

## REPORT OF THE CCS TRACK & FIELD COMMITTEE

*Evaluation meeting was conducted via zoom conference call. The following members of the CCS Track & Field Committee participated on that call:*

LEAGUE	REPRESENTATIVE	LEAGUE	REPRESENTATIVE
BVAL-MHAL	Scott Young, Santa Teresa	PAL-Ocean	Ed Riley, San Mateo
BVAL-STAL	absent	PSAL	Robert Lopez, Nueva
BVAL-WVAL	absent	SCCAL	Matt Ryan, Soquel
PCAL-Gabilan	absent	SCVAL-DAL	absent
PCAL-Cypress	Mike Raggett, Santa Catalina	SCVAL-ECAL	Julie L'Heureux, Santa Clara
PCAL-Mission	Jeff Myers, Christopher	WBAL	Ken Wilner, Castilleja
PAL-Bay	Chris Lucey, Hillsdale	WCAL	Jim Marheineke, J. Serra
# Members on Committee: 14		Report submitted by:	
# Members Present at Meeting: 10		Steve Filios, CCS Meet Director	
GUESTS & STAFF PRESENT: Steve Filios, Meet Director; Alan Green, Assistant Meet Director; Thad Moren, Gilroy High School (host coach) and Meet Throws Supervisor			

### I. TOURNAMENT GUIDE CHANGES--UPDATES FOR NEXT YEAR

This section contains non-major format changes. The CCS Board of Managers will review and, by its acceptance of this report, approve these housekeeping changes. If, at 1<sup>st</sup> reading, the Board deems any of these as "Major" changes, it may pull them out and send them back to Leagues for further discussion and review. The item will then be returned to the CCS Board at its next meeting for a 2<sup>nd</sup> reading and final action.

#### Section 1. SCHEDULED MEETINGS

Organization: TBD (January, 2023)

Evaluation: TUESDAY, MAY 30, 2023, 4:00 PM

#### Section 2. TOURNAMENT DATES

The 2023 CCS Boys and Girls Track & Field Championships are scheduled as follows:

SEMIFINALS: SATURDAY, MAY 13, 2023

FINALS: SATURDAY, MAY 20, 2023

#### Section 4. QUALIFYING FROM SECTION SEMI-FINALS TO SECTION FINALS

##### A. RUNNING EVENTS

- Running Events (except the 800 m, 1600m and 3200m):** Eight [8] finalists. Winners of each heat, plus the next fastest, qualify for the Finals.
- 800 m:** Three (3) equal heats with competitors starting in lanes. Top (3) finishers in each heat, plus the next three (3) fastest, qualify for the Finals.
- 1600m:** Two [2] equal heats. Top four (4) finishers in each heat, plus the next four (4) fastest, qualify for the Finals.
- 3200m:** Two [2] equal heats. Top four (4) finishers in each heat, plus the next four (4) fastest, qualify for the Finals.

#### Section 6. SEEDING PROCEDURES

##### A. RUNNING EVENTS REQUIRING TRIAL

- Equal heats will be formed. Heat winners, plus the next fastest times, qualify for the Finals. *Advancement is covered in Section 4 (see above)* (League Champions and Heat winners are not "protected" in the seeding process. Athletes are seeded by time or mark).
- Semi-Final winners will be seeded by time.
- Lanes in heats will be assigned in accordance with the NFHS rules by the Games Committee.
- Stagger-Start:** In the Section Meets, the stagger-start will be used for all running events except the, 100m, 100/110m high hurdles, 1600m and 3200m, Lane assignments will be the same as used at the current year's CIF State Meet will be determined by the Games Committee in accordance with NFHS rules. *Preferred procedure of CCS T&F Committee*
- Alley-Start:** In the Section Meets, the alley-start will be used for the 1600m and 3200m. Seeding for these races will be the same as used for the CIF State Meet. will be determined by the Games Committee in accordance with NFHS rules. *Preference procedure of CCS T&F Committee*

## **II. RECOMMENDATIONS**

This section includes general recommendations to the CCS Board of Managers or staff that are not Tournament format related. Recommendations are just that, implemented or not, at the discretion of the staff or the CCS Board. Acceptance of this Sport Committee Report does no more than acknowledge these recommendations. These are not action items. If a recommendation is to be approved, and/or the Board wants to direct staff to institute a particular recommendation, the CCS Board must pull out and vote upon that specific recommendation.

