



# GREAT LAKES GAMES

Hosted by  **GLASA**  
GREAT LAKES ADAPTIVE SPORTS ASSOCIATION

**Technical Manual & Information Packet**  
**June 14-16, 2019**  
**[www.greatlakesgames.org](http://www.greatlakesgames.org)**

**SUPPORT AND FACILITIES PROVIDED BY:**

**Lake Forest High School**  
**Niles West High School**  
**&**



**PRESENTED BY:**



Cindy Housner, Event Director, GLASA Executive Director and Founder  
[chousner@glasa.org](mailto:chousner@glasa.org), 847-283-0908 (office), 847-494-8483 (cell)

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## Table of Contents:

Sponsors	2	Key Roles	9
What Are the Great Lakes Games?	4	Disabled Sports Organizations, Licensing and	
Fast Cow	4	Membership	10
Great Lakes Games Events	4	Drug Testing	10
Facilities	4	Equipment	10
Registration	4	Bib Numbers	11
Registration Fees	5	Food	11
Packet Pick-Up	5	Hospitality Room	12
Who Can Participate?	5	Lodging	12
Age Divisions	6	Medical	12
Boosting	6	Results	13
Assistance	6	Sanctioning and Rules	13
Anti-Doping	7	Protest Procedures	14
Awards	7	Schedule of Events	14
Classification	7	Weather	15
Track and Field Technical Meeting	8	Thank you to our partners	15
Track and Field Questions	8	Map: Lake Forest High School	16
Swim Coach Meeting	9	Map: Niles West High School	17
Communication	9		

## Sunday June 16<sup>th</sup> – Niles West High School



Stop by The Hartford/Disabled Sports, USA Booth and Equipment Showcase on Sunday June 16<sup>th</sup> at Niles West High School to meet Matt Scott, four-time wheelchair basketball Paralympian! At 8:20 am, new equipment will be presented to GLASA athletes. You can also check out adaptive sports equipment recently donated to GLASA and learn more about the The Hartford Ability Equipped program.

## **What are the Great Lakes Games and Adult National Open?**

The Great Lakes Games - Adult National Open is a multi-day competition for athletes who are eligible for Paralympic classification, including an open division for the injured military. Special events include sports and educational clinics, book signings and special guests.

## **Fast Cow: Saturday June 15, 2019 at Niles West High School**

In partnership with the University of Illinois Paralympic Wheelchair Track and Roadracing team, the Fast Cow meet will provide another opportunity for elite track athletes to obtain World Para Approved results. Qualifying standards can be found at [https://www.glasa.org/wp-content/uploads/2019/04/Standards-Fast-Cow\\_Tri\\_MtinHeat.pdf](https://www.glasa.org/wp-content/uploads/2019/04/Standards-Fast-Cow_Tri_MtinHeat.pdf). Fast Cow events include 100, 400, 1500, 200, 800, 5000.

## **Great Lakes Games - Adult National Open Events:**

- **Air Rifle (Clinic and Competition)** – May 31st from 10-4pm -North Shore Sports Club
- **Field** – shotput, javelin, discus, club, long jump and high jump (Saturday - LFHS)
- **Track** – 5000m, 3000m, 20m, 100m, 1500m, 60m, 400m, 200m, 800m, relays (Sunday – Niles West High School)
  - Mondo surface with 8 lanes
  - Half-Mile Timing
- **Swimming** – 25 free, 100 breast, 100 fly, 50 back, 200 free, 50 breast, 25 back, 50 fly, 25 breast, 100 back, 100 free, 50 free (Saturday - LFHS)
  - short course (25 yards length)
  - Colorado Timing
- **Archery** – 10m and 20m competitions (Friday - LFHS)
- **Powerlifting** (Friday - LFHS)
- **Boccia** (Saturday - LFHS)

## **Facilities:**

Lake Forest High School (LFHS), 1285 N. McKinley Rd., Lake Forest, IL 60045

Niles West High School, 5701 Oakton St., Skokie, IL 60077

North Shore Sports Club, 28392 N. Ballard Dr., Lake Forest, IL 60045

Host hotel: Hilton Garden Inn, 26225 N. Riverwoods Blvd., Lake Forest, IL 60045

Overflow hotel: Residence Inn, 2625 N. Riverwoods Blvd. Mettawa, IL 60045

Hotel for events at Niles West HS only: Holiday Inn, 5300 Touhy Ave., Skokie, IL 60077

## **Registration:**

Registration is available on the event web site: [www.greatlakesgames.com](http://www.greatlakesgames.com). All athletes and coaches are required to register for the Great Lakes Games and Fast Cow through the Simply Register online registration system using the link provided on the event web site. Athletes competing with a guide runner must indicate the first and last name of the guide runner in their registration. All registrants are required to pay with credit/debit card or ACH/Electronic Check. All payments must be made in full prior to arrival to the competition.

