
- Athletes should be in place at the competition area at least one (1) minute prior to start of competition.
- A volunteer will guide all coaches to the coaches' zone. No coach will have access to the competition area.

WARM-UPS AND STAGING: FIELD EVENTS

WARM-UP AREA 1

- A general warm-up area should be available to athletes prior to competition. Fitness professionals will be available to assist athletes, as needed. One coach per athlete or relay team is allowed in the warm-up area.
- The warm-up should include some aerobic activity and dynamic stretches.
- This area will be located near the staging area.
- Portable restrooms and medical support will be available in warm up area.
- Athletes will have access to Warm-Up Area 1 up to 40 minutes prior to their competition for a maximum of 20 minutes.
- 22 minutes prior to the event a volunteer will summon the athletes and direct them to the staging area
- 20 minutes prior to the event all competing athletes in the upcoming heat will be released by the volunteer and led Staging and Warm-Up Area 2F.
 - Should an athlete not be available to be led to the staging area, he/she will be ineligible to compete and will not be able to be incorporated in any further pre-



- competition movement.
- All athletes departing Warm-Up Area 2F must be dressed in their respective uniform down to having appropriate footwear.

POST COMPETITION PROTOCOL (FOR TRACK AND FIELD EVENTS)

Once athletes are in place at the competition area, volunteers will take baskets filled with personal items and leave them in the finish area.

Upon event conclusion, athletes will meet their coaches and gather their personal belongings. Volunteers will then lead athletes to the Recovery Station.

RECOVERY STATION

After high-level performance at competition, athletes should focus on a proper recovery in order to feel well rested and able to compete again at their best quickly. With multiple days of competition, athletes may encounter issues with cramping, tight muscles, strains or sprains, dehydration, etc., which are not noticeable or problematic until much later after competing. The Recovery Station offers a relaxed space where athletes can come to rehydrate, refuel, stretch, and if needed, receive medical/athletic training services.

At track and field events, it is recommended that the Recovery Station be in the same location as the finish area to improve athlete flow. All track and field athletes should be escorted to this station in order to encourage proper recovery

- **Track:** All track athletes should receive a proper cool-down, led by a fitness professional. A good cool-down allows the body to gradually return to a state of rest, which decreases muscle soreness and increases the rate of recovery.
- **Field:** All field athletes are encouraged to visit the Recovery Station after their event and should be offered a cool-down. Given the nature of their event, they might only need some water and/or healthy snacks.

Following the Recovery Station, some athletes may need additional support and medical attention. Athletic trainers and/or the medical team will be located at the Recovery Station to provide treatment to these athletes. Injuries, illnesses, and the treatment provided should be recorded and tracked.

- In a case of an emergency, athletes should receive medical attention immediately, rather than performing a cool-down first.
 - For all requirements for Medical Operations, please reference the **Technical Manual for Medical Operations**.
- After the Recovery Station, volunteers will guide athletes to the Mixed Zone, if needed.

MIXED ZONE

All athletes should go to the Recovery Station before entering the Mixed Zone. Only athletes invited to the Mixed Zone will proceed to that area.

Mixed Zone operations will be responsible for the Communications department of the LOC.



VENUE DEPARTURE

One-hour post-match the athletes competing within the same schedule will be escorted to their buses and return to their accommodations.

If additional support is needed with recovery later, an off-site Recovery Station will also be located at the accommodations.

21. DISCIPLINARY LAWS & PROCEDURES

The following are considered cause for disciplinary action (Any official members of a delegation and volunteers, staff and general public can be sanctioned):

- Any behavior either by action or omission against the sport of athletics that interferes with the proper participation of the athletes or interrupts the competition of any events during the World Games.
- Refusal to follow established LOC protocols for competition.
- Any audible obscenities before, during or after the competition or during pre and post-match protocol.
- Unsportsmanlike conduct before, during or after the competition or during pre and post-match protocol.
- Verbal abuse by coaches or any other behavior that is otherwise interpreted by the LOC to be unacceptable.
- Any visible obscenities.
- Rude or argumentative behavior.
- Verbal abuse against the opponent, crowd (public) or officials.

The disciplinary measures could include:

- A warning
- DQ
- Removal from the venue

22. INDISCIPLINE OR VIOLENT CONDUCT BY PLAYERS AND/OR OFFICIALS

The technical committee shall deal with any athlete or member of the delegation reported for indiscipline or violent conduct anywhere in the venue, including but not limited to, the field of play, locker rooms, training sites and in the accommodations area.

