

**Competition:**

- Athletes may enter up to two individual events and a relay
- Athletes in the Pentathlon may also participate in a relay
- An athlete may participate in one throwing event and one jumping event

**Developmental Events:**

- 25M Walk with Me (lead up to 25M Walk - any athlete requiring a person to guide or balance for safety ONLY)
- 50M Walk with Me (lead up to 50M 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
- 25M Push Me Please
- 30M Manual Slalom
- 30M Motorized Slalom
- 30M Motorized Straight
- 4 X 25M Wheelchair Shuttle Relay
- Tennis Ball Throw (lead up for softball throw)

**Walking Events:**

- 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

**Track & Field Events:**

- 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 meter minimum jump requirement
- High Jump (12 & older) – One meter minimum jump requirement
- Pentathlon (14 & older) – (Five events - RLJ, SP, HJ, 100M, 400M)
- Softball Throw (lead up for shot put)
- Mini Javelin (lead up for shot put)
  - 400g for all male athletes 16+
  - 300g 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.