



Wheelchair Racing

Ready-to-Race Position

1. Athletes must remain seated on the cushion or seat of the wheelchair.
2. Lean upper body forward so shoulders are ahead of hips.
3. Hold knees and feet together in the center of the chair.
4. Grasp wheels or handrails at 11 o'clock position; i.e., just behind highest point of wheel (12 o'clock position) with thumbs inside and fingers outside.
5. Keep head slightly forward and focus several meters ahead.

Forward Stroke and Recovery

1. From ready-to-race position, push the wheels or handrails forward from 11 o'clock to the 4 o'clock position, and release hands from wheels.
2. Keep moving arms and hands in a circular motion, i.e., past 6 and 9 o'clock positions, and recover to the 11 o'clock position.
3. Keep body and head still during stroke and recovery.