23. TECHNICAL COMPOSITION OF ATHLETICS MANAGEMENT TEAM

TECHNICAL COMMITTEE

The Technical Committee serves as the main authority for all the aspects of competition, such as the technical area, sport / venue operations, medical area, security area, HR, or any other area recognized as part of the sport competition structure.



Its responsibilities include leading the planning process, creation of the training and competition schedule for the event and a successful event execution. The technical committee is comprised of technical delegates, officials, referees, medical officers and LOC staff.

HR (VOLUNTEERS & STAFF) OPERATIONS

The HR staff work with all groups connected with the sport operations of the World Games to determine the need by area and will be responsible for:

- Recruiting all volunteers needed
- Distributing volunteers by operational area
- Guaranteeing proper general training and role specific training
- Coordinating all logistics connected with the volunteers and providing any logistics support.

VENUE OPERATIONS

Responsible for the coordination of venue needs, including layout, set up and operations of all logistics required by the Sport Venue.

The LOC must appoint volunteers or pay all costs for a sufficient number of trained personnel to be on site throughout the competition so as to maintain the fields of play.

CHIEF OFFICIAL (TRACK & FIELD)

The Chief Official must be very carefully selected. He / She will be in charge of the selection, training (in SO specifics), registration, allocation, and assessment of all certified athletics officials required for the competition.

- The chief official must be World Athletics certified and must exhibit a level of experience within this role.
- He / She must come from the National Governing Body for Athletics or Regional, National Athletics Governing Body

OFFICIALS (TRACK & FIELD)

- All officials must report and undertake any duties assigned to them.
- All officials and volunteers must be appropriately uniformed and enter/exit the field of play in an orderly fashion
- Officials must post the correct result of each event as it is determined and announced and published as quickly as possible

FITNESS AND PERFORMANCE STATIONS COORDINATOR

Oversees the Fitness Team and all operations related to the fitness elements of the competition, including nutrition, hydration, warm-ups, cool-downs and recovery. This includes Performance Stations on the Training Day, and will be integrated in the warm-up areas, transition tents and Recovery Stations during competition.

In advance of the competition, this person helps to organize space, equipment and supply needs, and volunteer recruiting and training.

CHIEF MEDICAL OFFICER

The Chief Medical Officer is the person with overall responsibility for the planning and management of Medical Services in advance of (and during) the event. They will manage all lead venue medical staff, if multiple venues are in use, and will liaise, as needed, with local

SPORT IMPACT STANDARDS ATHLETICS



health authorities and hospitals. This individual must coordinate across functional areas to ensure health and safety of the participants is considered under all aspects of the games. They should have experience in medical management of similar events. Experience with athletes with ID and/or sports medicine is highly desirable.

Technical Committee	
Competition Manager (Venue Operations, HR operations)	1
Technical Delegate	1
Track Chief Official	1
Field Chief Official	1
Fitness and Performance Stations Coordinator	1
Chief Medical Officer	1
TOTAL	6

Level	Role	Quantity	Rotation	Comments
1	Technical Committee	6	None	
	Track Chief Official	Included in the 7 of Technical Committee	None	NGB or World Athletics
	Field Chief Official	Included in the 7 of Technical Committee	None	NGB or World Athletics
2	THE PRE AND POST COMPETITION PROTOCOL TEAM			
	General Coordinator	2	None	1 for Field 1 for Track
4	Check In	6	Can rotate in half-day shifts	3 for Track 3 for Field
	Staging Area	10	Can rotate in half-day shifts	6 for Track 4 for Field
	Escorts for of athletes	20	Can rotate in half-day shifts	12 Track 8 Field
3	Sport Venue Operations Team	4	None	-
4	Venue Volunteers	60	Can rotate in half-day shifts	-
4	Welcome Stage, and Departure Zone	8	Can rotate in half-day shifts	-
4	Locker Rooms, Including Referees	8	Can rotate in half-day shifts	-

SPORT IMPACT STANDARDS ATHLETICS



3	Technical Officials	60 - 65	Rotation to be determinate by Chief Officials	Includes all roles (Time Keeper, Measuring, Starting, Finishing, etc.)
4	Competition General Volunteers	20	Can rotate in half-day shifts	-
3	Statistics Collectors	4	Can rotate in half-day shifts	-
2	Sport Presentation Team	TBD		Includes all people involved in this process, including MOC and others.
2	SO Connect Leaders	1	None	
4	SO Connect Operators	6	Can rotate daily shifts	
4	Information Station Volunteers	10	Can rotate in half-day shifts	
MEDICAL TEAM				
1	Chief Medical Officer	1	None	Member of the TC
3	Venue Medical Coordinators	4	None	
4	Paramedics	16	Can rotate in half-day shifts	
	Medical Station			Medical Station should be staffed by at least 1 nurse and 1 physician. See TM for full details.
4	Recovery Station - Athletic Trainers	2-3	Can rotate in half-day shifts	
	Sensory Space Volunteer	1-2	Can rotate in half-day shifts	Per space
FITNESS TEAM				
1	Fitness and Performance Stations Coordinator	1	None	Member of the TC
3	Warm-Up Fitness Professionals	5-6	Can rotate in half-day shifts	2-3 per warm-up area; more volunteers may be needed when there are multiple heats scheduled in a short period of time
3	Nutrition and Hydration Volunteers	5-6	Can rotate in half-day shifts	2-3 per warm-up area; more



