

# Special Olympics BC Fall 2020 Virtual Competition ATHLETICS

We are excited to offer a virtual competition opportunity for **athletics programs** that are part of Level 1 within [Special Olympics BC's Return to Sport](#).

Events will be executed within local programs with times and distances submitted to the SOBC Provincial Office. Results will then be divisioned against athletes from across the province competing in the same event(s).

After the results are compiled, SOBC will host a virtual ceremony that will celebrate everyone's participation. The ceremony will be open to all participants as well as their friends and families!

### Request to Confirm Participation

Head Coaches are asked to email Jean Tetarenko at [jtetarenko@specialolympics.bc.ca](mailto:jtetarenko@specialolympics.bc.ca) to confirm if their program will participate in the Fall 2020 Virtual Competition.

### Virtual Competition Timeline

Results Submission Deadline: **Monday, October 19, 2020** (coaches are asked to submit results once their programs are complete to assist with data entry)

Virtual Awards Ceremony: Date to be announced

### Virtual Competition Events:

Events offered within the Fall 2020 Athletics Virtual Competition are:

**Track Events:** 50 m (for athletes who cannot run 100m or greater)  
100 m  
200 m  
400 m  
800 m  
1500 m  
3000 m

**Field Events** Standing Long Jump  
Running Long Jump  
(participants may enter either SLJ or RLJ but not both)

\*\*Athletes may enter a minimum of 1 event and maximum of 5 events

### Event Selection

Athletes must have been engaged in training prior to competing in an event. Event selection should be based on current training status of each athlete and not what they may have entered previously. **Athletes may enter a minimum of 1 event, and a maximum of 4 events as part of this Virtual Competition.**

Individual programs can select which events to execute within their program. Not all events need to be offered in each program. Additional events, including Throws, will be offered as we progress through Return to Sport levels.

## Facility and Equipment

- Track with marked lanes
- Jump pit if offering running or standing long jump
- Jump board or wide tape for standing long jump
- Stop watches
- Measuring tapes
- Disinfecting wipes and PPE as per RTS Protocols
- Tape, or cones, to identify waiting areas
- Recording sheets

## Event Execution

- Execution of all events must align with Return to Sport Athletics Protocol
- All events to be executed as per SOC rules where possible
- When feasible, athletes should be given the opportunity to race against athletes of similar ability within their Local. Although results will be split by gender, it is fine to race male and female athletes together.
- Athletes will be competing for a “time” or “distance”; placing within their local event will have no bearing on final results in the Virtual Competition.
- Events can be executed at any time prior to the results submission deadline and can be done over multiple program sessions.

## Track Events

### Sprint Events (50 m – 400m)

- Athlete must stay in their designated lane for the complete event.
- Lanes must be allocated based on required physical distancing requirements.
- Identification (taped x's or cones) must be placed in lanes in which athlete is competing.

### Middle Distance (800m and longer)

- Athletes must start in staggered positions with a lap counter / timer allocated for each athlete(s).
- Athletes must run in Lane 1 (or designated lane).
- When passing, athletes must move 2 lanes away from the athlete being passed.

## Field Events

### Standing Long Jump or Running Long Jump

- Suggested grouping of maximum of 4 athletes per group.
- Establish a waiting area for athletes waiting, with either “x” on the ground or cones to identify physical distancing.
- Each athlete will be provided with 3 attempts, alternating turns between 4 athletes.
- Measurement should be taken from the front edge of the take-off board to the nearest point of contact with the sand. Measurements are rounded down to the nearest .01m.
- If an athlete’s foot goes over the toe board, no measurement should be taken; note a fault for that attempt.
- Record the longest distance of the three attempts on the results sheet.

## Submitting Results

Submitted results will be divisioned by gender for each event against athletes competing in the same events(s) from across the province. Head Coaches will be notified of results in advance of the virtual ceremony.

Results must be submitted no later than **Monday, October 19, 2020** and include:

1. Completed “Athletics Results Submission“ excel sheet; and
2. Group photo of participants in your program (physically distanced of course) for use in the virtual ceremony. You are welcome to submit more than one photo if all participants are not present at one practice.

Submission of additional photos optional but welcome.

Please submit results and photo(s) to [jtetarenko@specialolympics.bc.ca](mailto:jtetarenko@specialolympics.bc.ca)

Submission of results as soon as your program is completed is appreciated to assist with data entry.

## Officiating Events

Coaches will function as officials, timers, and recorders to the best of their ability. We realize coaches are not trained officials and just ask that you do your best to execute the events within the rules of the sport.

Your Program Safety Volunteer can support event execution as well.

No additional people can be added to your program to execute events.

Further information on basic skills, competition, and rules can be accessed on the SOBC website under [Athletics Coach Resources](#).

## Questions and Support

Questions on processes including how to structure your event and/or rules can be directed to:

Jean Tetarenko  
SOBC Sport Coordinator  
[jtetarenko@specialolympics.bc.ca](mailto:jtetarenko@specialolympics.bc.ca)  
Cell: 250-883-2452