

# FREEHOLD LIGHTNING



Seeks additional SPECIAL OLYMPIC  
ATHLETES & VOLUNTEERS  
for our TRACK & FIELD Team!

## OPEN HOUSE

**1pm SATURDAY MARCH 16, 2019**

**FREEHOLD BORO HIGH SCHOOL GYM**

### Track Events (TBD per season)

- Assisted walk – 10M, 25M, 50M
- Walk – 25M, 50M, 100M, 400M, 800M, 1500M
- Dash – 25M, 50M, 100M, 200M, 400M
- Run – 800M, 1500M, 3000M, 5000M, 10000M
- Relay – 4x100M traditional & Unified, 4x400M traditional & Unified
- Walk relay – 4x100M
- Wheelchair race – 10M, 25M, 100M, 200M, 400M,
- Wheelchair shuttle relay – 4x25M
- Wheelchair slalom – 30M
- Motorized wheelchair obstacle race – 25M
- Motorized wheelchair slalom – 30M, 50M

### Available Field Events (TBD per season)

- Standing long jump
- Shot put
- Wheelchair shot put
- Wheelchair tennis ball throw
- Wheelchair softball throw
- High jump
- Running long jump
- Softball throw
- Tennis ball throw
- Mini-javelin
- Pentathlon – 100M dash, long jump, shot put, high jump, 400M dash

**If interested, please call or text:**

**CHERYL DONLON**  
**ELENA LATERRA**

**609.658.4672**  
**732.616.2993**

Practices: March 9 – June 4  
Tuesdays 4-6pm &  
Saturdays 1-3pm