				volunteers may be needed when there are multiple heats scheduled in a short period of time
3	Recovery Station Fitness Professionals	5-6	Can rotate in half-day shifts	2-3 per warm-up area; more volunteers may be needed when there are multiple heats scheduled in a short period of time
3	Game Day Minds Volunteers	2-3	Can rotate in half-day shifts	Per Day; Volunteers for Training Day

24. SPORT OPERATION ROLE DESCRIPTIONS

CHECK IN STAFF

Check-in staff is responsible for checking in athletes prior to competition. Staff must also distribute and collect any important information regarding competition.

THE PRE AND POST MATCH PROTOCOL TEAM

The Pre and Post Match Protocol team is responsible for all protocol with athletes prior to, during and after heats / events. The flow of athletes from the warm-up sites to the staging area(s) to the competition area must be maintained according to a set schedule.

The protocol team should maintain close coordination with the Event Presentation Manager. Each event should start at the scheduled time or should be adjusted as required and all affected parties are notified as quickly as possible

THE SPORT VENUE OPERATIONS TEAM

This team is responsible for all logistics and adjustments of the sport venue in general, including but not limited to sport equipment, area access control, hydration, VIP – Media – Honored Guests, Families areas, etc.

The team must prepare the venue for competition in advance of any athletes arriving. Any changeovers from one event to another should occur as quickly as possible after each event concludes.

The team must ensure:

- All equipment is removed from the track and infield area when not in use
- Personnel on the field of play (track and infield) should conduct themselves appropriately
- The “Basket Crews” collect competitors clothing and equipment then exit the track prior to the start of each race. All baskets should be taken to the Post-Event Control area in an orderly manner.



THE MEDICAL TEAM

This team is responsible for all medical services that require level one attention and includes the field of play, minor injury treatment, venue medical station, and Recovery Station after matches, as well as liaising with medical authorities should a higher level of attention be required for injuries.

THE FITNESS TEAM

Supports the fitness elements of the competition, including nutrition, hydration, warm-ups, cool-downs and recovery. This includes Performance Stations on the Training Day, and will be integrated in the warm-up areas, transition tents and Recovery Stations during competition.

Using their expertise, they will ensure that they are providing proper education and the appropriate level of support for all athletes to ensure they have a safe competition where they are performing at their best.

Members of this team will work under the supervision of the Fitness and Performance Stations Coordinator, and will maintain a specific role such as warm-up support.

Fitness volunteer requirements can be found in the Performance Stations section of this document or the Performance Stations Technical Manual.

THE SO CONNECT TEAM

SO Connect is the technology platform that connects, engages and mobilizes users across the globe. It delivers a web-based games management solution by supporting the constituent lifecycle from registration to competition. It guarantees the setup and adaptation of the required software between different interfaces, as well as the planning and realization of lay out and structure for internet services.

STATISTICS COLLECTORS

Statisticians are responsible for collecting and processing all statistics in relation to the events.

25. FITNESS AND PERFORMANCE STATIONS

Fitness is an important element of sport. Fitness contributes to improved sport preparation and conditioning, greater sport performance, reduced injuries, quicker recovery, and overall better health and quality of life. In order to make a positive impact in these areas, there must be an intentional focus on the elements of physical activity, nutrition, and hydration throughout training and competition. Additionally, a focus on fitness through the lens of sport can help drive positive daily choices that increase lifelong, year-round fitness.

The Special Olympics World Games provides an excellent platform to promote the importance of fitness as part of the sports experience. Elements of fitness can be embedded in the training leading up to the tournament, as well as promoted throughout every aspect of the competition experience through the Performance Stations model.