### **A. Review of Section Meet**

1. Thank you to Gilroy High School for outstanding support for the CCS Track & Field Championships.
2. Thank you to all Meet Officials for their outstanding supervision and officiating
3. Consider reversing the order of the boys and girls pole vaults.
4. Consider an alternative method for distribution of wristbands for admission to the horizontal jump coaches' viewing area.
5. Consider using a high jump pit that is not quite as soft.
6. Consider exploring ways to keep from "tracking" dirt into the discus ring.
7. Include in instructions to officials that they need to refrain from coaching in any way while serving as officials.
8. Work with leagues to find ways to insure strong (and complete) officiating "teams" in assigned field events.
8. Encourage invitational meets that are conducted in the CCS to include para-ambulatory and unified events.

## **III. MISCELLANEOUS**

This section contains congratulations to Section winners and Honor Coaches or other items the Committee wishes to have recorded in its annual report. Acceptance by the Board of this Sport Committee Report simply acknowledges the items in this section. These are not action items.

### **A. 2023 CCS At-Large Standards**

An initial review of the At-Large Standards for the CCS Meet for 2023 took place and are attached to this report. (*see attachment*) These at-large standards will be reviewed and confirmed at the Organizational meeting in January.

### **B. Congratulations**

<b><i>Congratulations to the 2022 CCS Track &amp; Field Team Champions:</i></b>		
	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
<b>1<sup>st</sup></b>	<b>Los Altos HS</b>	<b>Silver Creek HS</b>
<b>2<sup>nd</sup></b>	<b>Bellarmino College Prep</b>	<b>Los Altos HS</b>
<b>3<sup>rd</sup></b>	<b>Harker School</b>	<b>Lynbrook HS</b>
<b>4<sup>th</sup></b>	<b>Leland HS</b>	<b>St. Francis HS</b>

## **IV. PROPOSED MAJOR FORMAT CHANGES**

This section contains any proposal that the staff has determined to be a major change in the core format of the CCS Playoffs in this sport. As such, any item listed below will be reviewed as a 1<sup>st</sup> reading at the CCS Board of Managers meeting following the Sport Committee meeting. The Board will return the item(s) to the Leagues for review and discussion; the item(s) will be agendaized at the next Board meeting for final discussion and action.

### **Proposal #1:**

#### **Add Unified Events to the CCS Track & Field Championships:**

The committee is recommending the addition of non-scoring Unified events (100, 4x100 Relay, Shotput) to the CCS Track & Field Championships. The model would be similar to the CIF State Track & Field Championship model and which is used in several leagues and Sections in the CIF (MSC 10-0) (*see attachment*).

## CIF UNIFIED TRACK & FIELD

### Unified Track & Field Program

Units of two competitors team up to form a Unified Track & Field pair. The unit consists of:

- One Unified Sports Athlete (Student receiving Special Education services) and one Unified Sports Partner (Student in General Education).
- Both students are from the same school.
- The Unified Sports Partner must be eligible for competition per all CIF eligibility rules.
- The Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services who are verified by the site administrator are eligible to participate as Unified Sports Athletes.
- Each student within the pair competes in the assigned event establishing a time or distance. Events for CIF State Track & Field Championships are the shot put, 100-meter dash and the 4 x 100-meter relay. CIF Sections, leagues, and member schools are welcome to offer additional events.
- For the shot put, traditional shot put implements will be used for all athletes. 5.443kg (12lb) weight for boys and 4kg (8.818lbs) for girls competition.
- For the 100m, athletes will be running next to their partner (example: lane 1 Unified Athlete school A, lane 2 Unified Partner school A, lane 3 Unified Athlete school B, lane 4 Unified Partner school B...).
- Each established time or distance is combined for each Unified Pair. Relay events are based on overall time/finish.
- Each Unified Pair would qualify per the same procedures used for CIF and Section track & field competition based on their total combined distance or time.
- ~~Each event will be scored no differently than other track & field competition and Unified points will be included in the final overall team scores. The CCS Track & Field Committee is not recommending scoring Unified events at this time.~~
- All NFHS Track & Field rules must be followed.

