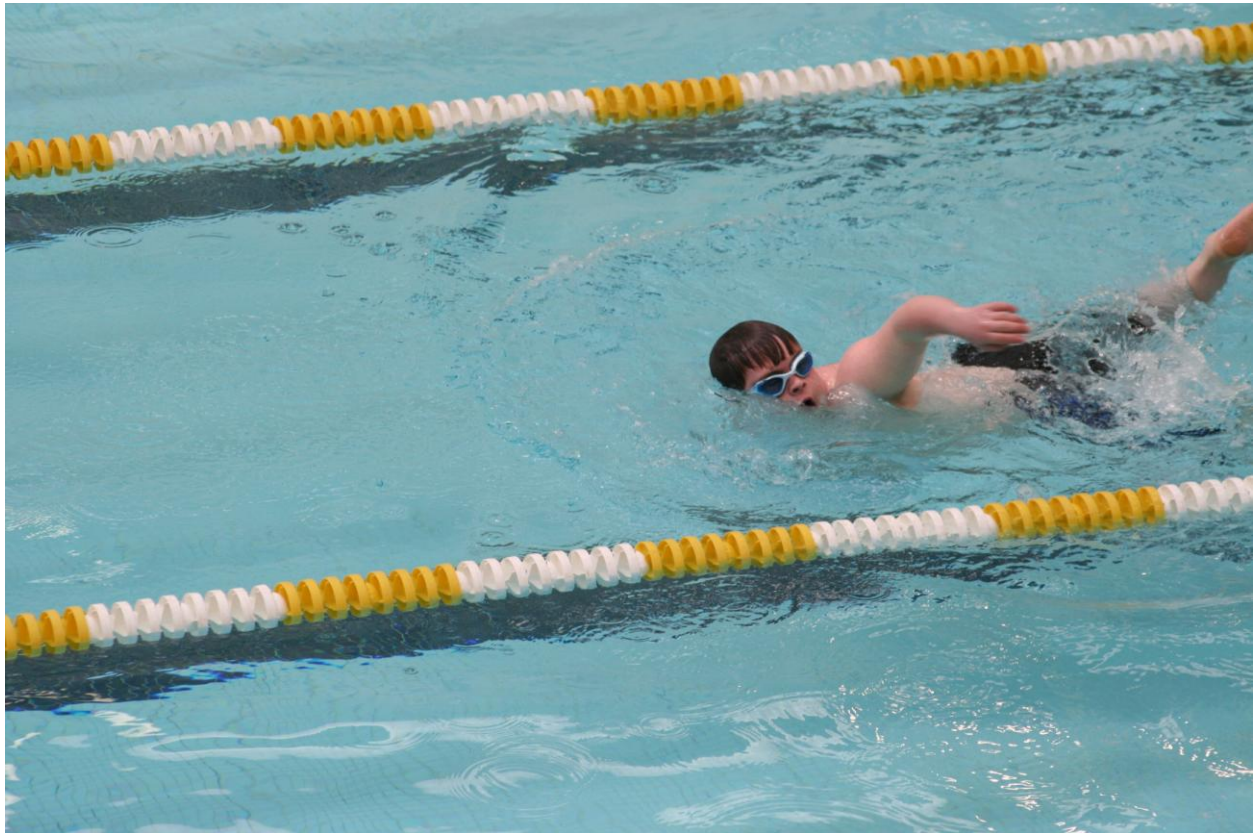


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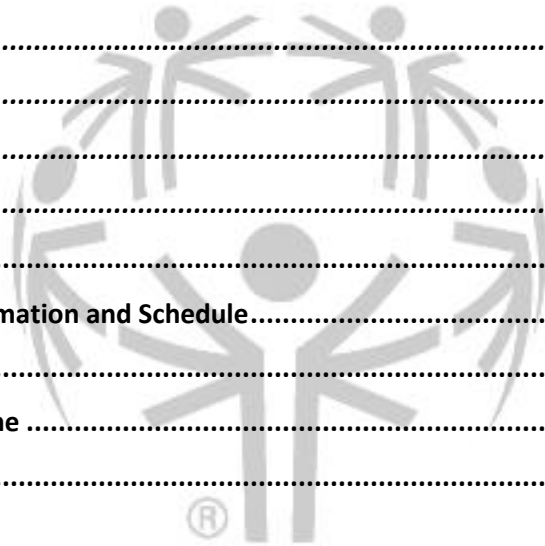


AQUATICS GUIDE

STATE COMPETITION AND TRAINING INFORMATION FOR ATHLETES, COACHES, AND VOLUNTEERS

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Our Vision

Special Olympics Maryland will be the leader in life-long and unified sports programs for individuals with intellectual disabilities, empowering athletes to be valued members of their community and respected members of society.

