

## Special Olympics Nebraska State Athletics for 2021

The following events will be the only events offered this year for Athletics. Athletes may participate in up to 3 events. All events will be ran/thrown/jumped at your own track during practices. We will not have a big in person competition this year. You will still be divisioned once we receive your qualifying times/distances from your coach. Then you will run/throw/jump again at a practice and turn in that time to the state office. Both your qualifying time and your final time should be sent into [twolf@sone.org](mailto:twolf@sone.org) We will post the results on the SONE website and send the HOD's the medals and ribbons.

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|----------------------|-----------------------|
| 1. 50 M Walk         | 8. 400 M Walk         |
| 2. 50 M Run          | 9. 400 M Run          |
| 3. 100 M Walk        | 10. 800 M Run         |
| 4. 100 M Run         | 11. Softball Throw    |
| 5. 100 M Unified Run | 12. Mini Jav          |
| 6. 200 M Walk        | 13. Long Jump         |
| 7. 200 M Run         | 14. Unified Long Jump |

### Athletics Schedule for Summer Games 2021

We eliminated the Regional Athletics Competitions this year. Your Athletes and Unified Partners go straight to state.

**March 8, 2021 – May 23, 2021** - Registration period/ send in qualifying times registration spread sheet to the State Office. Please send entries to [twolf@sone.org](mailto:twolf@sone.org)

**May 24, 2021 – May 30, 2021** – Athletes will be divisioned

**May 31, 2021 – June 11, 2021** (2 weeks) of track competition. You will have two weeks time to give us your final track times/distances in your events. This will be done at your own track. Please send final times/distances to [twolf@sone.org](mailto:twolf@sone.org) This can be sent via email using the updated finals time form we will provide on the SONE website.

**June 12, 2021 – June 18, 2021** Results from State track will be posted on the website. The state office will send the medals and ribbons to the HOD's for distribution to their athletes.

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