

## **Para Athlete 100m, 200m, 400m, 800m Equipment and Racing Standards**

Athletes will be expected to compete in school issued, or approved uniform. Reasonable accommodations will be made when necessary.

- Manual wheelchairs only for track events, which may be specialized racing chairs or an all sport chair.
- The racing chair may have two large wheels (not to exceed 70cm in diameter) and one small wheel (not to exceed 50cm in diameter)
- The racing chair must be manually propelled by pushing on the wheels or the hand rims. The chair shall not be equipped with gears, levers, or electronic steering.
- All participants must wear a racing helmet that is a hard, protective shell and should meet the safety standards of the American National Safety Institute (ANSI).
- Shoes are not required, however, protective socks are recommended.
- All participants must start each race event using racing gloves.
- Athlete's lower limb(s) must be secured to the track chair. Any touch of the ground by a lower limb, results in disqualification from the event.
- Competitors are responsible for the proper functioning of the competition chair and equipment. Athletes that experience an equipment failure may finish the event, however no event will be delayed or rescheduled if such an incident occurs.

## **Para Athlete Field Event and Seated Throwing Standards**

Athletes will be expected to compete in school issued, or approved uniform. Reasonable accommodations will be made when necessary.

- All participants must throw all implements for a "chair" (manual wheelchair, throwing chair, power wheelchair). Scooters and "standing chairs" will not be allowed. Chairs may be designed based on the needs of the athlete.
- The upper most part of the cushion/seat of the chair may not exceed 75cm measured from the ground. The seat of the chair has to be square or rectangular and flat or sloped backward.
- The chair may not have any moving parts.
- No part of the throwing frame or wheelchair may be outside of the circumference of the circle.
- The chair may be considered an extension of the athlete's body. For example: Any part of the chair touching the top of the stop board (shot put), or extending over the ring (discus) or foul line (javelin).
- The athlete's body must remain in contact with the seat during the throw. Meet staff will be available to assist the athlete getting to the competition area as well as assisting the athlete in and out of the throwing chair and in and out of the circle.

## **Para Athlete Throwing Implements Specifications:**

	Shot Put	Discus	Javelin
Girls	2.74 Kg (6lbs.)	1 Kg	600 g
Boys	4 Kg	1 Kg	600 g