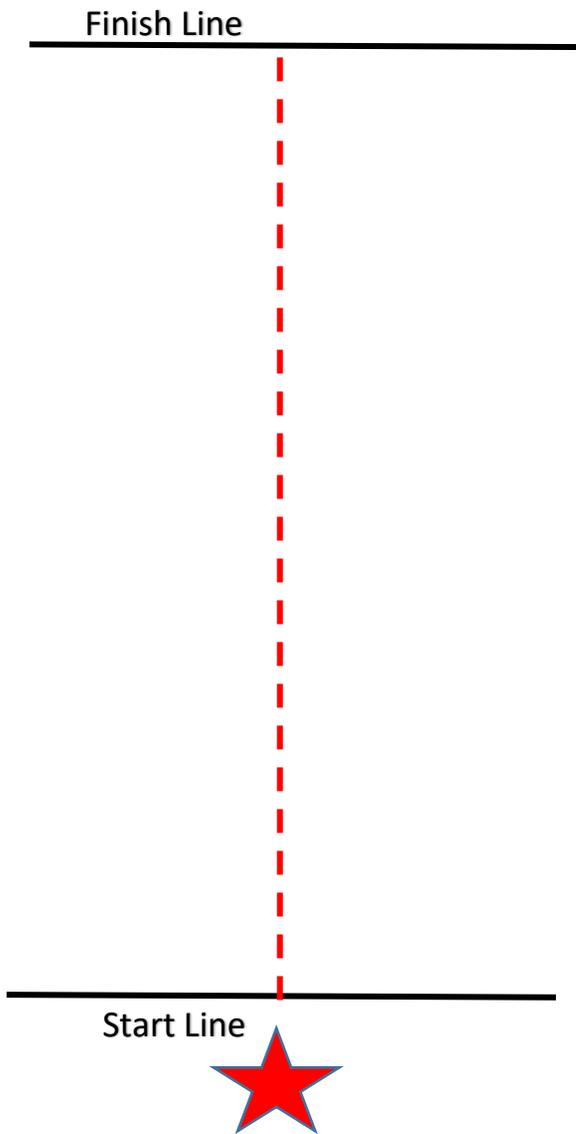


May ~ Track and Field

25M Assisted

 = Athlete



Equipment Needed:

- Stopwatch
- Measuring Tape
- Track/sidewalk

25M Assisted Set Up:

- Mark a Start Line.
- Measure out 25M
- Mark a Finish Line

Rules:

- The athlete will start behind the start line.
- The time will start after “GO” and stop once the athlete crosses the finish line.
- The event should be completed on a track or harder surface like a sidewalk.
- Devices that can be used are: walking cane, walker, crutches.
- Athletes cannot receive physical help from coaches.

Scoring:

- The athlete’s time to complete the distance will be the score for the event.
- Round to the nearest 10th of a second.



May ~ Track and Field

25M Wheelchair

 = Athlete

Equipment Needed:

- Stopwatch
- Measuring Tape
- Track/sidewalk

25M Wheelchair Set Up:

- Mark a Start Line.
- Measure out 52M
- Mark a Finish Line

Rules:

- The athlete front wheels will start behind the start line.
- The time will start after “GO” and stop once the athlete crosses the finish line.
- The event should be completed on a track or harder surface like a sidewalk.
- Athletes cannot receive physical help from coaches.

Scoring:

- The athlete’s time to complete the distance will be the score for the event.
- Round to the nearest 10th of a second.