### Participation and Qualification

- Each Section member school would decide if they wish to offer a Unified Track & Field opportunity at their school.
- One or more competition units would be established and the school would decide which competitions and events units would participate.
- It is recommended that practice start approximately three to four weeks prior to competition, possibly two days a week for around 45 minutes, to prepare for Unified events at league dual meets and the league championship competition.
- A minimum of six practices are recommended for participation in the league championship.
- If a Unified Sport Partner participates on a Unified team, they may not compete in the same event in league or Section Championship competition with General Education students. For example, a General Education student who participates in league competition in the 100-meter dash may not compete in the Unified 100-meter dash. The General Education competitor would be eligible for the Unified shot put, if they are not an entry in the league shot put competition.
- A Unified Athlete is allowed to have a different Unified Partner for the shot put and the 100 so long as the unit remains intact throughout the regular and post season.
- A Unified Partner dropping out of Unified competition during the post season or to focus on another individual event after the unit has been established is not allowed.
- During running competition, Unified Pairs would compete in the same race with lane assignments determined by meet management.
- Unified Pairs would be entered by a school in their league's championship meet.

- One Section Champion Unified Pair would qualify to the State Track & Field Championship in each of the following events: 100 meter, 4 x 100 meter, and shot put.
- Unified events would be forwarded from the Section Championship via Hy-Tek. Event numbers are as follows:
  - Event 37 – Girls Shot Put Unified – Finals
  - Event 38 – Boys Shot Put Unified – Finals
  - Event 39 – Girls 100-meter Unified – Finals
  - Event 40 – Boys 100-meter Unified – Finals
  - Event 41 – Girls 4 x 100-meter relay – Finals
  - Event 42 – Boys 4 x 100-meter relay – Finals
- Unified events are separated by gender. If, in any Unified competition, the Unified team is a mixture of genders, the competing team participates in the boys' event, per CIF Bylaw 300.B – Student Team.
- For Unified competition, some accommodations may be implemented to assist with the conduct of competition. Examples are: person standing behind a competitor assisting them in the start of a race, and other accommodations as they may arise.

## EVENTS

### 100 Meter Dash

1. Two teammates will combine their times for a total time.
  - a. Unified teams will be placed next to each other in lanes. (i.e. Team A runs Lane 1 and Lane 2, Team B runs Lane 3 and 4, etc.)
  - b. Heating will be determined by the Unified teams combined total time.
  - c. Starting blocks and running spikes are optional.

### Shot Put

1. Two teammates will combine their throws for final score.
  - a. Unified teams complete three throws. Any order of competition is determined by meet management.

### 4 X 100 Meter Relay

1. Two pairs would combine to form a Unified 4 X 100 meter relay team.
  - a. The relay team would consist of two Unified Athletes and two Unified Partners.
  - b. Any student may run in any position.

## SCORING/AWARDS

Times/Distances will be combined for a total unit time/ distance to establish placing. Unified teams will receive individual awards and Unified competition would be scored no differently than currently established Section Championship competition, with individual points contributing to the overall team competition. It is recommended that a section offering Unified Track and Field for the first time utilize a pilot season in an exhibition format. By year two or three of Unified Track and Field it is encouraged that sections have Unified events count towards the overall team score.

**Central Coast Section Track & Field Championships  
At Large Marks – 2023**

<b><u>EVENT</u></b>	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
100	11.13	12.76
200	22.49	26.23
400	50.82	59.15
800	1:57.31	02:19.18
1600	4:21.95	05:09.97
3200	9:34.38	11:29.19
110HH	15.74	15.88
300IH	41.25	47.43
400R	43.60	50.50
1600R	3:30.69	04:12.92
LJ	20'7.75	16'8.5
TJ	42'01	34'10
HJ	6'0	5'0
PV	12'6	9'06
Shot	45'10	34'1.5
Disc	133'06	104'10

# UNIFIED COMPETITOR VERIFICATION CARD

SCHOOL NAME: \_\_\_\_\_

COACH NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**Definition of Unified Sport Athlete:** A Unified Sports Athlete is an individual with intellectual disabilities receiving Special Education services, verified by the site administrator, but also a student who previously, based on their special needs, has not had competitive opportunities to participate in a selected sport. A Unified Sports Athlete works with a Unified Partner to learn the basic skills of the selected sport. The emphasis is the providing of opportunities, not ultimately how well the unified participants fair in league or section competition. High school students who have had an opportunity to participate in a selected sport without the need for a Unified Partner do not qualify as a Unified Sports Athlete (unless their involvement as a Unified Athlete provides a more meaningful or deeper level of involvement). NCS and Special Olympics Northern California trust that administrators and coaches will use proper judgment in viewing who can participate in unified competition and in what capacity, promoting the efforts of the Section and Special Olympics Northern California to promote inclusion of students in high school educational athletics as part of the school community.

