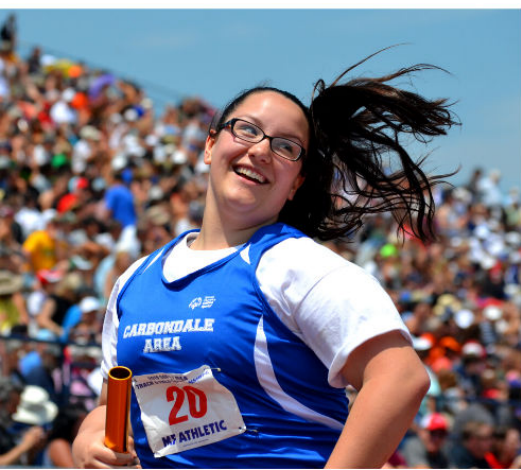




# INTERSCHOLASTIC UNIFIED TRACK & FIELD

2022 COACHES'  
RESOURCE GUIDE







# THANK YOU!



Office of Special Education Programs  
U.S. Department of Education



**pennsylvania**  
DEPARTMENT OF EDUCATION

*Bureau of Special Education*



## for supporting our Unified Champion Schools!

# Table of Contents

## 1. Season Overview

---

Program Summary

Season Timeline & Due Dates

Principal of Meaningful Involvement

## 2. Coach Responsibilities & Team Information

---

Required Trainings

Team Roster & Eligibility Reminders

Uniforms

## 3. Track & Field Event Specifics

---

### Field Events:

Shot put

Mini-Javelin

Running Long Jump

### Track Events:

100 meters

400/800 Meters

Relays

## 4. Rules of Competition

---

Time Trials Events & Entry Requirements

Event Rules

## 5. Competition Guidelines

---

Official Events & Entry Requirements

Divisioning & Team Scoring

Team Scoring at Competitions

Weather Issues

## **6. Hosting a Meet**

---

Overview of Meet Volunteers Needed

Field Event Set-Up & Management

Track & Field Meet Management

Official's Rule Guide

## **7. PIAA/SOPA IUS Track & Field Championships**

---

Overview

Letter of Intent

Rules & Regulations

## **7. Additional Resources**

---

Staff Contacts

Helpful Links



## Special Olympics Pennsylvania Interscholastic Unified Sports®

### Quick Glance: Interscholastic Unified Track and Field Program

Special Olympics Interscholastic Unified Sports® (IUS) is a fully-inclusive co-ed high school sports program which successfully brings together students with and without disabilities. They train together and compete as equal teammates and through this experience, become friends. IUS teams are regarded like every other interscholastic sports team at the high school.

- A Unified Track and Field team can have a minimum of 12 and maximum of 40 participants. The team is co-ed and consists of a proportional number of high school students who are Special Olympics eligible and students without intellectual disabilities.
- This is an after-school program. All students need to have a physical examination and required consent forms completed.
- Format: Students select one track event and one field event in which to train and compete, and also may be selected to one relay team. In competition, they are placed in heats with other athletes who have similar qualifying times or distances. Based on their place of finish, students earn points for their Unified team. The Unified team with the most points wins the meet.
  - **Track Events** include: 100 meters, 400 meters, 800 meters; 4 x 100 and 4 x 400 relays
  - **Field Events** include: Shot put, running long jump, mini javelin
- 10 week long season which begins the first week of March and ends the third week of May. Teams practice after school twice a week. They participate in at least three competitions against other high school Unified Track and Field teams. Members wear uniforms with their school's name and colors.
- Teams participate in county or regional championships with the opportunity to advance to the IUS Track and Field State Championships held in conjunction with the PIAA state event.



# 2022 IUS TRACK & FIELD SEASON TIMELINE & DUE DATES

**All Coaches Pre-Season Webinar – February 17th @ 3:30pm**

- [Registration Link](#)

**Monday, March 7th**

- Track Practice Starts
- Uniform Order Deadline : [https://store.amprogo.com/sopa\\_track\\_uniforms/shop/home](https://store.amprogo.com/sopa_track_uniforms/shop/home)

**Tuesday and Thursday, March 15th, 17th**

Webinars – How to use the electronic score sheet / track management

- Tuesday, March 15th at 3:30pm [Registration Link](#)
- Thursday, March 17th at 3:30pm [Registration Link](#)

**Wednesday, March 16th**

- PIAA/SOPA Championship Webinar [Registration Link](#)

**Thursday, March, 17th**

- Coach's Quiz Due

**Friday, March 18th**

- Participant Roster - each school enters their team members via link provided by SOPA liaison.
- Physicals and Waiver forms due to your SOPA liaison.

**Week before Individual League Competition**

- Last date time trials information can be submitted - each school will conduct their own time trials and submit scores to their SOPA liaison.

**Week of March 28th - May 6th**

- Regular season meets

**Friday, April 29<sup>th</sup>**

- LOI's are due

**Monday, May 9th - Wednesday, May 18th**

- League Championship
- State Qualifier Competitions

**Friday, May 27<sup>th</sup> – Saturday, May 28<sup>th</sup>**

PIAA State Championships

## PRINCIPLE OF MEANINGFUL INVOLVEMENT

The most important of the “7 Criteria for the Success of a Special Olympics Unified Sports Program” is the **principle of meaningful involvement**. Fundamentally, the principle of meaningful involvement ensures that every player is given an opportunity to contribute to the success of his or her team through their unique skills and qualities. This means that every teammate: (a) demonstrates sufficient sport-specific skills and game understanding; (b) plays a valued role on the team that emphasizes his or her personal talents; and (c) has an opportunity to play without a heightened risk of injury.

All team members must be engaged and provide their own individual abilities and strengths. In so doing, athletes and partners may have different perspectives. The athletes on the team may not be accustomed to the experience of having their contributions accepted and respected. In addition, partners may need to be encouraged to play to their own personal best while being a good teammate to others.

Consequently, when Unified Sports teams are created, it is extremely important that both athletes and partners are assessed as to their abilities and game play. The goal is that every teammate should play a meaningful role and have the opportunity to contribute his or her strengths to their Unified Sports team. There should be a quality of social interaction and communication among teammates that allows everyone to participate fully and enjoy a positive experience.

### i. Indicators of Meaningful Involvement

- Teammates have the ability and are given the opportunity to contribute to the success of the team.
- Teammates bring their unique talents and personal qualities to the team during training and competition.
- Teammates compete without causing undue risk of injury to themselves or others.
- Teammates participate according to the rules of competition.



### ii. Meaningful involvement is not **achieved** when certain team members ...

- Serve predominantly as on-field coaches rather than as teammates or mentors.
- Do not show commitment by failing to attend all practices and competitions.
- Do not engage with or support all team members, and only socialize with certain individuals.

Note: It is important that coaches and program leaders understand the Principle of Meaningful Involvement prior to the selection of team members.

# REQUIRED COACHES TRAININGS

*All coaches must take the following two courses by the National Federation of High Schools (NFHS). You will need to register with the NFHS but the courses are free.*

**Concussion Training:** <https://nfhslearn.com/courses/concussion-in-sports-2>

- Signs & Symptoms
- When to seek medical attention
- Concussion Prevention
- What to do if you suspect a concussion
- When to return to play

**Unified Sports Training:** <https://nfhslearn.com/courses/coaching-unified-sports>

- Selection of Teammates
- Principle of Meaningful Involvement
- Unified Sports Rules

*We also recommend the following two courses. Although not required, each provides information that may help you to understand Special Olympics a little bit better.*

**General Orientation:** <http://www.specialolympicspa.org/coach/general-orientation>

**Protective Behaviors:** [http://www.specialolympics.org/protective\\_behaviors.aspx](http://www.specialolympics.org/protective_behaviors.aspx)

*\*\*These links can also be found on the SOPA website: [www.specialolympicspa.org](http://www.specialolympicspa.org)*

- Go to "Volunteer Center"
- Then click "Training Schools"

**Questions? Contact your SOPA Liaison**



# ONLINE OFFICIAL TEAM ROSTER

## ONLINE TEAM ROSTER

All official team rosters are to be submitted online by **Friday, March 18th**. You will be given a unique link to an online roster by your SOPA liaison. That link will become inactive to use following the deadline date in order to lock in every school's roster. Event choices and submission times will be done on a separate link you will receive later.

### Requirements for Unified Track and Field Team Roster:

1. Interscholastic Unified Track and Field teams can have rosters ranging from 12 to a maximum of 40 participants. Number of required coaches is as follows:
  - Every Unified Track and Field team with 12 -24 participants needs to have two coaches.
  - If the roster size is 25-36, there needs to be three coaches.
  - A roster with 37-40 members should have four coaches.



This is a co-ed program and students must be in grades 9<sup>th</sup>-12<sup>th</sup>. Students up to the age of 21 who are still receiving services from the school district also are eligible. **For the 2021-22 school year ONLY, students who are age 22 and have opted in for an additional year of high school due to the pandemic are eligible for participation.**

2. On a roster, there needs to be a proportional number of students eligible to participate in Special Olympics (defined as having an intellectual disability, cognitive delay, or developmental disability including different types of autism) **and** students without intellectual disabilities (referred to as Unified partners). Students with other disabilities are welcome to participate as Unified partners. To foster a truly inclusive environment, however, the majority of Unified partners should not have a disability.
  - **While the ideal goal is 50% of the team as Special Olympics athletes and 50% of the team as general education students, the allowable minimum is at least 40% and no more than 60% for either group.**
3. Students participating on **any spring interscholastic sports team (including track and field)** are **ineligible** for the Unified Track and Field team. Fall and winter varsity athletes may participate.

## **You will need to enter the following information on your team roster:**

### **School**

- Official name used by your high school's athletic teams
- School Colors (primary and secondary)

### **Coaches**

- First and Last Name
- Email
- Cell Phone Number

### **Team Members**

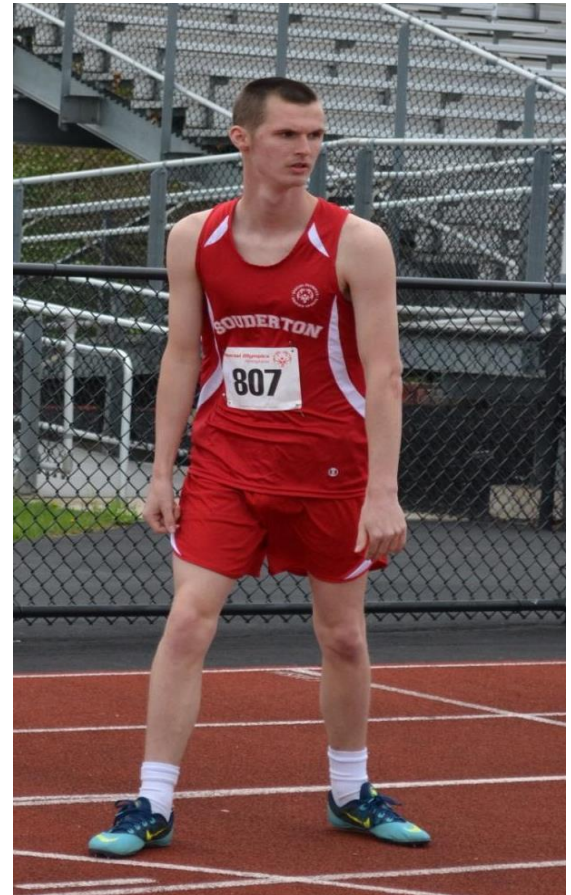
- Whether a teammate is an Athlete (student who is Special Olympics eligible) or a Unified Partner (students who do not have an intellectual or developmental disability)
- First and Last Name
- Gender
- Status (New or Returning)
- Grade in School
- Birthdate
- Additional Information (hearing or visually challenged, uses wheelchair, cane or walker, sensitivities, etc.)

# APPROPRIATE ATTIRE

Prior to the meet - It is the responsibility of the coaches and officials to complete a uniform check for all participants to ensure they meet the following standards. Any participant not in proper uniform will be ineligible to compete.

## UNIFORMS

- The official track and field uniforms (singlet and shorts) provided by SOPA with the school's name and colors are required to be worn by all team members in competition.
- Any visible garment(s) worn underneath the uniform top must be unadorned and of a single, solid color.
- Socks must be worn.
- Athletic footwear is required.
- **Racing bibs must be worn on the front of the uniform top. Each team member is issued one bib with a specific number. They are required to use the exact same bib number for each meet and the regional championships.**
- When standing, apparel must cover the midriff.
- Sweatshirts or sweat pants may be worn over the uniform but must be removed prior to the start of the race or each attempt of the field events. **No sweats may be worn under or over the top of the uniform when competing.**
- **Running tights may be worn but should be a solid color**, preferably the team's color.
- No hats, rimless headwear, including bandanas are allowed. Religious and medical-related headwear **is permissible**.
- NFHS Track and Field Rules do not prohibit the use of **wearable technologies**, but Rules 3-2-8a and 4-6-5d state that no competitor may receive electronically transmitted data from a coach or other third party. If such communication is observed by an official, the competitor shall be disqualified.



