

**Athlete Information Packet**  
**Gateway Games 2022**



[www.dasasports.org/gateway-games](http://www.dasasports.org/gateway-games)

# Gateway Games – Schedule of Events

## FRIDAY 5/13

Time	Event	Location
9:00am-6:30pm	T&F classification	The Ability Gym
9:00am-6:30pm	Swim Classification	Rec Plex Main building^
4:00pm-6:00pm	Triathlon clinic	Rec Plex Main building^
9:00am-6:00pm	Early Registration for all sports	DASA Office

^Please enter the Rec Plex Main Building, in the side entrance near the stairs. Follow the Gateway Games signs!

## SATURDAY 5/14

Time	Event	Location
7:30am-8:30am	Swim Registration	Rec Plex Main Building^
8:00am-8:45am	Archery Registration	Christian High School
8:00am-8:45am	Archery Warm-ups	Christian High School
8:00am-8:45am	Powerlifting Registration	The Ability Gym
8:00am-8:45am	Swim Warm-ups	Rec Plex Main Building^
9:00am-12:00pm	Archery Competition	Christian High School
9:00am- 5:00pm	Boccia Competition	Rec Plex South
9:00am-11:00am	Swimming Competition	Rec Plex Main Building^
9:00am-11:00am	Powerlifting Competition	The Ability Gym
10:00am-11:30am	Para-Triathlon Registration	Rec Plex South
11:30am-12:30pm	Field Registration & chair check	Christian High School
12:00pm- 2:00pm	Para-Triathlon Race	Rec Plex Main Building^ & City Centre Trails
1:00pm-4:00pm	Field events	Christian High School
1:00pm-3:00pm	Para Shooting	Rec Plex South

^Please enter the Rec Plex Main Building, in the side entrance near the stairs. Follow the Gateway Games signs!

## SUNDAY 5/15

Time	Event	Location
8:00am-10:00am	Athlete Registration	Fort Zumwalt East High School
8:00am-9:00am	Chair check/warm-ups/open track	Fort Zumwalt East High School
9:00am-1:00pm	60m, 100m, 1500m, 400m, 200m, 800m, Relays	Fort Zumwalt East High School
10:00am-11:00am	Toddler Games (20m Dash, discus, shot put, long jump)	Fort Zumwalt East High School

\*Athletes indicating that they require a classification appointment during online registration will be given a link in the registration form to select a time that works for them. All athletes that need classification must also fill out the appropriate National Medical Diagnostics Form: [Physical Impairment](#) or [Visual Impairment](#); and email it to the email listed on the form. Please CC, [jessicat@dasasports.org](mailto:jessicat@dasasports.org) so that we also have a copy in case it gets lost in email inboxes. Please plan for the full 45-minute time period selected for your classification appointment.

\*\*Official results of powerlifting, swimming, and track & field events will be available 24-48 hours after the conclusion of the event. Results may be compared to Move United [Qualification Standards](#) for determination of qualification for Move United Junior Nationals to be hosted in Denver, CO in July 2022.

## Location of Events

Hotel blocks:

### **Double Tree Westport** – 1973 Craigshire Dr, St. Louis

- <https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=STLWPDT&groupCode=CDTGGE&arrivaldate=2022-05-13&departuredate=2022-05-15&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>
- \$129/night
- Expires 4/29/2022

### **Sheraton Westport Plaza Hotel** – 900 W Port Plaza Dr, St. Louis, MO 63146

- <https://www.marriott.com/event-reservations/reservation-link.mi?id=1650036282185&key=GRP&app=resvlink>
- \$120/night
- Expires 4/29/2022

Sporting events:

- **Rec Plex** – 5200 Mexico Rd, St. Peters
  - o **For swimming/tri you will enter to the right of the building and through the door by the outdoor stairwell**
  - o **Boccia will be in the south building just past the main building**
- **Christian High School** – 1145 Tom Ginnever Ave, O’Fallon
  - o **Field:** Park near the football field/track. Field will be off to the right of the track.
  - o **Archery:** Park on the right side, when facing the school. Archery will be behind the school on the right side.
- **Fort Zumwalt EAST High School** – 600 1<sup>st</sup> Executive Ave, St. Peters
- **The Ability Gym** – 1600 Mid Rivers Mall Circle, St. Peters (Second level near the Dillards entrance)
  - o Enter through the main mall entrance between Dillard’s & Macy’s and turn right. The gym will be on the left side of the stairs
- **The DASA Office** – 1600 Mid Rivers Mall Circle, St. Peters (Second level near the Dillard’s entrance)
  - o Enter through the main mall entrance between Dillard’s & Macy’s and turn right. The office will be on the right side of the stairs.

# Additional Information

## Rules & Regulations:

Gateway Games is a Move United sanctioned event offering events in track, field, swimming, archery, air rifle, para-tri, and powerlifting. As a Move United sanctioned event, Gateway Games must abide by specific rules and regulations for each of the individual sports offered. The rules and regulations for each of the offered sports is listed below for your reference. It is your responsibility to read and understand the rules prior to competition, and to seek clarifications from your coach or trusted adaptive sports resource as needed.

\*\*The Boccia tournament is not a sanctioned sport through Move United but is recognized as a qualifying competition by USA Boccia for the National competition in August.

**Newcomers - it is OKAY if Gateway Games is your first experience with a sporting competition. Our event officials are very approachable and welcoming of questions, use this as an opportunity to learn!**

- [Powerlifting Rules](#)
- [Swimming Rules](#)
- [Track & Field Rules](#)
- [Archery](#)
- [Para-Triathlon](#)
- [Para Shooting](#)
- [Boccia](#)

## Sports Equipment:

Gateway Games will provide a variety of equipment for powerlifting, archery, air rifle, Para-Triathlon, swimming, track, and field events in compliance with Move United rules and regulations. All equipment and timing systems will be used in compliance with [Move United Sanctioning requirements](#).

- Powerlifting – Level 2
- Archery – Level 2
- Air Rifle – Level 2
- Para-Tri – Level 2
- Swimming – Level 2
- Track& Field – Level 2

**Track & Field** – Equipment for track & field will include an electronic timing system, starting blocks, throwing frames with tie-downs/ratchet straps, and implements for discus, shot put, javelin, turbo javelin, and club throw. Athletes may bring their own implements, racing chairs, throwing frames, or other equipment as desired, but all equipment will need to be checked by officials prior to the competition to ensure they are legal. Wheelchair athletes will need to provide their own helmets for track. Racing chairs are NOT required for participation in track events, please feel free to compete in

your everyday wheelchair! Track & Field Officials reserve the right to check personal equipment and disqualify an athlete if the equipment does not meet legal requirements for competition.

**Swimming** – Equipment for swimming will include an electronic timing system, lap counters, and a flash/visual starting signal. Athletes are responsible for bringing their own swimsuits, swim caps, goggles, towels, and any other equipment they require for competition. Athletes are NOT required to wear any specific swimsuit brand/style; however, the swimmer is not permitted to use or wear any device or swimsuit that may aid in speed, buoyancy, or endurance during competition (webbed gloves, flippers, fins, pool buoy, etc.). Swim Officials reserve the right to check personal equipment and disqualify an athlete if the equipment does not meet legal requirements for competition.

**Powerlifting** – Equipment for powerlifting will include weights, scale for weigh-in, performance bench, practice bench, safety clamps, stopwatches, and straps. Athletes will need to provide their own weight belts, gloves, footwear/prosthetics, or other applicable, legal powerlifting equipment necessary to perform the Powerlifting Press. Powerlifting Officials reserve the right to check personal equipment and may disqualify an athlete if the equipment does not meet legal requirements for competition. **Singlets are NOT required.**

**Archery** – Equipment for archery will include targets, wind flags, Bows and arrows. Athletes may bring their own implements, bows, arrows, etc. but all equipment will need to be checked by officials prior to the competition to ensure they are legal. If you are a standing shooter, you are allowed one chair to sit in between rounds if you fatigue easily. Archery officials reserve the right to check personal equipment and disqualify an athlete if the equipment does not meet legal requirements for competition.

