



# PARA ATHLETICS AT A GLANCE

Para Athletics (Para Track & Field) is welcoming to athletes with **physical, intellectual and/or vision impairments\***

Athletes with a disability have the opportunity to train and compete in a variety of athletics disciplines including track and field (running, jumping, throwing and wheeling), road racing, cross country and trail running.

*\*Certain eligibility and classification rules apply to compete at National and International Competitions. Please visit [www.athletics.ca/our-sport/para-athletics](http://www.athletics.ca/our-sport/para-athletics) for more information*

## Vision Impairments

T/F 11-13

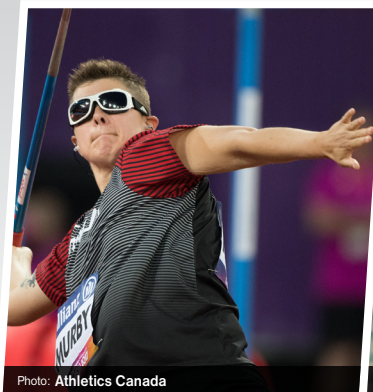


Photo: Athletics Canada



Photo: Lima 2019 Credit Dave Holland CPC



Photo: Lima 2019 Credit Dave Holland CPC

## Intellectual Impairments

T/F 20

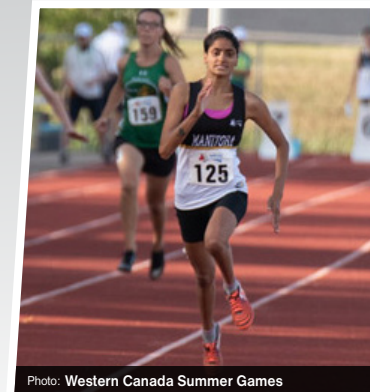


Photo: Western Canada Summer Games



Photo: Athletics Canada

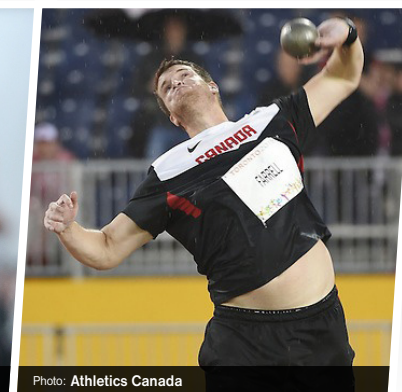


Photo: Athletics Canada

## Physical Impairments

Neuromuscular and/or coordination impairments (i.e., cerebral palsy, brain injury, multiple sclerosis)  
T/F 31-38



Photo: Athletics Canada



Photo: Athletics Canada



Photo: Athletics Canada

Short stature  
F 40-41

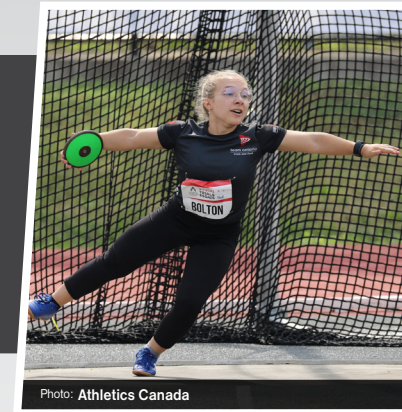


Photo: Athletics Canada

Severe motor and coordination impairments (i.e., cerebral palsy)  
T 71-73



Photo: John Clarke Russ

Impaired muscle power and/or passive range of movement (i.e., spinal cord injury, spina bifida)  
T/F 51-57



Photo: Final Toronto 2015 CPC



Photo: BCWSA



Photo: BCWSA

Limb deficiency (i.e., amputation, congenital limb deficiency)  
T/F 42-47 & T/F 61-64

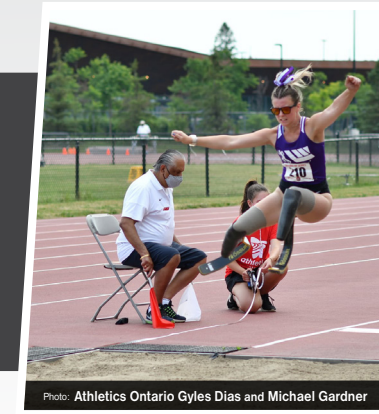


Photo: Athletics Ontario Gyles Dias and Michael Gardner



Photo: Athletics Canada

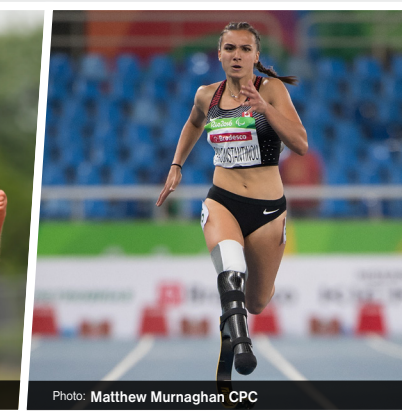


Photo: Matthew Murnaghan CPC

To learn more and to get started, visit [www.athletics.ca/our-sport/para-athletics](http://www.athletics.ca/our-sport/para-athletics)