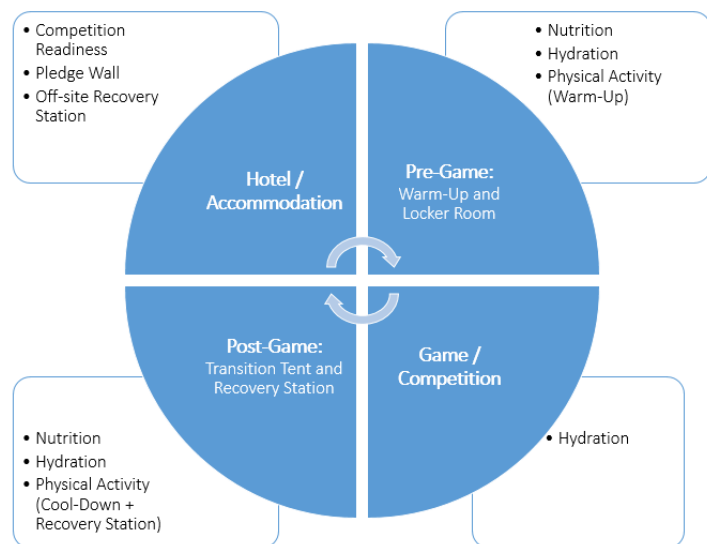


Performance Stations educate and activate members of the movement in the tenets of fitness. Athletes will first experience the stations on Training Day when more time can be spent visiting each station and receiving education. On Competition Days, station participation will be much more succinct in order to flow seamlessly with the tight schedule of each day and focus more on providing services and support. This provides a unique experience that directly impacts performance, prevents on-site injuries and illness, and promotes healthy lifestyle choices. Performance Station volunteers will be in sync with medical staff to ensure athletes who are showing signs of injury or illness are properly supported.

For more information, please reference the **Technical Manual for Fitness and Performance Stations**.

Performance Stations within Competition Days:
Space Needs and Operations

Flow of Performance Stations within Competition





Station	Location	Space	Equipment	Volunteers per shift	Hours of Operation	Additional Notes
Nutrition & Hydration	Staging Areas	1m ²	<ul style="list-style-type: none"> • 1 Table • 1 Water Cooler or 2 Water Dispensers • Fruit • 1 Trash Can • Ice • Paper Towels • Trash Bags • Nutrition Poster • Hydration Poster 	Training Day: 3-5 with a background in nutrition	Available at least 1 hour prior to competition (or when first team arrives)	Most of the emphasis should be on the Transition Tent, but some fruit and water should be available for athletes in staging areas and/or locker rooms.
	Recovery Station	50m ²	<ul style="list-style-type: none"> • 2 Tables • 2-4 Chairs • Nutrition Signage • Hydration Signage • Tablecloths • At least 3 different types of fruit • Granola Bar or similar grain based bar • Other healthy snacks for recovery (optional) • Platter to hold snacks • 2 Water Cooler or 3 Water Dispensers • Ice • Paper Towels • Trash Can • Trash Bags 	Competition Day: 5-6 General Volunteers	Available at least 30 minutes after last competition.	
	Warm-Up Areas	225m ²	<ul style="list-style-type: none"> • Physical Activity (Warm-Up) Signage 	1-2 with a background in fitness/exercise	Warm-Up: Available 30 minutes before the start of the match, after the Athlete Lounge	Warm-up can be conducted on the competition court if time allows in competition schedule; Sample WU and will be



Physical Activity						given to the LOC for fitness professionals to use as guidance.
	Recovery Station	At least 300m ²	<ul style="list-style-type: none"> • Exercise mats • Foam Rollers • Wipes for cleaning exercise equipment 	5-6 with a background in fitness/exercise	Cool-Down: Available at the end of the first game and until 45 minutes after the final game.	Cool-down should be included as part of the Recovery Station immediately following the match. Sample CD will be given to the LOC for fitness professionals to use as guidance.

26. UNIFORMS

CLOTHING

Athletes are required to be always dressed appropriately. Their sport clothing/uniform/attire should be as such since they are considered role models for the sport.

During competition athletes are permitted to wear the standard sport clothing/uniform/attire as per international standards and as approved and provided by their SO Program. For example, long pants or jeans and blue jean shorts are not proper athletics attire for any event. Inappropriate clothing can hinder an athlete's performance and be a safety hazard.

All athletes of the same delegation shall wear the same color competition uniform during the competition and in all ceremonies. The uniform must conform to World Athletics Rules and Regulations.

In all events, athletes must wear clothing that is clean, designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. Athletes must not wear clothing that could impede the view of the Judges. Athletes' vests should have the same color on the front and back.

SHOES

Athletes may compete barefoot or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground.



Such shoes, however, must not be constructed so as to give an athlete any unfair additional assistance or advantage, including incorporation of any technology.

