

Wheelchair Athletes: NCHSAA Regional and State Track & Field Participation

A. Criteria for competition:

- a. Meet rules of the NCHSAA and individual Conferences
- b. Meet wheelchair-qualifying standards to qualify to the regional meet (see below)
- c. Finish in the top four at regional to advance to the state meet
- d. Wheelchair competition will only be against other wheelchair athletes—not able-bodied athletes

B. Events:

- a. 100 Meter
- b. 200 Meter
- c. 400 Meter
- d. 800 Meter
- e. 1600 Meter
- f. 3200 Meter
- g. Shot put
- h. Discus

C. Scoring:

- a. At the regional and state meets, a wheelchair athlete will compete for individual and team honors:
 - i. Regional individual honors: 1st, 2nd and 3rd places
 - ii. State individual honors: 1st, 2nd, 3rd and 4th places
 - iii. If a wheelchair athlete competes against another wheelchair athlete and finishes first, two points will be awarded to his/her team. The second place finisher receives one team point. If three wheelchair athletes participate, then the points will be awarded three, two and one. This scoring system will continue as illustrated in the table below.

10	8	6	5	4	3	2	1
	8	6	5	4	3	2	1
		6	5	4	3	2	1
			5	4	3	2	1
				4	3	2	1
					3	2	1
						2	1
							1

- b. If the wheelchair athlete is competing solo against the standards established by the NCHSAA, then he/she will be awarded one team point for meeting or exceeding the standards for that event. **NOTE: If a contestant fails to meet a required standard in an event, he/she shall not be awarded any team points in the event.**

D. Track Equipment:

- a. A wheelchair participant shall compete in Track events in a manually operated wheelchair that meets legal specifications as follows:
 - i. A wheelchair should have a minimum of three wheels.
 - ii. The diameter of the two largest wheels (including the inflated tire) shall not exceed 28 inches. Other wheels' diameters shall not exceed 20 inches (including the inflated tire).
 - iii. Only one push rim shall be attached to each large wheel.
 - iv. The chair's seat, including the cushion, shall not exceed 25 inches in height.

E. Field Equipment:

- a. An athlete may throw from his/her wheelchair or a throwing frame. Both must comply with the following standards:
 - i. The throwing frame sitting surface including the cushion must not exceed 75cm in height.
 - ii. If the frame has a holding bar, it must be fixed (no articulating joints).
 - iii. No part of the throwing frame or wheelchair may be outside the circumference of the circle; chair may need anchoring.
- b. The size of the discus and shot for wheelchair participants shall be the same as for all other male and female participants.

F. Standards:

EVENT	BOYS	GIRLS
100-meter dash	38.0	43.0
200-meter dash	1:20.0	1:30.0
400-meter dash	3:00	3:15
800-meter dash	6:00	6:30
1600-meter dash	10:00	11:00
3200- meter dash	15:50	20:00
Shot put	8'0"	6'0"
Discus	15'0"	8'0"



North Carolina High School Athletic Association Wheelchair Competitor Notification Form

Please submit **no later**
than April 1st to:

Chiquana Dancy
chiquana@nchsaa.org
FAX: 919-240-7399

In an effort to better plan for the Track & Field Regional and State Meets, we are asking each school that has a wheelchair competitor to inform our office by completing and submitting this form.

Name of Athlete: _____

Sex: _____

Grade: _____

School Name: _____

NCHSAA Classification: _____

Please indicate by checking the box of the event(s) your athlete will contest during the Track & Field season.

- 100 Meter
- 200 Meter
- 400 Meter
- 800 Meter
- 1600 Meter
- 3200 Meter
- Shot Put
- Discus

All wheelchair athletes must meet or exceed the minimum standards established by the NCHSAA at a sanctioned qualifying meet.

NOTE: THIS FORM DOES NOT MEAN AUTOMATIC ENTRY INTO REGIONALS.

2018-19 Standards

EVENT	BOYS	GIRLS
100-meter dash	38.0	43.0
200-meter dash	1:20.0	1:30.0
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800-meter dash	6:00	6:30
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