



Special Olympics
Wyoming

2016 Winter Season Information Guide

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I. Minimum Training Requirements

The minimum training requirements are sport specific and must be achieved by state Winter Games. It is important that athletes are trained by proper coaches for the appropriate amount of training weeks/hours per the requirements below. This ensures athletes gain enough sports skills and experience to successfully compete in competitions. Hours at Area Games competition are credited towards these requirements.

Alpine/Snowboard 8-10 weeks or 12 hours

Cross Country 8-10 weeks or 12 hours

Snowshoe 8-10 weeks or 12 hours

II. Area Games

Athletes are required to compete at Area Games prior to State competitions. The exception is if a sport is not available at area competition.

Please contact the Area Games Coordinator, listed below, about competition details:

Area	Date(s)	Location	Contact	Phone	Email
I	1/22	Meadowlark Ski Resort	Karen Beddoes	307.330.4153	AreaI@specialolympicswy.org
II	1/26	White Pines	Jenn Woolf	435.770.8032	AreaII@specialolympicswy.org
III	TBD	Snowy Range	Marsha Dial	307.220.0253	AreaIII@specialolympicswy.org
IV	1/29	Terry Peak	Carrie Pilcher	307.751.0539	AreaIV@specialolympicswy.org
V	TBD	Hogadon/Casper Mtn	Ken Hoff	307.259.2199	AreaV@specialolympicswy.org

Area Games registrations can be found on the Special Olympics Wyoming website on the [Area Games page](#) or on the [Winter Games page](#).

NOTE: All material in this document is relevant to area competitions except for information on schedules, housing, meals, volunteers, and special events.

III. State Winter Games

A. Events Offered

Each athlete is allowed to compete in one sport only.

ALPINE:

Beginner/ Lower Ability Events	Official Events
Glide Event 10 meter Walk Super Glide	Slalom Super G Slalom Giant Slalom

*Sit Skiers please note on registration

*Level 1 athletes may be entered in an assisted event which allows for a coach on the course

SNOWBOARD:

Beginner/ Lower Ability Events	Official Events
Super Glide	Slalom Super G Slalom Giant Slalom

Alpine/Snowboard Levels:
I=novice
IA=assisted
II=intermediate
III=advanced

A helmet is required for all athletes training and/or competing in Alpine or Snowboard events.

Athletes must compete at the **same level** for all events. For entry level alpine athletes the progression is:

- ↔ 10 Meter Race
- ↔ Glide
- ↔ Super Glide
- ↔ Super G Level 1

*Athletes must enter consecutive distance.

For example:

10 m→25 m→50 m
 Or
 100m→500m→1km

*Athletes entered in relays must compete in a time trial for the individual event which constitutes one "leg" of the relay.

*Athletes may **not** compete in the same event as an individual and then as a member of a Unified Sports team.

CROSS COUNTRY:

Beginner/ Lower Ability Events	Higher Ability Events	Relay Events
10 m Ski Race 10 m Assisted Ski Race 25 m Ski Race 25 m Assisted Ski Race 50 m Ski Race 100 m Ski Race	500 m Ski Race 1 km Ski Race 3 km Ski Race 5 km Ski Race	4 x 1 km Relay 4 x 1km Unified Sports Relay

SNOWSHOE:

Beginner/Lower Ability Events	Higher Ability Events	Relay Events
25 m Race 25 m Assisted Race 50 m Race 50 m Assisted Race 100 m Race	200 m Race 400 m Race 800 m Race 1600 m Race	4 x 100 m Relay 4 x 100 m Unified Sports Relay 4 x 400 m Relay 4 x 400 m Unified Sports Relay

B. Block Schedule

All athletes will compete in a time trial on Wednesday morning (in cross country and snowshoe they may compete in two). The Games Management software will automatically enter athletes in appropriate time trial events. Athletes should choose one event per block; exception is CC & SS may add one relay.

Note: Athletes entered in relays must compete in a time trial for the individual event that constitutes one "leg" of the relay.

