

## SOBC-Nanaimo Track Meet 2022

**DATE:** Sunday, June 26<sup>th</sup>, 2022

**LOCATION:** Nanaimo Rotary Bowl  
355 Wakesiah  
Nanaimo, BC

**TIME:** 9:45am coaches Meeting  
10:00am 10,000/5,000m (to run concurrently)  
**10am field events open**  
**Schedule timing to be determined but have typically been done around 3pm**  
**Ribbons shall be mailed out**

**SANCTIONING:** The competition will be sanctioned by Special Olympics BC and follow Sport Specific Rules as posted on the SOBC web site.

### EVENTS:

100m	Mini Javelin
200m	Running Long Jump
400m	Standing Long Jump
800m	Shot Put: Women 2.72 kg/6 lbs, Men (16 yrs. and over 4 kg/8.13 lbs) or (16 yrs. and under 2.72 kg/ 6lbs)
1500m	
3000m	
5000m	Pentathlon (Five events: 100 Metres, Long Jump, Shot Put, High Jump, 800 Metres)
10000m (5000m/10,000m to be run concurrently with a time for each)	*Will more than likely be divisioned into typical events, then removed for points allotment
Hurdles: Women - 100 Metre, Men - 110 Metre	
High Jump	50-metre developmental – athletes entered in the 50m may not do any other running event

**REGISTRATION:** \$ 15 /athlete  
cheques are to be made out to SOBC-Nanaimo.

\*\*Please note that fees are due and payable for all participants that register. If participants are unable to attend after registering fees are still due and payable.

**Special  
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**TRANSPORTATION:** Travel to and from the venue will be the responsibility of the attending local

This becomes relevant ie for snowsports as sometimes may provide transportation up the hill (in the case of ie. Swimming don't need to reference as all would be coming directly to the pool).

**ACCOMODATION:** If you require accommodations, you will be required to secure on your own. However, if you would like suggestions contact the Competition Coordinator.

This is more applicable to multi-day competition. If the hosting Local is aware of some reasonable cost / quality accommodation is always nice to list them. You don't need to secure a deal but often the hosting Local has suggestions.

**MEALS:** Meals will not be provided. We will however be supplying some healthy snacks. Please bring your own water bottles. There will be filling stations but no concession.

Provide Details of food or identify if no food will be provided ie. May be just lunch on one day, or just snacks – also good to identify what food will be served if known. **Note: Particularly for a one-day meet it is not necessary for competition coordinators to provide food.** This drastically cuts down on cost and logistics and then athletes can bring food that will work for them. However, food should be budgeted for and provided to volunteers who are assisting with the meet. For a two-day meet is it helpful to provide food as challenging for those travelling to try and secure lunches for their teams

Water – all participants are asked to bring their own water bottles.  
Bottled Water will not be provided but will be areas to refill bottles

We promote athletes and coaches bringing their own water bottles. However, make sure there is accessible water for them to refill

Dietary Restrictions - identify if able to (or not) accommodate dietary restrictions

Please Ensure to include this if you will be providing food– if you can't accommodate dietary restrictions be sure to say so and/or identify what can be accommodated (ie. Can only accommodate vegetarian or gluten free). Also be sure to include a spot to identify this on the registration form.

**MEDICAL:** Teams must always have a complete set of medical forms with them and provide to medical staff as needed.

**COACH SIGN IN:** All coach will be required to sign in at the competition, bring their NCCP#, and attend the complete competition.  
(Required for Regional Qualifiers only)

**REGISTRATION DEADLINE:** June 15<sup>th</sup>.

Please complete the registration form in full and submit by the deadline.  
Late registration will not be able to be accommodated.

All registrations and tournament entry fees must be received by the  
deadline. Payment can be brought to the event.

For Regional Qualifiers divisioning must be submitted 2 weeks in advance. If assistance with  
divisioning is required, please provide copies of registration 3 weeks in advance of the  
competition to [competition@specialolympics.bc.ca](mailto:competition@specialolympics.bc.ca).

Please direct registration and any questions to: Angela Behn  
angelabehn@shaw.ca  
778-674-5054

Sometimes will have a different person to receive registration and one to respond to questions.  
Important to list people that are accessible.