

Special Olympics Cumberland County

Track and Field Meet Spring 2023

Time::	Event:	Location:
8:15-9:15	Registration <i>(Teams Line up on cart path along outside of track starting at the gate)</i>	Scoreboard/ <i>Gold Star</i>
9:20	Parade/Opening Ceremonies	Track Gate/ <i>Gold Circle</i>
9:45 <i>(All age groups)</i>	30m Slalom Wheelchair Race 25m Assisted Walk	Tennis Court 1/ <i>Pink Circle</i> Tennis Court 2/ <i>Pink Star</i>
9:55	100m Dash <i>Ages 30+</i> <i>Ages 22-29</i> <i>Ages 16-21</i> <i>Ages 12-15</i> <i>Ages 11 & under</i>	HS Side of Track (R)/ <i>Red Star</i> <i>*Athletes will be called to staging tent by age groups. Please bring athletes to general area and listen for names. Proceed to <u>Awards following race</u></i>
	50m Dash <i>Ages 11 & under</i> <i>Ages 12-15</i> <i>Ages 16-21</i> <i>Ages 22-29</i> <i>Ages 30+</i>	MS Side of Track/ <i>Blue Star</i> <i>*Athletes will be called to staging tent by age groups. Please bring athletes to general area and listen for names. Proceed to <u>Awards following race</u></i>
10:00+ <i>(Continuous for all age groups)</i>	Shot Put <i>(Males then females)</i> Softball Throw Running Long Jump Standing Long Jump	Back of MS/ <i>Green Circle</i> MS Field/ <i>Green Star</i> Far L corner/ <i>Purple Circle</i> Far R corner/ <i>Purple Star</i>
10:30	25m Wheelchair Race 10m Assisted Walk <i>(All age groups)</i>	Tennis Court 1/ <i>Pink Circle</i> Tennis Court 2/ <i>Pink Star</i>
11:15	100m Walk 200m Dash	MS Side of Track/ <i>Blue Star</i> MS Side of Track/ <i>Blue Circle</i>
12:00	400m	HS Side of Track (L)/ <i>Red Circle</i>
12:15	4 x 100m Relay 4 x 100m Unified Relay	HS Side of Track (L)/ <i>Red Circle</i> HS Side of Track (L)/ <i>Red Circle</i>
12:30	Mile Run	HS Side of Track (L)/ <i>Red Circle</i>

Running events take precedence over field events. Please gather at staging tents and not at the start. Times are approximate and will be run in order of official's groupings.