	February 3 Wednesday AM	February 3 Wednesday PM	February 4 Thursday AM	February 4 Thursday PM
Alpine	Time Trials (Modified Giant Slalom for all Alpine Athletes)	Glide Event Slalom I,II,III	Super Glide 10 Meter Walk Giant Slalom I, II, III	Super G Slalom I, II, III
Snowboard	Time Trials (Modified Giant Slalom for all Snowboard Athletes)	Glide Event Slalom I,II, III	Super Glide Giant Slalom I, II, III	Super G Slalom I, II, III
Cross Country	Time Trials *Short Distances (10m, 25m, 50m) will complete a 25m time trial *Medium (100m & 500m) will complete a 100 meter time trial *Long (1k, 3k, 5k) will complete a 1k time trial	10 meter Ski Race 10 meter Assisted Race 100 meter CC Ski Race 3 kilometer CC Ski Race	25 meter Ski Race 25 meter Assisted Race 500 meter CC Ski Race 5 kilometer CC Ski Race	50 meter CC Ski Race 1 kilometer CC Ski Race 4x1 kilometer CC Relay 4x1 kilometer Unified Sports Relay
Snowshoe	Time Trials *Short Distances (25m, 50m, 100m) will complete a 50m time trial *Long (200m, 400m, 800m, 1600m) will complete a 200 meter time trial	800 meter Race 100 meter Race 4x400 meter Relay 4x400 meter Unified Sports® Relay	400 meter Race 50 meter Race 50 meter Assisted Race 4x100 meter Relay 4x100 meter Unified Sports® Relay	200 meter Race 25 meter Race 25 meter Assisted Race 1600 meter Race

C. Tentative 2016 State Winter Games Schedule of Events

Tuesday, February 2, 2016

5:00 to 7:00 p.m.	Registration	Jackson Hole High School
5:30 to 6:45 p.m.	Dinner	
6:30 p.m.	Coaches meeting	
6:45 p.m.	Athlete Line up	
7:00 p.m.	Opening Ceremonies	

Wednesday, February 3, 2016

7:00 to 8:30a.m.	Breakfast—Athletes & Coaches	Elk's Lodge
9:00 to 9:45a.m.	Site Acclimation/Warm-up	
9:15a.m.	Snowshoe and Cross Country Coaches Meeting	Snowshoe and Cross Country
Venues		
10:00 to 12:00 p.m.	Time Trials	
	<ul style="list-style-type: none"> • Cross-Country Skiing • Alpine Skiing • Snowshoeing • Snowboarding 	Teton Pines Jackson Hole Mountain Resort Teton Pines Jackson Hole Mountain Resort
11:00 to 1:00	Lunch	Competition locations
1:00 to 4:00 p.m.	Competition	Event Sites

Cross Country	Snowshoe	Alpine	Snowboard
<ul style="list-style-type: none"> • 10 Meter • 10 Meter Assisted • 100 Meter 	<ul style="list-style-type: none"> • 800 Meter • 100 Meter • 4x400 Meter Relay 	<ul style="list-style-type: none"> • Glide Event • Slalom I, II, III • 3 Kilometer 	<ul style="list-style-type: none"> • Glide • Slalom I, II, III • 4x400 Meter US Relay

Awards will be presented following the conclusion of each heat

6:00 to 9:30 p.m.	Victory Dance & Banquet	Snow King
7:30 to 8:00 p.m.	Coaches' Meeting	Snow King
8:00 to 8:30 p.m.	Athlete Input Council	Snow King

Thursday, February 4, 2016

7:00 to 8:30 a.m.	Breakfast—Athletes & Coaches	Elk's Lodge
8:30 to 9:30 a.m.	Cross Country, Snowshoe Warm-up	Event Sites
9:00 to 9:30 a.m.	Alpine & Snowboard Warm-up	Eagle's Rest
9:15a.m.	Cross Country and Snowshoe Coaches Meeting	Teton Pines
9:30 to 12:00 p.m.	Competition	Event Sites

