

**Special
Olympics**
Ontario



School Programs

2023-2024 Season School Qualifiers



Track & Field Technical Package
Unified & Traditional

School Virtual/In-Person Qualifier Track & Field Rules

1. Competition Format

1a. Events

- The following events will be offered on the day of the competition:
 - 50m
 - 100m
 - 200m
 - Shot put (female – 3kg, male – 4kg)
 - Standing long jump
 - 4x100 relay (details below)
- Athletes may choose 3-5 events in which they wish to compete (relay is not included in this count). Athletes must choose at least one track event (50m, 100m, or 200m) and one field event (shotput or standing long jump).
- If an athlete participates in the 50m and enters the 200m, the 50m race will be removed from their events if they advance to the Provincial School Championships. Athletes must still have a minimum of three events.
- Athletes will compete on behalf of their school; however, qualification will be awarded on an individual basis; there is no team component to the event.
- Unified teams will compete on behalf of a team for their school, while athletes not competing in Unified with an ID will compete individually against others not in the Unified team event. Unified teams must have a 1:1 athlete-to-partner ratio.
- Shot put and standing long jump will run continuously throughout the day where athletes can compete in between their track races.
- Relay is a time-dependent event and will not be used towards qualifying for the Provincial Games. The race will run at the end of the day as a fun, exciting race. Relay teams consist of four athletes. Each athlete will run 100m. Traditional and Unified Relays can be incorporated.

1b. Submissions

- All schools and teams wishing to submit their athletes for consideration for School Championships are required to fill out this results sheet: _____ by April 30, 2024. And send to schools@specialolympicsontario.com
- When submitting results for Unified teams, educators are required to note the pairings between Unified and so athletes.

1c. Uniforms

- All athletes must supply their own uniforms. Track and field bibs or t-shirts with the school logo or name are preferred. However, matching t-shirts are also allowed. **All students must be wearing proper running attire to participate**, i.e., running shoes, shorts or appropriate pants, and t-shirts.

1d. Equipment

- All equipment will be provided by SOO. Athletes are not permitted to use their own shot puts, etc. Spikes or cleats on athlete's shoes are not permitted.

2. Competition

2a. Divisioning

- Athletes will be divided individually based on their age (12 – 15 and 16-21), gender, and mobility/ability level provided by their educator.
- Separate heats will be formed for students with mobility assistant devices if necessary.

2b. Schedule & Heats

- Athletes will be placed in race heats based on their division determined by their age, gender, and mobility/ability level.
- All athletes will receive a participation ribbon on the day of the event.

2c. Disqualification

- False starts:
 - The first false start will result in the race being restarted. The second and subsequent false start will be charged against the athlete(s) making a false start.
- Lane changes:
 - Unintentional lane changes that affect or interfere with another competitor's running path will disqualify the offending athlete from the race.
 - Should a fellow competitor changing lanes impact an athlete's results, the impacted athlete will have the opportunity to complete the race again in a later heat.

2d. Provincial Qualification

- Following the competition, athletes will be re-divisioned based on their age, gender, and race times from the event.
- Based on these final divisions, athletes will be awarded points as follows:
 - 1st place – 10 points
 - 2nd place – 8 points
 - 3rd place – 6 points
 - 4th place – 4 points
 - 5th place – 2 points
 - 6-8th place – 0 points
 - Did not start/finish – 0 points
 - Disqualification – 0 points
- Athletes' scores in each of their events will be totalled, and accumulated points will be divided by the number of events the athlete is entered into, establishing an average point score for the athlete.
- Each regional/virtual qualifier will be given a qualifying athlete quota depending on the total number of participants at the meet. Athletes with the highest ranked cumulative score in their respective divisions will become the candidates for primary consideration in advancing to the Provincial Games. Athletes are qualified pending final endorsement from the SOO School Programs team and educators at the qualified school.
- To learn more about the qualifying process, our quotas for the year and our conference model, please visit our resources page on our website: [School Programs Resources](#)
- In the event of a tie, the following criteria will be used:
 - Most first-place finishes at the Regional Qualifier
 - Most second-place finishes at the Regional Qualifier
 - Most third-place finishes at the Regional Qualifier

3. Unified Sport

- Unified Sport brings people with intellectual challenges and disabilities together on the same team as people without intellectual disabilities. This program is dedicated to promoting inclusion through shared sports training and competition experiences.
- Unified Sports looks to develop **meaningful competition** where coaches work together to create a balanced competitive environment. **Coaches are responsible for ensuring the meaningful involvement of all players in the game.**
- Please review our principle of meaningful involvement to understand and apply the Unified Competition Model: [SO Unified Sports Principle of Meaningful Involvement](#)
- Also, see our Unified Coaching Guides and Training Resources
 - [Unified Sports Coach Guidelines](#)
 - [Unified Coaching Course](#)

3a. Unified Teams

- Schools can form unlimited Unified teams consisting of one Unified partner and one SO Athlete. Unified pairs will compete alongside each other in the same number of events.
- Unified Teams will be divided separately from traditional athletes and be provided separate quota allocations based on regional participation.
- Team times and scores will be added to represent each pair's overall score and divided based on age, gender, and combined race times. The awarded points and selection process will proceed similarly to the traditional division qualification noted above.