

## EVENTS

Track	Field
60m	Softball (less able)
100m	Shot Putt
100m walk (less able)	Long Jump
200m	Standing Long Jump (less able)
400m	Javelin
400m walk	Turbo Javelin
800m	Foam Javelin (less able)
1500m	High jump
75m wheelchair (less able)	Tug of War
Running bike 60m*	
Running bike 100m*	
Running bike 200m*	
4 x 100m Relay	
4 x 400m Relay	

\*Athletes need to bring their own Running bike if entering these events