# Track & Field Event Specifics

## SHOT PUT

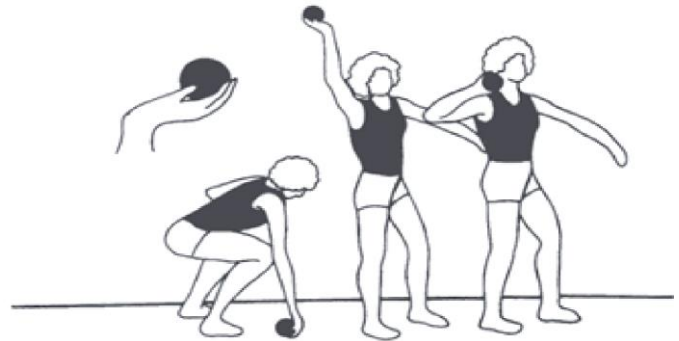
Click here to see instructional video on shot

put: [https://www.youtube.com/watch?v=g0uy\\_sYRbIU&feature=youtu.be](https://www.youtube.com/watch?v=g0uy_sYRbIU&feature=youtu.be)

Shot Put requires a combination of strength, power and speed to propel it further. The ability to accelerate the shot faster depends on the amount of force (speed) an athlete can apply, using strength and power.

Warm-up is very important for shot put to prevent injury. The same general warm up advice applies as for all events. However, coaches should take special care to ensure wrists, hands, and upper body are well warmed up.

The following coaching points are made for a right-handed put.



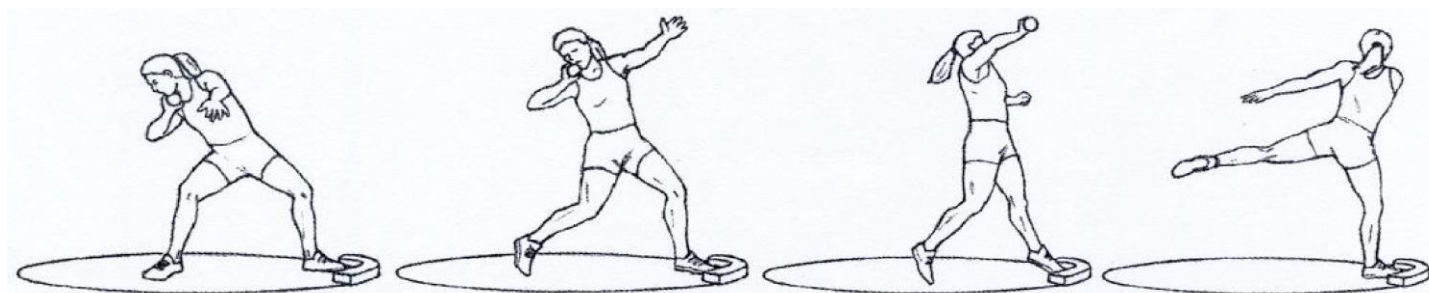
### Coaching Points - Gripping the Shot Put & Ready Position

1. Hold the shot with both hands.
2. Place the shot in the throwing (right) hand and spread fingers around the shot.
3. Do not rest or allow the shot to drop into the palm of the hand.
4. Place thumb and little finger wider apart for balance and support.
5. Raise shot above the shoulders, wrist flexed backward.
6. Shot is supported by the thumb and little finger on the sides. The majority of the weight is on the other fingers.
7. Bring arm down, place shot against the neck, below the ear, with the palm turned out.
8. The elbow is raised up and away from the body, and positioned behind the shot.
9. Apply slight pressure against the neck to support the shot.
10. The shot must not fall below the level of the shoulder or be behind the shoulder during the put.



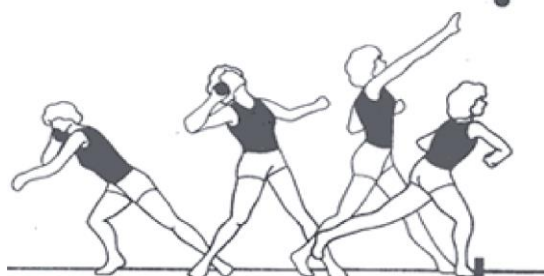
## Coaching Points – Standing Put Position

1. Get into the ready position. Take a wide stance near the toe board. The non-throwing shoulder should be at the front of the shot circle.
2. Shoulders are aligned with the direction of the put delivery.
3. Left arm (non-throwing arm) is relaxed and extended in front of the body.
4. Step back and bend the right leg, keeping the back straight.
5. Turn the upper body 90 degrees away from the direction of the put.
6. Body weight is over the bent right leg.
7. Drive the hips and chest counter-clockwise toward the direction of the put.
8. Extend the right arm fully and release the shot.
9. Control the body and make sure not to step on or over the toe board, which would be a foul.



## Coaching Points – Exiting the Circle

After an athlete has fully completed their put, it is important they exit the throwing circle correctly. Participants must exit through the rear (back half) of the circle. Athletes who exit through the side or front will be fouled for that throw.



## Coaching Points – Wheelchair Shot Put

1. Set the front wheels of the wheelchair behind the toe board of the shot circle. Lock the back wheels.
2. Sit upright with the buttocks against the chair and the feet on foot supports.
3. Grip the shot in the right hand. Do not let the shot drop into the palm of the hand.
4. Place the shot against the neck, below the ear, with the palm turned out.
5. The elbow is raised up and away from the body, and positioned behind the shot.
6. Grab the left armrest with the left hand for balance if required or hold at eye level.
7. Lower the right shoulder, extend the right arm fully and forcefully, and release the shot. Keep the thumb down and snap the wrist and fingers outward.

## SHOT-PUT

Observation	Correction by coach	Drill/Test
Throwing the shot instead of “putting” it.	Throwing elbow may have dropped below the shoulder. Shot may not be cradled directly under the chin	Correct hand/arm/elbow positioning, keeping elbow high. Practice standing in the put stance.
Shot is not going upward when put	Use legs when thrusting: make sure upward direction is being followed with the body.	Use a target to “put over” in the air (coach can hold a long stick/bar)
Put has not thrust from fingers	Hold shot properly (pads of fingers and thumb) Do not let the shot drop into the palm of hand.	Strengthen thumb and fingers. Practice without shot.
No distance/power in put	Lift upward simultaneously with legs and back, making sure legs are “thrusting” and all parts are occurring in the right sequence	Break the skill down. Practice technique without a shot or use a lightweight shot.

# MINI-JAVELIN

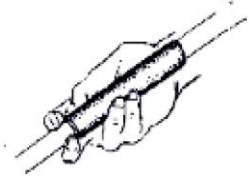
Mini-javelin is a field event where an athlete is required to throw or “pull” a mini-javelin as far as possible using technique, power and speed.



## Coaching Points: The Grip

There are three types of grip for the min-javelin.

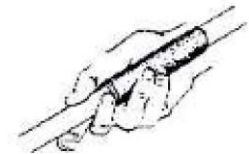
1. **V-Grip:** The min-javelin is held across the palm with the top of the grip resting between the index finger and the middle finger placed on the sides of the grip.



2. **American Grip:** The index finger typically grips right around the edge of the binding. The thumb can actually grab the edge of the binding opposite to the index finger as well and the other fingers simply wrap onto the binding.



3. **Finnish Grip:** Place the mini-javelin in your hand. You'll notice that the mini-javelin comfortably sits in the groove of your hand and that middle finger naturally lands on the binding edge.



Using the middle finger to grip the min-javelin is also popular because the middle finger is stronger than all the other fingers.

## Coaching Points: Standing Throw to Begin

1. Stand with both feet shoulder width apart behind the foul line facing forward towards the direction of the throw.
2. The mini-javelin should be gripped properly in the dominant “throwing hand”, positioned at eye level and parallel to the ground, with the point facing forward.

3. Keeping the mini-javelin level, the throwing arm is extended back. The opposite arm is pointed in the direction of the throw.
4. In a smooth, continuous motion, the mini-javelin is “pulled” forward and thrown, leading with the shoulder. Turn the hip through to the front. Try to get the mini-javelin to glide like a paper airplane and take easy throws at first to get the feel for throwing with the shoulder.

**Coaching Points: One-Step Throw (One Beginning Approach to Use for Some Team Members in Competition)**

1. Start by standing sideways 1 ½ long stride step behind the foul line. A right handed thrower, for example, will start with the right foot forward and knees relaxed.
2. The mini-javelin should be gripped properly, positioned at eye level and parallel to the ground, with the point facing forward.
3. Keeping the mini-javelin level, the throwing arm is extended back. The left non-throwing arm is pointed in the direction of the throw.
4. The left foot takes a strong step coming forward and planting hard.
5. The left arm at the plant should pull into the ribcage quickly, which will allow the right shoulder and hip to accelerate over the leg as you throw. This will then allow the body to continue to the follow-through position.
6. Push through the right foot, pivoting on the ball of the foot.
7. Rotate hips to the front. Shoulder, arms and throwing hand should follow.
8. Bring the right arm forward and throw the mini-javelin over the shoulder.
9. Complete the follow through.

**Coaching Points: 5 Step or Longer Approach (To Be Used for More Advanced Team Members in Competition)**

1. Assume the correct start position for either a 5 step throw or a longer running throw using multiple steps. Remember, the last step taken as the mini-javelin is thrown is on the foot opposite the throwing arm (i.e. the left foot for a right handed thrower).
2. It is important to run smoothly, drawing back the mini-javelin with control and keeping the tip always pointing in the direction of the throw. The most common problem throwers experience is losing the direction of the point. It is imperative that the thrower keeps the point parallel to the ground, not allowing it to move up or down when he/she starts to apply the force of the throw.
3. Follow the guidelines for properly positioning and throwing the mini-javelin described above.
4. Remember, (using right handed throwers as an example) plant the left heel, and push through the right foot. Pivot on the ball of the right foot.
5. Rotate hips to the front. Shoulder, arms and throwing hand should follow.
6. Bring the right arm forward and throw the mini-javelin over the shoulder.
7. Complete the follow through.



## TRAINING TO IMPROVE TECHNIQUE – MINI-JAVELIN

Observance	Correction by Coach	Drill/Test
Incorrect Grip: Grips too Tightly	Wiggle the mini-jav in the athlete's hand to loosen grip.	Release the mini-jav and re-grip using correct technique.
Incorrect Grip : Grips in a Fist	Rearrange the fingers to correct position.	Release the mini-jav and re-grip using correct technique.
Holds the mini-jav using only the fingertips.	Demonstrate the correct method of gripping the mini-jav.	Release the mini-jav and re-grip using correct technique.
Points the mini-jav in the wrong direction.	Remind athletes to keep the javelin pointed in the direction they want the jav to go or to “point” the javelin at the target.	Show athletes the right direction and ask them to identify a target area.
Low, round arm throwing action.	Teach athletes to deliver the javelin over their shoulder like a tennis serve.	Mimic the jav throwing action: instruct athletes to drag their fingers like a paintbrush forward and backwards over their throwing arm shoulder, like they are painting a long beam above their head. (Try this action yourself)

## TOP TIPS FOR COACHING MINI-JAVELIN FOR PARTICIPANTS WITH PHYSICAL CHALLENGES

1. To help athletes learn the correct grip, the coach holds the mini-javelin vertically. The athlete slides first finger and thumb down the shaft until they hit the binding. Close all the other fingers around the grip and pick the javelin up.

2. Athletes may have difficulty with deciding which grip is best for them if they have never thrown it before. Experiment with all three options to determine the best option for the athlete. Coach should demonstrate the correct positioning of the fingers.

3. Remind athletes to point the mini-javelin at their target. A tip pointed too high can result in the javelin:

- Cartwheeling end-over-end
- Landing flat or tail-first (i.e. a foul throw)
- Taking too steep a flight path, causing it to nose-dive

4. Hold the javelin properly

- Instruct the athletes to keep the mini-javelin at eye level and parallel to the ground.
5. Stopping or slowing during the run up can reduce the distance an athlete throws. If your athlete does this, practice with a shorter run up (e.g. 3-5 steps). Focus on building and keeping up speed on the runway. Speed must be transferred into the throw. A short, continuous run up is better than a long one with stops.

5. Teach athletes that the javelin should be pulled over the shoulder in one continuous, smooth action. This can be learned using a mini-javelin or other implements such as a softball.

6. Teach athletes that after releasing the javelin, their hand should “follow” the implement and then continue down and across their body. The javelin needs to be thrown with speed and force. If the athlete does not follow through, the javelin will appear to be “lobbed”.



# RUNNING LONG JUMP

## BASIC REQUIRED SKILLS NEEDED TO BE ENTERED IN THE RUNNING LONG JUMP

- An athlete needs to be able to jump consistently a minimum of 1 meter from the jump board into the sand pit in order to meet the rule requirement. However, from a coaching perspective, you should insist upon each long jumper being able to consistently jump 1.5 meters to ensure they will not be disqualified.
- An athlete must be able to take off on one leg at all times. **Using two legs to take off is a FOUL.**
- If an athlete cannot consistently perform these two basic requirements of the event prior to the start of the competition season, then he/she needs to train and compete in a different field event.