Only registered coaches will be able to serve as a support person in the field for youth under the age of 14. Only one registered support person is allowed per youth.

There will be NO SCRATCHES or ADD-INS after June 7, 2019 at 11:59am CST. If the athlete has a classification change or has had a medical event certified by a medical professional, changes will be allowed.

**Registration Fees:**

Athlete registration is required and can be completed by visiting the “Registration” link on the website [www.greatlakesgames.org](http://www.greatlakesgames.org). The registration fee includes unlimited number of events, commemorative event t-shirt and event awards. Guide runners must be included on the registration for the athlete but will not be required to pay the registration fee.

The athlete registration fee will be based on the following schedule:

\$40 Earlybird Savings through April 15, 2019

\$50 April 15 – May 15, 2019

\$65 Late Registration May 16-30, 2019

Fast Cow Registration: \$15 through May 30, 2019

Air Rifles Registration: \$25, includes lunch.

All events are free for injured military.

**Registration closes at midnight CST on May 30, 2019. No registrations will be accepted after this time.**

Coach registration is required and can be completed by visiting the “Registration” link on the website [www.greatlakesgames.org](http://www.greatlakesgames.org). The registration provides entrance into the competition venue, invitation to the coach meetings, and printed and emailed copies of the track, swim and field heat sheets.

**Coach Registration will close on June 7, 2019.**

*Note:*

- *Only one registered coach or adult support person will be allowed to accompany athletes under the age of 14 if needed. This coach/support person must be credentialed and must check in at the Call Tent with the athlete at the designated check-in time for each event.*
- *No other coaches, parent, siblings, etc., will be allowed in the track and/or field pit areas.*

**Packet Pick-Up:**

Registered athletes are required to pick up their packet during the posted times. One team representative or coach will be allowed to pick up the information for the entire group. Registered athletes will be provided with a commemorative shirt, bib numbers and goody bag at check-in. Fast Cow Only registration does not include event participation in Great Lakes Games, t-shirt or medal.

Friday June 14<sup>th</sup>: Lake Forest High School 8:00am – 8:00pm

Saturday June 15<sup>th</sup>: Lake Forest HS 7:30 am – 3:00pm & Niles West HS 4:00 – 8:00pm

Sunday June 16<sup>th</sup>: Niles West High School 7:00 am – 11:00 am

**Who Can Participate?**

This event is open to U.S. and international male and female athletes with a physical impairment, visual impairment, or intellectual impairment ages five years through adulthood that are interested in competitive athletics. Disabilities may include but are not limited to:

Amputation, Muscular Dystrophy, Stroke, Cerebral Palsy, Osteogenesis Imperfecta, Traumatic Brain Injury, Dwarfism, Spina Bifida, Visual Impairment, Multiple Sclerosis, Spinal Cord Injury, Intellectual Impairment

### **Age Divisions:**

Events will be heated based on classification and age division. The Great Lakes Games will recognize the age divisions (see below) for both World Para Athletics and Adaptive Sports USA for the track and field competition. Swimming and archery will follow the Adaptive Sports USA age divisions and rulebook.

Individuals ages 14+ with an IPC license will be heated together for track and field events. Non-IPC athletes will be heated together as well, unless there are less than eight total athletes in one classification. In this case, IPC and non-IPC athletes will be combined into the same heat or flight.

### The following age groups are recognized by World Para Athletics:

Open/Adult: Males and Females 20 years and older

U20: Boys and Girls aged 17, 18, or 19

U17: Boys and Girls aged 14, 15, or 16

An athlete must be 14 to compete in an open event.

