

2019 Special Olympics New Hampshire State Summer Games

Competition Schedule



Friday, June 7th

	UNH Outdoor Track	UNH Roadway Track	UNH Long Jump Pit	UNH Lower Field	UNH Track Infield	UNH Bremner Field	UNH Pool	UNH Horse Barn
8:00 AM - 8:30 AM	1500M Walk		Running Long Jump	Standing Long Jump				
8:30 AM - 9:00 AM	1500M Run		Running Long Jump	Standing Long Jump			Warm-up	
9:00 AM - 9:30 AM	50M Walk w Spt		Running Long Jump	Standing Long Jump			100M IM 25M Butterfly 50M Free 25M w Spt 50M Butterfly 10M w Spt 50M Back 100M Butterfly 400M Free 10M 25M Back 15M w Spt 100M Back 50M Breast 50M w Spt 200M IM 25M Breast 100M Breast 200M Back	EQUESTRIAN: Showmanship Equitation Pole Bending Carriage Driving Trail Course
9:30 AM - 10:00 AM	50M EWC & 50M MWC & 30M EWC Slalom		Running Long Jump			BOCCE Divisioning Round		
10:00 AM - 10:30 AM	400M Walk		Running Long Jump	Standing Long Jump				
10:30 AM - 11:00 AM	400M Walk		Running Long Jump	Standing Long Jump				
11:00 AM - 11:30 AM	400M Run			Standing Long Jump				
11:30 AM - 12:00 PM				Standing Long Jump				
12:00 PM - 12:30 PM	50M Run							
12:30 PM - 1:00 PM	50M Run & 50 M Walk							
1:00 PM - 1:30 PM	Unified Middle School Championship	25 M Walk w Spt			Unified Middle School Championship	BOCCE: Singles		
1:30 PM - 2:00 PM		25M Walk						
2:00 PM - 2:30 PM		25M EWC & 25M MWC						
2:30 PM - 3:00 PM		25 M Run & 25M Run w Spt						
3:00 PM - 3:30 PM		10M Walk w Spt & 10M EWC						
3:30 PM - 4:00 PM								

ITEMS TO NOTE

Athletics	Pentathlon	Powerlifting	Opening Ceremonies	Triathlon	Aquatics
Awards - Awards will take place directly after competition. - Allow 30 minutes free time after the end time of each event to receive awards. - Do not register for back to back events. May only register for events within one category. - Staging will open 10 minutes before the scheduled start time for each event. - All athletes should report to staging by the start time of their event. - There will be a 5 minute grace period to report to staging. - Any athlete not at staging 5 minutes after the scheduled start time may be disqualified.	Competition will take place on Saturday from 8am to noon.	Competition will take place Friday at 11 am. Weigh-in will be from 9:30 - 10 am.	4x100M Relay, 4x100M Unified Relay, 10M Walk & 10M MWC will take place Friday during opening ceremonies at 8:00pm. Staging at 7:00pm.	Competition will take place Friday beginning at 6:00pm at the outdoor pool.	Events will run in the order listed. May only register for events within one category.

	UNH Outdoor Track	UNH Roadway Track	UNH Long Jump Pit	UNH Lower Field	UNH Shot Put Pit	UNH Bremner Field	UNH Pool	UNH Lundholm Gym	
8:00 AM - 8:30 AM	800M Run & 800M Walk								
8:30 AM - 9:00 AM	200M Run						Warm-up		
9:00 AM - 9:30 AM	200M Walk & 200M MWC						200M Free 25M Free 100M Free 200M Breast 100M w Spt 15M 4x50M Free 4x25M Unified Free 4x25M Free 4x25M Medley 4x50M Medley		
9:30 AM - 10:00 AM	100M Walk w Spt			Mini-Javelin		BOCCE: Doubles			
10:00 AM - 10:30 AM	100M EWC & 100M MWC			Mini-Javelin					
10:30 AM - 11:00 AM									
11:00 AM - 11:30 AM	100M Run								
11:30 AM - 12:00 PM	100M Run & 100M Walk			Tennis Ball Throw					
12:00 PM - 12:30 PM									Healthy Athletes Exams
12:30 PM - 1:00 PM	High Jump								
1:00 PM - 1:30 PM				Softball Throw				BOCCE: Teams	
1:30 PM - 2:00 PM				Softball Throw	Shotput 1.81kg & 3.0kg				
2:00 PM - 2:30 PM				Softball Throw	Shotput 3.0kg & 4.0kg				
2:30 PM - 3:00 PM				Softball Throw	Shotput 4.0kg				

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