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**2020 Winter Games**

**Information Guide**

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# 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 trained, preferably certified 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

# Area Games

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

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Area** | **Date(s)** | | **Location** | **Contact** | **Phone** | **Email** |
| I | 1/24 | | Meadowlark Ski Resort | Karen Beddoes | 307.330.4153 | [AreaI@specialolympicswy.org](mailto:AreaI@specialolympicswy.org) |
| II | TBD | | TBD | Crystal Fry | 307.679.9114 | [AreaII@specialolympicswy.org](mailto:AreaII@specialolympicswy.org) |
| III | TBD | Snowy Range | | Marsha Dial | 307.220.0253 | [AreaIII@specialolympicswy.org](mailto:AreaIII@specialolympicswy.org) |
| IV | 1/24 | | Terry Peak | Carrie Pilcher | 307.751.0539 | [AreaIV@specialolympicswy.org](mailto:AreaIV@specialolympicswy.org) |
| V | 1/25 | | Hogadon/Casper Mtn | Dan Lang | 307.235.3062 | [fieldservices@specialolympicswy.org](mailto:fieldservices@specialolympicswy.org) |

Area Games registrations can be found on the Special Olympics Wyoming website on the [Area Games page](http://www.sowy.org/index.php/area-games) or on the [Winter Games page](http://www.sowy.org/index.php/state-games/winter-games).

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

# State Winter Games

**Alpine/Snowboard Levels:**

**I=beginner**

**IA=beginner assisted**

**II=intermediate**

**III-advanced**

**S-sitski**

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

# 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 |

\*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 |

## **Tentative Block Schedule**

All athletes must 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 5th**  **Wednesday AM** | **February 5th**  **Wednesday PM** | **February 6th**  **Thursday AM** | **February 6th**  **Thursday PM** |
| **Alpine (JHMR)** | **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 III | Super G Slalom I, II |
| **Snowboard**  **(JHMR)** | **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 III | Super G Slalom I, II |
| **Cross Country (TBD)** | **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**  **(TBD)** | **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 |

## **Cost:**

There is a $42.50 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, rental equipment, supplies, and awards).

## **Divisioning:**

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

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

## **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.

## **Meals:**

The following meals will be offered at the 2020 Winter Games:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Tuesday, Feb 4** | **Wednesday, Feb 5** | **Thursday, Feb 6** |
| **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.
* Please list the total number of extra meals expected for those other than participates on the registration cover page.

## **Housing Information**

Teams are responsible for making their own hotel reservations. Snow King Resort is the host hotel again for the 2020 Winter Games; rooms are available for **$118 per night** (\*prices have changed from previously listed $109) and can book directly online at <https://www.snowking.com/jackson_special_offers/Cyber-Weekend-Sale-40-Off-Lodging/?gclid=EAIaIQobChMImvXOk_j-5QIVkiCtBh1QhgnqEAAYASAAEgLsJPD_BwE>

## **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**

TBD

## **Special Events**

**Torch Run**

Tuesday, February 4, 2020 2:00pm-2:30pm Town Square

**Torch Run Ceremonies**

Tuesday, February 4, 2020 2:30pm Town Square

**Opening Ceremonies**

Tuesday, February 4, 2020 7:00pm-8:00pm Jackson Hole High School

Featuring:

Entertainment, Law Enforcement Torch Lighting

**Victory Banquet & Dance**

Wednesday, February 5, 2020 6:00pm-9:30pm Snow King Resort

Featuring:

Buffet style dinner & dance party

Theme: ***Favorite Disney Characters***

## **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 2020 Winter Games is the best possible experience for athletes, families and volunteers!

|  |  |  |  |
| --- | --- | --- | --- |
| Karen Beddoes | Snowshoe Director | Carolyn Burke | Volunteer Coordinator |
| Christy Fox | Alpine Director | Smokey Rhea | Opening Ceremonies |
| Al Zuckerman | X Country Director | Jess McMillan | JHMR Liaison |

Additional members may be added as they join our team!

## **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.

# Winter Games General Rules

The official Special Olympics Sports Rules for Alpine Skiing, Snowboarding, Snowshoeing and Cross Country Skiing shall govern al Special Olympics competitions. All Special Olympics rules have been created based on National Governing Body (NGB) rules and NBG 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.sowy.org/index.php/resources/sports-coaches-resources>.

* Athletes can compete in **one sport**.
* 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.

## **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:

1. A rope or sighted guide runner may be provided to assist athletes who are visually impaired.
2. 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.
3. A tap start will be used for an athlete who is both deaf and blind.
4. Guide runners must wear a bright orange running vest so that they are clearly distinguished from competitors.

## **Attire and Equipment**

* Athletes **must** wear athletic attire appropriate for their sport and weather conditions.
  + Please refer to the [Coordinators Manual Page](https://www.sowy.org/resources/coordinators-manual) on our website.
  + Special Olympics requires that all teams ordering any new equipment with a Special Olympics North America approved logo send proof to Erin Gamroth. Erin 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](mailto:specialevents@specialolympicswy.org) or (307)235-3062.
  + Jeans not appropriate for any competitors.
* Teams must provide their own adaptive equipment for all sports.
* A helmet is required for all athletes training and/or competing in Alpine and Snowboard events. Special Olympics North America has updated their helmet regulations for Alpine Skiing. The new regulations are;

*Under the new regulations, helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98. In addition, in order to attest that a helmet fulfills all FIS requirements, it must have a conformity label affixed by the manufacturer in a non-removable way, at the back of the helmet, in a position where it is not covered by the goggle strap. The conformity label must contain the text “Conform to FIS Specifications RH 2013”.*

Special Olympics Wyoming will allow the use of current helmets but when purchasing any new helmets, you must follow these new regulations.

# Registration Instructions for 2020 Winter Area and State Games

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

Form 1: Delegation Registration Cover Sheet

Form 2: 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](https://www.sowy.org/state-games/18-special-olympics-competition-pages/130-winter-games) of the website.

Please send registration materials to the following:

|  |  |  |
| --- | --- | --- |
| **Competition** | **Registration Deadline** | **Forms Returned To:** |
| Area I | Friday, January 10th | Karen Beddoes |
| Area II | TBD | Crystal Fry |
| Area III | TBD | Marsha Dial |
| Area IV | Friday, January 10th | Carrie Pilcher |
| Area V | Monday, January 13th | Dan Lang |
| State Games | Tuesday, January 21st | Bobby Casey |

Contact Bobby Casey for any technical support or additional assistance: [program@specialolympicswy.org](mailto:program@specialolympicswy.org) or (307) 235-3062.