

ATHLETICS

PARTICIPATION: Athletes can only participate in events in one category (*see exception below). To qualify for Summer Games in Athletics – athletes **MUST** place 1st, 2nd, or 3rd in the Athletics event they competed in at the Regional Meet. The relay team **MUST** place 1st, 2nd or 3rd in order to qualify for Summer Games. Coed relay teams will participate in the male division.

Category A athletes may enter a total of three events.

Category B athletes may enter a total of three events, but must choose between softball throw or turbo javelin, they cannot do both.

Category C athletes may enter three events.

*Category D athletes can compete in one relay in addition to the pentathlon.

Any athlete entered in a walking event cannot be part of a relay team.

All measurements must be meters/centimeters.

There is no longer a distance limit for the tennis ball throw.

There is no longer a distance limit for the softball throw.

Just a reminder that athletes competing in the running long jump must be able to jump at least 1 meter which is the minimum distance between the take-off board to the sand pit.