## DETERMINING THE TAKEOFF LEG FOR THE RUNNING LONG JUMP

Most all of the time, the takeoff leg is the one opposite the natural throwing arm or the one you use if you were taking a layup in basketball. For example, an athlete who throws using their right arm takes off from their left leg. While this is usually the case, you may have some athletes perform better taking off from the same leg as their throwing arm. Either approach is fine.

All coaching points in this section are based on a left-foot take off. If your athlete uses a right foot take off, you should switch the foot in the instruction.

## MEASURING AN ATHLETE'S APPROACH TO THE TAKEOFF BOARD

The number of strides to the takeoff board should correspond with an athlete's maximum speed when they reach it. The conversion of speed into a jump using proper technique results in maximum distance. Therefore, it is important to determine if the number of strides is not too many (speed diminishes) or too short (not enough speed is attained).

**FIRST:** Determine which foot the athlete will use to jump. This is oftentimes the non-dominant side (i.e. a right handed athlete jumps off their left foot). The best way to find out is to have the athlete simply take a couple of strides and jump into the sand pit off of whatever foot they feel most comfortable. Do this repeatedly several times to ensure consistency.

**SECOND:** Find out how an athlete will start their running approach for the jump. Ask him/her to show you how they like to stand at the start of their approach. Is the foot they use to take off to jump positioned forward or back? If the takeoff foot is forward and the first stride taken is with the other foot, the athlete will

need to take an *even number* of steps in their run-up to ensure that this foot hits the board. If the takeoff foot is back, he/she will need to take an *odd number* of steps in their run-up.

**THIRD:** Measuring steps. Have the athlete stand on the center of the takeoff board with their back to the landing area and run along the runway (usually between 10-14 strides). Mark on the runway with a piece of tape where the last stride lands. Remember, the key is for a jumper to reach the takeoff board at maximum speed. This will determine how far back he/she should start their approach and how many strides should be taken.

Athlete faces takeoff board from this mark.

He/she does a controlled run towards the takeoff board, with the goal of having the takeoff foot strike the center of it on the jump.

See where the athlete jumps in relation to the takeoff board.

Continue to make adjustments by moving the piece of tape marking the start of the approach either backward or forward until the athlete is consistently hitting the center of the takeoff board.

Once this occurs, measure from the front of the toe board to the piece of tape marking the start of the approach. Record this distance to use for future practices and competitions.

Long Jump World Record Holder Mike Powell: “The thing that I try to tell coaches is to get your athletes to think of the long jump as a **vertical jump**. It’s really not a horizontal jump. The distance comes from the speed.

I believe that the approach is 90 percent of the jump. It sets up the rhythm, it sets up the takeoff, and that’s really the majority of the work.”

1. Demonstrate the proper starting stance. Make sure the athlete consistently starts off their approach with the exact same foot each time.
2. Encourage athletes to practice their approach run often. This helps develop consistency. The approach should be a controlled sprint, building up speed until the takeoff.
3. Teach the athlete how to measure the approach themselves. This will help them to be able to identify the starting point of their approach when you are not present.

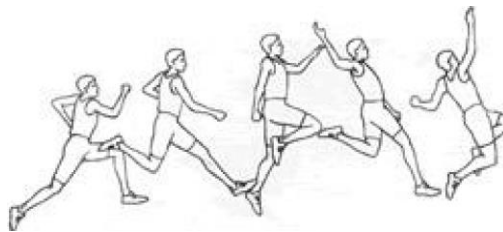


## **COACHING POINTS – THE TAKEOFF**

1. Perform the approach run and plant the takeoff foot on the board behind the foul line.
2. Stretch upward immediately prior to takeoff.
3. Strongly take off from the board by extending and pushing through the takeoff leg.
4. Bend the other leg. Drive the thigh up and over the sand pit.
5. Keep your upper body straight and head up. The athlete should focus ahead towards the back of the sand pit.

## **TOP TIPS FOR COACHING THE TAKEOFF IN LONG JUMP**

1. Demonstrate single leg take-off.
2. Begin with a three to five stride approach to work on takeoff technique. As the athlete's skill and strength improve, progress to longer approaches.
3. Emphasize strong extension of take-off knee and ankle.
4. Emphasize vigorous lift and drive by opposite knee and arm.



## **COACHING POINTS – IN-FLIGHT - STEP STYLE**

1. From takeoff, drive right knee and left arm forward and upward over the sand pit.
2. While in flight, extend the lead leg with the take-off leg trailing. The athlete should appear to be in a stride position mid-flight.
3. Circle right arm overhead and bring left leg forward. Arms and legs should now be parallel.
4. As the athlete prepares to land they should extend their arms and upper body to reach forward.
5. Drop both arms below legs and bend knees as they hit the sand.
6. Land in sand heels first, with hands sweeping past hips.
7. Roll over on toes, falling forward.

## TOP TIP FOR COACHING STEP STYLE IN-FLIGHT IN LONG JUMP

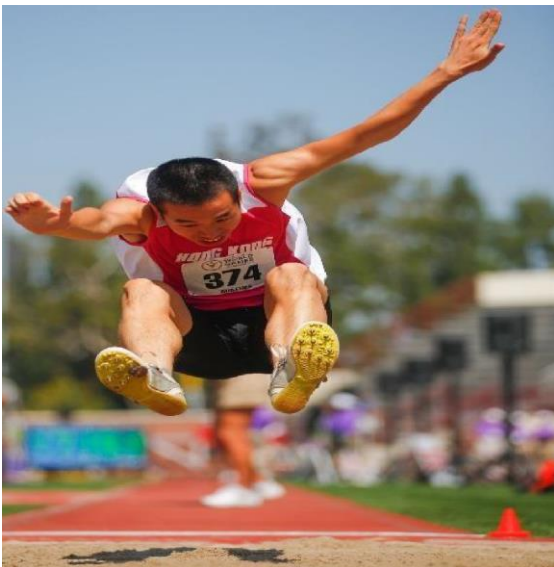
1. Demonstrate step-style flight. The right knee should lead the flight.
2. Practice pop-up drills.
3. Increase length of approach as flight technique improves.

## COACHING POINTS – IN-FLIGHT (HANG STYLE)

1. From takeoff, drive right knee and left arm forward and upward. Hold the left leg and right arm back.
2. Drive the left leg and right arm so that they are parallel.
3. Arch the back to achieve the "hang" position.
4. Move the arms in a circle clockwise.
5. Prepare for landing by:
  - Lowering the upper body toward thighs,
  - Extending legs
  - Reaching arms forward and then backward.
6. Hit sand heels first. Bend knees to absorb shock of landing. Move your upper body forward and roll over your toes to fall forward.

## TOP TIPS FOR COACHING HANG STYLE IN FLIGHT FOR LONG JUMP

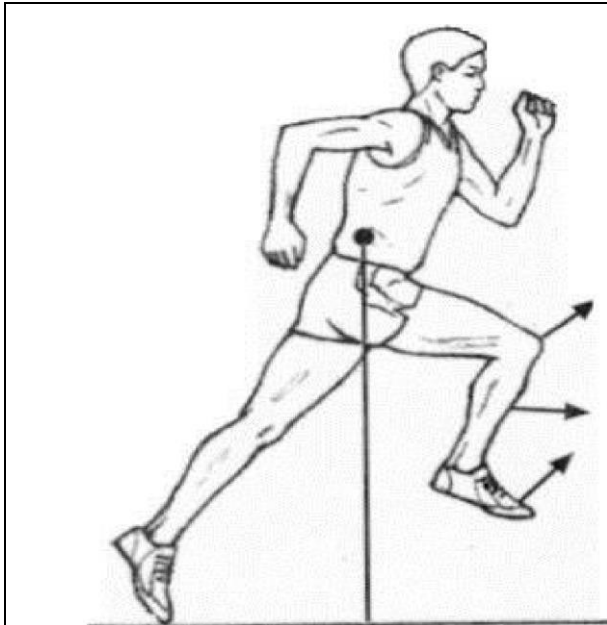
1. Demonstrate hang-style technique.
2. Ask the athlete to practice jumping up and arching their back.
3. Start the athlete with a shorter approach and gradually increase.



## TRAINING TO IMPROVE TECHNIQUE - RUNNING LONG JUMP

Observation	Correction by Coach	Drill/Test
Athlete stutter-steps and takes off on the wrong foot and looks down at the board.	<ul style="list-style-type: none"> <li>• Verify run-up and start point.</li> <li>• Practice doing the run the exact same way each time.</li> </ul>	Do run-up on track with controlled acceleration
Athlete is not getting any height in the jump (stays close to the ground),	<ul style="list-style-type: none"> <li>• Increase drive.</li> <li>• Make sure the upper body is not angled forward.</li> <li>• Look up at take-off and use extension of legs.</li> </ul>	<ul style="list-style-type: none"> <li>• Bounding and jumping drills</li> <li>• Strengthen core muscles</li> </ul>
Athlete lands upright.	<ul style="list-style-type: none"> <li>• Increase forward reach and momentum.</li> <li>• Increase height so legs can be repositioned.</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthen core muscles</li> <li>• Bounding two-footed jumps</li> </ul>

## TRACK EVENTS: 100M, 400M, 800M, RELAYS



**Sprinter - 100 and 400 Meters**



**Long Distance Runner – 800 Meters**

### Coaching Points: Basic Running Mechanics

1. The quicker the foot strikes the ground, the faster the athlete runs.
2. When running fast, the heel must be lifted high under the buttock.
3. Leg turnover and stride length determine the speed at which an athlete runs.

### Getting Into Proper Running Form

- Take a Hips Tall position with your trunk and head directly above the hips.
- Let arms hang loosely at the sides of your body.
- Close hands loosely with the thumbs up. Lean forward slightly; bend ankles until body weight is centered on balls of feet. Bend arms; bring hands to top of hips forming a 90-degree angle between lower and upper arms. Keep your head in a neutral position, looking forward, with facial muscles relaxed.

### Tips for Coaching Basic Running Mechanics (Skill Development)

1. Demonstrate the ideal running position. Ensure you keep the hips tall position and emphasize relaxed shoulders and arms.
2. Ask your athletes to walk with quick steps on balls of their feet.

3. Emphasize the foot striking the ground under the runner's body, not ahead of it.
4. Ask your athletes to run straight at you. Watch to ensure their shoulders stay parallel to ground and their upper body is not twisting back and forth.
5. Invite athletes to stand facing you. Ask them to mirror your body position.
6. Use a stick or broom handle to demonstrate upright position.
7. Video playback can be a great tool to review your athletes' body position. Show your athlete footage of themselves running and point out areas for praise and for improvement.
8. You can never do too much basic running drill work.
9. Encourage your athletes to train at least 2-3 days at home.
10. Be patient.

## **100 METERS**

Power and coordination are important elements in producing speed. We can improve speed through good running mechanics and coordination. Read the "Basics of Running Mechanics" section for more information. Speed is determined by two main factors. These are:

- Stride Length (Length of each step)
- Stride Frequency (How quickly steps are made)
- Improving both of these factors will increase your speed.

### **A sprint has four main phases:**

1. The start,
2. Acceleration,
3. Maintaining momentum,
4. The finish.

Coaches must break down each phase to help athletes understand and learn.

## **COACHING POINTS – STAND START TRAINING**

### **Using a 3 command Start: "On your Mark", "Set", Gun**

1. Athlete assumes the same initial position (weight on back foot).
2. Between the "On Your Mark" and "Set" commands, the athlete shifts their weight from back to front foot.
3. Athlete assumes the racing position and awaits the starter pistol.
4. On the starter pistol signal they run.

## COACHING POINTS - ACCELERATING PHASE

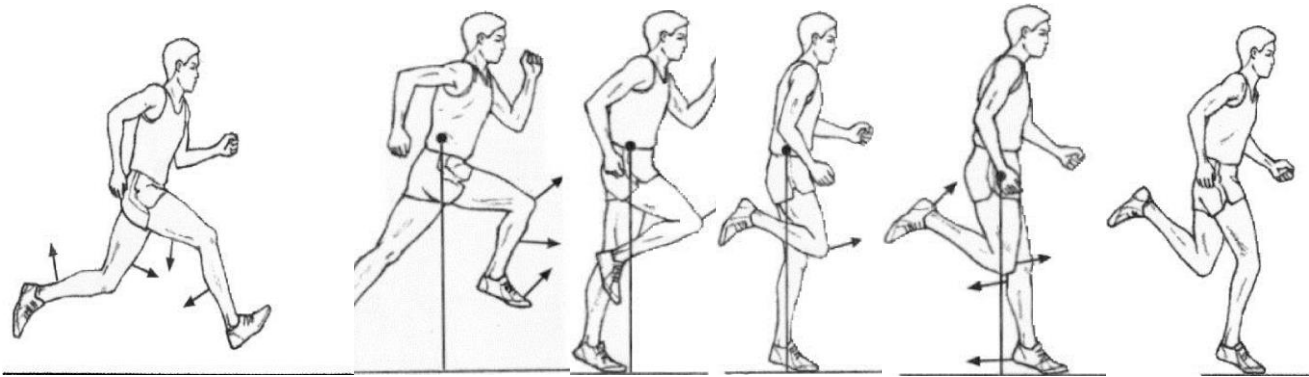
After the Start, the accelerating phase begins.

