

ADAPTED



TRACK & FIELD GUIDE FOR SCHOOLS



Anybody with a disability can participate in track and field events in school's existing program.

VENUES: Students with disabilities compete at the same track and field venues as their able-bodied teammates and they are on the same team.

RULES: Students who participate must meet all State High School Association eligibility requirements.

RECOGNITION: Student athletes with a physical disability, visual impairment and/or intellectual disability taking part in school track and field meets should receive scores for the events they take part in.

MODIFICATIONS: No modifications need to be made to the track. Heats may be added for wheelchair athletes and amputee athletes may be integrated to existing heats. For field events, throwing chairs can be used and anchored with tie downs. Students can use racing wheelchair for track events and a manual, power or throwing chair for field events. Athletes with a visual impairment are allowed a running guide.

EVENTS

TRACK EVENTS

Sprint (100m, 200m, 400m)
Middle Distance (800m, 1600m)
Long Distance (3200m)
Relay Races (4X100m, 4X400m)
*Note that these are outdoor season events. Indoor season events can vary.

JUMPING EVENTS

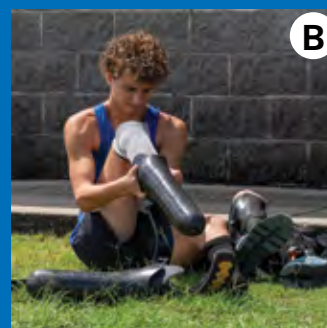
High Jump
Long Jump
Triple Jump

THROWING EVENTS

Club Throw
Discus
Shot Put
Javelin (state dependent)

ADAPTIVE EQUIPMENT

- A** Field chairs, straps, ratchet straps, stakes for seated throwers
- B** Prosthetic running legs and/or upper arms for amputees
- C** Racing wheelchairs, helmets, and racing gloves for seated runners/wheelers



GATORADE



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For the complete manual and more information, visit: moveunitedsport.org