



2020 Special Olympics Track Team

General Information:

Practices: Sunday's March 8th through April 26th. (No practice April 12)

Between 12pm and 1:30pm @ Go For It Sports or YHS Track

Practice Meets: April 16, April 18 & April 29th @ YHS Track

Special Olympics Spring Games Track Meet: Sunday, May 3rd @ Marmion

Summer State Games June 12-14, 2020 @ Illinois State University

For additional information or a registration form please contact:

Coach Justine Brummel justine@goforitsportsdome.com

630-669-6604

Coach Michelle Hettel mhettel@y115.org

630-553-4594

“Let me win. But if I cannot win,

let me be brave in the attempt.

List of Events

Walking Events-

- 100 Meter Race Walk
- 400 Meter Race Walk
- 800 Meter Race Walk

Running Events-

- 50 Meter Run (Athletes can compete in the 50 M Run OR 100 Run)
- 100 Meter Run (Athletes can compete in the 50 M Run OR 100 Run)
- 200 Meter Run
- 400 Meter Run
- 800 Meter Run
- 1500 Meter Run
- 300 Meter Run

Field Events-

- Standing Long Jump (Athletes can compete in Standing LJ OR Running LJ)
- Running Long Jump (Athletes can compete in Standing LJ OR Running LJ)
- High Jump
- Tennis Ball Throw (Athletes can compete in Tennis Ball OR Softball Throw OR Shot Put)
- Softball Throw (Athletes can compete in Tennis Ball OR Softball Throw OR Shot Put)
- Shot Put (Athletes can compete in Tennis Ball OR Softball Throw OR Shot Put)

Combination Events-

- Pentathlon (100 M Run, Running Long Jump, Shot Put, High Jump, 400 M Run)

Relay Events-

- 4x100 Meter Relay
- 4x400 Meter Relay

Athletes can compete in 2 individual events plus 1 relay

Please review event list and circle/highlight what events you are interested in.

Athlete Name: _____