



Compete from home

Although the 2020 State Summer Games will not be held as regularly scheduled, Special Olympics North Dakota is glad to announce that the spirit of competition will live on with the 2020 Virtual Summer Games! This once in a lifetime event is open to

North Dakota residents ages eight and up and is a great way to safely compete against your friends and peers from across the state. You do not have to be currently registered with SOND to compete in the Virtual Summer Games. This event is open to athletes from all sports, so you can still compete no matter what sport you usually play! Train and compete at home and come together to celebrate your accomplishments when we broadcast results on June 11th.

Only fill out this form if you are unable to electronically submit your results.

Note: It is important that you follow social distancing rules in order to keep yourself and others safe. Compete at home, but feel free to communicate virtually through social media, texts, and emails with teammates and mentors! Coaches are welcome to provide help by explaining practice activities, collecting and submitting results, and cheering you on.

Here's how it works:

1. Choose which events you would like to participate in (you can compete in up to 3 Track and Field events and 2 Strength/Powerlifting events)
2. Practice! Keep improving your scores for the events you wish to participate in. You have until June 1st to submit your results.
3. Submit your results! Keep track of your scores as you practice for your events and submit the best ones at any time, but no later than June 1st. You can also submit a picture of yourself participating in your event if you would like.



Celebrate your success

Thursday, June 11th | 7:00 p.m.

Once you've practiced, competed, and submitted your results, join your peers from across the state to celebrate! Everyone is invited to come together virtually to recognize participants' achievements in the Virtual Summer Games. The ceremony will be featured on our website and on our Facebook page.

IMPORTANT! Before competing in any activities, please review the information below and sign

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks. You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items
- Maintain social distancing rules when exercising.

Stop exercising immediately and seek medical help if you experience symptoms such as:

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat during exercise.

I have read and understand the information above:

Write your name here

Once you have filled out this entire form and recorded your final scores for the events you have participated in, please send it to our office at 2616 S 26th St Grand Forks, North Dakota, 58201 or fax it to us at (701) 772-1265 by June 1st

Special Olympics
North Dakota



Participant Information

Name of Participant (first and last): _____

Email Address: _____

Phone Number: _____

Birthday (mm/dd/yyyy): _____

City: _____

Gender: _____

Your role with SOND (check one)

- Athlete
- Unified Partner

School or Agency Name (only fill out if you are currently attending school or living in a group home)

Do you use a wheelchair?

- No
- Yes
- Yes – my wheelchair is motorized

If you are under the age of 18, please provide the name and phone number of a parent/guardian

Name: _____ Phone Number: _____





Track & Field Events

(You can compete in a maximum of 3 Track & Field Events)



25 METER WALK OR ROLL How fast can you walk or roll 25 meters?

Set up: You can do the 25 meter dash in your yard, on a sidewalk, or any open space. Measure 25 meters (or 82 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 30 large steps. Mark the distance.

What to record and submit: Record the time it takes you to walk or roll 25 meters from start to finish.

Score: _____ seconds

Did you walk or roll for this event? (circle one)



50 METER WALK OR RUN How fast can you walk or run 50 meters?

Set up: You can do the 50 meter dash in your yard, on a sidewalk, or any open space. Measure 50 meters (or 164 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 60 large steps. Mark the distance.

What to record and submit: Record the time it takes you to walk or run 50 meters from start to finish.

Score: _____ seconds

Did you walk or run for this event? (circle one)



100 METER WALK OR RUN How fast can you walk or run 100 meters?

Set up: You can do the 100 meter dash in your yard, on a sidewalk, or any open space. Measure 100 meters (or 328 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 120 large steps. Mark the distance.

What to record and submit: Record the time it takes you to walk or run 100 meters from start to finish.

Score: _____ seconds

Did you walk or run for this event? (circle one)





200 METER WALK OR RUN How fast can you walk or run 200 meters?

Set up: You can do the 200 meter dash in your yard, on a sidewalk, or any open space. Measure 100 meters (or 328 feet); when you run/walk down and back it'll be a total of 200 meters. If you are unable to measure 100 meters, you can take 120 large steps and use that distance to go down and back for 200 meters.

What to record and submit: Record the time it takes you to walk or run 200 meters from start to finish.

Score: _____ seconds

Did you walk or run for this event? (circle one)



1/2 MILE WALK OR RUN How fast can you walk or run a half-mile?

Set up: Find a point that is a quarter-mile (or about 400 meters) away; when you walk or run down and back it will be a half-mile. If you are unable to measure 400 meters, you can take 480 large steps and use that distance to go down and back.

What to record and submit: Record the time it takes you to walk or run the half-mile.

Score: _____ minutes

Did you walk or run for this event? (circle one)



STANDING LONG JUMP How far can you jump from a standing position?

Set up: Keep both feet on the ground and jump as far as you can.

What to record and submit: Measure the distance of your jump in feet.

Score: _____ feet



TENNIS BALL THROW (50 feet max) How far can you throw a tennis ball?

Set up: Throw a tennis ball and measure (in feet) how far it goes. If you can throw farther than 50 feet, do not try this activity.

What to record and submit: Measure the distance of your throw in feet.

Score: _____ feet





Strength/Powerlifting Events

(You can compete in a maximum of 2 Strength/Powerlifting events)



SIT-UP CHALLENGE How many sit ups can you do in 60 seconds?
What to record and submit: Count and record the number of sit ups you can do in one minute (60 seconds).

Score: _____ sit-ups



PUSH-UP CHALLENGE How many push-ups can you do in 60 seconds?
What to record and submit: Count and record the number of push-ups you can do in one minute (60 seconds).

Score: _____ push-ups



SQUAT CHALLENGE How many squats can you do in 60 seconds?
What to record and submit: Count and record the number of squats you can do in one minute (60) seconds.

Score: _____ squats



PLANK CHALLENGE How long can you hold the plank position?
Setup: Get on the ground and hold your elbows directly underneath your shoulders with your feet hip-width apart. Do not let any part of your body except your forearms and feet touch the ground.
What to record and submit: Record how long you can hold the plank position without taking any breaks.

Score: _____ seconds



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