



Date:	March 2 and 3, 2019
Location:	Copper Mountain - 509 Copper Road, Copper Mountain CO 80443
Medical/Class A Deadline:	February 1, 2019 <i>(Forms can be faxed, mailed or e-mailed)</i>
Entry Deadline:	February 12, 2019 <i>(Please mark on entry form if you plan to attend state – no need to resubmit entries, please just communicate with Regional Manager.)</i>
Competition Notes:	Alpine Ski – Lead Up Events, Super G*, Giant Slalom*, Slalom*, Sit Ski* and Tether*, Unified Snowboard – Lead Up Events, Super G*, Giant Slalom*, Slalom*, Unified *Levels include Novice, Intermediate and Advanced Cross Country Ski – various distances, including Unified Races Snowshoe – various distances, including Unified Races
Schedule:	Saturday <ul style="list-style-type: none"><li>• Snowshoe and Cross Country Ski – 11:00 AM - tentative</li><li>• Super G (Alpine and Snowboard) – 11:30 AM – required course inspection</li><li>• Awards for all that competed – 4:00 PM</li><li>• Dinner – 5:00 PM</li><li>• Opening Ceremonies and Victory Celebration/Dance to follow</li></ul> Sunday <ul style="list-style-type: none"><li>• Slalom and Giant Slalom – 9:00 AM to 2:00 PM</li><li>• Snowshoe and Cross Country Ski – 9:00 AM - tentative</li><li>• Awards to follow competition</li></ul>
Meals:	Saturday – Lunch and Dinner (snacks will be provided throughout the day) Sunday – Breakfast and Lunch (snacks will be provided throughout the day)
Lodging:	Lodging will not be provided. We will have a block of rooms set aside through Copper Mountain. Information will be shared on this.
Governing Bodies:	Special Olympics Colorado Rule Interpretation and the Official Special Olympics Sports Rules for all events shall govern all Special Olympics competitions. In cases not covered by these interpretations, the following rules will govern per sport (and can be downloaded at the following sites): Alpine Skiing – Federation Internationale de Ski (FIS) - <a href="http://www.fis-ski.com">http://www.fis-ski.com</a> Snowboarding – Federation Internationale de Ski (FIS) - <a href="http://www.fis-ski.com">http://www.fis-ski.com</a> X-C Skiing – Federation Internationale de Ski (FIS) - <a href="http://www.fis-ski.com">http://www.fis-ski.com</a> Snowshoe – Special Olympics Inc. - <a href="http://www.specialolympics.org">www.specialolympics.org</a>



## 2019 WINTER COMPETITION INFORMATION

### \* SNOWSHOE AND CROSS COUNTRY SKIING \*

#### Registration Guidelines

- Athletes may compete in no more than *three* events.
- An entry time must be submitted for all athletes in each event.
- At state competition, preliminary races will be run for Snowshoe and Cross Country Skiing for all races under 800 Meters.
- *Each relay team must submit a relay form. Each relay can also include an alternate, however, the times should be similar to those on the team.*
- Unified Sports® race teams shall consist of one Special Olympics athlete and one of their non-disabled peers (Unified Partners). **Relays ideally consist of 2 Special Olympics athletes and 2 Unified Partners. We will also allow 3 athletes and 1 Unified Partner to make a relay team.**
- The finish time for a Unified Sports® race team shall be determined when the last person on the team (athlete or partner) crosses the finish line.
- Competition attire includes:
  - \* Parka or shell
  - \* Knickers, tights or shell pants
  - \* Ski gloves
  - \* Warm undergarments
- Athletes not in appropriate competition attire are subject to disqualification.
- All Individual competitors, Individual Skills competitors, Special Olympics teams and Unified Sports® teams must participate in a region event to be eligible for advancement to the state event.
- The snowshoe frame itself shall not be smaller than 17.78 cm x 50.8 (7 inches x 20 inches).



## \* ALPINE SKIING AND SNOWBOARDING \*

*All athletes and Unified Sports® partners are required to have their own equipment. Additionally, all Sit Ski, Loose Tethered and Taut Tether/Bucket Assist athletes are required to provide their own support personnel.*

### Registration Guidelines

- If athletes are interested in lead up events, please contact Director of Competitions ([sf@specialolympicsco.org](mailto:sf@specialolympicsco.org)).
- Athletes will compete in Super G and Giant Slalom at Regionals. Athletes will also have the chance to compete in the Slalom at State. Please see above for schedule information.
- A level of competition (N, I or A) and a qualifying time must be submitted for all athletes entered.
- Sit ski and loose tethered competition will include Super G, Slalom and Giant Slalom. At any time the loose tether goes taut, a disqualification will occur. Competitors in these events will be divisioned with other sit and loose tethered skiers of similar ability levels - this is not a Unified Sports® event.
- Finish time for the Slalom and Giant Slalom competition is determined by the sum of two runs.
- Finish time for the Super G competition is determined by the final and only run.
- Competition attire includes:
  - \* Parka or shell
  - \* Warm-up, stretch or shell pants
  - \* Ski gloves and goggles
  - \* FIS certified Helmet (REQUIRED).

Athletes not in appropriate competition attire are subject to disqualification.

- **Unified competition will be offered for both Alpine and Snowboard. Please review entry forms and contact your Regional Manager with any questions.**
- All Individual competitors, Individual Skills competitors, Special Olympics teams and Unified Sports® teams must participate in a regional event to be eligible for advancement to the state event.