
1. SPORT: ATHLETICS

2. DESCRIPTION:

The competition program includes Track & Field events, Throwing and Jumping events. It involves the largest number of both female and male athletes in the OPSC mandate.

Discipline	Men	Women
Track	100m 200m 400m 800m 1500m 5000m 10000m	100m 200m 400m 800m 1500m 5000m 10000m
Jumps	High Jump Long Jump Triple Jump	High Jump Long Jump Triple Jump
Throws (available both tie down and ambulatory)	Javelin Shot Put Discus Club Throw (tie-down only)	Javelin Shot Put Discus Club Throw (tie-down only)

3. PARTICIPANTS:

- a. **Competitors:** Each athlete may choose to compete in any number of events, provided they met the standards to compete.
 - b. **Coaches :** Designated by PSO and PO
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4. CLASSIFICATION:

Classes 11, 12, 13 cover various levels of visual impairments.
Classes 32-38 cover athletes with cerebral palsy (both wheelchair users 32-34 and ambulatory athletes 35-38).
Classes 40-46 covers ambulatory athletes with various levels of amputations and other disabilities (i.e. Les Autres – dwarfism, dysmelia, arthrogryposis etc..).
Classes 51-58 cover athletes (wheelchair users) with various levels of spinal cord injury and amputations.

5. ELIGIBILITY:

5.1 Competitors:

- i. The athlete must be a current member of one of Paralympics Ontario's member organizations (Ontario Amputee and Les Autres Association - OALASA; Ontario Blind Sports Association - OBSA; Ontario Cerebral Palsy Sports Association - OCPSA; Ontario Wheelchair Sports Association - OWSA).
 - ii. Any athlete with a physical disability may compete at the Regional Games. If the athlete is not yet classified, measures must be taken to ensure he/she is classified.
 - iii. Athletes must receive a letter of qualification from their respect PSO indicating their qualification for the Ontario Para Provincial Summer Championships.
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6. FACILITY:

- i. 400m, 8 lanes – asphalt, all-weather, mondo, discus circle, shot put circle, javelin runway, long jump pit, high jump area, area to accommodate tie-down throwers (another throwing circle/field area)
 - ii. Accessible washroom facilities and change rooms
 - iii. Lap counter, wind gages, and rakes
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7. COMPETITION:

7.1 Rules:

- i. Please review the IPC Rules found at the following link:

http://www.paralympic.org/release/Summer_Sports/Athletics/About_the_sport/Rules/

- ii. IPC rules and IAAF shall be followed

7.2 Schedule:

- i. Number of registrants and the start time will determine the schedule.
 - ii. Schedules are the responsibility of the Athletics contact person on the HOC, Paralympics Ontario is to be used as a resource.
 - iii. All schedules shall be published as **Tentative**
 - iv. All heat sheets, start sheets and results sheets will incorporate time section to identify the start time or time results were posted. It should also include current records (National and Provincial)
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8 EQUIPMENT:

Many athletics events require sports specific equipment i.e. shot put and discus. Athletes may bring their own equipment provided it is weighed by the officials and can be used by other competitors.

- i. **Wheelchairs** are considered to be sports equipment in both Track and Field events. Dimensions and weight are outlined in the IPC Athletics rules.
 - ii. **Prosthetic devices** may be used by amputees. They have been specifically developed to withstand the demands of the sports competition. IPC rules indicate the mandatory use of leg prostheses in track events but are optional in field events.
 - iii. **Rope tethers and other devices** may be used by runners with a visual impairment to link with their sighted guide. Acoustic devices (or a sighted "caller" may be used to indicate take-off in jumping events, throwing target areas, etc...
 - iv. **Paralympics Ontario will provide:** at least one implement of each size and weight, straps, tie down bars/circle, six markers with flags for tie down throws.
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9. OFFICIALS:

- 9.1 Major Officials – minimum of 20 Major officials. Selected through the OTFA and PO and invited by the HOC
 - 9.2 Minor Officials – 20 locally trained volunteers (minimum of 2 per throwing circle for measuring, and implement retrieval).
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10. PROTEST PROCEDURES:

- 10.1 Follow IPC Rules, head officials must be contacted and approached. No volunteer official may be abused in this situation.
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11. MEDALS:

- i. Regional Games ribbons are supplied by Paralympics Ontario
 - ii. OPSC medals are responsibility of the HOC and estimates for Athletics medals are as follows.
Gold: 100 Silver: 100 Bronze: 50
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