**Para Shooting/Air-Rifle** – Equipment for Air-Rifle will include targets, ammunition, Co2, stands, and timing system. Participants can use their own equipment; however all equipment will need to be checked by officials prior to the competition to ensure they are legal. **ALL participants will be required to use the same ammo supplied by DASA to verify fairness in what is being shot.** Officials reserve the right to check personal equipment and may disqualify an athlete if the equipment does not meet legal requirements for competition.

**Para-Triathlon** – Equipment provided for these 3 events will include a timing system, lap counters, bike racks, limited handcycles, and recumbent bikes. If athletes need to borrow this equipment it is necessary to reach out to Jessica at [jessicat@dasasports.org](mailto:jessicat@dasasports.org) no later than 2 weeks before the event to set up a reservation of equipment that fits. Athletes are responsible for bringing their own swimsuits, swim caps, goggles, towels, and any other equipment they require for competition. Athletes are NOT required to wear any specific swimsuit brand/style; however, the swimmer is not permitted to use or wear any device or swimsuit that may aid in speed, buoyancy, or endurance during competition (webbed gloves, flippers, fins, etc.). Athletes are also responsible to bring their own helmet for any portion of the race they are on wheels. Triathlon officials reserve the right to check personal equipment and disqualify an athlete if the equipment does not meet legal requirements for competition.

## Food & Concessions:

Athletes are recommended to bring their own snacks and beverages during the sports events. Hardees will be available Saturday for athletes' lunches. There will be a Kona shaved ice truck made available at Christian High School on Saturday. No concessions will be available during any of the competitions. Complimentary continental breakfast is provided at both hotels in our hotel blocks. White Castle will have a tent on Sunday handing out ice cream to athletes, and their family and friends. Water will be made available to athletes and volunteers throughout the weekend at all events in designated coolers.

## Medical Coverage:

On-site medical coverage will be on-site for all athletes, volunteers, and spectators in the event of medical emergency or injury. The medical team will consist of PMNR Residents from Washington University in St. Louis and will be available at all primary events including track, field, swimming, archery, air rifle, para-tri, and powerlifting events. Gateway Games staff will work in conjunction with the WashU team to develop an Emergency Action Plan that prioritizes athlete & spectator safety. Medical tents or stations will be clearly marked during all events should you need to seek medical treatment, and Gateway Games staff and volunteers will be able to direct you should you have any questions

*As a reminder, you must complete the Gateway Games Liability and Media release forms before participating in any events. Please click [HERE](#) and [HERE](#) to sign the two forms. Once signed please email to Jessica at [jessicat@dasasports.org](mailto:jessicat@dasasports.org) with "DONE" in the subject line.*

## Athlete & Volunteer Check-In:

Athlete and volunteer check-in will start Saturday morning at 7:30am for morning events and 11:30am for all afternoon events. Check-in for Sunday will start at 7am. Check-in will be the time that athletes and volunteers can pick up their information packets, complete any remaining paperwork, and to meet support staff for the events. All athletes are required to check-in during the allotted check-in times for their events. **Please refer to the schedule events on page 2 for locations and times for each event.**

### Volunteers:

If you are interested in volunteering for this event please click [here](#) to sign up. If you have any questions, feel free to reach out to Jenny our volunteer coordinator at [jennyp@dasasports.org](mailto:jennyp@dasasports.org).

## Sanctioning & Eligibility for Move United Junior Nationals:

All Gateway Games events are sanctioned by Move United and will be governed by the Move United rules for competition (see above “Rules & Regulations” section). Athletes between the ages of 6-22 who compete at Gateway Games may be eligible to qualify for Move United Junior Nationals if they meet certain [Qualifying Standards](#) for each respective sport. Move United Junior Nationals is the largest adaptive sports event in the United States and is hosted in different cities across the country each year. Participation in Move United Junior Nationals is an exciting opportunity for both newcomers, as well as elite level athletes as participation in Move United Junior Nationals can help propel an athlete towards a potential Paralympic career. For more information about eligibility for Junior Nationals, please visit Move United [website](#).