NUMBER OF SPIKES

The sole and heel of the shoes shall be so constructed as to provide for the use of up to 11 spikes. Each spike that projects from the sole or the heel shall not exceed 9mm.

THE SOLE AND THE HEEL

The sole and/or heel may have grooves; ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself. In the Long Jump, the sole shall have a maximum thickness of 13mm. In all other events the sole and/or heel may be of any thickness. *Note: The thickness of the sole and heel shall be measured as the distance between the inside top side and the outside under side, including the aforementioned features and including any kind or form of loose inner sole.*

ADDITIONS TO THE SHOE

Athletes may not use any appliance, either inside or outside the shoe, which will have the effect of increasing the thickness of the sole above the permitted maximum, or which can give the wearer any advantage which he would not obtain from the type of shoe described in the previous paragraphs.

ATHLETE BIBS

Every athlete shall be provided with two bibs that shall be worn visibly on the breast and back during the competition. The bib shall correspond with the number allocated to the athlete on the start list or in the program. If tracksuits are worn during the competition, bibs shall be worn on the tracksuit in a similar manner.

Either the athletes' names or other suitable identification on the bibs will be allowed instead of numbers on any or all of the bibs.

These bibs must be worn as issued and may not be cut, folded or obscured in any way. In long distance events, the bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals that appear on them.

PHOTO FINISH SYSTEM

Where a photo finish system is in operation, the Organizing Committee may require athletes to wear either on the side of their shorts or lower body, an adhesive type of additional number identification. No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.

For these purposes "normal commercial markings" are limited to the following:

- On larger clothing items, such as shirts, jackets, pants, jerseys, and sweatshirts, one logo or commercial name per clothing item is permissible, if that name or logo display does not exceed an area of six square inches or 38.7 square centimeters (such as a display measuring 2" x 3" or 5.08 cm x 7.62 cm)



- On small clothing items, such as caps, socks, hats, gloves and belts, one logo or commercial name per clothing item is permissible, if that name or display does not exceed an area of three-square inches or 19.35 square centimeters
- On athletic shoes, no logos or commercial names are permissible except for names or logos that are included by the manufacturer on athletic shoes that are sold to the general public.

GENERAL COMMERCIAL MARKING ON OTHER ATHLETE APPEAL OR ACCESSORIES

Special Olympic athletes who are not engaged in competition or in opening/closing ceremonies may wear, carry or use at Games venues other than the sites of competition (such as at training or practice sessions) clothing and/or non-apparel items which are not part of their sports equipment (such as tote bags), which contain small and attractively designed identifications of corporate or organizational sponsors.

PROHIBITION AND DISPLAY OF NATIONAL FLAGS

The Opening Ceremonies of all Games shall celebrate the athletic skill, accomplishments, and courage of Special Olympics athletes. As such, no national flags shall be displayed and no national anthems shall be sung or otherwise performed by any athletes, coaches, or other members of any Accredited Program's Official Delegation at a World Games including the flag of the host nation at opening, closing and award ceremonies and Games venues.

PROHIBITION OF FACE PAINTINGS

Special Olympic Athletes, coaches and officials shall not paint their faces during competitions, Games, opening and closing ceremonies, at awards venues or victory banquets. This prohibition includes a prohibition against a display of commercial messages and the display of national flags painted on the face.

27. AWARDS

- After the final heats/rounds, athletes and partners will be awarded according to their final position.
- The award must be in accordance with divisioning. All athletes of the same division should be at the podium at the same time.
- Coaches should not participate in the award ceremony.
- The LOC awards ceremony committee should define the general award protocol and procedure.
- The Technical Team should provide all the information and support across the process to guarantee a great ceremony.



28. CANCELLATION AND/OR ABANDONMENTS OF EVENTS AND RACES

CANCELLATION OF EVENTS/RACES

- If an event cannot commence on time due to “Force Majeure” or any other incidents such as, but not limited to, the field is not fit for competition, weather conditions, floodlight failure, etc. the following procedures must be followed:
 - The event must first be delayed for a minimum of thirty (30) minutes, unless the Chief Official decides that the event can commence earlier, before a decision to reschedule the event is taken.
 - The venue operations team should guarantee a crew of people ready to recover, as fast as possible, the field of competition if the delay is related of weather situations (i.e. raining etc.).
 - At the discretion of the Chief Official, another delay of a maximum of thirty (30) minutes shall be allowed if in his opinion this extra period of delay will allow the event / race to commence. Otherwise, at the end of this second thirty (30) minute period, the Technical Delegate must declare the competition to have been postponed.
 - In the case of a postponed event, the Technical Committee shall decide within two (2) hours of the official’s decision to cancel the event whether the event can be rescheduled, taking sporting and organizational considerations into account, or whether any other action and decision is needed to continue with the competition. Any disciplinary sanctions resulting from the cancelled event shall remain in force.
 - Any disciplinary sanctions resulting from the postponed / cancelled event shall remain in force.
 - Should events be postponed, in order to get the competition back on schedule, the LOC has the option to compete at night, notifying the delegations of the time when the last event would start. It should be a compressed time frame in order to guarantee the proper rest of athletes, and to be mindful of minimal impact to other aspects of the operations such as transportation, and athlete mealtimes etc.
 - The pre and post competition protocol can be canceled in order to operate quicker in the face of any delay.
- No protest may be lodged against decisions stated above.

