

# Overview by Sport

## INDIVIDUAL SPORTS

### ATHLETICS

#### TRACK EVENTS

50m

**100m**

100m Walk

200m

400m

400m Walk

800m

1500m

3000m

5000m

10000m

4x100m Relay

4x400m Relay

#### FIELD EVENTS

Running Long Jump

Shot Put

Mini-Jav

High Jump

Pentathlon

#### ATHLETICS SPORT ENTRY INFORMATION

##### ***Athletes:***

- An athlete may be registered in up to 3 events.

##### • Relays:

- Mixed gender relays are allowed and will compete in the male division.



SPECIAL OLYMPICS  
**USA GAMES**  
MINNESOTA 2026

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ATHLETICS List of Events & Standards						
Event	Male			Female		
	USA Games Record	Performance Standard	Division 1 Performance Standard	USA Games Record	Performance Standard	Division 1 Performance Standard
50m Run	7.62 (2014)	≥ 12.00	N/A	8.69 (2006)	≥ 13.00	N/A
100m Walk	23.3 (2018)	≤ 46.16	N/A	28.37 (2014)	≤ 57.98	N/A
400m Walk	1:58.7 (2006)	≤ 03:59.73	N/A	2:12.0 (2018)	≤ 04:23.81	N/A
100m Run*	11.9 (2022)	≤ 21.67	≤ 14.25	14.48 (2006)	≤ 26.56	≤ 17.46
200m Run	24.0 (2022)	≤ 44.03	≤ 28.95	29.2 (2022)	≤ 52.75	≤ 34.96
400m Run	54.63 (2010)	≤ 01:39.05	≤ 01:05.13	1:05.1 (2018)	≤ 02:01.37	≤ 01:19.81
800m Run	2:34.0 (2022)	≤ 04:02.49	≤ 02:39.44	2:40.4 (2022)	≤ 05:10.89	≤ 03:24.41
1500m Run	4:37.9 (2022)	≤ 08:31.48	≤ 05:36.30	5:22.7 (2022)	≤ 10:46.44	≤ 07:05.04
3000m Run	9:29.3 (2018)	≤ 17:58.94	≤ 11:42.42	11:20.3 (2022)	≤ 24:02.95	≤ 15:48.76
5000m Run	16:16.23 (2006)	≤ 29:36.25	≤ 19:27.91	21:59.9 (2018)	≤ 43:57.08	≤ 28:54.00
10000m Run	35:18.5 (2018)	≤ 1:08:13.83	≤ 44:51.34	55:54.0 (2022)	≤ 1:41:36.34	≤ 1:06:48.0
Long Jump	5.66m (2022)	≥ 2.72m	≥ 4.42m	3.94m (2022)	≥ 1.95m	≥ 3.18m
Mini Jav	29.3m (2014)	≥ 15.02m	≥ 24.45m	23.45m (2010)	≥ 11.10m	≥ 18.08m
Shot Put	14.07m (2014)	≥ 6.62m	≥ 10.78m	9.85m (2010)	≥ 4.61m	≥ 7.51m
Relays		N/A	N/A		N/A	N/A
Pentathlon		N/A	N/A		N/A	N/A

# Overview by Sport

## BOCCE

### **BOCCE EVENTS**

Singles

Doubles (2 Person)

Team (4 Person)

### ***DOUBLES/TEAM CONFIGURATION***

Programs can register Male, Female or Mixed doubles and/or teams.

- Gender ratios that are permissible:
  - Mixed Gender = Balance of Males & Females (1:1 in doubles or 2:2 team)
  - Male = All Males (2 males in doubles or 4 males in team)
  - Female = All Females (2 females in doubles or 4 females in team)
  - Ability will supersede gender – if divisions cannot be comprised strictly by mixed gender teams, then teams will play in male divisions.