*Note: Competitive age for World Para Athletics is determined by the athlete's age by December 31st in the competition year (the age the athlete will turn in 2019).*

### Adaptive Sports USA Age Divisions are as follows (for boys and girls):

Futures: Ages 6 and under

U11: ages 7, 8, 9, or 10

U14: ages 11, 12, or 13

U17: ages 14, 15 or 16

U20: ages 17, 18 or 19 U23: 20, 21, or 22

*Note: Competitive age for Adaptive Sports USA is determined by the athlete's age in the competition year (the age the athlete will turn in 2019).*

**BOOSTING:** Assessment for boosting violations will not be conducted at this competition.

### **ASSISTANCE:**

*All coaches and athletes are strongly encouraged to read the IPC rules and regulations regarding assistance to athletes during competition (Rule 7).*

Track- in classes T12, T20, T35-38, & T42-47 may need assistance to set their starting blocks appropriately. A description how the blocks should be set will be available at the TIC or call room so that the starting team may assist. Only under unusual circumstances will the TD consider allowing an assistant to help in setting up the athlete's block.

*Note: for T12 athletes without a guide an assistant may be allowed to accompany the athlete from the call room to the starting point of the event upon specific request to the TD.*

In all races of Sport Classes T11-13 and T20 up to and including 400m (including the first leg of ambulant relay races of 4x100m, 4x200m, and the 4x100m universal relay), a crouch start and the use of starting blocks are compulsory.

*Note: A crouch start stance is not required by athletes in Sport Classes T35-38, T42-47 and T61-64.*

Field- in classes F31-33 & F51-54 will be permitted 1 assistant without request to assist the athlete in transferring to a throwing frame and help them strap. These assistants MUST declare themselves in the call room. Only under exceptional circumstances will athletes outside this class range be allowed assistance and will necessarily require specific request to the TD for permission.

*NOTE: Under no circumstance will assistants be allowed to provide coaching assistance or communication in this regard during their duties in the competition area. Failure to do so will result in disqualification of the athlete.*

**Anti-Doping:**

If athletes are notified for drug testing they must bring an ID with them and are allowed (and strongly encouraged) to have one representative to accompany them through the drug testing process. Drug testing will be conducted by and follow all U.S. Anti-Doping Agency (USADA) policies and procedures. All WORLD PARA ATHLETICS licensed athletes who enter track and field events will be subject to drug testing. Adaptive Sports USA (ASUSA) registered sanctioned athletes without WPA license will not be required to submit for drug testing. For a list of banned substances, please visit: <http://www.usada.org/substances>.

**Awards:**

Awards will be given to all top three finishers in each event for Great Lakes Games events only (not Fast Cow). Awards are given in the Adaptive Sports USA Age Divisions, and Open Division/World Para Division for those who have licenses in track and field and are above U20. If you have a World Para License, the Local Organizing Committee (LOC) results will be submitted to WPA for inclusion in international ranking. World and regional records will be submitted to WPA as is appropriate and World Records will require drug testing which will be available on site. If you have a World Para License and prefer to compete under the Adaptive Sports USA Age Division, please e-mail Diana Helt at [dhelt@glasa.org](mailto:dhelt@glasa.org) no later than Friday evening at midnight CST (June 14) that you would like to switch to the Age Group. There will also be separate awards given to those injured military who do not fit into the Paralympic Classification System. The awards will be distributed once results are confirmed. Athletes and coaches should visit the Awards area inside Lake Forest High School from 4 PM to 8 PM Friday, from 9:00 AM to 3:00 PM on Saturday, and under the bleachers at Niles West from 9:00 AM to 4 PM on Sunday. Awards will be taken to the hospitality room at the host hotel, Hilton Garden Inn, after the close of competition Friday and Saturday. Athletes must wait until they have competed in all their events to pick up their awards.

**Classification:** Each athlete will be classified according to his or her functional ability, allowing him or her to compete against athletes with similar abilities. Each athlete who submits an entry to compete at the event must provide proof of permanent IPC (international) or national classification. Athletes who do not have an international or national classification issued by their country of residence must complete a request and participate in the classification process offered at this event. Injured military in the open division are exempt.