29. SPECIAL OLYMPICS PERSONAL BEST RECORDS

In order to recognize the athletes who have achieved the best performance in the most competitive events Special Olympics began collecting memorabilia from all World Games. These athletes have made history within the Special Olympics community and have proven to be great role models for those who are just starting within the sport. Their training methods and coaches should be used as examples to help future generations of athletes.



Women's 100 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	Jacent Nyamahunge	SO Africa	SO Uganda	0:12:19	1
1999, North Carolina	Bridget Owens	SO North America	SO USA	0:12.90	2
2019, Abu Dhabi	Abbygaile Mayers,	SO North America	SO Barbados	0:13:01	3

Men's 100 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	Robert Pipitone	SO North America	SO Canada	0:11.22	1
2019, Abu Dhabi	Mohammed Alrefai	SO MENA	SO Saudi Arabia	0:11:32	2
2019, Abu Dhabi	Daeshawn Green	SO North America	SO Jamaica	0:11:37	3

Women's 200 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	Jacent Nyamahunge	SO Africa	SO Uganda	0:24:76	1
2015, Los Angeles	Jacent Nyamahunge	SO Africa	SO Uganda	0:25.97	2
2019, Abu Dhabi	Abbygaile Mayers,	SO North America	SO Barbados	0:26:25	3

Men's 200 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	Donovan Clarke	SO North America	SO Bahamas	0:22.86	1



1999, North Carolina	Oneil Smith	SO North America	SO Jamaica	0:22.91	2
2019, Abu Dhabi	Mohammed Alrefai	SO MENA	SO Saudi Arabia	0:22:94	2

Women's 400 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2003, Ireland	Lismay Osorio Neyra	SO Latin America	SO Cuba	01:02.45	1
2019, Abu Dhabi	Orawan Kaising	SO Asia Pacific	SO Thailand	01:03:68	2
1999, North Carolina	Yaneysi Aguilera	SO Latin America	SO Cuba	01:03.88	3

Men's 400 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
1999, North Carolina	Darrell Davis	SO North America	SO USA	0:51.10	1
2007, China	Dmitry Pedan	SO Europe / Eurasia	SO Kyrgyzstan	0:51.16	2
2011, Athens	Ariel Anastacio Arias	SO Latin America	SO Paraguay	0:51.36	3

Women's 800 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	Stella Chepkosgei	SO Africa	SO Kenya	02:19:30	1
2015, Los Angeles	Jusenia A. Tuitt	SO North America	SO US Virgin Island	02:28:44	2
2019, Abu Dhabi	Orawan Kaising	SO Asia Pacific	SO Thailand	02:30:55	3



Men's 800 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	Shephard Patrick	SO Africa	SO Zimbabwe	01:59:83	1
2007, China	Nizar Ouri	SO MENA	SO Tunisia	02:02.37	2
2019, Abu Dhabi	Phuttipong Saiyai	SO Asia Pacific	SO Thailand	02:02:47	3

Women's 1,500 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	Stella Chepkosgei	SO Africa	SO Kenya	04:49:32	1
2011, Athens	Yumileydis Mestre	SO Latin America	SO Cuba	05:03.13	2
2007, China	Betty J. Cheruiyot	SO Africa	SO Kenya	05:05.47	3

Men's 1,500 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
1999, North Carolina	Feddy Almonte	SO Latin America	SO Dominican Republic	04:14.00	1
2019, Abu Dhabi	Kelvin Tanui	SO Africa	SO Kenya	04:18:47	2
2015, Los Angeles	Steven Bryce	SO Europe / Eurasia	SO Great Britain	04:18:48	3

Women's 3,000 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	Susan Gatwiri	SO Africa	SO Kenya	11:03:13	1
2011, Athens	Yumileydis Mestre	SO Latin America	SO Cuba	11:23:21	2
2007, China	Rabia Naili	SO MENA	SO Tunisia	12:04.31	3