**Definition of Unified Peer Partner:** A Unified sport peer partner, is a general education student attending the same school as a Unified Sport Athlete, not receiving Special Education services, is eligible by all CIF and NCS rules and regulations and wishes to participate in the Unified Track & Field program. The Peer Partner can be a regular track athlete, limited to four events and not the same event which the peer partner participates with the Unified sport athlete. Peer partners are dedicated to the teaching the skills of the sport as well as committed to the social interaction with the special needs student. It is expected that Unified Athletes and Peer Partners practice and compete together consistently throughout the entire regular and post-season.

**Unified Program Outline:**

1. One Special Education student (“Unified Sports Athlete”) and one General Education student (“Unified Sports Partner”) form a Unified pair.
2. Both students are from the same school.
3. The General Education Unified Sports Partner must be eligible for competition according to all CIF eligibility rules.
4. The Unified Sports Athlete must be a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes.
5. Each established time or distance is combined together for each unit or unified pair. Relay events are based on overall time/finish/distance.
6. Mixed gender pairs will compete in the boys’ competition.
7. Each unit or unified pair would qualify according to the same procedures used for CIF and section track & field competition based on their aggregate distance or time.
8. All NFHS Track & Field rules must be followed.

**Unified Sports Athlete (US-A) = Special Education Student**  
**Unified Sports Partner (US-P) = General Education Student**

**Please review the complete Unified program guidelines published on the cifnccs.org website.**

**CO-ED UNIFIED 4 X 100 RELAY** (This is an exhibition event: Non-scoring. No NCS advancement.)

The Unified 4x100 relay is co-ed and it is recommended that it be arranged in the following order: **US-Partner** boy – **US-Athlete** boy – **US-Partner** girl – **US-Athlete** girl.

	FIRST NAME	LAST NAME	GR
Leg 1: US-P boy:			
Leg 2: US-A boy:			
Leg 3: US-P girl:			
Leg 4: US-A girl:			
SEED MARK:			

SCHOOL NAME: \_\_\_\_\_

**GIRLS' UNIFIED 100M** (Scored in girls' varsity division. Advancement to NCS.)

Please note that Unified pairs are set for the duration of the post season. Substitutions are NOT allowed. Be sure that each member of the pair is available for all post season meet dates.

**UNIFIED 100M PAIR 1**

	FIRST NAME	LAST NAME	GR	MARK
US-A girl:				
US-P girl:				

**UNIFIED 100M PAIR 2**

	FIRST NAME	LAST NAME	GR	MARK
US-A girl:				
US-P girl:				

**UNIFIED 100M PAIR 3**

	FIRST NAME	LAST NAME	GR	MARK
US-A girl:				
US-P girl:				

**UNIFIED 100M PAIR 4**

	FIRST NAME	LAST NAME	GR	MARK
US-A girl:				
US-P girl:				

**GIRLS' UNIFIED LONG JUMP** (Scored in girls' varsity division. Advancement to NCS.)

Please note that Unified pairs are set for the duration of the post season. Substitutions are NOT allowed. Be sure that each member of the pair is available for all post season meet dates.

**UNIFIED LONG JUMP PAIR 1**

	FIRST NAME	LAST NAME	GR	MARK
US-A girl:				
US-P girl:				

**UNIFIED LONG JUMP PAIR 2**

	FIRST NAME	LAST NAME	GR	MARK
US-A girl:				
US-P girl:				

**UNIFIED LONG JUMP PAIR 3**

	FIRST NAME	LAST NAME	GR	MARK
US-A girl:				
US-P girl:				

**UNIFIED LONG JUMP PAIR 4**

	FIRST NAME	LAST NAME	GR	MARK
US-A girl:				
US-P girl:				

SCHOOL NAME: \_\_\_\_\_

**BOYS' UNIFIED 100M** (Scored in boys' varsity division. Advancement to NCS.)

Please note that Unified pairs are set for the duration of the post season. Substitutions are NOT allowed. Be sure that each member of the pair is available for all post season meet dates.

