



Memo To: Track and Field Coaches

Subject: Track and Field Special Athlete Competition

Students that are eligible to compete must follow the Special Olympics standards (students with intellectual disabilities).

## EVENTS

- ° 100 meters (Timed finals)
- ° Shot put (2 throws per athlete) Ladies-3 kg, Men-4 kg.
- ° Long Jump (Standing or Running) (2 jumps per athlete). Measure from takeoff board.

## DIVISIONS

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

\*\*As long as they are in these grades they are eligible; no age limit.

All athletes must compete at a District Meet in order to advance to Regionals.

Provincial Representation

4 track, 4 field from each Region in each Division.

Special Athletes are permitted one person in the competition area per athlete. If a Special Athlete requires more than one helper to successfully participate, that must be approved by the Meet Director.