

Practice/competition types	In-person practice (outdoors only) & in-person competition	In-person practice (outdoors only) & virtual competition	Practice at home and virtual competition
<b>Sports and ages</b>	<p><b>Athletics (track):</b> Running events: 100m, 200m, 400m, 1500m, 3000m Field events Shotput, Long Jump, Mini-Jav</p> <p><b>Bocce</b> Singles, Doubles, Unified Doubles (modified or advanced)</p> <p>Ages 16+</p>	<p><b>Athletics events:</b> 25m: Run, Walk, Wheelchair 50m: Run, Walk, Wheelchair 5K run (Traditional or Unified) Standing long jump Softball Throw</p> <p><b>Fitness</b> Push up Sit up Air squat</p> <p>Developmental Athletics</p> <p>Ages 8+</p>	<p><b>Gymnastics:</b> Rhythmic Ball/club toss Scale Vault</p> <p>Ages 8+</p>
<b>Competition Date(s)</b>	<p>July 16 – Athletics (track) USA Games Qualifier</p> <p>July – 17 Bocce (regional)</p>	<p>July 16 score submission online</p>	<p>July 16 score submission online</p>
<b>Competition Locations</b>	<p>July 16 – Athletics (track) USA Games Qualifier at CMU</p> <p>July – 17 Bocce (Mount Pleasant, Grand Rapids, Detroit)</p>	<p>At Home</p>	<p>At Home</p>
<b>Registration</b>	<p>Registration is due on or before May 24th Submitted by Area Director</p> <p>Athlete Health Appraisals Required</p> <p>Coach/Chaperone Requirements &amp; RTP requirements</p>	<p>No pre-registration Self submit scores June 1 - July 16</p> <p>Athlete Health Appraisals Required</p> <p>Coach/Chaperone Requirements &amp; RTP Requirements</p>	<p>No pre-registration Self submit scores June 1 - July 16</p> <p>Athlete COVID waiver signed online</p>
<b>Awards</b>	<p>Traditional/Unified SOMI Awards</p>	<p>Special Virtual Games shirt</p>	<p>Special Virtual Games shirt</p>
<b>USA Games Qualifying</b>	<p>Participants finishing in 1st place in their division will be entered into random draw selection with area approval</p>	<p>No USA Games Qualifying for Virtual Games</p>	<p>No USA Games Qualifying for Virtual Games</p>
<b>Ages 13-19 COVID Testing</b>	<p>Any athlete practicing in-person, between the ages of 13-19 must receive weekly negative covid test per State of Michigan Guidance. Any individual with proof of being fully vaccinated will be exempt from weekly testing.</p>	<p>Any athlete practicing in-person, between the ages of 13-19 must receive weekly negative COVID test per State of Michigan Guidance. Any individual with proof of being fully vaccinated will be exempt from weekly testing.</p> <p>Athletes training at home do not have to be tested.</p>	<p>No COVID testing required for athletes training at home.</p>