Our Mission

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Our Values

- Community connections and bridges
- Friendships for life
- Integrity by “doing the right thing”
- Opportunity to excel
- Quality in all we do
- Sportsmanship and fairness for all

Dear Aquatics Athletes, Coaches, and Volunteers,

We are proud to once again welcome you to the 2011 Special Olympics Maryland Aquatics training and competition season.

We hope that you will find this guide useful and provide you with the information you need throughout the training season. It is our goal that this guide will give you all the information necessary for participation in the 2011 Special Olympics Maryland Summer Games at Towson University in Towson, Maryland.

We wish all Athletes and Coaches the best of luck. If we can be of any assistance during the competition, please let us know. Have a great season!

Good Luck,

Special Olympics Maryland

Special Olympics Maryland Aquatics 2011 Summer Games

Aquatics Competition Dates: Saturday June 11, 2011 – Sunday June 12, 2011

Location: Burdick Pool – Burdick Hall, Towson University

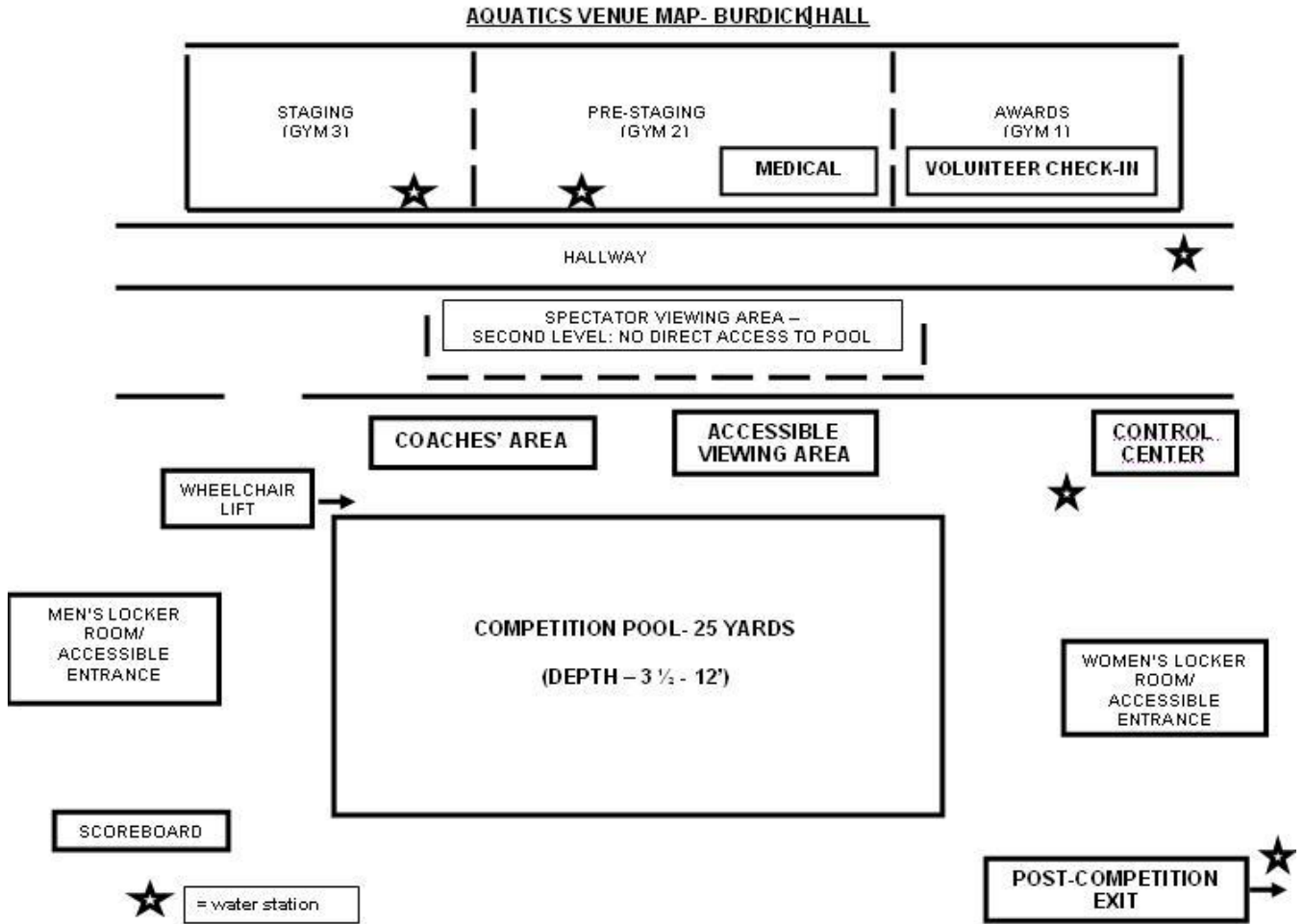
Competition Director: Neil Coffee

Time of Competition: 8AM-4PM Saturday, 8AM-12PM Sunday

Events:

- 10 Yard Assisted Swim
- 100 Yard Backstroke
- 50 Yard Backstroke
- 25 Yard Backstroke
- 200 Yard Backstroke
- 25 Yard Breaststroke
- 100 Yard Breaststroke
- 200 Yard Breaststroke
- 50 Yard Breaststroke
- 25 Yard Butterfly
- 100 Yard Butterfly
- 50 Yard Butterfly
- 25 Yard Flotation
- 15 Yard Flotation
- 800 Yard Freestyle
- 25 Yard Freestyle
- 200 Yard Freestyle
- 100 Yard Freestyle
- 1500 Yard Freestyle
- 50 Yard Freestyle
- 400 Yard Freestyle
- 4 x 25 Yard Freestyle Relay
- 4 x 50 Yard Freestyle Relay
- 4 x 100 Yard Freestyle Relay
- 200 Yard Individual Medley
- 100 Yard Individual Medley
- 4 x 25 Medley Relay
- 4 x 50 Medley Relay
- 15 Yard Un-Assisted Swim
- 4 x 50 Yard Unified Freestyle Relay
- 4 x 25 Yard Unified Freestyle Relay
- 4 x 25 Yard Unified Medley Relay
- 4 x 50 Yard Unified Medley Relay

Special Olympics Maryland Aquatics 2011 Summer Games – Venue Map



Special Olympics Maryland Aquatics Rules of Competition

The Official Special Olympics Summer Sports Rules (available at www.specialolympics.org) shall govern all Special Olympics Aquatics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Natacion Amateur (FINA) and the National Governing Body rules for aquatics (USA Swimming). NGB rules shall be employed at these Games except when they are in conflict with Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

