



Athletics
Order of Events
Dimond High School Track

Saturday, June 6

8:30 a.m.	Coaches Meeting
8:30 – 9 a.m.	Warm-up
9 a.m.	Competition
	1500 Meter
	50 Meter Walk/Assisted Walk
	50 Meter
	400 Meter Walk
	400 Meter
	200 Meter Walk
	200 Meter
	25 Meter Walk/Assisted Walk
	25 Meter
	800 Meter
	10 Meter Assisted Walk
	100 Meter Walk
	100 Meter
	4X100 Meter Relay
12:30 p.m.	Approximate Finish
12:30 p.m. – 1 p.m.	Track athletes to cafeteria for lunch
1 p.m. – 2:45 p.m.	Track athletes to Healthy Athletes at DHS Commons
2:45 p.m.	Track athletes report to DHS Track for Awards Presentation
3:00 p.m.	Track awards presentation
4:30 p.m.	Approximate finish including awards

Sunday, June 7

8:30 – 9 a.m.	Warm-up
9 a.m.	Competition
	Standing Long Jump
	Long Jump
	Shot Put
11:00–11:30 a.m.	Lunch
11:45 a.m.	Softball Throw
	Tennis Ball Throw
2:00 p.m.	Approximate Finish (including awards)

Special Olympics Alaska

3200 Mountain View Dr, Anchorage, AK 99501, USA Tel +907-222-7625 Fax +907-222-6200

www.specialolympicalaska.org Email info@specialolympicalaska.org Twitter @SpecialOlymAK

Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities