



OREGON SCIENCE OLYMPIAD

# September 2025 Update

**This month starts our new Science Olympiad season! Here are some things you can do to begin this year's season.** If you have questions about any of these things, please let me know at [ashley.dasilva@lebanon.k12.or.us](mailto:ashley.dasilva@lebanon.k12.or.us)

## View the Event Rules.

Official rules for the 2026 events are now available for download! These tell how to prepare for each of the 23 B division (middle school) and the 23 C division (high school) events. Online link: <https://www.soinc.org/rules-2026>

In the back of the rules files, you can see possible schedules we will choose from. We will release a tournament date and schedule with October's newsletter.

There are also short descriptions of these [B Division \(middle school\)](#) and [C Division \(high school\)](#) challenges.

## Register Your Team.

Students participate in Science Olympiad by team. Each team will need to [register](#) with a school-based coach (teacher or other staff member). After registration, please go to "[shop](#)" for the team fee payment options.

Coaches and co-coaches of new should consider attending an online New Coaches' Meeting. They will be 8 am, 12 pm, and 7 pm on Monday, November 3.

We also have some tips available at <https://oregonscienceolympiad.org/start-a-team/>.

## Register for an Invitational.

If your team is registered in Oregon, you can participate in an invitational. These allow practice opportunities and are run by different organizations nationwide.

Rickard's Invitational (B/C Divisions, online competition Nov. 2 - 9): <https://rsoi.org/>

LASA SO (B/C divisions, online competition Oct. 19 - 31): <https://scilympiad.com/lasso>

Horace Greeley Invitational (B only, online competition Jan 19-25): <https://sites.google.com/students.chappaquaschools.org/hginvitational/home>

## Attend an Oregon Workshop.

In the Oregon Science Olympiad website "[shop](#)" you can find tickets to short workshops for students who are new to Science Olympiad or are looking forward to joining a Science Olympiad team soon.

Here is an [informational flyer](#). The workshops are set up so students can try out a representative event.

## Join Our E-Mail List.

Last year, Science Olympiad alum Surya Panam created some [tips about the roles of team captains & coaches](#) that could be useful to new teams.

We encourage team captains, coaches, and parents to read these tips and then sign up for our e-mail list. Sign up link: <https://oregonscienceolympiad.org/e-mail-lists/>

## Find Extra Resources from our National Organization!

Our national organization has archived a variety of [workshops](#) that might be useful to you at the start of our new season.

Every month, MySO offers lesson plans, practice tests, and workshops with real scientists and engineers. Online link: <https://www.soinc.org/myso>