National Classification Masterlist:

<http://www.teamusa.org/US-Paralympics/Sports/Track-and-Field/Classification>

International Classification Masterlist:

<http://www.paralympic.org/athletics/classification/master-list>

Athletes with a visual impairment who would like to receive a national classification must contact Bryce Boarman at [Bryce.Boarman@usoc.org](mailto:Bryce.Boarman@usoc.org).

Athletes with an intellectual impairment that will require a National Classification must contact Barry Holman at [barry@athleteswithoutlimits.org](mailto:barry@athleteswithoutlimits.org).

VI, II, and PI Medical Forms are available at:

<http://www.greatlakesgames.org/> under the classification tab.

<https://www.paralympic.org/athletics/classification/rules-and-regulations>

USA Athletes: <http://www.teamusa.org/US-Paralympics/Sports/Track-and-Field/Classification>

**\*\*Note: If you have registered for National Classification, you will be e-mailed your classification time after registration is closed.**

National Classification for Athletics (Track and Field) and Swim is on Friday, June 14<sup>th</sup> between 9:00am-5:00pm. Individuals that have requested classification will be assigned an appointment time and will be required to arrive to the scheduled appointment time approximately 15 minutes early to check-in.

Please refer to the classification guidelines and a list of classification appointments found at [www.greatlakesgames.org](http://www.greatlakesgames.org) (follow tab for classification at the top of screen).

**National Classification Location:**

Lake Forest High School, 1285 N. McKinley Rd., Lake Forest, IL 60045

- Track and Field Classification – Room 84
- Swim Classification – Room 82B

**Track and Field Technical Meeting**

The event schedule includes a Coaches/Technical meeting for Track and Field on June 14<sup>th</sup> at 9:00 pm following the Officials meeting. Both meetings will take place in the GLASA Hospitality Room at the host hotel, Hilton Garden Inn, 26225 North Riverwoods Blvd. Lake Forest, IL 60045. The meeting will be led by Cindy Housner, the LOC/Event Director, Phil Galli, Games Meet Ref, and International Delegate, Jerry Clayton. The purpose of this meeting is to answer unclarified questions and clarify rules or regulations of the competition as necessary. If you are going to delete events for participation you MUST notify Meet Director at [dhelt@glasa.org](mailto:dhelt@glasa.org) OR text to 312-898-2249 by June 7, 2019.

Coaching credentials will be required to enter the track and field venue.

**Coaches & Athletes, If You Have a Question for Track and Field:**

If you have any questions regarding the competition that are not outlined in this manual, you will need to submit them via email prior to the coaches meeting. The Event Director, WORLD PARA ATHLETICS Technical Delegate (TD) and Track and Field Director will answer all the questions and send them out to all prior to the



meeting. We ask that you email questions to Jerry Clayton, International Technical Delegate at [dhelt@glasa.org](mailto:dhelt@glasa.org) prior to the technical meeting on Friday June 14<sup>th</sup> at 9PM.

All questions will be answered in writing via email before the technical meeting. A paper copy can be made available upon request if email is not available to you.

*Failure to show:* Any instances where a World Para athlete or a guide does not show up for his/her event without a medical excuse or other unusual extenuating circumstance will be disqualified and be removed for all other future events during the competition.

*Note:* All medical excuses must be confirmed or initiated by the medical director of the Competition and/or Meet Director or TD.

*Note 2:* If an athlete has declared more than one guide, then that guide must be utilized. Failure to do so will result in disqualification.

**Swim Coach Meeting:**

A Swim Coach meeting will be conducted at 2:15 PM at the Lake Forest High School Pool on Saturday, June 15<sup>th</sup>.

**Communication:**

Great Lakes Adaptive Sport Association  
Cindy Houser – GLASA ED/Games Director  
847.283.0908 office  
847.494.8483 cell  
[chousner@glasa.org](mailto:chousner@glasa.org)

Great Lakes Adaptive Sports Association  
Diana Helt – Games IT Director  
312-898-2249 cell  
[dhelt@glasa.org](mailto:dhelt@glasa.org)

Information also available at the event web site: <http://www.greatlakesgames.org>.

