



ADAPTED TRACK & FIELD

WHO CAN PLAY

Anyone with a permanent physical disability can participate in adapted track and field events. Track and field events can be integrated into the school's existing program.

OVERVIEW

VENUES: Students with physical 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. Specific rules for track and field events can be found online.

RECOGNITION: Student athletes with physical disabilities taking part in school track and field meets should receive scores for the events they take part in. Samples can be found online.

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 with physical disabilities can use racing wheelchair for track events and a manual, power or throwing chair for field events.

EVENTS

TRACK EVENTS

Sprint (100m, 200m, 400m)
Middle Distance (800m, 1500m)
Long Distance (5000m, 10000m)
Relay Races (4X100m, 4X400m)

JUMPING EVENTS

High Jump
Long Jump
Triple Jump

ROAD EVENT

Cross Country Events per State

THROWING EVENTS

Discus
Shot Put
Javelin (state dependent)

ADAPTIVE EQUIPMENT



A



B



C

- A** Throwing chairs may also be used. Any chair that is being used for a throwing event **MUST** be secured using tie-downs.
- B** Specific running legs may be used, but they are not required.
- C** A track chair can be used by those who are documented as requiring one.