



2023 SPECIAL OLYMPICS ONTARIO SCHOOL CHAMPIONSHIPS

HOSTED BY



Track & Field Technical Package

Kingston, Ontario

June 6-8, 2023





School Championships Track & Field

Venue

The track & field competition will take place at:

- CaraCo Field (Invista Centre)
 - 135- Gardiners Rd., Kingston, ON
- <https://www.cityofkingston.ca/residents/recreation/facilities/caraco-home-field>

The following support facilities are available:

- Eight-lane 400m running track with rubber sport surface
- Artificial turf multi-sport field
- Shot put, long jump
- Sports lights
- Accessible washrooms
- Indoor seating for lunch
- Bleacher seating for 750 spectators

Venue maps will be distributed closer to the Games.

Seating

Ample seating is available along the track. Seating is limited near the jump pits and we encourage fans to bring their own portable chairs if necessary.

Parking

There is sufficient paid parking on site to handle all spectators, media, volunteers, etc.

Distance from Athletes Village

The venue is about a 10 minute drive from residence, depending on the building your team is assigned to. Busing will be provided for all athletes and coaches to and from events. Transportation will not be provided throughout competition, solely at the beginning and end of the day.



Track & Field Rules

Unified & Traditional Teams

1. Competition Format

1a. Schedule

June 6 – Prelim Races & Pit Events

June 7 – Final Races & Pit Events

June 7 – Medals throughout the afternoon

1b. Events

1. The following events will be offered on the day of competition:
 - a. 50m *note – athletes cannot run in the 50M and 100 or 200
 - b. 100m
 - c. 200m
 - e. Shot put (female – 3kg, male – 4kg)
 - f. Standing long jump *note – athletes cannot compete in standing and running long jump
 - h. 4x100 relay
2. Athletes may choose 3-5 events in which they wish to compete (relay is not included in this count). Athletes must choose at least one track event and one field event.
3. Unified Track and Field will be a team competition with participants competing against others in that division. Teams must have a 1:1 athlete to partner ratio. The final standings for the Unified Divisions will be calculated factoring in the results of the athletes and unified partners from each team equally.

1c. Uniforms

All athletes must supply their own uniforms. Track and field bibs or t-shirts with the school logo or name is preferred, however matching t-shirts are also allowed. **All students must be wearing proper running attire to participate** i.e. running shoes, shorts or appropriate pants, t-shirts.



1d. Equipment

All equipment will be provided by SOO. Athletes are not permitted to use their own shot puts, etc.

2. Competition

2a. Divisioning

1. Athletes will be divisioned individually based on their age, gender and timed results.
2. Separate heats will be formed for students with mobility assistant devices if necessary.

2b. Schedule & Heats

1. Athletes will be placed in race heats based on their division determined by their age, gender and divisioning times from their regional qualifiers for prelim races. Results from prelim races will be used for final races.
2. A final schedule will be released prior to the event day which will include timing for prelim and final events.
3. All competition will take place outdoors. Please dress accordingly.

2c. Disqualification

1. False starts:
 - a. The first false start will result in the race being restarted. The second false start and subsequent false starts will be charged against the athlete(s) making a false start.
2. Lane changes:
 - a. Unintentional lane changes that impact or interfere with the running path of another competitor will result in a disqualification from the race
 - b. Should an athlete's results be impacted by a fellow competitor changing lanes, the impacted athlete will have the opportunity to complete the race



Other Competition Information:

Emergency Action Plan:

- Will be available on site for all coaches and included in their coach package to be picked up at registration on Day 1.

Protest Procedures:

- Protests can be formally submitted to the Special Olympics Ontario mission staff present at each sport. Divisioning results cannot be protested.

Medal Presentations:

- Will be conducted on the playing field throughout Day 2.

First Aid & Security:

- Will be available on site.

Weather Delays & Cancellations

- In the case of extreme weather, every effort will be made to allow all teams to complete all their games. Should extreme weather be predicted in the forecast, an alternate competition venue may be used. Should extreme weather come last minute and result in competition cancellation, the following examples will be followed:
 - Prelims cancelled – results from virtual submission forms will determine divisions for final races
 - Final races cancelled – results from prelim races will be used

Appendix: Venue Map



