

**TRACK AND FIELD**

Track and field events are open to men and women competing in separate categories, and include:

1. 100m, 400m, 1500m. In case participant does not have a racing chair, they can use their own wheelchair
2. Horizontal jumps. Each participant has 3 attempts.
3. Throws competition: shotput. Each participant has 3 attempts. Competitor can throw a shotput from standing or sitting position. Seated throwers may throw from their own wheelchair or from usual chair.

**ARCHERY**

Shooting distance is 18 m. Each competitor shoots 4 ends of 3 arrows. Categories: Novice Recurve (up to 1 year of shooting experience, 60cm WA target face); Open Recurve (40cm single spot WA target face); Open Compound (40cm triple spot WA target face)

**INDOOR ROWING**

Indoor rowing is open to men and women competing in separate categories. Events: 1 min individual sprint, 4 min individual endurance race. Equipment: ergometers Concept2 (Concept 2 with PM3, PM4 or PM5 monitor)

**POWERLIFTING**

Powerlifting is open to all competitors, with men and women competing in separate categories. The six (6) categories are: Women - Lightweight up to 61 kg, Women - Midweight 61.01 to 79 kg; Women - Heavyweight 79.01 and over; Men - Lightweight up to 72 kg, Men - Midweight 72.01 to 97 kg, Men - Heavyweight IP6 97.01 kg and over. Format – bench press.

**SWIMMING**

Swimming is open to all competitors with men and women competing in separate categories. Individual events include 50m Freestyle, 100m Freestyle

**CYCLING**

Cycling is open to all competitors with men and women competing in separate categories. Cycling event includes time trial: a distance of 5 km on a loop course (finish and start must be at the same spot). Equipment: road bikes, hand bikes, recumbent bikes, tandem bikes.