1. Acceleration is created by driving or pushing with the drive leg until it is straight.
2. The free leg drives low and fast, placing the foot under the body's center of gravity.
3. The athlete must lean forward. The more the athlete leans forward, the more acceleration they create.
4. Vigorous arm action helps keep balance, rhythm and relaxation.
5. It is helpful to show athletes a good demonstration, photos or videos of this skill. This can help them to better understand what they must do.

## COACHING POINTS - MAINTAINING MOMENTUM PHASE

In this phase, the focus is on maintaining speed.

1. The athlete must combine good basic mechanics with the speed they created in the accelerating phase.
2. The key focus areas are as follows:
  - a. Posture/Body Position
  - b. Head Position
  - c. Arm Action
  - d. Leg Action



## COACHING POINTS - FINISH PHASE

This is a very important skill to practice. The point at which the athlete's chest crosses the line determines their final time. While sprinting toward the finish line, the athlete should have good running posture and a normal stride action.

In the final strides of the race, the athlete should:



- **Run through** and not to the finish line. Coaches can help athletes to learn this by asking athletes to imagine the finish line a few meters further than its actual placement. This encourages them to maintain their momentum.
- The athlete should lunge forward and lean through the finish line.
- Coaches can create different scenarios to help learning. (E.g. Place people in positions as timers at the finish line. This helps athletes to experience the reality of a race finish and to practice in a simulated competition situation.)

## TRAINING TO IMPROVE TECHNIQUE - SPRINTING

Observation	Correction by Coach	Drill/Test
Arms and shoulders rotate.	Keep the torso parallel to the direction of running.	<ul style="list-style-type: none"> <li>● Practice while running in place on one spot.</li> </ul>
Athlete is not running in the upright position.	Make sure the drive leg is being fully extended (push off).	Bounding and strides.
Athlete is tense. (Fist Clenched, Shoulders High)	<ul style="list-style-type: none"> <li>● Practice running relaxed.</li> <li>● Emphasize correct breathing.</li> </ul>	Practice relaxation and breathing techniques.
Athlete weaves in lanes.	Feet should be parallel to lane line	Run on lane lines and between cones/pylons.

## TOP TIPS FOR COACHING SPRINTING (SKILL DEVELOPMENT)

1. Practice the correct arm movement:
  - a. By standing in front of the athlete and asking them to hit your hands with their hands while making the correct arm action.
  - b. While running on the spot.
  - c. By sitting on the ground with legs stretching in front. By sitting it is more difficult to rotate the trunk. This encourages the correct arm movements.
2. Stand in front of the athlete and ask them to run in place, hitting your hands with their knees. This helps them to develop the correct knee lift.
3. Practice running in different lanes. Ensure your athletes can run from any lane.
4. Remind athletes that everyone must stay in their designated lanes during sprint races. Use pylons or cones to help guide athletes to remain in their correct lane. Remember that they cannot be used in competition. Athletes should be able to remain in their lane before entering a competition.
5. Practice sprinting form on straightaways and curves.
6. Ask your athletes to focus on the finish line. Practice with people positioned as timers at the finish line area.

# TOP TIPS FOR SPRINTING AT COMPETITION

Remind your athletes to:

1. Relax
2. Focus on their technique
3. Lean through finish line

## 800 METERS

### COACHING POINTS FOR MIDDLE DISTANCE RUNNING TECHNIQUE

When coaching middle distance runners, the coach needs to find the right combination of speed and endurance for each athlete.

1. It is important to have a comfortable stride and rhythm and to not over stride.
2. Unlike sprinting, the foot strikes the ground less on the ball of the foot and more to the back of the foot. The foot rolls onto the ball and pushes off.
3. The knee has some flexion.
4. Knee lift is lower than that of a sprinter.
5. Heel does not go as high as a sprinter.
6. Leg movement is smooth.
7. Swing arms from shoulders. The elbows are bent at around a 90-degree angle but can straighten a little more on the down swing. Arms and shoulders should be relaxed.
8. Head straight; chin level, focus ahead 20-30 meters.

### TRAINING TO IMPROVE TECHNIQUE - MIDDLE DISTANCE RUNNING

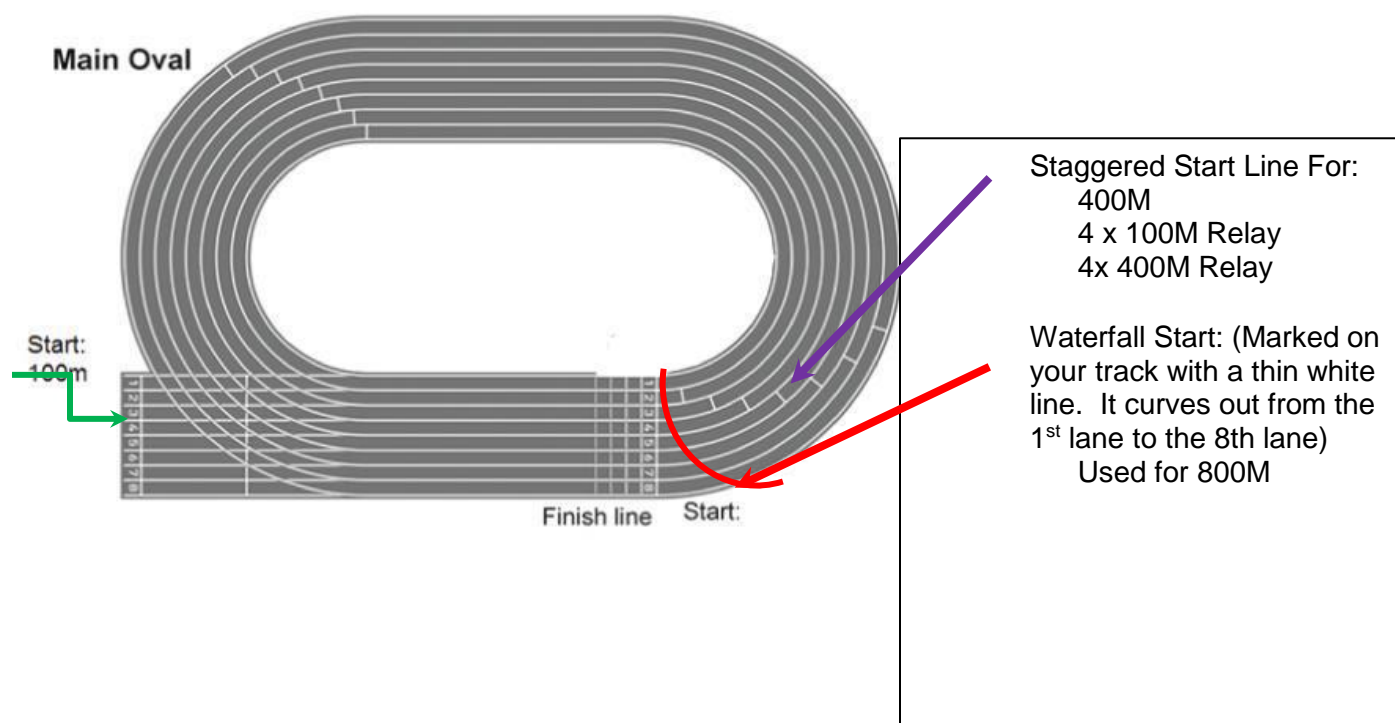
Observation	Correction by Coach	Drill/Test
Runner is not erect enough. (Chin is too low; )	Remind athlete to: <ul style="list-style-type: none"><li>● Position the chin higher</li><li>● Hold shoulders back.</li><li>● Maintain this position.</li></ul>	Practice correction
Runner appears to be bobbing up and down. (excessive bouncing)	Remind athlete to: <ul style="list-style-type: none"><li>● Pull through elbows.</li><li>● Wrist needs to go hip to chin.</li></ul>	Practice correction. Do arm movement while standing.
Runner is "twisting."	Remind athlete to: <ul style="list-style-type: none"><li>● Keep the torso in a forward direction and toes pointed forward.</li></ul>	Have the runner run on a line or inside of the lane.

## **TOP TIPS FOR COACHING MIDDLE DISTANCE RUNNING (SKILL DEVELOPMENT)**

1. Demonstrate stand-up starts with commands. (Refer to Starts section)
2. Demonstrate and practice breaking into lane 1 at the correct point.
3. Practice waterfall starts as used in 800M.
4. Demonstrate and practice how to safely pass another runner. Run around the runner on the outside. Get two strides ahead before cutting back in.
5. Run or ride along with runners on a bike to help control running pace. A stopwatch, pedometer or GPS watch can help you to monitor pace.
6. Establish split times with athletes for certain distances of the race.
7. Make sure the athlete receives ample recovery time from training.
8. Train to race: Simulate race conditions as much and as often as possible.
9. Learn when to stop a session when an athlete is not running well. Practicing slow teaches you to race slow.

## **TOP TIPS FOR MIDDLE DISTANCE EVENTS AT COMPETITION**

1. Plan the race.
2. Warm up thoroughly.
3. Save energy for the last part of the race.
4. Run your race and plan.
5. Surge when others try to pass.
6. Never take the lead unless you plan on keeping it.
7. Maintain contact with the leader if not leading. Keep in striking distance.
8. Respond to the moves of other runners.
9. Avoid getting behind or boxed in.



## Relays

Relay passing/Baton exchange is one of the most difficult concepts to teach. Coaches must include relay passing into regular training sessions.

Place athletes in order according to their strengths. Some athletes are better at handing off than receiving a baton. Each position in the order requires its own skills (see table below).

Leg	Athlete Role
Lead Leg	Lead off has baton in the right hand, stays on the inside at the exchange
Second Leg	2nd runner takes baton in the left hand, stays on the outside
Third Leg	3rd runner takes the baton in the right hand. This exchange is crucial as the outgoing runner is on the inside, and the 2nd runner is on the outside and fatiguing! With more distance to cover, you only have one chance to get it right.
Fourth leg or "Anchor Leg"	Anchor takes the baton in the left hand and stays on the outside when receiving.

## BEGINNING AND ADVANCED EXCHANGES

**EXCHANGES:** The baton receiver should not switch the baton from one hand to the other. The runners exchange as follows:

The baton must be placed firmly into the waiting runner's palm. There are two common ways to teach this exchange.

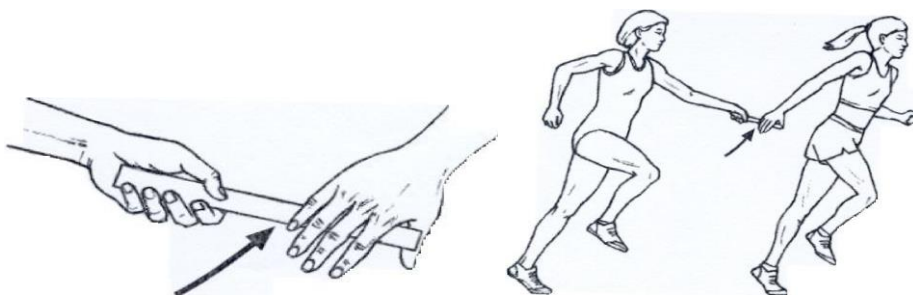
- Up-sweep exchange
- Down-sweep exchange.

Coaches should choose the method best suited for their athletes. The down-sweep exchange is more popular and easier for athletes to learn. It allows the runner to see where they are placing the baton.

**Regardless of what exchange is used, it is important for your runners to communicate. As the incoming runner reaches the exchange zone, he/she needs to shout a one word command indicating the baton is being passed to the outgoing runner. It could be "Baton!" or "Stick!" or "Incoming!" or another word everyone easily understands. Make sure you use the same word for all of your runners on your relay teams.**

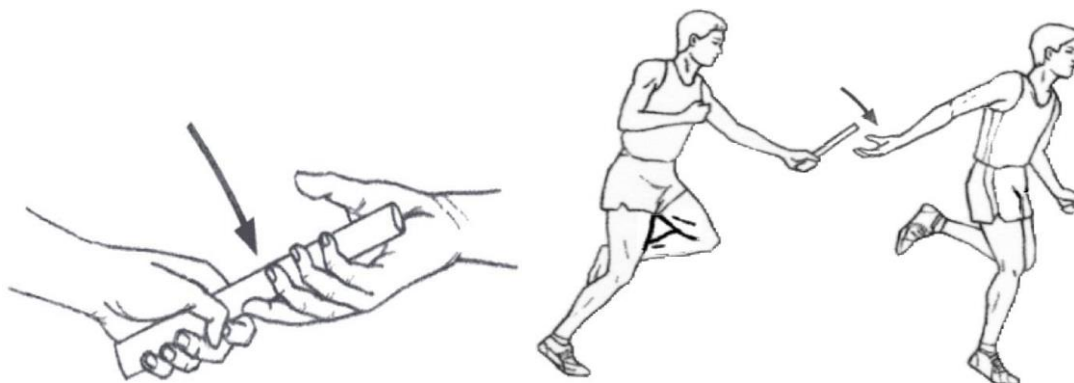
### COACHING POINTS: UP-SWEEP BATON EXCHANGE

1. Outgoing runner begins to sprint at the signal from the incoming runner
2. Outgoing runner reaches back with receiving hand – forming an inverted V (see image)
3. Incoming runner places baton into outgoing runners' hand, in an upward sweeping motion
4. Outgoing runner takes the baton from the incoming runner and sprints.



