



JUNIOR DEVELOPMENT PARA COMPETITION GUIDELINES

Para athletics refers to Athletics competition for athletes with physical or cognitive impairments.

To support participation of athletes of all abilities within our programs, BC Athletics will begin offering Para Ambulatory events in 2022.

Para Ambulatory Events - 2022

- Para Ambulatory events are those in which an athlete's physical disabilities allow them to compete in a standing position.

Para Wheelchair Events - 2023:

- In 2023, it is anticipated we will add Para Wheelchair events to the track & field program.
- Para Wheelchair events are those in which an athlete's physical disabilities require them to compete in a wheelchair or from a seated position.

Disabilities within the para-ambulatory category include:

- visual impairments, intellectual impairments, cerebral palsy, stroke/brain injury, short stature, limb deficiency (with, or without amputation), impaired passive range of motion, impaired muscle power, or leg length difference.

Para classification:

- Identifies the specific category an athlete competes in based on their impairment. Para classification may occur for athletes aged 16 and older. As JD athletes cannot take part in the classification process, they will compete in the more general "Para Ambulatory" or "Para Wheelchair" categories, when applicable.

Meet directors are encouraged to set up event registration systems to allow athletes to register for Para events. Please contact BC Athletics for directions on how best to set this up.

Whenever possible, para-athletes should compete with able-bodied athletes. Results for para-athletes should be listed/published separately (ex. Girls 9 year old 800m followed by Girls 9 year old Para 800m). Awards for para-athletes should be provided and be based on the results for the age class event.

Officials and meet directors are asked to make the appropriate accommodations for JD athletes competing in para events, to allow them to have a fair and positive experience. Such accommodations include:

- *Horizontal Jumps* – providing alternative boards/foul lines in consultation with the athlete.
 - **Note: the landing pit for horizontal jumps when used by visually impaired athletes should be 3.50 meters wide.**
- *Laned Events* - Reserving an additional lane for athletes working with guide-runners.

JD PARA AMBULATORY EVENTS

| | F 9 | M 9 | F 10 | M 10 | F 11 | M 11 | F 12 | M 12 | F 13 | M 13 |
|----------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 60m | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | |
| 100 m | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 200 m | | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 300 m | | | | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 600m | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | |
| 800 m | | | | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 1000 m | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | |
| 1200m | | | | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 2000 m | | | | | | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 4 x 100 Relay | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Medley Relay | | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Cross Country* | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| High Jump | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Long Jump | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Triple Jump | | | | | | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Shot Put | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Discus | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Javelin | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

*Cross Country distances will be the same as for able-bodied athletes