



***Special
Olympics***
Leinster

Athletics

Training Logbook



Logbook Guidelines

The information below will assist you in maintaining an accurate logbook for athletes training in your club. A logbook is a valuable piece of information for athletes' that are training for competition as it will give you a clear picture of an athlete's performance. An accurate logbook can also help minimise any issues when submitting times for events and thus giving your athletes the best possible chance of competing.

Should you require any assistance in maintaining this logbook or have any general queries regarding athletics please do not hesitate to contact any of the following;

Sports Co-ordinator

Regional Development Officer – Sport

The Sport

Athletics comprises of a number of different events. Track events include running, walking and wheelchair races. Field events include a variety of throwing and jumping competitions.

The Rules

The rules for the sport are set by the *International Association of Athletic Federations (IAAF)*. In Special Olympics these rules are followed except where there are specific rules set down by *Special Olympics International (SOI)*. In Special Olympics there are some events offered that are not included by the IAAF.

Competition Venue

Competitions take place on a 400 metre track, with field events taking place in the infield, or immediately outside the track. Tracks are preferably constructed of polyurethane (commonly known as "tartan"). Other surfaces, including cinders and grass, are sometimes used. Tracks commonly have six or eight lanes.

For more detailed information on Special Olympics Athletics rules, coaching and divisioning please take a look at the link below;

<http://www.specialolympics.ie/WHATWEDO/SPORTS/ATHLETICS.aspx>

