

Track & Field

2021 Season. Updated 2/18/2021





Return to Play 2021

- Practice Guidelines
- Competition Outline
 - Virtual
 - At home



Season Goals

- Practice & improve skill development
- Improve conditioning & fitness
- Offer virtual meet amongst participants from across the state
- Offer in person meets
- Awards will be awarded at end of season

Practice





Practice

Teams may gather following Massachusetts guidelines for COVID 19

- As of March 1st outdoor venues may have 150 person capacity per venue. Check with your facility on capacity guidelines and how many people you are allowed to have at a given practice
- Sub groups of 10 people to be formed. Recommend use same groups for every practice session
- Masks must be worn at all times.
- Social distancing protocols must be followed at all times
- No towels or equipment is to be shared



Practice

- No spectators allowed for individuals over age of 21. Only one spectator if there is a viewing area for those under age of 21
- Activities must end by 9:30pm
- All players and coaches must wash and sanitize hands upon arrival, frequently during and at conclusion of practice
- All equipment must be sanitized prior to start of, frequently during, in between each athlete use and at end of practice
- Must have empty lane between individuals or staggered starts
- All individuals attending practice must take a COVID 19 screening prior to start of practice, (*refer to return to play power point in [coaches resource section](#) of SOMA website*)

Competition





Competition Opportunities

- Virtual Meet
 - Participants are divisioned against others from across state in a virtual meet
- In Person Meets



How Virtual Meet will work

- Participant or coach submit to Special Olympics MA registration information (*name, events*) via online form or spreadsheet
- From April - May participant or coach submit scores to Special Olympics MA.
 - Special Olympics MA will take best score from this time frame and division participant vs others from across the state
- Month of June, participants continue to train in events and submit scores to Special Olympics MA.
 - SOMA will post all scores to division leaderboard and highlight best score.
 - At end of June submission window closes. Participants best score will be used for final result and awards to be sent to those that participated



In Person Meets

Special Olympics MA is working to plan local meets across the state for late spring early summer
(*month of June*)

- Meets to be modified to meet COVID gathering guidelines and restrictions
- Areas of focus
 - Berkshire County
 - Greater Springfield Area
 - Greater Marlborough Area
 - Essex County
 - Greater Boston
 - Plymouth County
 - Bristol County
 - Barnstable County
- Potential two Regional Meets (*east & west*) in the summer early fall
- Awards to be given out on site



In Person Meets Structure

How meets are structured and run will be dependent on State guidelines come this spring. As weather warms up and guidelines are updated Special Olympics MA will publish meet structure and up date this power point

Questions?

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