Special Olympics Oklahoma				2025 Track & Field Schedule   Athletes should report to Staging 30 minutes prior to the scheduled start time listed below for their event.   COACHES - If you have an issue with a T&F event, go to the Track Rules Table 1 hour before staging time for that event															
Start Time																			
Wednesday	25 M Unified Partner Walk	100M Walk	400M Walk	25M WC	30M WC Slalom	100M WC	50M Run	100M Run	200M Run	400M Run	VALT	4X100M Relay	4X100M Unified Relay	Running Long Jump	High Jump	Standing LJ	1500M Run	800M	Shot Put
Noon						All Ages					8-15							All Ages	
12:30	All Ages			All Electric															
1:00				All Manual							16-29								
1:30												All							
2:00											30+								L
2:30													All						<b> </b>
3:30										PENT									<b> </b>
3:45 Thursday	25M WALK	100M Walk	All Ages 400M Walk	25M WC	30M WC Slalom	100M WC	50M Run	100M Run	200M Run	All 400M Run	SBT	4X100M Relay	4X100M Unified Relay	Running Long Jump	High Jump	Standing LJ	1500M Run	800M	Shot Put
8:30	16-21										8-11			12-15		12-15			
9:00	22+																		PENT & Wheel Chair
9:30	8-15													22-29		22-29			Onan
10:00											12-15								22+
10:30							16-21												
11:00																			
11:30							30+				22+			16-21		16-21			8-21
Noon														PENT					<b></b>
12:30							8-11												<b> </b>
1:00 1:30							22-29				16-21			30+		30+			<u> </u>
2:00							12-15				10-21			30+	All Ages	30+			
2:30							12 15							8-11	PENT	8-11			
3:00					All Manual & Electric						30+			-					
Friday		100M Walk	400M Walk	25M WC	30M WC Slalom	100M WC	50M Run	100M Run	200M Run	400M Run		4X100M Relay	4X100M Unified Relay	Running Long Jump	High Jump	Standing LJ	1500M Run	800M	Shot Put
9:00		8-21						8-11											
9:15		22+						PENT									All Ages		<u> </u>
10:00				ļ				12-15						ļ			ļ		<b> </b>
10:30								16-21											<b> </b>
11:30								22+	All Ages										<u> </u>