**Key Roles:**

- |   |   |
|---|---|
| WORLD PARA ATHLETICS Technical Delegate | Jerry Clayton                                     |
| Meet Ref                                | Phil Galli  |
| Event Director                          | Cindy Housner                                     |
| Volunteer Coordinator                   | Micaela Venus                                     |
| Head Archery Coordinator                | Jourdan Thunberg                                  |
| Head Swim Officials                     | Marilyn Weiland and Rob Weiland                   |
| Head Powerlifting Official              | Jim Greco   |
| Boccia Coordinator                      | Jourdan Thunberg/Jason Stubbman                   |
| National Classifiers (Track and Field)  | Pam Wilson, Dianna Gates, Susie Schroer (trainee) |
| Swim Classifiers                        | Julie Booth, Lauren Jordan                        |
| Track and Field Officials:              |   |
| ➤ Bob Norwood                           | ➤ Paul Kolterjahn                                 |
| ➤ Trish Yurochko                        | ➤ Mark Gagstetter                                 |
| ➤ Lora Davies                           | ➤ Paul Johnson                                    |
| ➤ Rick Lutes                            | ➤ Steve Kessler                                   |

- Pam Carey
- Steve Loh
- DJ McHugh

Hy-Tek  
Sponsorship  
Half-Mile Timing

- Scott Peters
- Elliott Welder

Diana Helt/Paul Johnson  
Cherie Hrusovsky  
Scott Peters, Elliott Welder

### **Disabled Sports Organizations, Licensing and Membership Info:**

Juniors must be a member of Adaptive Sports USA to participate in Junior Nationals which will be in Eden Prairie, Minnesota from July 14-19, 2019. For more information, please contact Adaptive Sports USA. Athletes must have a 2019 IPC License for their results to count for the World Para Athletics Rankings, Region Records, Games qualifications, and U.S. Paralympic Track and Field National Team status.

**USA Contact:** <http://www.teamusa.org/US-Paralympics/Sports/Track-andField/IPC>

**Licensing NPC Contacts:** <http://www.paralympic.org/america>

*International teams must contact their National Paralympic Committee (NPC) representative for licensure information in their country.*

### **Drug Testing:**

Drug Testing will be conducted and will follow all US Anti-Doping Agency (USADA) policies and procedures. More information about banned substances and doping control can be found by visiting: [www.usada.org](http://www.usada.org). All athletes 15 years and older who compete in the track and field events of the Great Lakes Games are subject to drug testing. If athletes are notified for drug testing they must bring an ID with them and are allowed and strongly encouraged to have one representative to accompany them through the drug testing process.

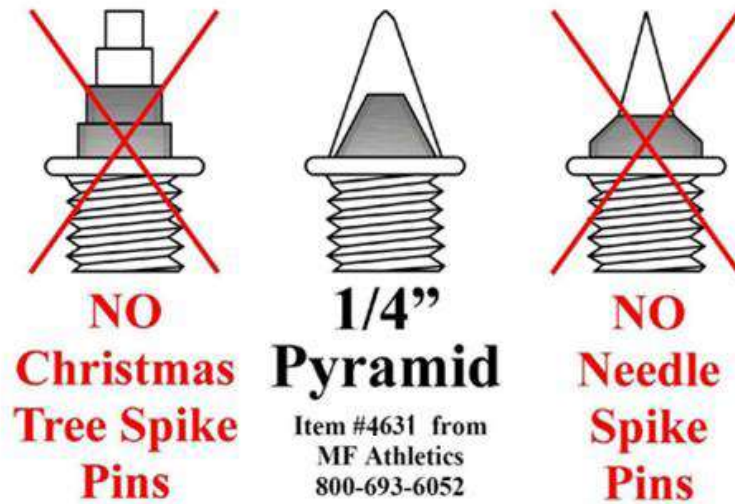
### **Equipment:**

The LOC will provide all sanctioned field implements, archery targets and starting blocks. Athletes must provide their own helmet for all wheelchair track racing events. All wheelchair track athletes will be required to wear a helmet at all times when on the completion track (warm up and competition) as per the WORLD PARA ATHLETICS Rule.

Athletes bringing their own field implements, field throwing frames, or personal starting blocks must submit them for approval at check-in as indicated on the schedule.

Guide runners must provide their own vests.

Track spike rules are below.



