

# Events



Unified Track & Field events can be part of invitationals, dual meets, tri meets, conference or county meets, state championships and/or comprised solely of Unified Track & Field teams. If you are going to host an event titled “Unified Meet” we expect the same rules, requirements, and guidelines to be followed.

**Unified Track & Field events that are held in conjunction with an interscholastic competition will be scored in their own separate division.**

Following are the official Unified events that may be offered at track & field competitions:

Track Events

- 100 meters
- 200 meters
- 400 meters

Field Events

- Shot Put
- Long Jump

Relay Events

- 4 x 100 meters
- 4 x 400 meters

Other Unified events can be offered at the discretion of the meet director.

# Regular Season Events & Entry Requirements



Regular Season Event guidelines are suggestions and can be adjusted per meet by coach and meet director agreement:

- Participants may enter up to four events in any combination in the regular season.
- Unified Track & Field teams are not required to enter participants in every event and may enter a maximum of five participants in each individual event during the regular season.
- Relay teams must consist of two runners with disabilities (Unified athletes) and two runners without disabilities (Unified partners). Coaches can place runners in any order.
- A Unified Track & Field team may enter a maximum of two 4x100 meter relay teams and two 4x400 meter relay teams during the regular season.

# Post-season Events & Entry Requirements

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- **Teams competing in state meets are limited to a maximum roster size of 20 participants (9 Unified athletes and 9 Unified partners), plus two (2) alternates.**
  - ▶ Teams advancing to the Group Meet must be the same team members and approved alternates who competed at the sectional competition if held
  - ▶ Teams may enter a maximum of 9 athletes and/or a maximum of 9 partners
  - ▶ Teams may enter a maximum of 2 alternates
  - ▶ Relays must be registered with split times and a total time
  - ▶ Alternates are roster additions who are *not* registered to compete in any event. When registering, alternates must have seed times/distances for any event in which they *may* end up competing.
  - ▶ If a rostered athlete or partner scratches from the meet, one alternate may replace that individual in all of their events (in relays, an athlete must replace an athlete and a partner must replace a partner) only if a seed time/distance was provided for that alternate when registered.
  - ▶ Any alternate replacing a scratched teammate in a relay must have been registered with a seed time for that distance.
  - ▶ Teams may enter up to 3 competitors per individual track and field event.
  - ▶ Events entered must have at least one athlete and at least one Unified partner.
  - ▶ Teams may enter 1 relay team per event.

# State Event Rules & Regs

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- Six places will be scored at state meets with 10 points awarded to 1<sup>st</sup> place, 8 points for 2<sup>nd</sup> place, 6 points for 3<sup>rd</sup> place, 4 points for 4<sup>th</sup> place, 2 points for 5<sup>th</sup> place and 1 point for 6<sup>th</sup> place.
- *Any student improving their score by 25% or more in a state meet will be re-divisioned into an appropriate group of competitors and scored there.*
- At state meets, students will be sorted into heats and flights based on the scoring documents available to all teams.

# Registration & Season Dates

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- Schools wishing to participate in interscholastic Unified track & field **MUST** register with the NJSIAA in order to be eligible to compete in NJSIAA sectional, group and state competitions.
  - Email Al Stumpf at [astumpf@njsiaa.org](mailto:astumpf@njsiaa.org)
  - “Opt-out” registration deadline: [May 1, 2026](#)
- First Practice: **March 14**
- Opening date: **April 1**
- Unified Meets: **As scheduled by schools**
- NJSIAA Unified Track Championship: **May 28, Franklin HS, 5 pm**
  - Divided by school size
  - [Roster and Event Registration](#) deadline: May 20, 2026 (there will be no trackside substitutions of un-rostered participants)

# Contact Information



## Ways to Connect

- NJSIAA AD Forum
- [Registration Form](#)
- [2026 Unified Track Contacts](#)
- [Unified Track & Field Meet Report](#)

## NJSIAA Unified track & field Competitions

- Al Stumpf
  - [astumpf@njsiaa.org](mailto:astumpf@njsiaa.org)
  - 609-259-2776

## Unified Sports questions

- Katie Telschow, Jaclyn Williamson
  - [kmt@sonj.org](mailto:kmt@sonj.org), [jrw@sonj.org](mailto:jrw@sonj.org)
  - 609-896-8000