

ATHLETICS (TRACK AND FIELD)

Entries:

- Entry score for the athlete should be their best effort time

Events:

The following **developmental** events will be offered in athletics competition:

- 25M Walk with Me (lead up to 25M Walk - any athlete requiring a person to guide or balance for safety ONLY)
- 25M Walk (walk independently on own or with use of a cane or walker)
- 25M Manual Race
- 30M Manual Slalom
- 30M Motorized Slalom
- 30M Motorized Straight
- 4 X 25M Wheelchair Shuttle Relay
- Tennis Ball Throw

The following **walking** events will be offered in athletics competition:

- 50M Walk
- 100M Walk
- 400M Race Walk
- 800M Race Walk
- 2K Race Walk
- 4 X 100M Race Walk Relay
- 4 X 100M Unified Race Walk Relay

The following track and field events will be offered in athletics competition:

- 50M Dash
- 100M Dash
- 100M Manual Wheelchair Straight
- 100M Motorized Wheelchair Straight
- 200M Dash
- 400M Dash
- 4 X 100M Relay
- 4 X 100M Unified Relay
- 800M Run
- 1500M Run
- Standing Long Jump (lead up for running long jump)
- Running Long Jump – One (1) meter minimum jump requirement
- High Jump (12 & older) – One (1) meter minimum jump requirement
- Pentathlon (14 years & older) – (Five events - RLJ, SP, HJ, 100M, 400M)
- Softball Throw (lead up for shot put)
- Mini Javelin (lead up for shot put)
 - 400 gram for all male athletes 16+
 - 300 gram all females; male athletes ages 8-15
- Shot Put (12 years & older)
 - Men 4.0 kg/8.8 lbs
 - Women 3.0 kg/6.6 lbs

Rules:

- United States Athletic Rules shall govern the competition with the exception of the false start rule. Rules can be found on the [Summer Games page](#) of our website