

# What's up in Zone 1

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"Let me win. But if I cannot win, let me be brave in the attempt." (The Special Olympics Oath.) Saskatchewan Special Olympics is the Provincial Sport Governing Body for individuals who are mentally handicapped. Special Olympics is a multi-sport organization. The ultimate goal is to prepare athletes for active and successful participation in regular community athletic programs. Thus, there is a need for a continuum of opportunities leading toward integrated sport programs. One program on this continuum is the Saskatchewan Games. Athletes from Zone 1 have the opportunity to represent Southeast Saskatchewan at the Saskatchewan Games, held February 13-19, 1994 in Kindersley. The sports designated for Special Olympics athletes are: Bowling (35 & under), Speedskating (29 & under) and Cross Country Skiing (29 & under). The competitions are parallel competitions -Special Olympic athletes will

compete at the same time and site as other athletes, but only against other Special "O" athletes. There will be integrated relays for Speedskating and Cross Country Skiing.

The Zone 1 playoffs for Bowling and Speedskating will be held in conjunction with a skill development clinic at the Zone 1 Multi Sport Camp, held November 11-13. The playoffs for Cross Country Skiing will be held at a later date (depending on snow conditions). The race distances for speedskating are 400M, 800M, 1000M, 1500M and a 1500M relay. An athlete can use hockey skates if they cannot access speed skates. The Cross Country Ski Race distance is a 1KM race.

The Saskatchewan Games Program is an exciting venture for all involved. As the 1994 Saskatchewan Games theme song puts it "Come to play, Come to Kindersley, Set your spirit free, Let Saskatchewan see".