## Classification for Adaptive Sports

### *What is Classification?*

The fundamental goal of classification is to ensure that winning is determined by differences in athlete skill, fitness, power, endurance, tactical ability, mental focus, etc. rather than by differences in functional/physical impairments. Classification is the official Paralympic process for determining:

- a) If an athlete is eligible to compete in Para Sport
- b) How an eligible athlete will be grouped into sport classes based on their eligible impairment

### *What are the Eligible Impairments for Adaptive Sports?*

There are 10 eligible impairments that qualify an athlete for Adaptive Sports. These impairments include: Impaired muscle power, impaired passive range of motion, limb deficiency, ataxia, athetosis, hypertonia, short stature, leg length difference, visual impairment, intellectual impairment.

We welcome individuals of all abilities and experiences at the Gateway Games, no prior experience is necessary for competition!

### *How Can I Get Classified at Gateway Games?*

Gateway Games is one of very few events across the country that will offer on-site national classification appointments for both **swimming AND track/field**. Athletes will be evaluated by a medical and technical classifier who will determine the appropriate classification for each athlete in order to appropriately place each athlete in the correct heats or categories. If you think you may require a national classification appointment, please make sure to do the following:

1. Complete the Gateway Games registration process on the DASA [website](#)
  - a. You **MUST** indicate that you require a classification appointment for track/field, swimming, or both, during the registration process

b. If you are receiving a classification appointment, you MUST fill out the National Medical Diagnostic Form and email the completed form to US Paralympics at [NPCUSAclassification@usopc.org](mailto:NPCUSAclassification@usopc.org) 3 weeks prior to your classification appointment.

2. All appointments will be available on first-come-first-served basis based on time of registration for the Gateway Games
3. Attend your classification evaluation at your designated time. The evaluation will consist of a physical assessment and technical assessment which will take around 30-45 minutes to complete. For swimmers this will mean getting in the water, so bring the required things for this portion of the assessment.
4. After your classification appointment it is required that you compete in your events for the classifiers to confirm your classification. If you do not compete at Gateway Games, the classification process does not become official!

### ***Where Can I Find More Information About Classification?***

Learn more about the US Paralympics classification process [here](#). If you have any additional questions about the process, please contact us so that we may assist you.

## **Inclement Weather:**

In the event of inclement weather conditions, DASA reserves the right to cancel any event at any time to protect the safety of athletes, families, volunteers, staff, and spectators. DASA also reserves the right to not reschedule Gateway Games events for a later date, although every attempt will be made to reschedule for a later date if possible. Outdoor events will be suspended in the presence of lightning, tornados, high heat index, or other unforeseeable conditions or emergencies that may compromise the safety of our athletes, staff, and community members. In the case of lightning and heavy rain, events will resume 30 minutes after the last known lightning strike within 10 miles and with Officials and Staff discretion. Athletes will be contacted via email when the event is to resume.

Missouri is well known for unpredictable weather so please check a forecast for the weekend to know what to pack in terms of clothing, water bottles, rain gear, etc. We could see anything from comfortable 60's and sunny, chilly 40's and cloudy, hot 80's and humid, or even rain or snow! Please make sure to educate yourself on the weather forecast prior to traveling and plan accordingly.

## **Donations:**

DASA is a tax-exempt nonprofit organization that relies on the support of the surrounding community to meet our financial goals. Whether it be in-kind donations, financial gifts, sponsorships, or volunteering... we need your help to ensure that DASA can continue to provide opportunities for adaptive athletes to thrive and compete! 100% of all donations go directly back to serving our mission. If you have the capacity to give, we would greatly appreciate any support you could provide. Please visit our website for more details on ways to [give](#).

For questions regarding this event, please contact Jessica at [jessicat@dasasports.org](mailto:jessicat@dasasports.org)