General Competition Rules

- Athletes are required to wear appropriate competition attire as described in each rule book.
- Athletes will be divisioned according to the Official Special Olympics Summer Sports Rules. Athletes will be divisioned based upon age, gender, and primarily ability. Some age groups and genders may be combined to offer the best competition opportunities for the athletes.
- In accordance with Special Olympics rules, Unified relay teams will be divisioned with other Unified teams. Each Unified relay team shall consist of two athletes and two partners who may be assigned to swim in any order.
- Only certified Head Coaches may file protests. All protests must be filed within 30 minutes of the completion of the protested heat for the individual skills competition. Protests must be submitted to the Competition Director. Protests may be appealed to the Games Rules Committee.

Special Olympics Maryland Aquatics Rules of Competition

Aquatics National Governing Body

USA Swimming

Website: www.usaswimming.org

Aquatics Rules of Competition:

Complete, detailed rules of competition can be obtained by contacting the Special Olympics Maryland Sports Department, or visiting the link below:

http://media.specialolympics.org/soi/files/sports/sports_rules_2011/Aquatics_11.pdf

Uniform Requirements

Costume

A. Design

1. Swimmer's costume must be non-transparent and conform to the current concept of appropriate. The Referee shall have authority to bar offenders from competition under this rule, until they appear properly costumed.

Equipment

- A. No competitor shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (except flotation races and assisted swim races) such as webbed gloves, flippers, fins, etc. Goggles may be worn.
- B. For flotation races, each athlete is responsible for his/her own flotation device. Athletes in assisted swim races may use a flotation device. The device must be of the body wrap around type such that if the athlete were to not be able to hold on to the device, the device would still support the athlete with the face out of the water. (Flotation devices such as kickboards, inner tubes, or floats that wrap around the arms are not acceptable for use at any time.) Athletes must supply their own flotation devices. Athletes without their own proper flotation equipment will not be allowed to compete.

