



2019 CIF San Diego Section Unified Track and Field Championships

Unified Sports are growing rapidly in California and across the country. Unified Sports combines persons with and without intellectual and or physical disabilities on the same team for sports training and competition. These unique sports are a great way to include all students in athletic competition and have lasting, positive effects on all students involved. All schools are encouraged to create and offer unified sports programs on their campus; many schools in the San Diego Section are already offering basketball, track and field, soccer and flag football.

The CIFSDS will offer two Unified Track and Field events at the 2019 CIFSDS Track and Field Championships. The meet will be held at Mt. Carmel High School on May 18, 2019. The two events scheduled for both boys and girls are: the 4 x 100 relay and shot put. Unified teams may qualify for the CIFSDS championships through the Sweetwater Union High School District (SUHSD) Unified Track meet to be held on May 4, 2019. Currently, the SUHSD Unified Track meet is the only qualifying event for CIFSDS. Schools throughout the section may enter and compete in the SUHSD meet.

1. **GUIDELINES FOR COMPETITION AND QUALIFICATION:**

- a. Units of two competitors team up to form a Unified Track & Field pair.
- b. The unit consists of one special education student (“Unified Sport Athlete”), and one general education student (“Unified Sport Partner”).
- c. Both students are from the same school.
- d. The Unified Partner must be eligible for competition according to all CIF eligibility rules.
- e. Special Athlete must meet specific Unified Sports and CIFSDS eligibility requirements including being enrolled at the school, parental consent and the requirement for insurance, and practice of sportsmanship.
- f. The student must be identified by the school as having an intellectual disability or a closely related developmental disability such as those who have functional limitations, both in general learning and in adaptive skills such as recreation, work, independent living, self-direction or self-care.
- g. 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.
- h. Unified Teams shall consist of an approximately equal number of athletes with Special Athletes and Partner Athletes.
- i. In each individual event, schools must enter as pairs.
- j. It is recommended that practice start 3-4 weeks prior to competition.
- k. General education students, who participate as a Unified Sport Partner, may not compete in the CIFSDS Championship competition with general education students.
- l. For 2019 each Unified pair will qualify based on time/distance achieved in the Sweetwater Union High School District (SUHSD) track and field meet. All CIFSDS schools may participate in this event.
- m. A Unified Athlete is allowed to have a different Unified Partner for the shot put and the 4 x 100 so long as the unit remains intact throughout the regular and post season.

- n. The Section Championship will be the final competition for the unified units, with medals presented to the top 3 unified units (in each gender).

2. CIFSDS UNIFIED TRACK & FIELD CHAMPIONSHIP EVENTS

4 X 100 Meter Relay

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

Shot Put

- a. Two Unified Units will combine their distance for final score.
- b. Unified teams will complete 2 throws each.
- c. 6lb shot will be used.

NOTE: For Unified competition, some accommodations may be implemented to assist with competition. Examples are: a person standing behind a competitor assisting them in the start of a race, and other accommodations as they may arise.

3. CIFSDS SCORING/AWARDS

- a. Times/Distances will be combined for a total unit time/ distance to establish placing. Unified teams will receive individual awards for the top 3 units in each gender.

4. QUALIFYING FOR THE 2018 CIFSDS UNIFIED TRACK AND FIELD CHAMPIONSHIP

- a. Qualifiers must advance through the SUHSD track and field meet on May 4, 2019, at the Otay Ranch High School.
- b. Entries must be submitted to Valerie Ruiz valerie.ruiz@sweetwaterschools.org by April 27, 2019.
- c. Officials from SUHSD event will forward entries to Vanessa Meyers vanessacifsdsgmail.com at the CIFSDS office.
- d. The top 8 finishers in the 4 x 100 and shot put at the SUHSD Unified Track and Field Meet will advance to the Section Championship.

5. RESOURCES

For more information on how to get your school campus involved, to get funding for Unified Programs, and other Unified questions please contact:

Valerie Ruiz- SUHSD Resource Teacher
SUHSD Unified Track and Field Coordinator
valerie.ruiz@sweetwaterschools.org

Brian Richter- Regional Director
Special Olympics San Diego
brichter@sosc.org