



## **Special Olympics Pennsylvania Interscholastic Unified Sports®**

Special Olympics Interscholastic Unified Sports® (IUS) is a fully-inclusive co-ed high school sports program which successfully brings together students with and without disabilities. They train together and compete as equal teammates and through this experience, become friends. IUS teams are regarded like every other interscholastic sports team at the high school.

### **Unified Track and Field Program**

- A team has an equal number of high school students who are Special Olympics eligible and students without intellectual disabilities.
- This is a co-ed, after school program open to boys and girls in the 9<sup>th</sup>-12<sup>th</sup> grades. Students train and compete together as equal peers.
- **Track Events** include: 100 meters, 400 meters, 800 meters; 4 x 100 relay and 4 x 400 relay
- **Field Events** include: Shot put, running long jump, mini javelin
- A Unified Track and Field team can have a minimum of 12 and maximum of 30 participants. All students need to have a physical examination and required consent forms completed.
- 10 week long season which begins the week of March 6 or 13 and ends May 19.
- Teams practice after school twice a week. They participate in at least three competitions against other high school Unified Track and Field teams
- Members represent their school by wearing uniforms with their school's name and colors.
- Teams participate in county or regional championships with the opportunity to advance to the IUS Track and Field State Championships held in conjunction with the PIAA state event.