

JUNIOR DEVELOPMENT PARA COMPETITION GUIDELINES

Para athletics refers to Athletics competition for athletes with physical or cognitive impairments.

To support participation of athletes of all abilities within our programs, BC Athletics will begin offering Para Ambulatory events in 2022.

Para Ambulatory Events - 2022

 Para Ambulatory events are those in which an athlete's physical disabilities allow them to compete in a standing position.

Para Wheelchair Events - 2023:

- In 2023, it is anticipated we will add Para Wheelchair events for the track & field.
- Para Wheelchair events are those in which an athlete's physical disabilities require them to compete in a wheelchair or from a seated position.

Disabilities within the para-ambulatory category include:

 visual impairments, intellectual impairments, cerebral palsy, stroke/brain injury, short stature, limb deficiency (with, or without amputation), impaired passive range of motion, impaired muscle power, or leg length difference.

Para classification:

Identifies the specific category an athlete competes in based on their impairment. Para
classification may occur for athletes aged 16 and older. As JD athletes cannot take part in the
classification process, they will compete in the more general "Para Ambulatory" or "Para
Wheelchair" categories, when applicable.

Meet directors are encouraged to set up event registration systems to allow athletes to register for Para events. Please contact BC Athletics for directions on how best to set this up.

Whenever possible, para-athletes should compete with able-bodied athletes. Results for para-athletes should be listed/published separately (ex. Girls 9 year old 800m followed by Girls 9 year old Para 800m). Awards for para-athletes should be provided and be based on the results for the age class event.

Officials and meet directors are asked to make the appropriate accommodations for JD athletes competing in para events, to allow them to have a fair and positive experience. Such accommodations include:

- Horizontal Jumps providing alternative boards/foul lines in consultation with the athlete.
 - Note: the landing pit for horizontal jumps when used by visually Impaired athletes should be 3.50 metres wide.
- Laned Events Reserving an additional lane for athletes working with guide-runners.

JD PARA AMBULATORY EVENTS

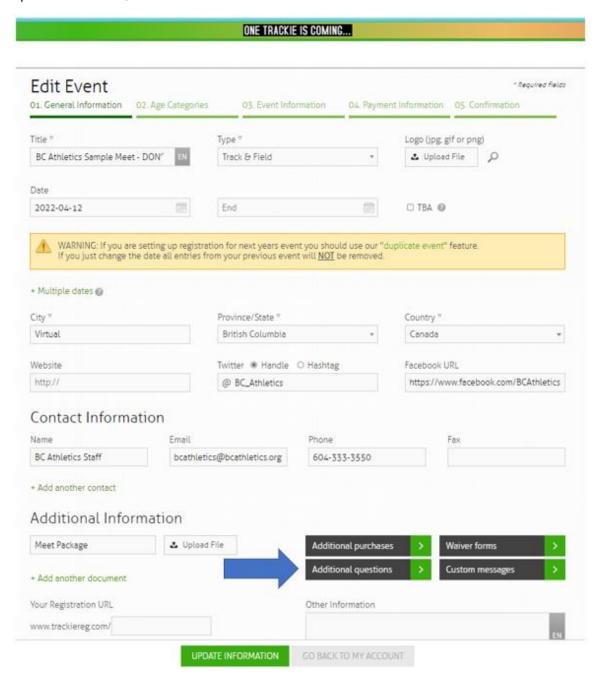
	F 9	M 9	F 10	M 10	F 11	M 11	F 12	M 12	F 13	M 13
60m	\square	$\overline{\mathbf{A}}$	$\overline{\mathbf{A}}$	\Box	V	V				
100 m	\square	\square	\square	\square	Ø	\square	Ø	Ø	\square	\square
200 m					Ø	\square	Ø	Ø	\square	\square
300 m							Ø	Ø	\square	\square
600m	\square	\square	\square	\square	Ø	\square				
800 m							Ø	Ø	\square	Ø
1000 m	\square	\square		\square	Ø					
1200m							Ø	Ø	\square	Ø
2000 m									\square	\square
4 x 100 Relay	V	V	V	V	V	V	V	V	$\overline{\mathbf{Q}}$	abla
Medley Relay						V	V	V	$\overline{\mathbf{A}}$	V
Cross Country*	abla	V		V	V	Ø	Ø	Ø		V
High Jump		V	V	V		V	V	V	Ø	abla
Long Jump	Ø	V	V	V	Ø	V	V	V	$\overline{\mathbf{Q}}$	abla
Triple Jump									V	∇
Shot Put	V	V	abla	V						V
Discus			\square	\square					\square	\square
Javelin			V	V	\square	\square	\square	\square	V	V

^{*}Cross Country distances will be the same as for able-bodied athletes

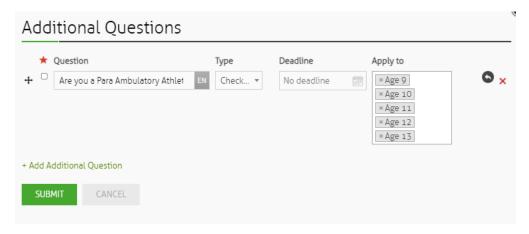


SETTING UP PARA EVENTS FOR JD ATHLETES IN TRACKIE.REG

- **Step 1:** Create event in Trackie.
- Step 2: Complete "Age Categories" and "Event Information" pages
- Step 3: Open "Additional Questions" Tab



Step 4: Complete "Additional Questions" Section as below



QUESTION: Are you Para Ambulatory (an athlete with a disability who competes standing up)?

TYPE: Checkmark

DEADLINE: No deadline

APPLY TO: Age 9 . Age 10 . Age 11 . Age 12 . Age 13

Following the above steps will create the below option when athletes are registering.