### COACHING POINTS: DOWN-SWEEP BATON EXCHANGE

1. Outgoing runner begins to sprint at the signal from the incoming runner.
2. Outgoing runner reaches back with the receiving hand – almost parallel to the track.
3. Outgoing runner's palm is facing up, forming a V with thumb towards torso.
4. Incoming runner places the baton into the outgoing runners' hand, in downward sweeping motion.
5. Outgoing runner takes the baton from the incoming runner and sprints.



## COACHING POINTS - RECEIVING A VISUAL PASS

*This is typically used for the 4x400m relay. While it can be used for the 4x100m, it will take more time.*

2. Receiving athlete stands in front of the first zone line (nearest start line) to the right side of the lane.
3. Place power foot forward.
4. Hold left hand up and back. Keep body weight slightly forward.
5. Look back over your left shoulder for the incoming runner.
6. Begin running forward when the incoming runner reaches a point 4-5 meters from the exchange zone.
7. Keep the left hand up, with the palm open and the fingers positioned ready to receive the baton.
8. Watch the incoming runner as he/she passes the baton overhand from their right hand into the outgoing runner's left hand.
9. Turn to look forward, continue running and move the baton to the right hand.

## 4 X 100M RELAY

All runners in the 4x100m relays must stay in their designated lanes the entire race.

Leg	Baton Ability	Athlete Strength
Lead off leg	Passes baton	<ul style="list-style-type: none"> <li>● Good starter with strong acceleration, response to the starter's gun, and balance.</li> <li>● Can run the curve, staying in lane.</li> </ul>
Second Leg	Receives and passes baton	<ul style="list-style-type: none"> <li>● Very fast runner.</li> <li>● Ability to run strong straightaway.</li> <li>● Excellent speed and endurance.</li> <li>● Strong baton passing and receiving skills.</li> </ul>
Third Leg	Receives and passes baton	<ul style="list-style-type: none"> <li>● Can run the curve, staying in lane.</li> </ul>



		<ul style="list-style-type: none"> <li>● Excellent speed and endurance.</li> <li>● Strong baton passing and receiving skills.</li> </ul>
Fourth Leg or "Anchor" Leg	Receives Baton	<ul style="list-style-type: none"> <li>● Most competitive runner.</li> <li>● Ability to catch and pass runners.</li> <li>● Consistent finisher.</li> </ul>

## 4 X 400M RELAY

In the 4x400m relay, the lead-off (first) runner must stay in their lane the entire lap. The 2nd runner may break for lane 1 in the appropriate zone after receiving the baton and without interfering with another runner. The 3rd and 4th runners can run in lane 1 or any inside lane.

Leg	Athlete Role
Lead leg	<ul style="list-style-type: none"> <li>● Get the team out in front.</li> <li>● Must be aggressive and strong, and have a good sense of pace.</li> <li>● Ability to run in lane the entire lap.</li> </ul>
Second Leg	<ul style="list-style-type: none"> <li>● Keep the team in the race.</li> <li>● Must be physically strong, able to handle bumping.</li> <li>● Must be able to negotiate the breakpoint.</li> <li>● If the team is not in first place, the job is to get the team in first place.</li> </ul>
Third Leg	<ul style="list-style-type: none"> <li>● Put the team in a position to win.</li> <li>● Must be able to run well from behind or maintain a lead and build upon it.</li> <li>● Often, this is the second best possible anchor on the team.</li> </ul>
Fourth Leg or "Anchor" Leg	<ul style="list-style-type: none"> <li>● Must be able to run well from behind or maintain a lead.</li> <li>● Ability to catch and pass runners.</li> <li>● Often, the strongest/fastest leg.</li> </ul>

## TRAINING TO IMPROVE TECHNIQUE – RELAYS

Observation	Correction by Coach
Incoming runner runs into the outgoing runner.	<ul style="list-style-type: none"> <li>● Outgoing runner may need to start running sooner.</li> <li>● Outgoing runner may not be standing close to the correct side of the lane</li> </ul>
Exchange happens outside of the zone.	<ul style="list-style-type: none"> <li>● Outgoing runner may need to start running sooner.</li> <li>● Make sure the outgoing runner is not accepting the baton before the start of the exchange zone..</li> </ul>

Incoming runner has difficulty putting the baton in the outgoing runner's hand.	<ul style="list-style-type: none"> <li>● Have the two runners practice the baton exchange technique by walking, then jogging, and then sprinting to ensure they are executing properly.</li> </ul>
---	--

## TOP TIPS FOR COACHING RELAYS (SKILL DEVELOPMENT)

1. Demonstrate correct stance for running start.
2. Demonstrate correct hand position for passing and receiving baton.
3. Demonstrate ready position for outgoing (receiving) runner.
4. Practice hand-off while walking and jogging, and in race conditions.
5. Emphasize making the exchange as quickly as possible.
6. Demonstrate hand-off between all legs of the relay.
7. Establish running order as soon as possible.
8. Remind athletes that the incoming runner must remain in lane at all times. This includes after exchange has been made. Nothing they do should interfere with other runners.
9. Encourage relay runners to carry the baton during other parts of the session. E.g. conditioning, sprint drills. This will help them to become comfortable and confident in holding the baton.
10. Remind the incoming runner to run through the pass. This means they should not slow down in the exchange zone. Encourage them to call out to the outgoing runner if he/she is running too fast or too soon to complete the exchange in the zone.
11. Place a strip of tape on the track to indicate incoming/outgoing runner marks.

## TOP TIP FOR RELAYS AT COMPETITION

- Remind your athletes to be confident and avoid nervousness. Lack of confidence and focus leads to errors in exchanges.

# RULES OF COMPETITION

## ***Time Trials Event Entry & Qualifier Form***

You will need to submit your qualifying times and distances from your time trials a week before your league's competition begins. You will be given a link to an event entry form by your SOPA liaison, who will also coordinate the due date with you. Please remember the following:

Each of your team members may only be entered in **one** track event and **one** field event.

In addition, a team member may be selected to be part of **one** relay team (this includes being listed as an alternate).

Once entered on this form, no team member can change events. They are required to compete in the events listed for the entire season.

It is very important to work with your school's track and field coach or consult with your SOPA liaison on how to best conduct time trials to ensure that your times and distances are accurate. These times/distances will be utilized for the divisioning of each team's first meet. Each athlete's best time/distance will carry over to future meets.

## **You will need to know the following for the scoresheet:**

### **Team Members**

- Athlete or Partner
- First and Last Name
- Field Event and Distance
  - All distances must be measured in Meters and Centimeters
- Track Event and Time
- Relay Team and Team Time
  - Each school may have 2 teams per relay

### ***Event Rules***

- All track and field events will follow the National Federation of State High School Associations rules, except where there are rules modifications set forth in the Official Special Olympics rules for athletics. These rules can be found on the Special Olympics web site at [www.specialolympics.org](http://www.specialolympics.org)
- Highlighted track event rules appearing in the Special Olympics rules include the following:
  - In races up to and including the 400 meters, the runners have the option of using or not using starting blocks.

- A runner who is charged with two false starts in the same race will be disqualified from that race.
- All runners should run within their lanes. However, if a runner either runs outside his/her lane in the straight or runs outside the outer lane on the bend, with no material advantage being gained, and if no other runner is obstructed, then the competitor should not be disqualified.
- Wheelchair Racers:
  - A competitor using a wheelchair finishes his/her race when all front wheels (one or two) of the wheelchair reach the finish line.
  - The lanes used by wheelchair athletes should be made two track lanes wide.
- Highlighted field event rules appearing in the Special Olympics rules:
  - In the shot put, mini-javelin, and running long jump, each competitor shall be allowed three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring. If there is a tie, the second longest measurement is used to break it and if that also is the same distance, use the third longest measurement.
  - **Running Long Jump:** A competitor must be able to jump at least 1 meter or they cannot participate in this event. This is the minimum distance between the take-off board and sand pit.
  - **Shot Put:** All competitors will use a 6 lb. shot put.
  - **Mini-Javelin**
    - All competitors will throw a mini-javelin with a weight of 400 g.
    - The mini-javelin must be held by the grip with one hand only.
    - The mini-javelin must be thrown over the shoulder or upper part of the throwing arm and may not be slung or hurled in an underhanded delivery.
    - It is counted as a foul if a competitor:
      - does not use the proper throwing technique;
      - does not throw the mini-javelin so the point (tip) lands before any other part of the implement;
      - Does not throw the mini-javelin so the point (tip) falls completely within the inner edges of the sector lines.
      - Crosses the foul line with either foot during or after the release of the mini-javelin.

# COMPETITION GUIDELINES

## **Official Events and Entry Requirements**

1. *Following are the official events offered at all Unified Track and Field competitions in the order which they should be conducted:*

Track Events Conducted First in the Following Order	Field Events Conducted Second and Simultaneously	Relays Conducted Third in the Following Order
100 Meters	Shot Put (6 lbs)	4 x 100 Meters
400 Meters	Running Long Jump	4 x 400 Meters
800 Meters	Mini Javelin (400 g)	

2. Participants are only allowed to enter one individual track event and one individual field event. They also may be selected to participate on one relay team.
  - a. A participant is not allowed to change events after submission of qualifying times and distances to Special Olympics PA before the start of the competition season. The track event and field event he/she does in the first meet is locked in for the entire season – no changes.
  - b. There are no proportionality requirements for the number of athletes and number of partners entered in an event. For example, if there are 6 athletes and 1 Unified partner entered in the mini javelin that is absolutely fine.
3. Unified Track and Field teams are **not required** to enter participants in every event.
4. The only time there is a requirement for an equal number of athletes and partners is the relay events. Relay teams must consist of two athletes and two Unified partners. Coaches can place their runners in any order.
  - a. A Unified Track and Field team may enter a maximum of two 4 x 100 meter relay teams and two 4 x 400 meter relay teams.
  - b. A coach can select and lock in one athlete and one Unified partner per relay team at the start of the competition season to serve as alternates in case one of the starting members is unable to participate. These 6 team members which comprise a relay team (4 starters and 2 alternates) must remain the same during the entire season. Additionally, if a school has two relay teams, members are prohibited from switching from one to another.
5. Qualifying Time for the 800 meters at the PIAA/SOPA State Championships: – Any 800 meter runner on a team advancing to the state championships must have a qualifying time of 3:30 or less achieved during one of the regular season or regional championship meets.

## 6. Wheelchair Participants

- a. Students using manual wheelchairs or power wheelchairs are eligible to participate.
- b. For Track Events:
  - i. **MANUAL WHEELCHAIRS:** Participants compete against students with and without disabilities.
  - ii. **POWER WHEELCHAIRS:** Participants compete in a division which only is composed of power wheelchair competitors. Because the chair is propelled by the engine and not a person, the type of competition is different. If there is only one competitor in a division, he/she tries to exceed their personal best for the season. If successful, he/she receives the point total for 1<sup>st</sup> place or 5 points. If not, he/she receives the point total for 2<sup>nd</sup> place or 3 points provided he/she completes the event successfully without being disqualified (i.e. the wheelchair leaves the track).
  - iii. **LANE ASSIGNMENTS:** Assign two lanes for a wheelchair competitor during a race, preferably an inside lane.
  - iv. **RELAYS:** Only participants using a manual wheelchair are eligible to be selected as a possible member of the 4 x 100 or 4 x 400 meter relays.
- c. For Field Events
  - i. Manual and power wheelchair participants compete against students with and without disabilities.

## 7. Participants with Visual Impairments

- a. Track Events
  - i. Participants with visual impairments (defined as blind or with severely restricted vision) may use a guide runner to assist them. The guide runner is given one adjoining lane.
  - ii. Another acceptable option is for the participant to use a guide rope held by volunteers with a relay baton attached to it. The runner grabs the baton and slides it along the rope while running or walking during the race.

## 8. Participants with Hearing Impairments

- a. Track Events
  - i. The competitor should be placed in the lane closest to the positioning of the official starter.
  - ii. An assistant standing next to the starter should drop a brightly colored (red or yellow) cloth when the gun sounds.
  - iii. Another allowable option is to have the assistant stand behind the competitor with the hearing impairment and tap him/her on the shoulder when the gun sounds.



