

2023 Special Olympics Oregon Summer Regional Games Athletics
Southern Oregon University
Saturday, July 08, 2023
SCHEDULE & ORDER OF EVENTS - updated 5July2023

TIME	SCHEDULE			
8:30am	Coach Check-in			
9:15am	Volunteer check-in			
9:15am	Head Coaches Meeting at Awards Tent			
9:40am	Opening Ceremonies			
Estimated Start Times	TRACK EVENT	# of heats	EARLY START FIELD EVENTS - 9am - 12noon	# of athletes
10:00am	3000m Run	1	Running Long Jump	11
10:20am	100m Walk	2	Shotput Male	16
10:30am	100m Dash Female	3	Shotput Female	11
10:45am	100m Manual & Motorized WC Race	1	Softball Throw	47
10:50am	100m Dash Male	5	Standing Long Jump	1
11:15am	50m Dash	4		
11:35pm	1500m Run	1		
Approx. 11:45pm	LUNCH BREAK (after 1500m Run)		FIELD AWARDS	
12:45pm	30m Motorized WC Slalom	1	Field Awards begin at approx. 30 mins after start of lunch break	
12:50pm	50m Asst Walk 50m Walk	2	<u>Order of Presentation - subject to change</u>	
1:00pm	200m Dash	2	Softball Throw	F then M
1:10pm	800m Run	1	Shotput	F then M
1:20pm	400m Dash	1	Running Long Jump	F then M
1:25pm	400m Race Walk	1	Standing Long Jump	F then M
1:35pm	4 X 100m Relay	2		
Approx. 1:45pm	Projected End of Competition & Awards			

Times are approximate. Calls for staging will be made by track announcer. We will push to keep meet moving.

Athletes **WILL NOT** be able to make-up missed events.

Please work your field events around your scheduled track events.

Track awards will be presented at the conclusion of each track heat in the track awards tent

Field awards will begin at around 12:15pm in the field awards tent - on the field

PLEASE LISTEN FOR ANNOUNCEMENTS FOR ANY UPDATES THROUGHOUT THE DAY