**UNIFIED 100M PAIR 1**

	FIRST NAME	LAST NAME	GR	MARK
US-A boy:				
US-P boy:				

**UNIFIED 100M PAIR 2**

	FIRST NAME	LAST NAME	GR	MARK
US-A boy:				
US-P boy:				

**UNIFIED 100M PAIR 3**

	FIRST NAME	LAST NAME	GR	MARK
US-A boy:				
US-P boy:				

**UNIFIED 100M PAIR 4**

	FIRST NAME	LAST NAME	GR	MARK
US-A boy:				
US-P boy:				

**BOYS' UNIFIED LONG JUMP** (Scored in boys' varsity division. Advancement to NCS.)

Please note that Unified pairs are set for the duration of the post season. Substitutions are NOT allowed. Be sure that each member of the pair is available for all post season meet dates.

**UNIFIED LONG JUMP PAIR 1**

	FIRST NAME	LAST NAME	GR	MARK
US-A boy:				
US-P boy:				

**UNIFIED LONG JUMP PAIR 2**

	FIRST NAME	LAST NAME	GR	MARK
US-A boy:				
US-P boy:				

**UNIFIED LONG JUMP PAIR 3**

	FIRST NAME	LAST NAME	GR	MARK
US-A boy:				
US-P boy:				

**UNIFIED LONG JUMP PAIR 4**

	FIRST NAME	LAST NAME	GR	MARK
US-A boy:				
US-P boy:				



SCHOOL NAME: \_\_\_\_\_

**MIXED-GENDER UNIFIED 100M** (Scored in boys' varsity division. Advancement to NCS.)

Please note that Unified pairs are set for the duration of the post season. Substitutions are NOT allowed. Be sure that each member of the pair is available for all post season meet dates.

**UNIFIED 100M PAIR 1**

	GENDER	FIRST NAME	LAST NAME	GR	MARK
US-A:	M / F				
US-P:	M / F				

**UNIFIED 100M PAIR 2**

	GENDER	FIRST NAME	LAST NAME	GR	MARK
US-A:	M / F				
US-P:	M / F				

**MIXED-GENDER UNIFIED LONG JUMP** (Scored in boys' varsity division. Advancement to NCS.)

Please note that Unified pairs are set for the duration of the post season. Substitutions are NOT allowed. Be sure that each member of the pair is available for all post season meet dates.

**UNIFIED LONG JUMP PAIR 1**

	GENDER	FIRST NAME	LAST NAME	GR	MARK
US-A:	M / F				
US-P:	M / F				

**UNIFIED LONG JUMP PAIR 2**

	GENDER	FIRST NAME	LAST NAME	GR	MARK
US-A:	M / F				
US-P:	M / F				

**Unified Sports Athlete (US-A) = Special Education Student**

**Unified Sports Partner (US-P) = General Education Student**

It is suggested that Unified pairs start the season approximately five to six weeks prior to the league championship, the competition where Unified pairs may qualify to the NCS Class A/Area Track & Field Championships.

It is suggested that Unified Athletes and Unified Partners choose a day/ time for practice at least once a week for 45 minutes to an hour.

More than one day a week for practice is highly encouraged with two or more days optimal.

**Please review the complete Unified program guidelines published on the [cifncs.org](http://cifncs.org) website.**



# NCS Unified Track and Field Guide

## Overview

The purpose of this document is to offer guidance to NCS member schools that wish to incorporate Unified Track and Field into their season competitions, thus having an opportunity to qualify for the NCS Championships, where Unified Long Jump and 100M will be scoring events at the North Coast Section Area/Class and MOC competitions. Both Special Olympics Northern California and Special Olympics Southern California are dedicated to supporting sections in their efforts to start, build, and maintain interscholastic Unified Sports opportunities. Many schools across the state have begun to successfully include Unified Track and Field into their championships over the last three seasons. The California Interscholastic Federation, Special Olympics Northern California, and Special Olympics Southern California look forward to more sections running and jumping unified soon!

