



Track and Field

Track and Field is comprised of multiple sports involving running, jumping and throwing. Usually an outdoor event, track and field can also be held indoors if the proper facilities are available. Participating in track and field can be beneficial for Soldiers who have stable upper body, lower body and/or back injuries, behavioral health issues, Post-Traumatic Stress Disorder (PTSD) and/or have sustained Traumatic Brain Injuries (TBI). Each Soldier's Adaptive Reconditioning team will screen each Soldier for participation in track and field.

Resources provided by:

- Adaptive Reconditioning (AR) team
- Non-Commissioned Officer (NCO)
- Morale, Welfare and Recreation (MWR) programs

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html

Equipment/resources provided:

- Varies by sport
- Running: stopwatch, shade – Pop-up tents should be on hand if shade is not available
- Field event: Shotput, discus, javelin
- Throwing chairs (for Soldiers that cannot stand or have trouble standing)
- Racing wheelchairs (for Soldiers that cannot walk/run or have trouble walking/running)

Equipment/resources Soldier brings:

- Athletic wear (gym shorts/pants, tee-shirt, long sleeve shirt, sweatshirt, socks)
- Running shoes, cleats, spikes (if owned)
- Sunscreen
- Water and snacks

Location(s):

- MWR field, track
- Local high school track and field
- *Costs may be associated (use of facilities)