- Track spikes that are longer than a quarter (1/4) inch are not allowed. Quarter inch pyramids are preferred. NO “Christmas trees” and NO “needles” of any kind are allowed on the track.
- Field athletes are encouraged to bring their own implements. They must be certified with the officials at the implement weigh-in and cannot be checked out until the pit has finished and all implements have been returned to the implement weigh-in and recertified. Remember that your implement may also be used by other competitors in your pit.
- Implement weigh-in/Chair Check is scheduled as follows:
  - Friday, June 14<sup>th</sup> from 4:00pm – 6:00pm LFHS Shed (by field)
  - Saturday, June 15<sup>th</sup> from 7:15am to 8:15am LFHS Shed (by field)
  - Sunday, June 16<sup>th</sup> from 7:00am to 7:45am Niles West HS Staging Area
- Guide runners must provide their own vests, preferably orange.
- VI athletes in classes 11 and 12 must provide their own mask. These should be opaque (allowing no light), black, and cover the entire eye area.

### **Bib Numbers:**

Two bib numbers per athlete will be provided for the competition. Ambulatory (track and field event) athletes must wear bibs on their front chest and upper back. Athletes competing in a wheelchair track racer or field throwing chair must place one number on their piece of equipment (track racer frame facing the inside of the track or throwing chair facing sector area) and one number on the upper back of personal uniform. Swimmers are recommended to place one bib number on their warm up jacket but are not required to wear the bib numbers. Athletes competing in archery will wear one bib number on their upper back between the shoulder blades.

### **Food:**

Concession stands offering a variety of drinks and healthy snacks will be open the following days and times:

- Friday: Lake Forest High School 9:00am – 6:00pm
- Saturday: Lake Forest High School 9:00am – 4:00pm and Nile West High School 5:30pm – 8:00pm
- Sunday: Niles West High School 8:00am – 2:00pm

*Please Note: GLASA will provide bottled water for the athletes, coaches, classifiers, officials and volunteers at the event site throughout the competition.*

**Hospitality Room:**

GLASA will be providing a hospitality room for all registered athletes, coaches and their guests at the Hilton Garden Inn. This is a great place to rest, hang out and meet other athletes. The room will be stocked with healthy snacks and water, board games and adaptive sports resources. For hours, please see the schedule at [www.greatlakesgames.org](http://www.greatlakesgames.org). The Hospitality Room will be closed from 8-10pm for the Track and Field Officials Meeting and the Coaches Meeting.

**Lodging:**

Lodging arrangements are the responsibility of each team or individual athlete. When making reservations, use links provided under “Event Details” at [www.greatlakesgames.org](http://www.greatlakesgames.org) or call the hotel and state that you are part of the “Great Lakes Games” to receive the discounted rate. The deadline to book at the discounted rate is May 30, 2019.

Host Hotel: Hilton Garden Inn, 26225 North Riverwoods Boulevard Lake Forest, IL 60045 \*\*\*

Overflow Hotel: Residence Inn, 26325 N Riverwoods Boulevard, Mettawa, IL 60045 \*\*\*

Holiday Inn Chicago North Shore – 5300 Touhy Ave., Skokie, IL 60077 (closest to Niles West High School) - includes breakfast for two

\*\*\*A complimentary hot breakfast is served from 7:00-11:00 am at the Hilton Garden Inn on Saturday and Sunday (6:30-10:30 am weekdays). There will be a continental breakfast available starting at 6:00 am for those who need to leave early.

**Media:**

GLASA will have a social media team as well as several professional photographers at the event. Athletes that are comfortable may be asked for interviews following events.

GLASA will provide a track and swim announcer and may have live broadcasting during a selection of track and swim events.

**Medical:**

**Event Locations:**

**Lake Forest High School** - East Campus, 1285 N. McKinley Road, Lake Forest IL 60045

**Niles West High School** – 5701 Oakton St., Skokie, IL 60045

**Emergency Personnel and Contacts:**

Event Director: Cindy Housner, 847-494-8483

Event Physicians provided by: NorthShore University HealthSystem Medical Group

Lake Forest Fire Department (EMS): 1111 Telegraph Rd, Lake Forest, IL 60045

**Phone:** (847) 810-3890 or 911

Lake Forest Police Department: 255 W Deerpath Rd, Lake Forest, IL 60045

**Phone:** (847) 234-2601

Skokie Fire Department: 7424 Niles Center Rd., Skokie, IL 60077

**Phone:** (847) 982-5320

Skokie Police Department: 7300 Niles Center Rd, Skokie, IL 60077

**Phone: (847) 982-5900**

### **Nearby Medical Centers**

NorthShore Highland Park Hospital: 777 Park Ave W Highland Park, IL 60035 (847)432-8000

