

**Special
Olympics**
Delaware



**LEWES
POLAR BEAR
PLUNGE**

2023 Check-In Schedule

We strongly recommend taking advantage of one of our early check-in opportunities to make your Plunge Day as smooth as possible.

You can check in for other Bears, too!

Wednesday, February 1

9:00 a.m. - 7:00 p.m. – *Plunge and/or 5K*

Special Olympics Delaware office in Newark
619 S. College Ave, Newark, DE 19716

Friday, February 3

4:00 - 7:00 p.m. – *Plunge and/or 5K*

Rehoboth Beach Convention Center
229 Rehoboth Ave, Rehoboth Beach, DE 19971

Saturday, February 4

8:00 - 9:55 a.m. – *5K ONLY*

Tent near the Bandstand on Rehoboth Ave

4:00 p.m. - 7:00 p.m. – *Plunge ONLY*

Rehoboth Beach Convention Center
229 Rehoboth Ave, Rehoboth Beach, DE 19971

Sunday, February 5

10:00 a.m. - 12:55 p.m. – *Plunge ONLY*

Tent near the bandstand on Rehoboth Ave

If you have any questions about checking in for the Plunge, please email plungede@sode.org or call the Special Olympics office at 302.831.4653.