Finish Line

Start Line

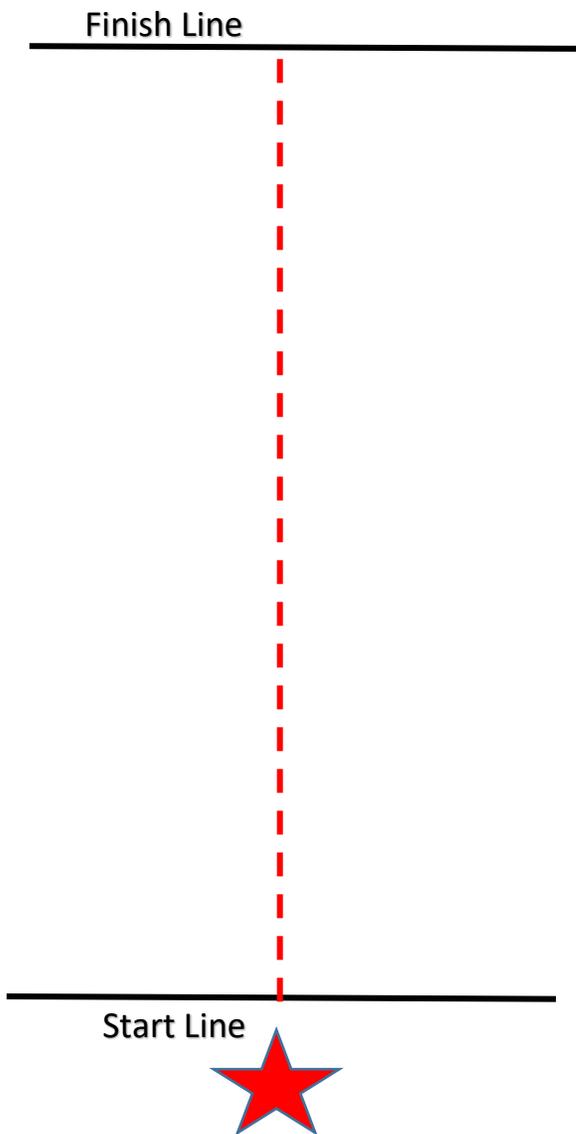


May ~ Track and Field

Short Distance

(100M Run or Walk)

 = Athlete



Equipment Needed:

- Stopwatch
- Measuring Tape
- Track/sidewalk

Short Distance Set Up:

- Mark a Start Line.
- Measure out 100M (328Ft)
- Mark a Finish Line

Rules:

- The athlete will start behind the start line.
- The time will start after “GO” and stop once the athlete crosses the finish line.
- The event should be run on a track or harder surface like a sidewalk.

Scoring:

- The athlete’s time to run the chosen distance will be the score for the event.
- Round to the nearest 10th of a second.

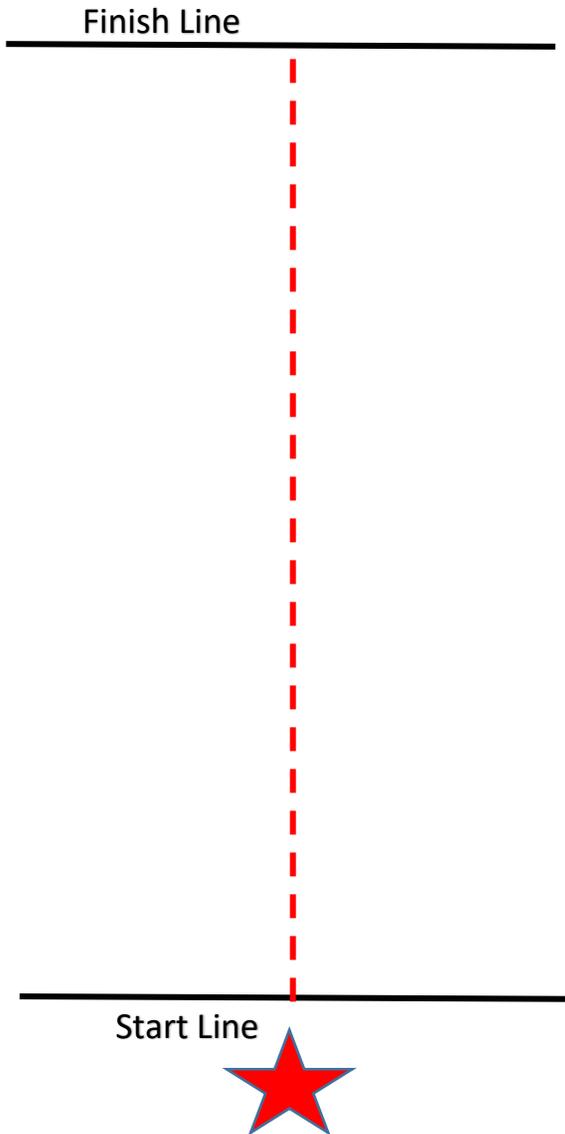


May ~ Track and Field

Long Distance

(400M Run or Walk ~
1500M and 4000M Run ONLY)

 = Athlete



Equipment Needed:

- Stopwatch
- Track/Sidewalk
- Use online maps to map out distance
 - RunKeeper* or other app on phone

Long Distance Set Up:

- Mark a Start line
- Have a way to track distance: 400M Run or Walk (0.2Mile) 1500M (0.93miles) run only or 4000M (2.5miles) Run only
 - Or have a previous route measured out for the correct distance.

Rules:

- The athlete will start behind the start line.
- The time will start after "GO" and stop once the athlete completes the correct distance/finish line.
- The event should be run on track or harder surface like a sidewalk.

