

**Central Coast Section Track & Field Championships  
At Large Marks – 2022**

<b><u>EVENT</u></b>	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
100	11.15	12.73
200	22.62	26.14
400	50.86	59.41
800	01:57.77	02:19.27
1600	04:20.80	05:10.34
3200	09:32.98	11:26.97
110HH	15.78	15.98
300IH	40.87	47.11
400R	43.65	50.21
1600R	03:29.75	04:10.30
LJ	20'9	16'8.25
TJ	42'5.50	35'7.00
HJ	6'0	5'0
PV	12'6	9'10
Shot	47'5.75	35'01.75
Disc	135'5	107'07



## *Central Coast Section Track & Field Championships*

### **Wheelchair and Ambulatory Track and Field Division Guidelines**

#### GENERAL GUIDELINES:

A Wheelchair and Ambulatory Division is scheduled for the 2022 CCS Track and Field Meet. Both Divisions will include participants from any CCS full- member school.

- The wheelchair/ambulatory racing and seated shot put events will be incorporated into the meet by CCS meet staff.
- Each athlete will have the opportunity to compete in the 100, 200, 400 and shotput. All necessary equipment is the responsibility of the athlete.
- The athletes in the Wheelchair and Ambulatory Divisions will compete in separate races and field events from the traditional athletes. The top eight performances that meet the CCS designated qualifying standards will qualify for the CCS Track & Field Championships.
- Meet management reserves the right to combine genders into one race if the number of entries is not adequate to fill the heat and/or the number of lanes on the track.

#### ELIGIBILITY FOR PARTICIPATION IN THE WHEELCHAIR AND AMBULATORY DIVISIONS:

Only high school students eligible under the CIF Constitution and Bylaws are eligible to compete.

- All applicable CIF rules and regulations will apply.
- Any high school student may be eligible to participate in the Wheelchair and Ambulatory Divisions with a documented permanent physical disability. Each athlete's physical disability must be verified by a licensed physician and maintained on permanent file at the school.
- Schools and athletes are responsible for all aspects of participation in the events. (See CIF Bylaw 503)

#### ENTRY REQUIREMENTS:

Participants must submit a qualifying mark or performance standard to be considered for participation. Performances will be accepted through the CCS, at the Track & Field webpage of the CCS website: [www.cifccs.org](http://www.cifccs.org) , no later than midnight on Sunday, May 8, 2022.

- If more than eight participants submit eligible entries in any event, the top eight performances submitted for the CCS meet will advance.
- A qualifying performance may be obtained from any local competition during the regular season, sub-section or section qualifying meet or Paralympic events from spring of 2022. Race entries must be FAT recorded. Shot put entries must be able to be verified by an official meet host.

#### WHEELCHAIR AND AMBULATORY DIVISION QUALIFICATION STANDARDS:

Participants must meet the following standard for each event in order to submit an entry to the state meet. School personnel will be required to submit an official meet results document to verify the performance.

T&F Wheelchair Division Qualification Standards:

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
100	:40	:45
200	1:20	1:30
400	2:00	2:30
Shot	2.8 M - 4K	2.2 M - 6lbs

**T&F Para-Ambulatory Division Qualification Standards:**

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
100	:25	:30
200	:50	:55
400	1:50	1:55
Shot	4 M – 4K	4.4 M – 6lbs

**ENTRY PROCEDURES:**

School personnel will be required to submit verified qualifying performances

- A designated entry process will be provided on the Track & Field webpage of the CCS website [www.cifccs.org](http://www.cifccs.org) and due no later than May 8, 2022.
- All qualifiers will be posted on the CCS website at the time they become available.

**100m, 200m, 400m WHEELCHAIR EQUIPMENT AND RACING STANDARDS:**

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link:

[www.challengedathletes.org](http://www.challengedathletes.org)

- Manual wheelchairs only for track events, which may be specialized racing chair or an all sport chair.
- The racing chair may have two large wheels (not to exceed 70cm in diameter) and one small wheel (not to exceed 50cm in diameter).
- The racing chair must be manually propelled by pushing on the wheels or the hand rims. The chair shall not be equipped with gears, levers or electronic steering.
- All participants must wear a racing helmet that is a hard protective shell and should meet the safety standards of the American National Safety Institute (ANSI).
- Shoes are not required, however protective socks are recommended.
- All participants must start each race event using racing gloves.
- Athlete's lower limbs(s) must be secured to the track chair. Any touch of the ground by a lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the competition chair and equipment. Athletes that experience an equipment failure may finish the event, however no event will be delayed or rescheduled if such an incident occurs.

**SHOT PUT EQUIPMENT AND SEATED THROWING STANDARDS FOR WHEELCHAIR DIVISION:**

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link:

www. <http://www.teamusa.org/US-Paralympics/Community/Paralympic-Sport-Clubs/Current-Clubs>

- Implements must be allowed by NFHS regulations. The 4K shot put will be used for boys and 6lbs. Shot put for girls.
- All participants must put the shot from a "chair" (manual wheelchair, throwing chair, power wheelchair). Scooters and "standing chairs" will not be allowed. Chairs may be designed based on the needs of the athlete.
- The upper most part of the cushion/seat on any chair may not exceed 75cm measured from the ground. The seat of the chair has to be square or rectangular and flat or sloped backwards.
- The chair may not have any moving parts.
- No part of the throwing frame or wheelchair may be outside of the circumference of the circle.
- The chair may be considered an extension of the athlete's body. For example: Any part of the chair touching the top of the stop board is a foul.
- The athlete's body must remain in contact with the seat during the throw.