Lake Forest Hospital: 660 N Westmoreland Rd, Lake Forest, IL 60045 (847)234-5600

Evanston Hospital: 2650 Ridge Avenue, Evanston IL 60201 (847)570-2000

NorthShore University HealthSystem, Skokie Hospital: 9600 Gross Point Rd, Skokie, IL 60076  
(847) 677-9600

### **Results:**

Once all results are reviewed and verified, they will be posted at the competition venue. Athlete results for all events are posted at the competition venue and final official results will be posted here

<http://live.halfmiletiming.com/#/results/meet/105> (GLG) or

<http://live.halfmiletiming.com/#/results/meet/104> (Fast Cow) and on the games website

[www.greatlakesgames.org](http://www.greatlakesgames.org). All registrants will have results and records submitted to Adaptive Sports USA; however, athletes must be members of Adaptive Sports USA to receive a certificate of their record. If athletes are planning to qualify and attend Junior Nationals in July, it is recommended that the athlete submit the Adaptive Sports USA membership information prior to completing the registration for Great Lakes Games. <http://www.adaptivesportsusa.org/Membership/Individual>

Athletes must have a 2019 World Para Athletics License for results to count for the World Para Athletics Rankings, World Para Athletics and Region Records. Athletes are required to enter their 4-5 digit Participant ID (SDMS Number) in the on-line registration system. Information on how to obtain an IPC License can be found at:

<http://www.teamusa.org/USParalympics/Sports/Track-and-Field/IPC-Licensing>

A list of License numbers is included with the World Para Athletics Classification Masterlist:

<http://www.paralympic.org/athletics/classification/master-list>.

### **Sanctioning and Rules:**

World Para Athletics (athletics division of the International Paralympic Committee) and Adaptive Sports USA will sanction the track and field events. A copy of the rules is located at

<http://www.paralympic.org/athletics/events/rules-and-regulations>.

U14 and Master rule exceptions, records and standards can be found at:[www.atfusa.org](http://www.atfusa.org)

Adaptive Sports USA will sanction the archery and swimming events and the Adaptive Sports USA rules will govern the competitions. A copy of the rules is located at the following:

<https://adaptivesportsusa.org/sports/archery/>

<https://adaptivesportsusa.org/sports/swimming/>

**Protest Procedures:**

Protest rules and procedures for track and field will follow WPA rules as dictated by WPA Rule 50 "Protests and Appeals". A protest procedure will be in effect for the competition. A filing fee of 200 Euro (approximately \$225.50) will be required when submitting an appeal of a protest for track and field. This filing fee will be refunded if the protest is upheld or the fee will be forfeited if the protest is declined. The protest committee will make the decision and it will be announced at the end of the competition. Protests must be filed 30 minutes after the posting of results. Submit the protest form at weights and measures at Lake Forest High School for Field and at the timing table at Niles West High School for Track or give to Phil Galli (Ref) or Jerry Clayton (Technical Delegate) on site.

**Schedule of Events:**

The tentative time schedule for track and field events will be available on the main website under Schedule. The times posted are tentative until all classification and entries are confirmed. The final schedule will be posted under schedule on the event website and e-mailed to all registered coaches and athletes following the final classification appointment on Friday June 14th.

Heat sheets will also be posted after classification on the event web site at [www.greatlakesgames.org](http://www.greatlakesgames.org) and outside the elevators at the host hotel Hilton Garden Inn. Registered coaches and athletes will receive heat sheets via email as soon as possible.

Relay forms must be submitted by noon on Saturday, June 15<sup>th</sup> and turned into weights and measures at the field.