Scoring:

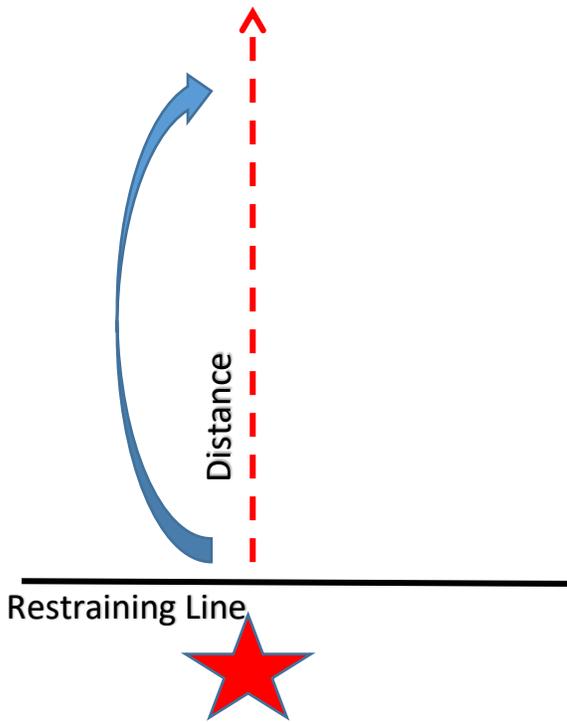
- The athlete's time to run the chosen distance will be the score for the event.
- Round to the nearest 10th of a second.



May ~ Track and Field

Tennis Ball Throw

★ = Athlete



Equipment Needed:

- Tennis Ball
- Measuring Tape
- Cones/Chalk

Tennis Ball Throw Set Up:

- Mark a restraining line.
 - Line can be marked with cones, or physical line

Rules:

- Athlete must throw the ball from behind the restriction line.
- The athlete will throw the ball as far as possible.
- If athlete crosses the line throw will be counted as a scratch and marked as a 0.
- There is a max throw if 7M, if the athlete throws over 7M the throw is a scratch and counted as a 0.
- Athlete will have three throws. Farthest non scratched throw will count.

Scoring:

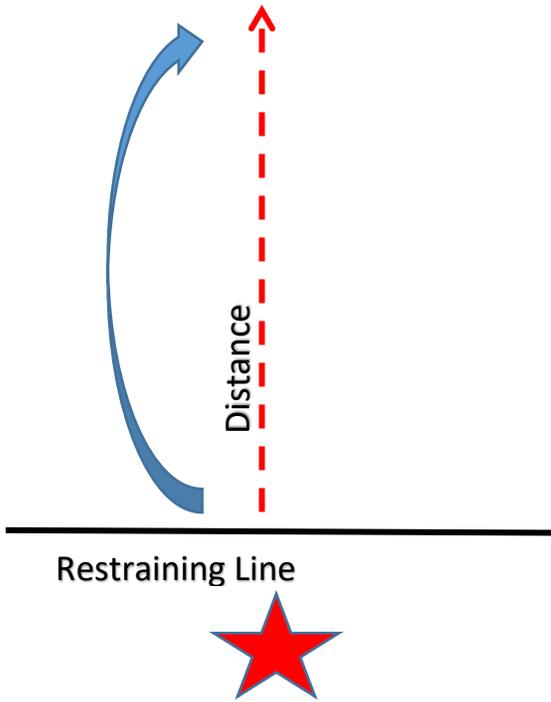
- Distance thrown = points
- Measure in meters – rounding down.
- Distance will be measured from where the ball first touches the ground to the inside edge of the restricting line.



May ~ Track and Field

Softball Throw

★ = Athlete



Equipment Needed:

- 12" Softball
- Measuring Tape
- Cones/Chalk

Softball Throw Set Up:

- Mark a restraining line.
 - Line can be marked with cones, or physical line

Rules:

- Athlete must throw the ball from behind the restriction line.
- The athlete will throw the ball as far as possible.
- If athlete crosses the line throw will be counted as a scratch and marked as a 0.
- Athlete will have three throws. Farthest non scratched throw will count.

Scoring:

- Distance thrown = points
- Measure in meters – rounding down.
- Distance will be measured from where the ball first touches the ground to the inside edge of the restricting line.



May ~ Track and Field

Mini Javelin

★ = Athlete

Equipment Needed:

- Mini Javelin
 - Minimum weight 300g (8-15) and all Females 400g for males 16+
- Measuring Tape
- Cones/Chalk

Mini Javelin Throw Set Up:

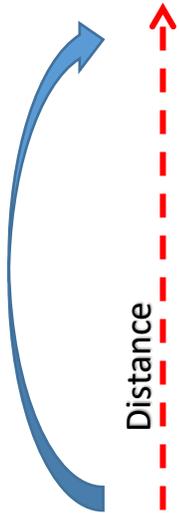
- Mark a restraining line.
 - Line can be marked with cones, or physical line

Rules:

- Mini Jav must be held by grip with only one hand.
- Athlete will ALWAYS face throwing area
- Athlete must throw the mini jav from behind the restriction line.
- The athlete will throw the mini jav as far as possible.
- If athlete crosses the line throw will be counted as a scratch and marked as a 0.
- The point/tip has to hit first or is a scratch
- Athlete will have three throws. Farthest non scratched throw will count.

Scoring:

- Distance thrown = points
- Measure in meters – rounding down.
- Distance will be measured from where the tip first struck the ground to the inside edge of the restricting line.



Restraining Line