## ***Divisioning and Team Scoring***

1. Participants with and without disabilities compete against each other in co-ed competition divisions within each event. These divisions are determined by the entrants having similar qualifying times or distances.
2. Qualifying times for track events and distances for field events are submitted to Special Olympics PA prior to the start of the competition season for each participant on a team. This enables the creation of equitable divisions for each event during meets.
  - Remember, each team member may only compete in one track event and one field event, and may also be selected for one relay team. They cannot change events at any time during the season.
  - Qualifying times and distances ideally are acquired during the first week of April through time trials or an inter-squad competition with another school. These initial times and distances will be used for your first meet.
3. After your first meet, the times and distances taken from competition will be what is used for divisioning for the rest of the season. They are updated for each participant whenever improvements occur.
4. Ideally, the variance between the highest and lowest score in a competition division should be no more than 15 - 20%. However, this variance can be expanded in order to have fuller divisions of three or more competitors.
5. The minimum number of competitors in a division should be three and the maximum number is eight.
6. Every event competition division is scored the same way. All competitors are provided with the opportunity to score points for their team based on their place of finish within the division. For example, if there are seven divisions of the 100 meters, all seven are scored.
7. Team scoring is based upon the format delineated in the National Federation of State High School Associations' Track and Field Rules for dual meets. Since all competition divisions score points for a team, the Unified Team Track and Field rules modification is as follows:
  - For all types of Unified Track and Field meets (dual, triangle, or invitational) the following scoring format will be employed for every event division:
    - 1<sup>st</sup> place scores 5 points
    - 2<sup>nd</sup> place scores 3 points
    - 3<sup>rd</sup> place scores 1 point
  - If there is a tie, the point placement for the affected places will be combined and divided by the number of participants in the tie. Example: If 2 participants tie for 1st place, no participant

receives 2<sup>nd</sup> place. The points for 1<sup>st</sup> (5) and 2<sup>nd</sup> (3) places are combined (8) and divided by 2. Each participant's team will receive 4 pts for the tie.

8. Adding together the total amount of points earned by the participants on each Unified Track and Field team in their respective events determines the final team place of finish for the competition.
9. **DIVISIONS OF ONE:** There are circumstances when an individual or a relay team may have an outlying qualifying score and be placed in a division of one. For those individuals or relay teams that compete in a division of one, scoring will be based upon exceeding their qualifying time or distance (personal best). If the qualifying time or distance is beat and they are not disqualified, that person or relay team will be awarded 5 points (comparable to 1<sup>st</sup> place). If they do not beat the qualifying time or distance, they will be awarded 3 points (comparable to 2<sup>nd</sup> place), provided they are not disqualified.

### **Team Scoring at Competitions**

When teams have different roster sizes at a competition, a formula is used to ensure there is competitive balance. This is due to the fact there are more opportunities for a team with more participants to score points, thereby giving them an advantage. Please use the following team scoring method:

1. If Unified Track and Field teams at a competition have different roster sizes which vary by five or more, competition organizers will use a handicapping formula to equalize competition.
2. The following formula is used to give more weight to the scores earned by members of teams with smaller rosters:
  - a. Take the team with the most number of participants. Divide the largest team's roster size by the roster size of each of the other teams which are smaller by at least five or more.
    - i. The roster number to be used is the actual number of participants each team has competing on the day of the meet or championships.
    - ii. 12 is the minimum number of participants which can be used, even if a team has less than 12 on the day of competition.
  - b. Use this number as a multiplier factor to weigh the scores for the performances of individuals on smaller teams. Due to a smaller roster, there are less entries and therefore fewer opportunities to score. The multiplier elevates the impact of the scoring earned by members on these smaller teams.
  - c. The points earned based upon a participant's place of finish are multiplied by the factor to increase value. If the multiplier is 1.5 and a team member finishes in 1<sup>st</sup> place, earning 5 points, the actual points awarded to the team is 7.5 (*calculated as 5 points x 1.5 multiplier value*).

### Example

- Three Unified Track and Field teams participate in a competition.
  - Team 1 has 24 members
  - Team 2 has 18 members
  - Team 3 has 16 members.
- Divide Team 1's roster size (24) by Team 2's size (18) which equals 1.33
  - Whenever a member of Team 2 scores points in an event, it is multiplied by 1.33.
  - *Example:* If a member of Team 2 finishes in 2<sup>nd</sup> place in the shot put which earns 3 points, it is multiplied by 1.33 and the team instead receives 3.99 points.
- Divide Team 1's roster size (24) by Team 3's size (16) which equals 1.5
  - Whenever a member of Team 3 scores points in an event, it is multiplied by 1.5.
  - *Example:* If a member of Team 3 finishes in 2<sup>nd</sup> place in the shot put which earns 3 points, it is multiplied by 1.5 and the team instead receives 4.5 points.

An electronic score sheet will be used to calculate team scores and provided to the schools. **Webinar training will be offered for all coaches in March.**

### **Weather Issues**

#### **1. At Practice:**

- If you hear thunder or see lightning, you must stop practice for at least 30 minutes.
- If at 25 minutes, you see/hear more activity, continue to wait for 30 more minutes.
- DO NOT rely on clear sky, lack of rainfall.

#### **2. Prior to a Meet:**

- The host school's athletic director will make the call about postponing the meet.
- If the meet is postponed, the host school's athletic director will reschedule it.

#### **3. During a meet:**

- The PIAA official will make the decision when to call the meet and when to resume.

# HOSTING A MEET

## Volunteers

Trained volunteers are absolutely necessary for the meet to be successful. Special Olympics Pennsylvania has developed a volunteer needs sheet for you to utilize while recruiting volunteers.

Volunteer Role	Description	Name
Meet Director	In charge of overall operation of the event	
Announcer	Announces throughout the meet, calls for events, announces scores, etc.	
Score Keeper 1	Organizes score sheets for data input	
Score Keeper 2	Enters scores into the team score tabulator using a laptop computer	
Track Event Roles		
Timer 1	Accurately records the times of assigned runners of each race.	
Timer 2		
Timer 3		
Timer 4		
Timer 5		
Timer 6		
Track Recorder	Records all the times and places of each race. Also responsible for communicating with the starter that all timers are ready.	
Track Stager 1	Assists the starter by organizing each heat. Places runners in proper order to go onto the track. Ensure they are in proper lanes.	
Track Stager 2		
Track Stager 3		
Field Event Roles		
Shot Put- Measure 1	Mark and measure each throw and report distance to the score recorder.	
Shot Put – Measure 2		
Shot Put Score Recorder and Official	Records the distance of each throw, and if properly trained and experienced, acts as the official calling fouls.	PIAA OFFICIAL
Shot Put Retrieval	Retrieves and returns the shot after each put..	
Long Jump – Measure 1	Mark and measure each jump and report distance to the score recorder.	
Long Jump – Measure 2		

Long Jump Score Recorder and Official	Records the distance of each jump, and, if properly trained, acts as the official calling fouls when appropriate.	
Long Jump - Rake	Rakes the sand pit after each jump	
Mini Jav- Measure 1	Marks and measures each throw and reports the distance to the score recorder.	
Mini Jav – Measure 2		
Mini Jav- Score Recorder and Official	Records the distance of each throw and acts, if properly trained, as the official calling fouls when appropriate.	
Mini Jav – Retrieval 1	Retrieves and returns the mini javs after each throw.	
Mini Jav – Retrieval 2		
Relay Event Roles		
Timer 1	Accurately records the times of assigned runners of each race.	
Timer 2		
Timer 3		
Timer 4		
Timer 5		
Timer 6		
Track Recorder	Records all the times and places of each race. Also responsible for communicating with the starter that all timers are ready.	
Track Stager 1	Gathers and organizes relay teams at the center of the field.	
Track Stager 2		
Escort 1	Escort members of relay teams to their proper zones. Each Escort will take a group to a specific zone. Hip numbers allow escorts to place runners in the proper lanes in the zone.	
Escort 2		
Escort 3		
Escort 4		

# SHOT PUT SET-UP AND COMPETITION MANAGEMENT

## Creating Sector Lines (A & B)

Most shot put throw areas will have the sector lines already marked which you should use. If not, following is the procedure for laying them out.

Take the measuring tape and hold it at the back of the shot circle. Pull the end of the tape through the center of the circle and to the right side of the toe board (most will have a marking on top on which you will lay the tape).

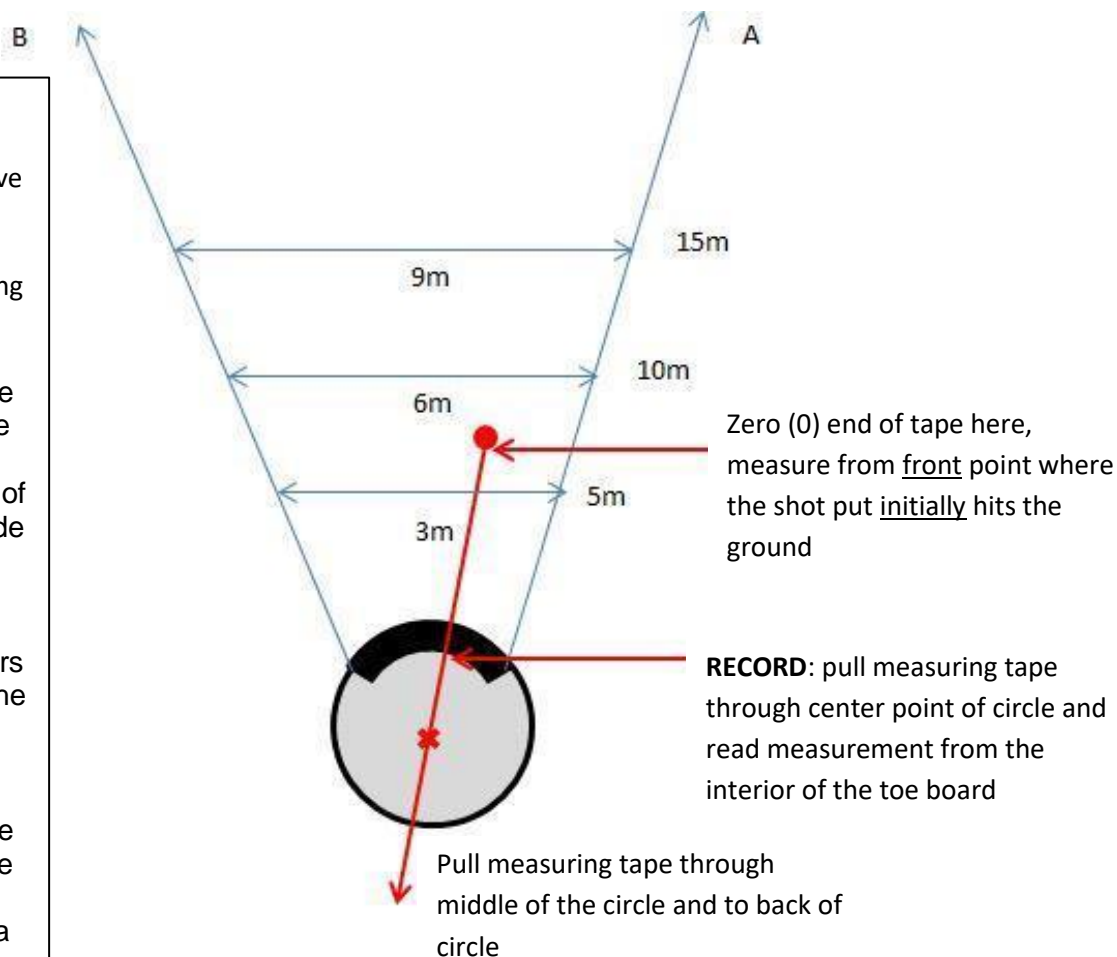
Lay down cones 5 meters out from the inner edge of the toe board, then 10 meters, and then 15 meters to form the A sector line.

Take the measuring tape and -- from the 5 meter cone -- mark a spot 3 meters across the shot landing area and mark that with a cone.

Repeat the same step at 10 meters, except this time measure 6 meters across.

Repeat the same step at 15 meters, except this time measure 9 meters across.

Lay down two sector lines from the toe board out into the shot landing pit area where the cones are placed.





## **Shot Put Volunteer Assignments**

**PIAA Official officiates the event, calling legal puts.**

**Volunteer 1: Recorder**

Records the measurement, in meters and centimeters, of all legal puts on the scoresheet. The actual measurement for the put attempt is taken from the inside of the toe board. An illegal put, as determined by the official, is recorded as a foul on the sheet.

**Volunteer 2: Measurement**

Places the 0 end of the measuring tape at the spot in the landing area where the shot put first lands.

