



# 2019 SUMMER GAMES

## SPORTS & HEALTH SCHEDULE\*

\*Subject to change

### FRIDAY JUNE 21

#### Swimming

50M Freestyle  
25M Backstroke  
25M Freestyle  
4x25M Unified Relay  
4x25M Relay

#### Track & Field

##### *Female Track Events*

800M Runs  
200M Walk  
200M Run  
100M Walk  
100M Run  
50M Walks  
50M Dash  
25M Walks  
25M Dash  
10M Walks  
400M Run  
4x100M Unified Relay (all divisions)  
4x100M Relay (all divisions)

##### *Male Field Events*

Shot Put  
High Jump  
Running Long Jump  
Standing Long Jump

#### Basketball

Full Court (Fri – Sun, teams play two consecutive dates, dates TBD)

Half Court (teams play Fri & Sat)

Individual Skills & Unified Skills

#### Healthy Athletes

Health Promotion  
Healthy Hearing  
Opening Eyes

### SATURDAY JUNE 22

#### Swimming

100M Freestyle  
50M Butterfly  
25M Flotation  
25M Breaststroke  
100M Breaststroke  
50M Flotation  
15M Flotation  
200M Backstroke  
200M Breaststroke  
25M Assisted  
15M Freestyle  
100M Individual Medley  
100M Butterfly  
15M Assisted  
50M Backstroke  
Break  
50M Backstroke  
50M Assisted  
400M Freestyle  
25M Butterfly  
50M Breaststroke  
100M Backstroke  
200M Freestyle  
4X50M Relay  
4x50M Unified Relay

#### Track & Field

##### *Male Track Events*

800M Run  
200M Walk  
200M Run  
100M Walk  
100M Run  
50M Walks  
50M Dash  
25M Walks  
25M Dash  
10M Walks  
400M Run

##### *Female Field Events*

Running Long Jump  
Standing Long Jump  
Shot Put

### SATURDAY JUNE 22

#### Basketball

Full Court (Fri – Sun, teams play two consecutive dates, dates TBD)

Half court (teams play Fri & Sat)

Unified Full Court (teams play Sat & Sun)

#### Healthy Athletes

Fit Feet  
FUNfitness  
Health Promotion  
Healthy Hearing  
Opening Eyes  
Special Smiles

### SUNDAY JUNE 23

#### Basketball

Full (Fri – Sun, teams play two consecutive dates, dates TBD)

Unified Full Court (teams play Sat & Sun)

#### Track & Field

10M Wheelchair (all divisions)  
100M Wheelchair (all divisions)  
25M Motorized Obstacle (all divisions)  
25M Wheelchair (all divisions)  
800M Walk (all divisions)  
50M Wheelchair Slalom Events (all divisions)  
30M Wheelchair Slalom Events (all divisions)  
50M Wheelchair (all divisions)  
400M Walk (all divisions)  
1500M Run (all divisions)  
1500M Walk (all divisions)

Softball Throw (all divisions)

Tennis Ball Throw (all divisions)

### GYMNASTICS JUNE 14-15

#### *New Date & Location*

Concordia University  
Friday, June 14 – Artistic  
Saturday, June 15 - Rhythmic  
See [www.somn.org](http://www.somn.org) for details