

## **ASAA Para Athletics - Cross Country Running 2022**

### **Free Stuff!!**

ASAA wants to give away some swag.... names will be drawn from those who attend a zoom Town Hall meeting on Tuesday, September 20, 2022 at 3:30 p.m. At the Town Hall we will provide a brief inservice on para categories in Cross-Country and how you can get students involved with Para. Expect to be on the call no longer than 30 minutes.

Here is the link to add to your calendar:

<https://us02web.zoom.us/j/81924788630?pwd=ZG9ObXVmQy84Q09IMUtxMCt2c1NjZz09>

### **Backgrounder:**

As ASAA has been offering para cross country for 6 years now, and has not had more than 7 participants in any one year, we are really hoping that zones can strongly encourage their member schools to consider getting their para students involved in running cross-country this year. With the provincial championships being on Enoch Cree Nation in West Edmonton this fall, it is a very central location for several zones and would not require overnight accommodations which is usually an obstacle. Provincial XC is October 15, 2022.

### **Zone XC events and Para:**

To open the door to para at the zone level, given that our ASAA Para event is 2km, you will need to offer a 2 km option at your meets if/where possible. I know it may be a bit late for early meets, but we would hope that you would try to incorporate it into later events, and at minimum, include a para 2km race at your Zone Championship. Because para athletes cannot be accompanied by a support runner unless they are visually impaired, a 500m or 1 km loop is recommended.

### **Para Categories:**

There are [click here to see the three main categories of runners](#):

- T20 (intellectual disability)
- Ambulatory (may include a variety of disabilities including cerebral palsy, loss of or limited limbs, other neurological disorders and brain injuries)
- Visual impairment (may be tethered to a support runner)

We are really hopeful that zones will promote Para in their schools this year, not only for our upcoming Cross-Country running Championships on October 15, 2022, but also for our provincial Track and Field June 2-3, 2023.

If you have any questions, please reach out to Emily Lines: [emily@asaa.ca](mailto:emily@asaa.ca), she is happy to hop on a call or to come to your school if logistically feasible. Otherwise we look forward to seeing you at the Town Hall on September 20!