Special Olympics Maryland Aquatics

Rules Points of Emphasis for the Training Season

Walking & Flotation Events

These events provide meaningful competition for athletes with lower ability levels. No flotation device is allowed for any race other than specified flotation races and assisted swims.

a. Set-up

- There should be at least one observer for every two swimmers during competition.
- The starting line should be marked the appropriate distance from the finish.
- The depth of the pool should be no more than 1 meter (3.5 feet) deep for walking events.
- It is preferable that certified swimming officials (including the referee, timers and judges) be used in all events.

b. Rules

- For walking events, the swimmer must have at least one foot touching the bottom of the pool at all times.
- No flotation device is allowed for any race other than the specified flotation events.

Unassisted Swims – These events provide meaningful competition for athletes with lower ability levels.

- a. Athletes must swim the full distance with no physical assistance. (Coaches may provide verbal encouragement and/or direction from the pool deck for these events.)

Assisted Swims – These events provide meaningful competition for athletes with lower ability levels. Each athlete is responsible for having his/her own coach/assistant with them in the water. The assistant may touch, guide or direct the athlete, but may not support or assist with the athlete's forward movement. The athlete is allowed to use a flotation device (see specifications listed in Section D, 2 Equipment). The assistant may be in the pool or on the deck.

Special Olympics Maryland Aquatics Qualifier Information

Special Olympics Maryland requires that in order to advance to the Aquatics Competition at the 2011 Summer Games, Athletes must participate in at least two qualifiers sanctioned by the Special Olympics Maryland Sports Department and the Summer Games Organizing Committee.

- *Sanction forms for qualifiers must be received by the SOMD Sports Department at least thirty days before the intended date of competition.*

2011 Qualifier Schedule (as of Wednesday April 6, 2011)

Date	Time	Location	Host
3/18/2011	10:00AM	Sports & Learning Complex, Landover, MD	PG
4/3/2011	8:00AM	Howard Community College, Columbia, MD	Howard
4/9/2011	8:30AM	US Naval Academy, Annapolis, MD	AA
4/10/2011	8:30AM	US Naval Academy, Annapolis, MD	AA
4/17/2011	7:30AM	Loyola University, Baltimore, MD	SOMD
5/1/2011	5:30PM	Great Mills Pool, Lexington Park, MD	St. Mary's
5/7/2011	8:00AM	Allegany College of Maryland, Cumberland, MD	Allegany
5/7/2011	1:00PM	Gillman School, Baltimore, MD	Balt. County
5/7/2011	9:00AM	Lackey High School, Indian Head, MD	Charles
5/14/2011	9:00AM	Middletown High School, Middletown, MD	Frederick
5/15/2011	12:00PM	St. Mary's College, St. Mary's City, MD	St. Mary's
5/21/2011	11:00AM	Stone Ridge High School, Bethesda, MD	Montgomery

Special Olympics Maryland Aquatics Coaches Meeting Schedule

Pre-Season Coaches Meeting:

Monday April 11, 2011 – 7PM

To register, please visit the link below:

<https://www1.gotomeeting.com/register/874634265>

Competition Coaches Meeting:

Monday June 6, 2011 – 7PM

To register, please visit the link below:

<https://www1.gotomeeting.com/register/723224513>

GMS Registration Timeline

Please use the timeline below to help manage your Athletes and Coaches throughout the training season. SOMD Coaches and volunteers will work with the Area/County Management team in securing the registration information of all Athletes training in one particular sport/competition.

The “Training Registration Deadline” will be when the roster of Aquatics Athletes and Unified Partners is sent to SOMD for review. By the “Competition Registration Deadline”, SOMD Coaches will work with the Area Management team to decide which Athletes and Unified Partners will be participating in the State-level competition. Once SOMD has received the “Competition Registration” information from each Delegation, a report will be generated and sent back to each Delegation. It is the responsibility of each Delegation to ensure the accuracy of all Athletes and Unified Partners on the Competition Roster for the State-level competition. Only Athletes and Unified Partners who are on the Competition Roster for each Delegation will be able to participate in the State-level competition.

Should you have any questions or concerns regarding these dates or timeline please contact your Area/County Director, or SOMD District Director.

Training Registration Deadline: 11:59PM – TBD

Competition Registration Deadline: 11:59PM – TBD

Final Decisions on Rosters: 11:59PM – TBD

Intent to Qualify Deadline: 11:59PM – TBD

State Competition Date: Saturday June 11, 2011 and Sunday June 12, 2011

Special Olympics Maryland Aquatics Contact Information

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