



## TYPE OF COMPETITION

- Order of Events: 1500, 100, 200, 400, 800,
- Men's 4 x 100 Relays , Women's 4 x 100 Relays ,
- Open 4 x 100 Relays
- Male & Female athletes compete separately

## Classification Types

- Classification is done by medical personnel who are trained to evaluate physical disabilities.
- Classes may be combined to allow for better competition, but the results are sorted by the timing program for team scores and medals.

## Wheelchair Classifications

- Men's 2.0 Wheelchair – Paraplegia, Tetraplegia, or Quadriplegic without trunk function.
- Men's & Women's 3.0 Wheelchair – athletes with injuries that prevent them from ambulatory running, lower body amputations or spinal cord injuries with trunk function.

## Ambulatory Classifications

- Men's & Women's VI/O – Open (partial vision loss)
- Men's & Women's VI/B – Blind (blackout mask to be worn)
- Men's & Women's 4.0B – Brace or limb salvage (above the knee impairment with greater than 60% measurable loss - Bilateral/Unilateral)
- Men's & Women's 4.0A – Amputee (above the knee amputation - bilateral/unilateral)
- Men's & Women's 4.5B – Brace or Limb Salvage (below the knee impairment with greater than 60% measurable loss - Bilateral/Unilateral)
- Men's & Women's 4.5A – Amputee (below the knee impairment with greater than 60% measurable loss – Bilateral/Unilateral)
- Men's & Women's 5.0 – Upper Extremity (amputee-bilateral/unilateral or arm impairment with greater than 60% measurable loss)
- Men's & Women's 5.5U – Upper Body Impairment (20-40% loss of strength in the shoulder, elbow, or wrist joint)
- Men's & Women's 5.5L – Lower Body Impairment (20-40% loss of strength in the hip, knee, or ankle joint)
- Men's & Women's 6.0 – Open (no physical disability)

## COMPETITION FORMAT

### The Start

The Starter will give two (2) commands in the sprint races (100, 200, 400 and relays): "On your marks," "Set," and then the firing of the gun. The athlete will be in their blocks (if using them) for "On your marks" and at "Set" they must be still and cannot move until the gun fires. In the

distance race (800, 1500) the starter will give one (1) command: "On your marks" and then the gun. Runners will stand behind the start line and move up to the start line on the command, "On your marks." If athletes move prior to the gun, it is a false start, and the athlete is disqualified. The starter will use a red card in the lane of the athlete who false starts to indicate disqualification.

## **The Race**

Athletes must stay in their lanes except for the distance races and may not interfere with another athlete during the course of the race. The officials watching the race are called umpires and are watching for violations. If one occurs, they will raise a yellow flag when they see a violation and record it on a form for the referee to review.

Racing Wheelchairs do not have gears and steering is done by use of a compensator. It is a screw on either side of the chair and is set for the turn and the straight. Look for an athlete to use (Hit) the compensator coming out of the curve onto the straightaway in every race but the 100m. Wheelchair athletes do not grip the hand rim but use gloves with rubber faces to push down on the rubber faced hand rim (the friction of the two rubbers allows them to propel). First contact should be made at one o'clock and force applied down to six o'clock at which time the athlete's hands come off the hand rim to prepare for the next stroke.

## **The Finish**

For ambulatory athletes (non-wheelchair athletes) the torso determines the finish, not the head or neck. For wheelchair athletes, it is the center of the front wheel hub. The starter's pistol has a transponder on it which starts the timing system. The finish line camera reacts when the first athlete passes through a photo beam and records times for each athlete to 1/1000's of a second. A line is imposed on the photo that lines up with either the torso or hub and a time which corresponds with that line providing a fully automatic time.

For athletes with visual impairments and using a guide, the athlete must finish the race ahead of the guide. If this does not occur, the athlete is disqualified.

## **SCORING & RESULTS**

- Each heat on the track could include athletes across multiple classifications. Those athletes' results will be only amongst the athletes within their gender/classification.
- On the contrary, there may be multiple heats within the same gender and classification. Final results for the gender/classification cannot be determined until all heats have finished
- FOR EXAMPLE: 4.0s and 5.0s could compete together in the same race; or there may multiple heats of 5.0s. this is determined by the amount of participants per classification/events.

## **SPECTATOR INFORMATION**

We request SILENCE when the starter is giving commands and firing the gun, so that all athletes can hear and not be distracted.