



SPORTS for Exceptional Athletes Track & Field Rules



as of 10/9/07

The Track & Field Rules are based on USATF (USA Track & Field).

1. Regular Events

- a. 50 Meter Run
- b. 100 Meter Run
- c. 200 Meter Run
- d. 400 Meter Run
- e. 1 Mile Run
- f. Running Long Jump
- g. Shot Put
- h. 4 X 100 Meter Relay

2. Modified Events

- a. 10 Meter Run
- b. 25 Meter Run
- c. 10 Meter Walk
- d. 25 Meter Walk
- e. 50 Meter Walk
- f. 10 Meter Gate Walker
- g. 25 Meter Gate Walker
- h. 10 Meter Manual Wheelchair
- i. 25 Meter Manual Wheelchair
- j. 50 Meter Manual Wheelchair
- k. 30 Meter Motorized Wheelchair Obstacle Course
- l. 30 Meter Motorized Wheelchair Slalom
- m. 50 Meter Motorized Wheelchair Slalom
- n. 4 X 25 Meter Wheelchair Relay
- o. Standing Long Jump
- p. Softball Throw
- q. Tennis Ball Throw

3. Number of Events

- a. Athletes may enter 3 events plus 1 relay.
- b. The Meet Director may allow athletes to enter more events based on the number of athletes enrolled in the meet.