### **BOCCE SPORT ENTRY INFORMATION**

#### ***Athletes:***

- May participate in a maximum of three (3) events.
- Competitors that require the use of a ramp must be in compliance with the current Special Olympics Ramp Bocce rules. Athletes using ramps will be placed in separate divisions in singles competition ONLY. Ramp singles will only be offered if there are enough competitors to create a meaningful competition.



# Overview by Sport

## BOWLING

### BOWLING EVENTS

Singles

Doubles (2 Person)

Team (4 Person)

### ***DOUBLES/TEAM CONFIGURATION***

Programs can register Male, Female or Mixed doubles and/or teams.

- Gender ratios that are permissible:
  - Mixed Gender = Balance of Males & Females (1:1 in doubles or 2:2 team)
  - Male = All Males (2 males in doubles or 4 males in team)
  - Female = All Females (2 females in doubles or 4 females in team)
  - Ability will supersede gender – if divisions cannot be comprised strictly by mixed gender teams, then teams will play in male divisions.

### SPORT ENTRY INFORMATION

#### ***Athletes:***

- May participate in a maximum of three (3) events.
- Competitors that require the use of a ramp must meet the qualifying standards and be in compliance with the current Special Olympics Unassisted Ramp Bowling rules.

BOWLING Sports Performance Standards						
Based on single game performance						
	Male			Female		
Event	USA Games Record	Performance Standard	Division 1 Performance Standard	USA Games Record	Performance Standard	Division 1 Performance Standard
Singles	-----	≥ 86	≥ 167	-----	≥ 67	≥ 131
Single Game	235 (2014)			178 (2022)		
3 Game Series	705 (2014)			534 (2022)		



# Overview by Sport

## GOLF

### GOLF EVENTS

Level 2 – Unified Sports Alternate Shot Team Play - (9-hole)

### **LEVELS 2 & 3 CONFIGURATION**

Programs can register Male, Female or Mixed Level 2 & 3 teams.

- Gender ratios that are permissible:
  - Mixed Gender = Balance of Males & Females (1:1)
  - Male = All Males (2 males)
  - Female = All Females (2 females)
  - Ability will supersede gender – if divisions cannot be comprised strictly by mixed gender teams, then teams will play in male divisions.

### SPORT ENTRY INFORMATION

#### ***Athletes:***

- Athletes & Unified partners are restricted to participation within one level.
- Carts will be utilized for competition in levels 2 through 5.
- Golfers must not exceed the maximum entry averages listed below.
  - Level 2 – 9-hole average of  $\leq 70$
  - Level 3 – 18-hole average of  $\leq 120$
  - Level 4 – 9-hole average of  $\leq 70$
  - Level 5 – 18-hole average of  $\leq 120$ 
    - To qualify in level 5, athletes must have a verified USGA Handicap index.
    - Division 1 (higher ability) competition will be conducted at level 5.
  - Scores must come from the most recent 6 scorecard average.
  - Golfers shooting above the max score over all 3 rounds will receive a participation ribbon.



# Overview by Sport

## POWERLIFTING

### POWERLIFTING EVENTS

- Bench Press Only
- Combination (Bench & Deadlift)
- Combination (Bench, Deadlift & Squat)

### POWERLIFTING SPORT ENTRY INFORMATION

#### ***Athletes:***

- Athletes may compete in any of the list of events and will be eligible only in the event they choose.
- At a minimum, athletes must be able to at least lift the weight of the competition bar for any of the events. Note: If weights are on the bar, then collars must be used.



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## SWIMMING

### **SWIMMING EVENTS**

25 yd Freestyle

25 yd Backstroke

#### ***50 yd Freestyle\****

50 yd Backstroke

50 yd Butterfly

50 yd Breaststroke

100 yd Freestyle

100 yd Backstroke

100 yd Butterfly

100 yd Breaststroke

100 yd Individual Medley

200 yd Freestyle

200 yd Individual Medley

500 yd Freestyle

### **RELAY EVENTS**

4X25 Freestyle

4x50 Freestyle

4x50 Medley

Competition at USA Games will be conducted on a 25-yard short course.

