



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.



Interscholastic Unified Track and Field Program

- A Unified Track and Field team can have a minimum of 12 and maximum of 30 participants. The team is co-ed and consists of a proportional number of high school students who are Special Olympics eligible and students without intellectual disabilities.
- This is an after-school program. All students need to have a physical examination and required consent forms completed.
- **Format:** Students select one track event and one field event in which to train and compete, and also may be selected to one relay team. In competition, they are placed in heats with other athletes who have similar qualifying times or distances. Based on their place of finish, students earn points for their Unified team. The Unified team with the most points wins the meet.
 - **Track Events** include: 100 meters, 400 meters, 800 meters; 4 x 100 and 4 x 400 relays
 - **Field Events** include: Shot put, running long jump, mini javelin
- 10 week long season which begins the first week of March and ends the third week of May. Teams practice after school twice a week. They participate in at least three competitions against other high school Unified Track and Field teams. Members wear 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.

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