Events will be heated based on classification and age division. Seeding in track will be done according to the IPC rule 21.1 – 21.9:

"1. Qualification Rounds shall be held in Track Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where Qualification Rounds are held, all athletes must compete in, and qualify through, all such rounds except that the relevant governing body, may, for one or more events, authorise the conduct of additional preliminary qualification round(s) either at the same competition or at one or more earlier competition(s) to determine some or all of the athletes who shall be entitled to participate and in which round of the competition. Such procedure and any other means (such as e.g. achieving entry standards during a specified period, by specified placing in a designated competition or by specified rankings) by which an athlete is entitled to participate, and in which round of the competition, shall be set out in the regulations for each competition."

Track and field athletes must check in at least 20 minutes prior to the listed event start time. Long jump athletes must check in 30 minutes prior to their jump time.

- Implement weigh-in/Chair Check is scheduled as follows:
  - Friday, June 14<sup>th</sup> from 4:00pm – 6:00pm LFHS Shed (by field)
  - Saturday, June 15<sup>th</sup> from 7:15am to 8:15am LFHS Shed (by field)
  - Sunday, June 16<sup>th</sup> from 7:00am to 7:45am Niles West HS Staging Area

Swim competition will follow a running schedule. The order of events and heat sheets will be posted on the event site [www.greatlakesgames.org](http://www.greatlakesgames.org) under "Schedule."

There will be a boccia meeting at 8:45 at the boccia venue to review rules.

Powerlifting weigh-in will be on Friday from 2:00 to 4:00 PM at Lake Forest High School.

Archery will have the following divisions:

**Adults** – Standing, Sitting Quad or Sitting Para

- Recurve: 10m or 20m (Officials may adjust accordingly) with an 80cm face for 72 arrows
- Compound: 10m or 20m (Officials may adjust accordingly) with an 80 cm face for 72 arrows

**Youth** – Standing, Sitting Quad or Sitting Para

- Yeoman (ages 7 through the year of 9<sup>th</sup> birthday):
  - 15m on an 122cm face for 36 arrows
  - 10m on an 80cm face for 36 arrows
- Bowmen (through the year of their 12<sup>th</sup> birthday)
  - 20m on a 122cm face for 36 arrows
  - 15m on an 80cm face for 36 arrows
- Cub (through the year of their 14<sup>th</sup> birthday)
  - 30m on a 122cm face for 36 arrows
  - 20m on an 80cm face for 36 arrows
- Cadet (through the year of their 17<sup>th</sup> birthday)
  - 40m on a 122cm face for 36 arrows
  - 30m on an 80cm face for 36 arrows
- Junior (through the year of their 20<sup>th</sup> birthday)
  - 50m on a 122cm face for 36 arrows
  - 30m on an 80cm face for 36 arrows
- Young Adult (through the year of their 22<sup>nd</sup> birthday)
  - 60m on a 122cm face for 36 arrows
  - 40m on an 80cm face for 36 arrows

\*\*No broadheads/field points will be allowed. Please use target points for your arrows.

\*\*Ambulatory archers are encouraged to bring folding chairs.

**Weather:**

Northern Illinois weather is known to be very unpredictable. The host organization recommends staying hydrated. You will benefit from bringing the following items: a hat, sunglasses, layers of clothing, raincoat, sunscreen and a water bottle.

**Thank you to our partners:**

- Jason Stubbman, Synergy (Boccia)
- Jim Greco, GLASA Powerlifting Coach
- Brent Harmon (Archery)
- Carolyn Grevers, Lake Forest High School Swim Coach (Swimming)
- Marilyn and Rob Weiland, GLASA Board Member, USA Swim Officials (Swimming)
- U.S. Parabadminton

# Lake Forest High School – 1285 N. McKinley Rd. Lake Forest, IL 60045

Great Lakes Games – LFHS Map



- |   |  |
|---|--|
|  Team GLASA Tents                      |  Medical                           |
|  Seated Field Pits                     |  Restrooms                         |
|  Athlete Tents                         |  Indicates the "NO PARKING" Area   |
|  Weights/Measures/Field Chair Check-in |  Indicates the "Spectator" Divider |
|  Sponsor tent                          |  Cargo area                        |
|  Archery Tent                          |  |



# Niles West High School - 5701 Oakton St., Skokie, IL 60077



-  Staging Area
-  Medical, Sponsor Tents, and The Hartford/DSUSA Equipment Showcase
-  Storage Containers
-  Athlete Check-in/Packet pickup and Concessions
-  Awards (Under Bleachers)