As most of you are aware many CIF member schools have provided unified sport competition in basketball, bowling and soccer, with much success and community support. Unified Track & Field has, for the last three years, offered opportunities for our students in special education, as well as those students in general education who become competition partners as outlined in this document, and now Unified teams will continue to contribute to the points earned in NCS Track & Field Championship competition.

### Definition of Unified Sport Athlete

A Unified Sports Athlete is an individual with intellectual disabilities receiving Special Education services, verified by the site administrator, but also a student who previously, based on their special needs, has not had competitive opportunities to participate in a selected sport. A Unified Sports Athlete works with a Unified Partner to learn the basic skills of the selected sport. The emphasis is the providing of opportunities, not ultimately how well the unified participants fair in league or section competition. High school students who have had an opportunity to participate in a selected sport without the need for a Unified Partner do not qualify as a Unified Sports Athlete (unless their involvement as a Unified Athlete provides a more meaningful or deeper level of involvement). NCS and Special Olympics Northern California trust that administrators and coaches will use proper judgment in viewing who can participate in unified competition and in what capacity, promoting the efforts of the Section and Special Olympics Northern California to promote inclusion of students in high school educational athletics as part of the school community.

### Definition of Unified Peer Partner

A Unified sport peer partner, is a general education student attending the same school as a Unified Sport Athlete, not receiving Special Education services, is eligible by all CIF and NCS rules and regulations and wishes to participate in the Unified Track & Field program. The Peer Partner can be a regular track athlete, limited to four events and not the same event which the peer partner participates with the Unified sport athlete (note: Unified events count towards the Peer Partner's four event limit). Peer partners are dedicated to the teaching the skills of the sport as well as committed to the social interaction with the special needs student. It is expected that Unified Athletes and Peer Partners practice and compete together consistently throughout the entire regular and post-season.

### Best Practices

Below are general best practices for Unified Track and Field competition. Please see the Events section for Unified event specific competition best practices for section and sub sections championships.

Unified events should be conducted and treated like every other event taking place at the meet. If varsity event lane assignments are being announced over the stadium PA Unified lane assignments should be as well. Unified running events must be timed. Unified field events must be marked and measured.

All Unified events should follow the meet schedule and be placed either before or after the varsity event. For example, the girls and boys Unified 100-meter dash should take place either directly before or directly after the varsity girls/ boys 100m. Example order would be, Girls' Unified 100M, Girls varsity 100m, Boys varsity 100m, Boys Unified 100m. **However, Unified Long Jump** for both girls and boys should be the first flight of a section or sub section championship.

### Program Outline

1. One Special Education student ("Unified Sports Athlete") and one General Education student ("Unified Sports Partner" or "Peer Partner") form a Unified pair.
2. Both students are from the same school.

3. The General Education Unified Partner must be eligible for competition according to all CIF eligibility rules.
4. The Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes.
5. Each established time or distance is combined together for each unit or unified pair. Relay events are based on overall time/finish/distance.
6. Mixed gender pairs will compete in the boys' competition.
7. Each unit or unified pair would qualify according to the same procedures used for CIF and section track & field competition based on their aggregate distance or time.
8. All NFHS Track & Field rules must be followed.

## Events

### **100 Meter Dash**

1. Two teammates of the same gender (#6 above notes the exception) will combine their times for a total time.
  - a. One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes. The other participant is a General Education Unified Partner and must be eligible for competition according to all CIF eligibility rules.
  - b. Each Unified Sports Athlete and General Education Unified Partner will be seeded in competition according to NFHS Track & Field Rules.
  - c. Unified Athlete and Unified Partner to be placed in lanes next to each other
  - d. Starting blocks and running spikes are optional.
  - e. Unified 100 meter participants should be able to run 100 meters independently.

### **Long Jump**

1. Two teammates of the same gender will combine their distance for a final result.
  - a. One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes. The other participant is a General Education Unified Partner and must be eligible for competition according to all CIF eligibility rules.
  - b. Teammates will jump sequentially.
  - c. Unified Athletes and Unified Partners must be allowed a minimum of two jump attempts.
  - d. The takeoff board may be adjusted anywhere up to the edge of the pit.
  - e. To be eligible to compete in Unified Long Jump any participant must be able to navigate the runway and jump independently.