Cross Country	Snowshoe	Alpine	Snowboard
<ul style="list-style-type: none"> • 25 Meter • 25 Meter Assisted • 500 Meter • 5 Kilometer 	<ul style="list-style-type: none"> • 50 Meter • 50 Meter Assisted • 400 Meter • 4x100 Meter Relay • 4x100 Meter US Relay 	<ul style="list-style-type: none"> • Super Glide • 10 Meter Walk • Giant Slalom I, II, III 	<ul style="list-style-type: none"> • Super Glide • Giant Slalom I, II, III

Awards will be presented following the conclusion of each heat

11:00 to 1:00	Lunch	Competition locations
1:00 to 3:00 p.m.	Competition	Event Sites

Cross Country	Snowshoe	Alpine	Snowboard
<ul style="list-style-type: none"> • 1 Kilometer • 50 Meter • 4x1 Kilometer Relay 	<ul style="list-style-type: none"> • 200 Meter • 25 Meter • 25 Meter Assisted 	<ul style="list-style-type: none"> • Super G Slalom I, II, III 	<ul style="list-style-type: none"> • Super G Slalom I, II, III

Awards will be presented following the conclusion of each heat

D. Cost:

There is a \$35 assessment fee for registered athletes, Unified Sports® partners, coaches and chaperones. This fee covers costs of meals (two breakfasts, two lunches and two dinners) and associated competition costs (facility fees, lift tickets, etc).

E. Divisioning:

Age Divisions: 8-15, 16-21, 22-29, 30+

Divisions may be combined or subdivided according to the number of participants. Divisions will have a maximum of 8 participants.

F. Awards:

Individual medals will be awarded to the first 3 places in each division. Ribbons will be awarded to the remainder. Awards will be presented immediately following the conclusion of each heat.

G. Meals:

The following meals will be offered at the 2016 Winter Games:

	Tuesday, Feb 2	Wednesday, Feb 3	Thursday, Feb 4
Breakfast		Elk's Lodge	Elk's Lodge
Lunch		Competition Sites	Competition Sites
Dinner	Jackson Hole HS	Snow King Resort	

*Meal locations may be subject to change.

Notes regarding meals:

- If you or your athletes have specific dietary needs or do not like meals choices, please make arrangements to bring your own lunch, dinner or breakfast.
- Special Olympics will not reimburse you if you choose not to eat one of our prearranged meals and go off site for food.
- It is important that local coordinators provide an accurate number of meals on the Delegation Registration Form for athletes, volunteers, and families to keep costs down.

H. Housing Information

Teams are responsible for making their own hotel reservations. Snow King Resort is the host hotel again for the 2016 Winter Games; rooms are available for \$130 per night and can book directly online at <http://booking.ihotelier.com/istay/istay.jsp?groupID=1524398&hotelID=77244>.

Special Olympics Wyoming is looking into hotels with lower nightly fares. A list will be updated on the [Winter Games page](#).

I. Facilities

Alpine Events

Jackson Hole Mountain Resort
3395 Cody Ln.
Teton Village, WY 83025
307.733.2292

Banquet & Host Hotel

Snow King Resort
400 E. Snow King Ave.
Jackson, WY 83001
307.733.5200

Breakfast

Elk's Lodge
270 W. Broadway
Jackson, WY 83001
307.733.1713

Opening Ceremonies

Jackson Hole High School
1910 High School Rd.
Jackson, WY 83001
307.732.3700

Snowshoe & Cross County Events

Teton Pines Country Club
3450 Clubhouse Dr.
Wilson, WY 83014
307.733.1005

J. Special Events

Opening Ceremonies

Tuesday, February 2, 2016 7:00pm-8:00pm Jackson Hole High School
Featuring:
 Entertainment, Law Enforcement Torch Lighting

Victory Banquet & Dance

Wednesday, February 3, 2016 6:00pm-9:30pm Snow King Resort

Featuring:
 Buffet style dinner & dance party
 Theme:

K. State Winter Games- Games Management Team (GMT)

Special Olympics Wyoming would like to thank the Winter Games GMT for their hard work leading up to and at Winter Games. The GMT is made up of volunteers around Wyoming that work hard to ensure the 2016 Winter Games is the best possible experience for athletes, families and volunteers!