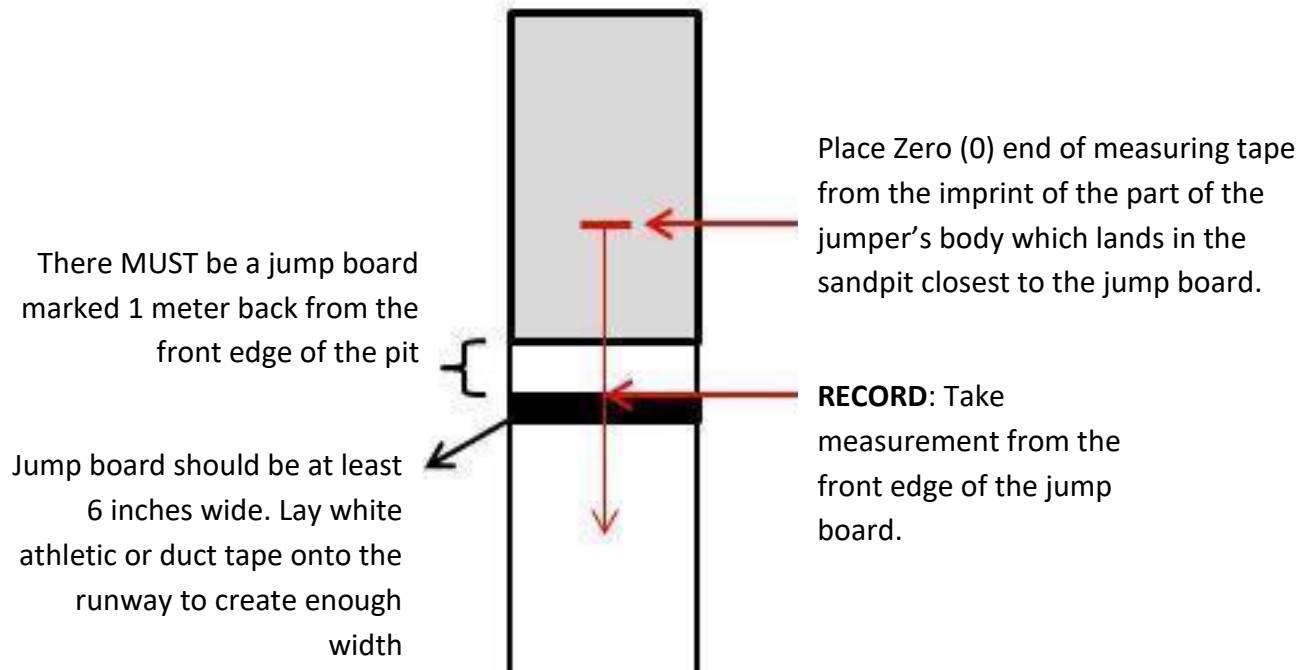
**Volunteer 3: Measurement**

Pulls the measuring tape tight through the center of the shot circle.

**Volunteer 4:**

Retrieves and returns the shot put after it is thrown. If the landing area is wet or muddy, this volunteer will clean the shot with a towel before handing it to the PIAA official.

# LONG JUMP SET-UP AND COMPETITION MANAGEMENT



## Long Jump Volunteer Assignments

### **Volunteer 1: Official and Recorder**

Officiates the event by calling a foul if the jumper's foot goes over the front edge of the jump board **or** if the jumper takes off with two feet instead of one. A red flag is held up when a foul is committed and the jumper loses that attempt.

Records the measurement, in feet and inches, of each legal jump taken on the scoresheet. The measurement is taken from the front edge (closest to the sand pit) of the jump board. An illegal jump is recorded as a foul.

Calls out the name of the next jumper when he or she can start down the runway with their jump attempt.

### **Volunteer 2: Measurement**

Stands outside of the sandpit and marks the 0 end of the tape at the impression in the sand of the part of the jumper's body which is closest to the jump board. Call measurements in meters and centimeters.

### **Volunteer 3: Measurement**

Stands near the Recorder by the jump board. Pulls the measuring tape straight and tight to the front edge (closest to the sand pit) of the jump board. Calls out the measurement from that edge in meters.

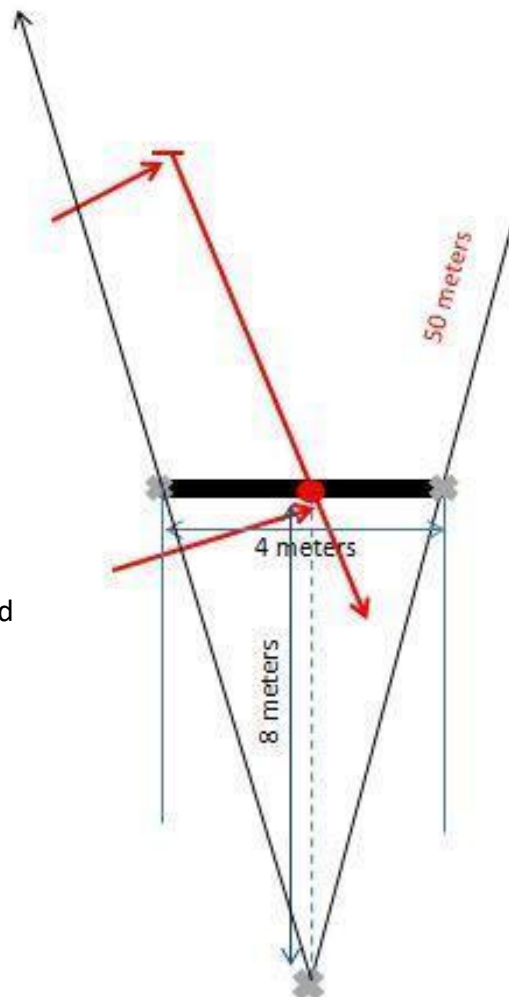
### **Volunteer 4: Sand Pit**

Rakes the sandpit after each jumper to remove any impressions or footprints left from the previous jumper.

## MINI JAVELIN SET-UP AND COMPETITION MANAGEMENT

**MEASURE:** Take 0 end of the measuring tape and place it at the spot where the front tip of the mini javelin first lands.

**RECORD:** Pull measuring tape through center of foul line and record measurement from inside back edge of foul line.



### CREATE SECTOR LINES:

Lay down a straight foul line which is four meters long.

Create a runway by first placing a cone at each end of the four meter foul line. Then mark a straight line back 8 meters from each of the foul line cones.

Next, find the center of the foul line (2 meters) and pull a measuring tape 8 meters to the back of the javelin runway.

Mark the center spot at this point. Hold the end of the measuring tape at this center point and pull the tape directly through the point where the foul line and runway parallel line connect on one side (this is where the cone is placed).

Mark this sector line out 50 meters from the center point at the back of the runway and repeat the procedure for the other side.

### **Mini Javelin Volunteer Assignments**

#### **Volunteer 1: Official and Recorder**

Officiates and determines legal throws. An illegal throw resulting in a foul includes any of the following violations: (1) the thrower's footsteps on or over the foul line before or after the throw; (2) the front tip of the mini javelin does not touch the ground first; (3) the front tip of the mini javelin does not land within the sector lines; (4) the mini javelin is thrown improperly by using an underhanded or slinging delivery. A red flag is held when a foul is committed.

Records in feet and inches each legal throw on the scoresheet. The actual measurement for the throw is taken from the inside back edge of the foul line. An illegal throw is marked as a foul.

#### **Volunteer 2: Measurement**

Places the 0 end of the measuring tape at the spot between the sector lines where the front tip of the mini javelin first lands. Call measurements in meters and centimeters.

#### **Volunteer 3: Measurement**

Pulls the measuring tape tight through the center of the foul line.

**Volunteers 4 and 5:** Retrieve and return the mini javelins after they are thrown.

# TRACK & FIELD MEET MANAGEMENT

## Competition Rules

All Unified Track and Field rules as delineated in the Coaches' Resource Guide will be enforced. Coaches, please make sure you continue to teach and reinforce the rules to your team members.

**Uniforms:** Proper attire will be enforced. All team members must be wearing their full track and field uniform and proper footwear.

**Entries:** A team member may not switch events. Once they have their one track event and one field event coming out of time trials, they are locked in to those specific events for the full season.

**Relays:** There must be the same four members on a team (two Special Olympics athletes and two Unified partners) with no changes. It is allowed to have two alternates who are listed on your relay team roster submitted to Special Olympics PA – one Special Olympics athlete alternate and one Unified partner alternate.

- Remember, a team member may participate only on one relay team.

**Competing by Divisions:** One of the fundamentals of Unified Track and Field is participants compete in divisions against others with similar times and distances. When field events are held, competition will take place one division at a time so the participants know who they are competing against. There is no “open pit” approach where every competitor does their attempt regardless of their division.

- For example, if there are five participants in Division 1 of the long jump, each of these five competitors takes three non-consecutive jumps. Once that occurs, places of finish are recorded, the scoresheet is taken to the results table, and competition begins for Division 2 and the participants in this group.
- You will receive divisions and heat sheets from your SOPA liaison at least one-day prior to the event.

**Scoring:** You will receive the score tabulator from your SOPA liaison. All meets MUST be scored in real time with results announced at the conclusion. There will be a webinar training available for the volunteers serving in this role. **All distances are marked in Meters and Centimeters.**

Coaches pin bib numbers on **the front of the uniforms prior to arrival** at the track. **The same bib number is used for the same team member each week. Do not switch bib numbers as this causes confusion.** Coaches, you will see the bib number listed next to the team member's name when you receive the meet entries prior to competition.

- As soon as the team arrives, the coach checks in with the event director to report scratches. 10 minutes prior to the beginning of the meet, escort all 100 meter participants to the start line at the end of the track

- All Track Events are Conducted First
  - 100 meters
    - All 100 meter participants are behind the start line before the first heat is run.
    - First call for 400 meter participants to report to the infield near the finish line is made after the first heat of the 100 meters; second call is made midway through the 100 meters; third and final call is made immediately after the last heat of the 100.
    - Coaches are responsible for expeditiously getting their team members to the proper reporting area in a timely manner.
  - 400 meters
    - First call for the 800 meters is made after the first heat of the 400 meters; second call is made after the second heat; third and final call is made after the last heat of the 400.
  - 800 meters
    - Prior to the start of the 800 meters, announcements are made for coaches to begin getting their team members ready to report to their appropriate field events.
    - Immediately upon the conclusion of the 800 meters, team members should report to their field events where they are checked in by the key lead volunteer stationed at each one.
- All Field Events are Conducted
  - All field events (shot put, mini javelin, and long jump) are held simultaneously
  - Competitors do three non-consecutive attempts
  - Each competition division is conducted separately (no open pit format allowed)
- Staging for the Relays
  - At the conclusion of the field events, coaches promptly have their 4 x 100 meter relay teams report to the designated check-in area.
  - There the competitors receive hip labels to designate their proper lanes and run order.
  - Competitors are escorted to their exchange zones or start line by volunteers and placed in their proper lanes. Hip labels are used for proper lane designation.
- Conduct Relay Events
  - 4 x 100 meter relay
  - 4 x 400 meter relay
- Final team results are tabulated and announced

# OFFICIALS' INFORMATION



## Track Events - 100, 400, and 800 Meters

### General

- All runners must be in uniform – No sweatshirts or pants when competing.
- Fouls and disqualifications must be called and enforced for all competitors, regardless of whether they have a disability or not. Protecting the integrity of competition and ensuring fairness is paramount.
- A runner who is charged with two false starts in the same race will be disqualified from that race.

### 100 and 400 meters

- Competitors may or may not use starting blocks.
- All runners should run within their lanes.
  - However, a competitor shall not be disqualified if the following situations occur **and no other runner is obstructed or impeded:**
    - If a runner fails to stay within his/her lane in the straightaway
    - If a runner leaves their lane and runs to an outside lane on the turn, with no material advantage being gained.

### 400 meters

- Staggered start is used.

### 800 meters

- Waterfall start is used. Runners may move inward if they do not interfere with other runners.

### 4 X 100 and 4 X 400 Relays

- 4 X 100 Relay – All runners must stay in their lanes – no exceptions
- 4 x 400 Relay Runners may move inward after first leg
- **Hip numbers must be used**

## Field Events – Shot Put, Mini Javelin and Running Long Jump

### General

- All distances are marked in Meters and Centimeters
- In the shot put, mini-javelin, and running long jump, each competitor shall be allowed **three non-consecutive attempts**. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used to determine the final place of finish.

- Competition must be conducted by each individual division. For example, only those participants in Division 1 compete. Once each of them has completed their three non-consecutive attempts and the places of finish are determined, then Division 2 competes and so forth. “Open pit” formats which are sometimes used for field events are NEVER ALLOWED.

### Running Long Jump:

- **A competitor must be able to jump at least 1 meter**, which is the minimum distance between the **takeoff board/line** and sand pit, in order to participate in this event. If a 1 Meter takeoff board is not already marked on the runway, use tape or chalk to create a takeoff board. The front edge of the board (closest to the sand pit) must be one meter in distance from the sand pit. The width of the takeoff board should be a minimum of 6 inches.

### Shot Put

- All competitors will use a 6 lb. shot put.
- Please make sure they exit from the back half of the circle.

