

Athletics Events Categories

Category	Events
Category 1	50m Wheelchair Race, 100m Wheelchair Race, 200m Wheelchair Race, 400m Wheelchair Race, Wheelchair Tennis Ball Throw, Wheelchair Softball Throw, Wheelchair Shotput, 25m Walk, 50m Walk, 100m Walk, Standing Long Jump, Softball Throw, Tennis Ball Throw
Category 2	100m Walk, 200m Walk, 400m Walk, Standing Long Jump, Softball Throw, Tennis Ball Throw
Category 3	25m Run, 50m Run, 100m Run, 400m run, 4x100m Relay, Standing Long Jump, Running Long Jump, Softball Throw, Shotput
Category 4	200m Run, 400m Run, 800m run, 4X100m Relay, Standing Long Jump, Running Long Jump, Softball Throw, Shotput
Category 5	400m Run, 800m run, 1500m Run, 4X100m Relay, Standing Long Jump, Running Long Jump, Softball Throw, Shotput

Event Registration Instructions for Summer Games

- Athletes are restricted to participation within one category outlined above
- Athletes may, and are encouraged to, enter a maximum of 3 running/walking events, 1 relay, 1 jump, and 1 throw
- Athletes participating in the running long jump must be able to jump at least 1 meter, which is the minimum distance between the take-off board and the sand pit
- **For the Summer Games, the take off line for the Running Long Jump event will be placed 1 meter out from the edge of the sandpit.** Please ensure your athletes are training to take off from this same point. We encourage you to set up your take off point 1 meter out from the sandpit at your local competition as well so your athletes are better prepared for this event at the Summer Games.
- Please note, walking events are intended for athletes of lower ability. Athletes may not compete in both walking and running events.
- The Tennis Ball Throw is considered a developmental event. **Athletes who are able to throw the tennis ball over 9m should be entered into the Softball Throw.**
- The Softball Throw is intended for athletes of lower ability. **Athletes who are able to throw the softball over 15m should train to compete in the Shotput.** If an athlete is able to exceed these upper limits, but is unable to be entered into the Shot Put event due to safety concerns please discuss this with me as soon as possible.
- Assisted Walk - Athletes must provide their own assisted devices. Assisted devices may consist of canes, crutches or walker. Athletes entering Assisted Walk events may also enter other walking events. I.e. they will not be limited to the three Assisted Walking events listed in the Athletics Rules.
- It is encouraged that each community training in track and field put together teams to train and compete in the 4X100m Relay event.
- Teams are encouraged to submit alternates for the relay team should an athlete end up scratching from the event. Alternates will need to have a qualifying time submitted for the event.

Sport Uniform/Equipment:

- Athletes must compete, wearing the appropriate delegation uniforms. No independent or individual apparel may be worn for competition. **Athletes are not allowed to train or compete in jeans.**