Karen Beddoes	Snowshoe Director	Carolyn Burke	Volunteer Coordinator
Don Carr	Alpine Director	Lee Judge	Banquet Coordinator
Jill Harkness	X Country Director	Gina Lipp	Registration/Awards
Al Zuckerman	X Country Director	Margaret Brady	JHMR Liaison

Additional members may be added as they join our team!

L. Volunteer Information

Thank you to all the volunteers who work to make Winter Games so successful. We couldn't do it without you!

- All volunteers 16 years of age or younger must be accompanied by a parent or other chaperone.
- Pre-registered volunteers will receive a complimentary meal.
- Volunteers can pre-register by contacting Carolyn Burke at (307) 413-0056 or buke@wyom.net.
- Volunteers need to check-in at designated areas at the beginning before they participate.

M. Families Information & Activities

Special Olympics Wyoming knows the importance of family support to our athletes. As a thank you to family members we include their participation in most activities at competition.

IV. Winter Games General Rules

The official Special Olympics Sports Rules for Alpine Skiing, Snowboarding, Snowshoeing and Cross Country Skiing shall govern all Special Olympics competitions. All Special Olympics rules have been created based on National Governing Body (NGB) rules and NGB rules shall be employed except when they are in conflict with Special Olympic modifications. All Special Olympics official rules can be found at <http://www.sowyo.org/index.php/resources/sports-coaches-resources>.

- Athletes may compete in one sport per day.
- Athletes must have completed training requirements and competed at Area Games before competing at Winter Games.
- Athletes may not compete in the same event in Unified Sports AND traditional Special Olympics competition.
- Please make every effort to match athletes with partners of similar age and ability.
- In order to properly division athletes for competition and provide the best competition possible for all participants, **it is imperative that accurate and recent** scores/times are provided on registration for every participant in every event.

A. Assisted Rules:

1. Athlete starts behind the start line with a walking aid.
2. Athlete walks using a walking aid.
3. Athlete stays in his/her designated lane.
4. Athlete may not receive physical assistance from coaches, officials that provides forward momentum etc.

The following rules are for athletes with visual or hearing impairments:

- a) A rope or sighted guide runner may be provided to assist athletes who are visually impaired.
- b) A sighted guide runner may not be ahead of the athlete in any manner. At no time may the guide runner pull the athlete or propel the athlete forward by pushing.
- c) A tap start will be used for an athlete who is both deaf and blind.
- d) Guide runners must wear a bright orange running vest so that they are clearly distinguished from competitors.

B. Attire and Equipment

- Athletes should wear athletic attire appropriate for their sport and weather conditions.
 - Please refer to the [Statement on Commercial Messages on Athlete Uniform and Competition Number](#) on our website.
 - Special Olympics requires that all teams ordering any new equipment with a Special Olympics North America approved logo send proof to [Bill Junge](#). Bill will provide quick response and will not delay the printing process at any point. Questions regarding logo use or any other branding questions should be directed to Bill at specialevents@specialolympicswy.org or (307)235-3062.
 - Jeans not appropriate for any competitors.
- Teams must provide their own adaptive equipment for all sports.

V. Registration Instructions for 2016 Winter Area and State Games

The following forms must be included for your registration to be complete:

Form 1: Delegation Registration Sheet

Form 2: Volunteer Roster

Form 3: Sports Registrations **Or** GMS Exchange file

Note: You must complete registration forms for Area Games **AND** registration forms for State Games by designated deadlines.

All forms can be found on the [Winter Games page](#) of the website.

Please send registration materials to the following:

Competition	Registration Deadline	Forms Returned To:
Area I	TBD	Karen Beddoes
Area II	TBD	Jenn Woolf
Area III	TBD	Marsha Dial
Area IV	TBD	Carrie Pilcher
Area V	TBD	Ken Hoff
State Games	Tuesday, January 19 th	Allison Harker

Contact Allison Harker for a copy of GMS games file, technical support or additional assistance: program@specialolympicswy.org or (307) 235-3062.