Men's 3,000 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2003, Ireland	Godfrey Obasele	SO Africa	SO Kenya	09:28.37	1
2015, Los Angeles	Alex Kiprop Komen	SO Africa	SO Kenya	09:28.91	2
2007, China	Hormelys Pichardo	SO Latin America	SO Cuba	09:33.82	3

Women's 5,000 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	Susan Gatwiri	SO Africa	SO Kenya	18:51:43	1
2019, Abu Dhabi	Svenja Schwarz	SO Europe / Eurasia	SO Germany	21:53:04	2
2011, Athens	Maria Semakina	SO Europe / Eurasia	SO Russia	22:14.21	3

Men's 5,000 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2011, Athens	Josphat M. Owino	SO Africa	SO Kenya	15:49.54	1
1999, North Carolina	Anis Moakher	SO MENA	SO Tunisia	16:10.69	2
2019, Abu Dhabi	Kamogelo, Moncho	SO Africa	SO South Africa	16:17:59	3

Women's 10,000 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	Monica Alejandra Prieto	SO Latin America	SO Paraguay	44:13:98	1



2019, Abu Dhabi	Monica Alejandra Prieto	SO Latin America	SO Paraguay	45:23:29	2
2011, Athens	Karen Dikerson	SO North America	SO USA	45:40:86	3

Men's 10,000 Meters - Athletics

World Games	Athlete	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	Onesmus Mutinda	SO Africa	SO Kenya	31:36:70	1
2011, Athens	Hormelys Pichardo	SO Latin America	SO Cuba	32:12:33	2
2015, Los Angeles	Onesmus Mutinda	SO Africa	SO Kenya	32:46:10	3

Women's Shot Put

World Games	Athlete	SO Region	Accredited Program	Distance	Record Position
2019, Abu Dhabi	Itzel Romero	SO Latin America	SO Mexico	10.7600 m	1
2019, Abu Dhabi	Chelsea Frederick	SO North America	SO Cayman Islands	10.4900 m	2
2011, Athens	Emilie Milandre	SO Europe / Eurasia	SO France	9.4200 m	3

Men's Shot Put

World Games	Athlete	SO Region	Accredited Program	Distance	Record Position
2019, Abu Dhabi	Christopher Tucker	SO North America	SO USA	15.3000 m	1
2007, China	Taiser N. Alwahal	SO MENA	SO Saudi Arabia	14.3300 m	2
2003, Ireland	Jeremy F. Tucker	SO North America	SO USA	14.2200 m	3



Women's Long Jump

World Games	Athlete	SO Region	Accredited Program	Distance	Record Position
2003, Ireland	Agita Zeibe	SO Europe / Eurasia	SO Latvia	4.8900 m	1
2007, China	Maria Klenovcanova	SO Europe / Eurasia	SO Slovakia	4.7900 m	2
2015, Los Angeles	Mikasja Kwasié	SO North America	SO Suriname	4.6700 m	3

Men's Long Jump

World Games	Athlete	SO Region	Accredited Program	Distance	Record Position
2007, China	Asaad Sharaheli	SO MENA	SO Saudi Arabia	6.9600 m	1
1999, North Carolina	Wissem Ben Bahri	SO MENA	SO Tunisia	6.5200 m	2
2015, Los Angeles	Fadli Amirullah	SO Asia Pacific	SO Indonesia	6.4000 m	3

Women's Mini Javelin

World Games	Athlete	SO Region	Accredited Program	Distance	Record Position
2019, Abu Dhabi	Zhi Yu Chen	SO East Asia	SO Chinese Taipei	22.5800 m	1
2015, Los Angeles	Jia-Min Pan	SO East Asia	SO Chinese Taipei	22.1600 m	2
2019, Abu Dhabi	Kristy Alford	SO North America	SO Canada	22.0300 m	3



Men's Mini Javelin

* 300M Male in Los Angeles for Mini Javelin did not apply

World Games	Athlete	SO Region	Accredited Program	Distance	Record Position
2015, Los Angeles	Vitalijs Kulikovs	SO Europe / Eurasia	SO Latvia	34.0600 m	1
2011, Athens	Sigurjon Sigtryggson	SO Europe / Eurasia	SO Iceland	21.6000 m	2
2019, Abu Dhabi	Vaclav Grund	SO Europe / Eurasia	SO Czech Republic	17.0800 m	3

