



LEWES
**POLAR BEAR
PLUNGE**

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!

The days below are based off of the Plunge being the first Sunday in February.
Any changes will be updated based on each specific year.

Wednesday of Plunge Week

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 of Plunge Week

4:00 - 7:00 p.m. – *Plunge and/or 5K*

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

Saturday of Plunge Week

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 - Plunge Day!

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.