### **SWIMMING SPORT ENTRY INFORMATION**

#### ***Athletes:***

- An athlete may be registered in up to 3 events.
- Mixed gender relays are allowed and will compete in the male division.



# Overview by Sport

SWIMMING List of Events & Standards						
Event	Male			Female		
	USA Games Record	Performance Standard	Division 1 Performance Standard	USA Games Record	Performance Standard	Division 1 Performance Standard
25 Free	13.62 (2022)	≤ 28.79	N/A	15.71 (2010)	≤ 31.79	N/A
25 Back	15.22 (2022)	≤ 31.16	N/A	19.67 (2006)	≤ 36.32	N/A
50 Free*	26.66 (2018)	≤ 47.16	≤ 31.01	29.14 (2018)	≤ 59.54	≤ 39.15
50 Back	31.40 (2018)	≤ 01:02.22	≤ 40.91	40.18 (2018)	≤ 01:15.56	≤ 49.68
50 Fly	29.30 (2022)	≤ 59.03	≤ 38.81	32.77 (2018)	≤ 01:18.79	≤ 51.80
50 Breast	38.30 (2022)	≤ 01:10.34	≤ 46.25	45.13 (2018)	≤ 01:25.22	≤ 56.03
100 Free	55.13 (2010)	≤ 01:41.45	≤ 01:06.70	01:07.16 (2022)	≤ 02:09.25	≤ 01:24.99
100 Back	01:06.82 (2018)	≤ 02:13.72	≤ 01:27.93	01:16.20 (2022)	≤ 02:39.37	≤ 01:44.79
100 Fly	58.57 (2018)	≤ 02:04.57	≤ 01:21.91	01:28.65 (2018)	≤ 02:45.97	≤ 01:49.13
100 Breast	01:10.84 (2018)	≤ 02:14.57	≤ 01:28.48	01:32.83 (2022)	≤ 02:59.36	≤ 01:57.93
100 IM	01:10.36 (2022)	≤ 02:18.87	≤ 01:31.31	01:23.83 (2018)	≤ 02:38.84	≤ 01:44.44
200 Free	01:49.05 (2018)	≤ 3:58.67	≤ 02:16.93	02:37.12 (2018)	≤ 04:59.57	≤ 03:16.97
200 IM	02:08.32 (2018)	≤ 04:37.83	≤ 03:02.68	03:04.18 (2018)	≤ 06:34.17	≤ 04:19.17
400/500 Free	04:36.93 (2006)	≤ 09:46.79	≤ 6:25.63	05:44.61 (2010)	≤ 12:45.39	≤ 08:23.26



# Overview by Sport

## TENNIS

### TENNIS EVENTS

- Singles
- Doubles

### **DOUBLES CONFIGURATION**

Programs can register Male, Female or Mixed doubles.

- Gender ratios that are permissible:
  - Mixed Gender = Balance of Males & Females (1:1 in doubles)
  - Male = All Males (2 males in doubles)
  - Female = All Females (2 females in doubles)
  - Ability will supersede gender – if divisions cannot be comprised strictly by mixed gender teams, then teams will play in male divisions.

### TENNIS SPORT ENTRY INFORMATION

#### **Athletes:**

- An athlete can compete in two events: one singles and one doubles event.
- If teammates in traditional doubles are individually rated at different levels, the team must compete at the level of the highest rated teammate.
  - Athletes may only combine 1 level up for Doubles play. Ex: Level 4 may only combine with Level 5.
- All athletes and Unified Partners must register an ITN number and the total score of the ITN assessment.
- Time limits will be implemented on matches for all levels.

Level	Competition	Rating	Court / Ball
Level 4	Matchplay	ITN 9	78' Court – Green ball (Yellow ball with green dot)
Level 5	Matchplay	ITN, 8,7	78' Court – Yellow ball
Level 6	Matchplay	ITN 6,5,4	78' Court – Yellow ball