### Mini-Javelin

- All competitors will throw a mini-javelin with a weight of 400g.
- The mini-javelin must be held by the grip by one hand only.
- The mini-javelin must be thrown over the shoulder or upper part of the throwing arm and cannot be slung or hurled in an underhanded delivery.
- It is counted as a foul if a competitor
  - does not use the proper throwing technique;
  - does not throw the mini-javelin so the point (tip) lands before any other part of the implement;
  - does not throw the mini-javelin so the point (tip) falls completely within the inner edges of the sector lines.
  - Crosses the foul line with either foot during or after the release of the mini-javelin.



# The Road to Shippensburg . . .

## 2022 PIAA/SOPA IUS Track & Field State Championships

A select number of teams will be invited to attend the Interscholastic Unified Track and Field State Championships based on the highest place of finish in their culminating county or city championship event. Here are the basics:

- Date & Time: Friday, May 27<sup>th</sup> – Field Events – Teams arrive at 10:00 am  
Saturday, May 28<sup>th</sup> – Track Events start at 10:00 am
- Location: Seth Grove Stadium, Shippensburg University,  
1871 Old Main Drive, Shippensburg, PA 17257

### Special Olympics PA will provide the following:

- Friday (May 27) – Lunch, Dinner and Housing (more information to come)
- Saturday (May 28) - Breakfast & Lunch
- Event logistics management (officials training, schedules, divisioning, awards)

### Your high school will provide:

- Transportation to/from Shippensburg University.
- 3 coaches per team - one (1) coach for every four (4) team members (based on gender of team members)
  - Coaches need to provide date of current:
    - Pennsylvania Criminal Record check
    - PA Child Abuse Clearance
    - If have not lived in PA for 10 years, FBI fingerprint check
- **Each team brings 12 members – 6 Special Olympics athletes and 6 Unified partners or 5/7 either way**
- All athletes **MUST** be dressed in proper uniform; Unified Sports team uniform (provided by SOPA earlier in the season), white solid white t-shirt under racing top (if needed), and sneakers.
- Completed 2021-22 PIAA Athlete Medical for all athletes and partners.

### Advancement Criteria:

- The winning team from each county or city championships will advance to the Interscholastic Unified Track and Field Championships
- All teams interested in competing in Shippensburg **MUST** complete a Letter of Intent (LOI).
- If the gold medal team declines the opportunity, the slot will go to the silver medalist and so on.

# 2022 Interscholastic Unified Track & Field State Championships

May 27<sup>th</sup> & 28th, Shippensburg, PA

## LETTER OF INTENT

Please complete and return to your UCS Liaison by Friday, April 29<sup>th</sup>.

By placing an (X) in the yes, we want to attend box and by signing this form, your school understands and is able to commit to the responsibilities listed above to attend this Event.

County	High School	Team Name	Yes, we want to attend	No, we will not be attending

---

Name of person completing this form

Date

---

Principal/Athletic Director Signature

Date

---

Printed Name

# **2022 Annual PIAA/SOPA Interscholastic Unified**

## **Track & Field State Championships Rules & Regulations**

### **UNIFORMS**

Any visible garment(s) worn underneath the uniform top must be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.

### **NOTES:**

1. If more than one visible garment is worn under the uniform top, all must be the same color.
2. A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.

### **EMERGENCY HEALTH CARE**

PIAA will arrange to have a physician, an ambulance, and an EMS crew either at the Championships site or "on call", to provide emergency medical care. PIAA-contracted certified athletic trainers will be available for emergency health care. Athletic trainers reserve the right to charge a school for any training supplies that were supplied by the athletic trainers or that were used by the school.

### **ADMISSION TO STADIUM**

Admission to Seth Grove Stadium for Coaches on Friday and Saturday will be by a Coaches' Pass. Contestants will be admitted their contestant number. ALL OTHERS MUST PURCHASE A TICKET. A maximum of two (2) Coaches' Passes will be provided, per Team.

COACHES' PASSES ARE NON-TRANSFERABLE.

Families are welcome to eat in the Dining Hall but will not be permitted in the Dorms.

### **MARSHALING**

The infield area and all field event areas will be marshaled. Coaches and spectators will NOT BE PERMITTED on the infield, unless invited by the games committee.

Contestants will be permitted on the infield area no earlier than fifteen (15) minutes prior to the scheduled time of their event.

Contestants must leave the infield area at the point of elimination from their event or at the conclusion of their event, whichever comes first.

### **BANNERS, NOISEMAKERS, LISTENING DEVICES, AND SPECTATOR DECORUM**

Both the presence and use of balloons, laser pointers, noisemakers, signs, sirens, strips of material, towels, whistles, or portable listening devices (without earphones) are prohibited. Small portable listening devices

with earphones and stationary banners and signs, which are sportsmanlike in their messages, are permitted. Portable listening devices (with or without earphones) are PROHIBITED in the infield area and in all field event areas.

### **RESTRICTION ON TOBACCO PRODUCTS**

PIAA policy prohibits the use of tobacco products by participating and non-participating Team personnel, including Coaches, during any Contest at any level (varsity, junior varsity, or otherwise) of competition. The use of tobacco products inside arenas, including locker rooms, is prohibited. In addition, the use of tobacco products by spectators is prohibited inside facilities that are designated "TOBACCO FREE"!

### **COMPETITORS**

Contestants officially become competitors when they report to the clerk of the course or field event judge for an event in which they are entered. Contestants who fail to report prior to the clerk of the course closing the entries in the running events or after the judge starts competition in the field events shall not be allowed to participate in that event and shall be disqualified from further participation in the PIAA Track and Field Championships.

Each contestant shall be responsible for obtaining a contestant number and knowing the time schedule. Each contestant is solely responsible for promptly reporting for each event entered and at the location designated.

### **DISQUALIFICATION**

Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to: disrespectfully addressing an official; any flagrant behavior; intentional contact; taunting; criticizing; or using profanity directed toward someone. This shall apply to all coaches, contestants, and other team/school personnel.

**PENALTY: Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.**

**NOTE 1:** The NFHS disapproves of any form of taunting that is intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race, religion, gender, or national origin.

**NOTE 2:** No coach, contestant, or other school personnel shall use any form of tobacco product beginning with arrival at the site of competition until departure from the site following completion of the meet.

Unacceptable conduct by a competitor includes, but is not limited to: willful failure to follow the directions of a meet official; using profanity that is not directed at someone; or any action which could bring discredit to the individual or his/her school.

**PENALTY: Disqualification from that event.**

**Guidelines for use of the Field Turf artificial field surface:**

1. No smoking or tobacco products permitted on or around the track or FieldTurf artificial field surface.
2. Chewing gum, sunflower seeds, and/or the unwrapping of tape on the FieldTurf artificial field surface are prohibited.
3. No open flames are permitted on or around the track or FieldTurf artificial field surface.
4. No shot putting, discus, or javelin throwing or the use of long spike track shoes are permitted on or around the track or FieldTurf artificial field surface.
5. Vehicles that are permitted on the track or field surface include only golf carts, small utility vehicles (Gators), and lawn tractors. All other vehicles are prohibited on the FieldTurf artificial field surface. Carts pulled by approved vehicles must have pneumatic tires.
6. Tents must be free standing structures with the legs supported by ¾ inch plywood planks. No stakes may be used to support any type of tent area FieldTurf artificial field surface.
7. Metal chair legs must be protected by rubber end tips and cannot contain any jagged edges that may damage the track or FieldTurf artificial field surface.

### **LONG JUMP**

In the long jump a marker shall not be placed on the runway or in the landing pit. A competitor may place one or two markers (supplied or approved by the games committee) alongside the runway to assist in the run-up and take-off. All shoes or athletic footwear on the track or FieldTurf artificial field surface must be free of mud and debris.

### **SPIKES, STARTING BLOCKS, & SURFACES**

Pyramid spikes that do not extend beyond the soles of the shoes further than 1/4" shall be permitted on ALL BEYNON BSS-2000 surfaces. Spike length shall be checked for conformity to specifications, PRIOR TO the start of each race or field event, by a judge at the respective staging areas. Spikes may be purchased at the spike vendor's trailer located outside the North Gate of Seth Grove Stadium. Only starting blocks that have been preauthorized by PIAA are permitted to be used on the Shippensburg University of Pennsylvania track. Starting blocks will not be provided for practices on Thursday. The high jump approach and the pole vault, long jump, triple jump, and javelin throw runways are identical to the BEYNON BSS-2000 track surface. Shot put and discus throw circles are concrete. The use of adherents, chalk, or spray paint on any BEYNON BSS-2000 surface is PROHIBITED! Adherents are PROHIBITED on PIAA supplied implements, javelin boots, shoes, and throwing surfaces.

### **ON CAMPUS SUPERVISION**

Coaches will be responsible for supervising their contestants at ALL TIMES both on and off the Shippensburg University of Pennsylvania campus. Misconduct by Coaches and/or contestants will NOT be tolerated. Offenders will be subject to expulsion from the Shippensburg University of Pennsylvania campus and from the PIAA Track and Field Championships. The main desks in the residence halls are staffed during this event; however, no on-floor supervision will be provided by Shippensburg University of Pennsylvania and, therefore, will be the responsibility of the respective Team's Coach(es).

## **PACKING LIST**

1. Team Uniform
  - Racing Shorts
  - Sprinter Singlet (top)
  - Sneakers and Socks
  - White T-shirt for under uniform (if needed)
2. Pajamas
3. Underwear
4. Rain Jacket
5. Sunglasses (optional)
6. Fan (optional)
7. Blanket (optional)
8. Shower Items
  - Towels (wash cloth and bath towel)
  - Shower shoes
  - Soap
  - Shampoo/Conditional
  - Shaver (if needed)
  - Deodorant
  - Brush/Comb
  - Hair dryer (if needed)
9. Personal Products
  - Famine Hygiene products
  - Contact Case & Solution
  - Glasses
  - Medication
    - **ALL MEDICATION MUST** be marked your Name, School and when medication is taken.

## **DO NOT BRING:**

1. Large Amounts of Money
2. Tobacco/Smoking items

**\*Please note PIAA/SOPA is not responsible for electronic devices brought with Team members. If you chose to bring them with you, you are responsible for their supervision throughout the event.**

## **Coaches:**

1. Pop-up tents are allowed and encouraged.
2. Blankets/chairs to sit on under tents
3. Sun Tan Lotion & bug repellent
4. Snacks
5. Coolers and bottled water
6. Copy or Athlete/Partner medicals (please travel with these)

## Additional Resources

### Special Olympics PA Staff

**Michelle Boone:** Vice President of Sports

[mboone@specialolympicspa.org](mailto:mboone@specialolympicspa.org)

Office – 610.630.9450 ext. 220

Cell – 267.972.5904

**Mike Bovino:** Senior Advisor, Unified Champion Schools (UCS)

[mbovino@specialolympicspa.org](mailto:mbovino@specialolympicspa.org)

Cell – 202.494.5584

**Lauren Sauter:** Unified Champion Schools Director

[lsauter@specialolympicspa.org](mailto:lsauter@specialolympicspa.org)

Cell - 717.758.5969

**Jennifer Tresp:** Training and Unified Sports Director - North Central & Northwest UCS Liaison

[jtresp@specialolympicspa.org](mailto:jtresp@specialolympicspa.org)

Office – 610.630.9450 ext. 245

Cell – 814.883.0291

**Ashley Herr:** Eastern Unified Champion Schools Manager

[aherr@specialolympicspa.org](mailto:aherr@specialolympicspa.org)

Office – 610.630.9450 ext. 222

**Mike Jordan:** Unified Champion Schools Manager, Philadelphia

[mjordan@specialolympicspa.org](mailto:mjordan@specialolympicspa.org)

Office – 215.671.5078

**James Ellison** – UCS Coordinator, Greater Lehigh Valley and Pocono Region

[jellison@specialolympicspa.org](mailto:jellison@specialolympicspa.org)

Cell - 570.213.9036

**Alison Kandrovsky:** Northeast PA

[akandrovsky@specialolympicspa.org](mailto:akandrovsky@specialolympicspa.org)

**Stephanie Taylor:** Western Unified Champion Schools Manager

[Staylor@specialolympicspa.org](mailto:Staylor@specialolympicspa.org)

Cell – 717.368.2800

## **Helpful Links**

- Visit the Special Olympics PA website for lots of great resources
  - <https://specialolympicspa.org/unified-champion-schools>
  - T&F Training Plans can be found on the website!
- Unified Generation Website
  - <https://www.generationunified.org/>
- Instructional Track and Field Videos
  - Relay Baton Exchange: <https://www.youtube.com/watch?v=7KZ93njWPOc&feature=youtu.be>
  - Mini Javelin: <https://www.youtube.com/watch?v=opgmwVb0zDk&feature=youtu.be>
  - Shot Put: [https://www.youtube.com/watch?v=g0uy\\_sYRbIU&feature=youtu.be](https://www.youtube.com/watch?v=g0uy_sYRbIU&feature=youtu.be)
  - Long Jump: [https://www.youtube.com/watch?v=4FdJm\\_l0m-8&feature=youtu.be](https://www.youtube.com/watch?v=4FdJm_l0m-8&feature=youtu.be)



