



DECEMBER 2018 (4 Months Prior to Unified Sectionals)

Coaches Clearance / Training

- Complete all AIA requirements for Coaches' Clearance per Article 17 of the AIA Bylaws & Constitution.
 - For an outline of all training and certification requirements specific to high school Unified Sports coaches, please visit: www.aiaonline.org/sports/unified
- Complete all district/school requirements for Coaches Clearance per district policy
- Complete Unified Track and Field Coaches' Training (specific to high schools)
 - Contact Laura Duncan at Laura@SpecialOlympicsArizona.org to schedule a training

Order Equipment

- Suggested equipment includes:
 - Tape Measure** (suggested: 2 dual-sided with m/cm and ft/in)
 - Relay Batons** (suggested: 4)
 - 8-pound Shot** (suggested: 2)
 - 400g Turbo Javelin** (suggested: 2-3)
 - Stopwatches** (suggested: 6)
 - Cones** (suggested: 25)

JANUARY 2019 (3 Months Prior to Unified Sectionals)

Attend/Organize Planning Meetings

- Attend Coaches' Planning Meeting Date: _____ Time: _____ Location: _____
 - Identify dates for regular season (interscholastic) competition – minimum of 2
 - Identify Date/Time/Location for Unified Sectionals Meet
- Host Parent Informational Meeting

Verify ALL Student Eligibility and Clearance Requirements are completed

Athletes & Unified Partners must complete:

- AIA Annual Pre-participation Clearance Packet
 - Part One – Annual Preparticipation Physical Evaluation (Form 15.7-A).
 - Part Two – Annual Preparticipation Physical Examination (Form 15.7-B).
 - Part Three – Annual Preparticipation Acknowledgement (Form 15.7-C).
 - Part Four – Unified Sports Participant Release (Form 15.7-D).
- All district/school requirements for Student Eligibility and Clearance per district policy

Complete Practice Schedule

Per Article 34.4 of the AIA Bylaws & Constitution: *“Prior to participation in an interscholastic contest or tournament, all Unified Sports players must complete a minimum of eight (8) practices at least sixty (60) minutes in duration. Practices shall be held at least once a week throughout the duration of the sports season.”*

- Schedule practices accordingly to ensure minimum practice requirements are met prior to first regular season (interscholastic) Track & Field meet

Unified Track & Field Timeline

2018-19 Season



FEBRUARY 2019 (2 Months Prior to Unified Sectionals)

Practice

- Practice 1
- Practice 2
- Practice 3
- Practice 4
- Practice 5
- Practice 6
- Practice 7
- Practice 8

Regular Season Interscholastic Competition

- Compete in a minimum of two (2) Track and Field Meets during the regular season
 - Regular Season Meet #1 Date: _____ Time: _____ Location: _____
 - Regular Season Meet #2 Date: _____ Time: _____ Location: _____

Transportation Requests

- Submit transportation requests for regular season meets (must attend a minimum of two)

MARCH 2019 (1 Month Prior to Unified Sectionals)

Unified Sectionals Registration

- Complete and submit Unified Sectionals Registration Paperwork
 - o SOAZ will send out registration paperwork during early March
 - o Registration paperwork will be due *two weeks prior* to Unified Sectionals

Transportation Requests

- Submit transportation request for Unified Sectionals Meet

Practices

- Continue holding regular practice

APRIL 2019

Unified Track and Field Sectionals

- Compete at a qualifying Unified Track and Field Sectionals
 - o *Teams must compete in Unified Sectionals to qualify for the state tournament*

State Championship Registration / Planning

- Qualification Results will be posted on AZPreps365 by April 15, 2019
 - o *The top 15 teams statewide will qualify for advancement to the State Championship (qualification will be based on team's final score at Unified Sectionals)*
- Complete State Championship Registration
 - o Due April 23, 2019
- Submit transportation request for State Championship

MAY 2019

AIA State Track and Field Championship

- Friday, May 3, 2019
- Mesa Community College – Mesa, AZ