Women's 4x100 Meters - Athletics

World Games	Athletes	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	Kristy Alford April Armstrong Regan Hofley Arianna Phillips	SO North America	SO Canada	00:54:74	1
1999, North Carolina	Yaneysi Aguilera Yanet Santamaria Leidis Chaveco Yanetsy Mahia Olivia Caridad	SO Latin America	SO Cuba	00:56.45	2
2003, Ireland	Aimara Rodriguez Perez Elieski Ariosa Alvarez Yaneisy Fernandez Rodriquez Lismay Osorio Neyra	SO Latin America	SO Cuba	00:58:11	3

Men's 4x100 Meters - Athletics

World Games	Team	SO Region	Accredited Program	Time	Record Position
2011, Athens	Faris Gharawy Talaé Alyami Mohammed Alfaheed Ali A. Fuqayha	SO MENA	SO Saudi Arabia	00:45.11	1



1999, North Carolina	Ellis, Winford Jason Stewart Sydney Manyan Oneil A. Smith	SO North America	SO Jamaica	00:45.66	2
2019, Abu Dhabi	Phuttipong Saiyai Chakkrit Chaaram Chonnoakorn Thuntirabhat Chaiyaporn Pichaisong	SO Asia Pacific	SO Thailand	00:45.66	2

Women's 4x400 Meters - Athletics

World Games	Team	SO Region	Accredited Program	Time	Record Position
2003, Ireland	Agita Zeibe Evita Udre Egija Ildena Mairita Mairita	SO Europe / Eurasia	SO Latvia	04:32:79	1
2007, China	Darya Bespamyatnykh, Lidia Zhakova Aleksandra Solovyena Irina Maximova	SO Europe / Eurasia	SO Russia	04:42:85	2
2015, Los Angeles	Audrey Vincent Lindsay Kinnear Catherine Partlow Kathryn Saunders	SO North America	SO Canada	04:43:74	3

Men's 4x400 Meters - Athletics

World Games	Team	SO Region	Accredited Program	Time	Record Position
2007, China	Ramzi Ltifi Zied Belrich Nizar Ouri Wissem Ben Bahri	SO MENA	SO Tunisia	03:32.53	1
2003, Ireland	Daer Rodriguez Sanchez Andres Gallardo Mendoza Josue Perez Guedes Julian De Leon Iznaga	SO Latin America	SO Cuba	03:36.34	2
2011, Athens	R. Omar Nusrat Ala Elfurawi	SO Africa	SO Libya	03:46:56	3



	Abdusalam M. Abulawdan Abdelhakim M. Misbah				
--	--	--	--	--	--

30. RESOURCES

RESOURCES	
World Athletics	This provides an overview of the Laws that govern international competitions. The Laws (Rules) of the Game are the identical for all Athletics throughout the world. These rules keep the game fair and are a crucial feature of the “spirit” of the game. The best matches are those where the referee is rarely needed as both sides play with respect for each other, officials and the Laws.
Special Olympics - Article 1 (https://resources.specialolympics.org/governance-and-leadership-excellence/special-olympics-general-rules/article-1)	These are the mission, goals and founding principles aligned with the Special Olympic Movement.
Special Olympics Athletics Sports Rules (https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Athletics-Rules-2022.pdf?_ga=2.62379500.1392263049.1671156085-1396307559.1668773770)	Athletics Sport Rules provide background on the rules that govern all Special Olympics Athletics competitions.



<p>Fitness and Performance Stations Technical Manual</p>	<p>This manual provides the expectations for the LOC regarding the planning and implementation of fitness and Performance Stations. As a vital element to improving sport preparation and performance, reducing injuries and quickening recovery, fitness and Performance Stations are a critical component of Special Olympics and an important event of events, and therefore involves a dedicated group of fitness professionals, students and volunteers who lead stations and provide education for the participants. Information and recommendations on how to organize Performance Stations are provided so that the obligations can be met.</p>
<p>Medical Operations Technical Manual</p>	<p>This provides an overview of the requirements for the medical operations of the event. This includes, but is not limited to: First Aid, Venue Medical and Emergency/Ambulance Services at all venues/events and accommodations, communication Planning for medical incidents and health and safety concerns, disaster and disease outbreak management, credentialing and medical information records, tracking and reporting medical incidents, training of medical volunteers/staff.</p>



Sensory Spaces Technical Manual

This provides an overview of the requirements of sensory spaces. Sensory Rooms and low-stimulations environments are specially designed spaces containing a range of stimuli designed to provide a safe environment for individuals to engage their senses. Sensory space is important for athletes who have issues with sensory processing/integration and have difficulty regulating certain sensory stimuli to help them decompress and cope with their surroundings. Along with many other benefits related to developing sensory skills, these spaces can provide a moment of comfort and calmness.