### **4x100 Meter Relay (Optional for 2021-22 with plans to offer this event in 2022-23)**

1. **This is a coed event.** Teams will consist of two Unified Athletes (one male, one female) and two Unified Partners (one male, one female)
  - a. Any student may run in any position.

### **Shot Put (Optional for 2021-22 with plans to offer this event in 2022-23)**

1. Two teammates of the same gender will combine their distance for a final result.
  - a. One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes. The other participant is a General Education Unified Partner and must be eligible for competition according to all CIF eligibility rules.
  - b. Teammates will throw sequentially.
  - c. Unified Athletes and Unified Partners must be allowed a minimum of two throws.
  - e. To be eligible to compete in Unified Shot Put any participant must be able to complete their throwing attempt according to NFHS Track & Field Rules.

## Participation

- Each CIF member school would decide if they wish to offer a Unified track & field opportunity at their school.
- One or more competition units would be established and the school would decide which competitions and events units would participate.
- During running competition unified units would compete in the same races, or in heats divided by time and then unit times established.

## Unified T&F Practice Structure

- It is suggested that the Unified pairs start the season approximately five to six weeks prior to the league championship, the competition where Unified pairs may qualify to the NCS Class A/Area Track & Field Championships.
- It is suggested that Unified Athletes and Unified Partners choose a day/ time for practice at least once a week for 45 minutes to an hour.
- More than one day a week for practice is highly encouraged with two or more days optimal.
- Unified Partners can be current track and field team members but not required.

### **Meet Structure**

- Opening a regular season meet with the Unified 100m dash and Unified Long jump is encouraged and has been successful.
- Regular season meets can follow the same order of events for Unified and schedule the Unified 100m in line with the JV/ Varsity 100m. However, please keep in mind that it may be difficult for some Unified Athletes/ Partners to have that much down time at a meet.
- Please structure and schedule Unified events in a way that will best serve Unified Athletes/ Partners. choose
- Schools are encouraged to expand participation to the shot put and 4 x 100 relay according to the guidelines above.

### **Post Season Qualification**

- Unified pairs would be entered by a school in their league's championship meet.
- Unified pairs would qualify for the NCS Class A/Area Championships no differently than other events with the league limited to a set number of entries. If a league has four entries to the NCS Class A/Area Track & Field Championships then the league would be eligible to have four unified pairs qualify by unit time or distance to the next competition.
- From the NCS Class A/Area Track & Field Championships to the NCS Meet of Champions the unified pairs would qualify no differently than the other events. If the NCS Class A/Area Track & Field Championships qualify seven entries, then the number of Unified pairs may also qualify seven unified entries to the MOC.
- The Section Championship would be the final competition for the unified units, with ribbons or medals presented to the top six unified units.
- For Special Education students some accommodations may be implemented to assist with the conduct of competition. Examples are: adjustment of the take-off boards or markings on the long jump runway to have a shorter distance from the take-off board/mark to the sand, person standing behind a competitor assisting them in the start of a race, and other accommodations as they may arise.
- No entry fees would be charged for unified competition.
- The Track & Field Management Committee would have the opportunity to allow additional entries by league or sub section Championships if the field of unified units is not filled by another league or sub section Championship competition.
- The Section office and Special Olympics would work together to provide field event workers, supervision, event distance and time calculations, etc., limiting the burden on current officials at the section championship and may provide similar assistance at sub section championships.

### **Resources**

The National Federation of State High School Associations (NFHS.org) includes at their coach's training site (NFHSlern.org) a course on Unified Competition. It is highly recommend the course for any schools and coaches interested in starting this special competition. The actual link is: <http://nfhslearn.com/courses/36000/coaching-unified-sports>. In additional, the State CIF has great information available concerning Unified Sports and schools are encouraged to check it out at: <http://cifstate.org/inclusive/unified>

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***"LIVE UNIFIED PLAY UNIFIED"***

## UNIFIED TRACK & FIELD

### Unified Track & Field Program

Units of two competitors team up to form a Unified Track & Field pair. The unit consists of:

- One Unified Sports Athlete (Student receiving Special Education services) and one Unified Sports Partner (Student in General Education).
- Both students are from the same school.
- The Unified Sports Partner must be eligible for competition per all CIF eligibility rules.
- The Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services who are verified by the site administrator are eligible to participate as Unified Sports Athletes.
- Each student within the pair competes in the assigned event establishing a time or distance. Events for CIF State Track & Field Championships are the shot put, 100-meter dash and the 4 x 100-meter relay. CIF Sections, leagues, and member schools are welcome to offer additional events.
- For the shot put, traditional shot put implements will be used for all athletes. 5.443kg (12lb) weight for boys and 4kg (8.818lbs) for girls competition.
- For the 100m, athletes will be running next to their partner (example: lane 1 Unified Athlete school A, lane 2 Unified Partner school A, lane 3 Unified Athlete school B, lane 4 Unified Partner school B...).
- Each established time or distance is combined for each Unified Pair. Relay events are based on overall time/finish.
- Each Unified Pair would qualify per the same procedures used for CIF and Section track & field competition based on their total combined distance or time.
- Each event will be scored no differently than other track & field competition and Unified points will be included in the final overall team scores.
- All NFHS Track & Field rules must be followed.

### Participation and Qualification

- Each Section member school would decide if they wish to offer a Unified Track & Field opportunity at their school.
- One or more competition units would be established and the school would decide which competitions and events units would participate.
- It is recommended that practice start approximately three to four weeks prior to competition, possibly two days a week for around 45 minutes, to prepare for Unified events at league dual meets and the league championship competition.
- A minimum of six practices are recommended for participation in the league championship.
- If a Unified Sport Partner participates on a Unified team, they may not compete in the same event in league or Section Championship competition with General Education students. For example, a General Education student who participates in league competition in the 100-meter dash may not compete in the Unified 100-meter dash. The General Education competitor would be eligible for the Unified shot put, if they are not an entry in the league shot put competition.
- A Unified Athlete is allowed to have a different Unified Partner for the shot put and the 100 so long as the unit remains intact throughout the regular and post season.
- A Unified Partner dropping out of Unified competition during the post season or to focus on another individual event after the unit has been established is not allowed.
- During running competition, Unified Pairs would compete in the same race with lane assignments determined by meet management.

- Unified Pairs would be entered by a school in their league's championship meet.
- One Section Champion Unified Pair would qualify to the State Track & Field Championship in each of the following events: 100 meter, 4 x 100 meter, and shot put.
- Unified events would be forwarded from the Section Championship via Hy-Tek. Event numbers are as follows:
  - Event 37 – Girls Shot Put Unified – Finals
  - Event 38 – Boys Shot Put Unified – Finals
  - Event 39 – Girls 100-meter Unified – Finals
  - Event 40 – Boys 100-meter Unified – Finals
  - Event 41 – Girls 4 x 100-meter relay – Finals
  - Event 42 – Boys 4 x 100-meter relay – Finals
- Unified events are separated by gender. If, in any Unified competition, the Unified team is a mixture of genders, the competing team participates in the boys' event, per CIF Bylaw 300.B – Student Team.
- For Unified competition, some accommodations may be implemented to assist with the conduct of competition. Examples are: person standing behind a competitor assisting them in the start of a race, and other accommodations as they may arise.

## **EVENTS**

### **100 Meter Dash**

1. Two teammates will combine their times for a total time.
  - a. Unified teams will be placed next to each other in lanes. (i.e. Team A runs Lane 1 and Lane 2, Team B runs Lane 3 and 4, etc.)
  - b. Heating will be determined by the Unified teams combined total time.
  - c. Starting blocks and running spikes are optional.

### **Shot Put**

1. Two teammates will combine their throws for final score.
  - a. Unified teams complete three throws. Any order of competition is determined by meet management.

### **4 X 100 Meter Relay**

1. Two pairs would combine to form a Unified 4 X 100 meter relay team.
  - a. The relay team would consist of two Unified Athletes and two Unified Partners.
  - b. Any student may run in any position.

## **SCORING/AWARDS**

Times/Distances will be combined for a total unit time/ distance to establish placing. Unified teams will receive individual awards and Unified competition would be scored no differently than currently established Section Championship competition, with individual points contributing to the overall team competition. It is recommended that a section offering Unified Track and Field for the first time utilize a pilot season in an exhibition format. By year two or three of Unified Track and Field it is encouraged that sections have Unified events count towards the overall team score.