

CO-ED Combined Para Athletics 2024 Cross Country Race Information

Qualification Requirements

The following requirements must be met for an athlete to be eligible to compete in the Para division at the ASAA Cross Country Championships:

- A Para athlete is an individual that due to physical and /or intellectual disability is at a disadvantage to compete in an able-bodied race.
- Para-eligible students who fall outside of ASAA eligibility guidelines (see page 25-31 of the [2024/2025 handbook](#)) are still eligible to participate in the Para Cross Country race if they are registered students within an ASAA member school. These students may be approved to compete on an exhibition basis, pending approval from the Executive.
- **Note that students competing in the Para races are not eligible to score points at this time.**
- The Para race at the 2024 Cross Country Provincial Championships is an open event; athletes do not need to qualify through their zone in order to register.

Athlete Classifications:

- Athletes with an Amputation and Les Autres (amp)
- Athletes with Cerebral Palsy (cp and other neuro)
- Athletes with an Intellectual impairment (intell)
- Athletes with a Visual impairment (vis)

Race Description

- The Co-Ed Combined Para ASAA race will run as a single open race for all classifications, but results will be listed according to gender and classification.
- Race is approximately 2km in distance.

Guide Runners

Only athletes registered in the visual impairment classification may use a guide runner. Any other athlete using a guide runner, including athletes with intellectual disabilities, will be disqualified from the race. Coaches, students, volunteers, etc. may be stationed around the course for non-visually impaired students, but they are not allowed on the course at any time.

Guide Runner Regulations:

- When a guide is required, athletes must provide their own guide.
- Guides must meet the volunteer standards set out by their school.
- Due to issues of liability, safety, and privacy NO individual personal guides will be provided by the ASAA Cross Country Organizing Committee.
- According to IPC standards, coaches and their guides should review pages 42 and 43 of the IPC Athletics Rules and Regulations 2011 – 2012, Giving Assistance – Guide Runner and Method of Guidance, sections #2 & #3. ([IPC Athletics – Rules and Regulations](#)).

- For this event, only one guide per visually impaired athlete can be used.

Athlete Registration

In order to register athletes for the CO-ED Para-Athletics Cross Country Race coaches must:

- Coaches must register their Para athletes through their zones.
 - Note that Para athletes do not need to qualify through their zone; the Para race is an open event for the 2022 Cross Country Provincial Championships
- Athletes must be registered within the SRS (however, late registration fees will be waived for Para athletes)
- Ensure that their Para athletes have been registered on their team registration form.
- **Send the ASAA Cross Country Para & Guide Information Form to unified@asaa.ca, their Zone Secretary, and the Cross Country Provincial Championship host.**