



SCHOOL SPORT  
NOVA SCOTIA  
SPORT SCOLAIRE  
NOUVELLE-ÉCOSSE

Memo To: Track and Field Coaches  
Subject: Track and Field Supported Athlete Competition

## OVERVIEW

The SSNS is continuing with our Special Athlete Competition but have adjusted the name to Supported Athlete. We encourage participants to be physically active and hope that student-athletes develop a greater self-confidence and learn skills in the spirit of competition. Participation ribbons and certificates will be awarded at Provincials.

Schools will make the decision about which student-athletes should participate in Supported Athlete competition but should ensure they are following the Special Olympics™ standards.

- *intellectual disabilities, cognitive delays as measured by formal assessment, or significant learning or vocational problems due to cognitive delay that require or have required specially designed instruction.*

## EVENTS

- ° 100 meters (Timed finals)
- ° Shot put (\*3 throws per athlete)
- ° Long Jump (Standing or Running, \*3 jumps per athlete)

*\*may vary at district competitions*

Athletes may have one (1) helper in the jump and throw area but we encourage athletes to compete as independently as possible.

## CLASSES

- Supported Athlete Junior Girls (grades 7-9)
- Supported Athlete Junior Boys (grades 7-9)
- Supported Athlete Senior Girls (grades 10-12)
- Supported Athlete Senior Boys (grades 10-12)

*Classes are grade-based and not age-based (but maximum age is school aged, under 21 as of Sept 1)*

*\*Please speak with your meet and regional director if your school feels an accommodation needs to be made for the athlete based on grade level participation*

## ENTRY

Supported Athletes are to be registered as part of the school Track and Field team through the TrackieReg website. Unlike other classes, there is no limit on the number of Supported athletes from each school who may compete and athletes may compete in any or all of the events offered for their class.

## ADVANCEMENT

Supported athletes follow the same rules for advancement from Regional to Provincials (Top 4 in track and Top 4 in field). Please see specific district rules for how many athletes advance to Regionals from Districts but be aware that athletes must qualify at their District Meet in order to advance to their Regional Meet.