



CAF'S GUIDE TO THE 2020 PARALYMPICS



Rudy Garcia-Tolson
Swimming



Justin Phongsavanh
Track & Field (Javelin)

THE CHALLENGED ATHLETES FOUNDATION AND THE 2020 PARALYMPICS IN TOKYO

For over 27 years, the Challenged Athletes Foundation has supported athletes with physical disabilities by providing adaptive sports equipment, training and competition expenses, community, and mentorship.

- ▶ For the 2020 Tokyo Paralympics, over 55% of Team USA has received financial support from CAF somewhere along their athletic journey. This support spans over 16 years and totals over \$750,000 across 128 Team USA athletes plus more funding for international athletes.
- ▶ CAF is dedicated to developing the next generation of Paralympians through its development teams, grant program, camps, clinics, and community events.
- ▶ CAF has supported athletes in all Paralympic sports.
- ▶ CAF has provided grants to athletes of all abilities across 70 countries and 103 different adaptive sports and physical activities.
- ▶ Often times the expensive cost of adaptive sports equipment can be an obstacle that keeps those with physical disabilities on the sidelines. Most medical insurance does not cover adaptive sports equipment; they deem these “luxury” items. CAF believes sport is a right and works to overcome this economic barrier.
- ▶ CAF creates opportunities for community and mentorship so that people can learn from those that have gone before them and can also be inspired to set new athletic goals.
- ▶ CAF has photos, bios, videos, and B-roll footage of many of the athletes headed to Tokyo. These are available for media opportunities and CAF Paid Partner activations upon requests.

THE COSTS OF ADAPTIVE SPORTS EQUIPMENT NEEDED FOR PARALYMPIC SPORTS

The financial barriers to access sports and an active lifestyle are considerably higher for individuals with physical challenges. Adaptive sports equipment is not mass-produced and is often customized for the specific need of an athlete. Learn more about the high costs of adaptive sports equipment below, typically not covered by health insurance.

- ▶ Pair of Specialized Össur running prosthetics - \$30,000
- ▶ Total equipment costs for a Para Triathlete (ambulatory) – prosthetic running leg + bike - \$21,000
- ▶ Specialized Össur running prosthetic - \$15,000
- ▶ Arm prosthetics and adaptations (power-lifting, cycling) - \$10,000
- ▶ Tandem bicycle for Visually Impaired Athlete - \$10,000
- ▶ Total equipment costs for a Para Triathlete (wheelchair athlete) – handcycle + racing wheelchair - \$9,000
- ▶ Handcycle - \$5,000
- ▶ Racing wheelchair - \$4,000
- ▶ Basketball wheelchair - \$3,500
- ▶ Tennis wheelchair - \$3,000
- ▶ Rugby wheelchair - \$8,000
- ▶ Throwing chair for shot put and javelin for track and field - \$2,500
- ▶ Annual coaching expense grant - \$2,000
- ▶ Annual competition/travel expense grant - \$2,000
- ▶ Stationary Bike trainer for in-home training - \$1,500



Erik Hightower
Track & Field (Men's 100m)

ABOUT CAF

Mission:

To provide opportunities and support to people with physical challenges, so they can pursue active lifestyles through physical fitness and competitive athletics. We believe that involvement in sports at any level increases self-esteem, encourages independence and enhances quality of life.

Beliefs:

- ▶ Sports and an active lifestyle are a springboard to success in life.
- ▶ Sports and an active lifestyle should be accessible to everyone.
- ▶ Representation matters – when we see what’s possible, we can believe in ourselves and set the bar higher.

How we serve people with physical challenges:

- ▶ Grants to individuals for sport related expenses not covered by insurance – adaptive sports equipment such as running prosthetics, handcycles and sport wheelchairs, travel, training and competition expenses.
- ▶ Camps & clinics for athletes with physical challenges – running & mobility, para-triathlon, swimming, adaptive cycling, wheelchair basketball, sitting volleyball and more.
- ▶ Support for wounded veterans and first responders through Operation Rebound.
- ▶ Mentorship & community to empower individuals, strengthen communities and create new opportunities for all

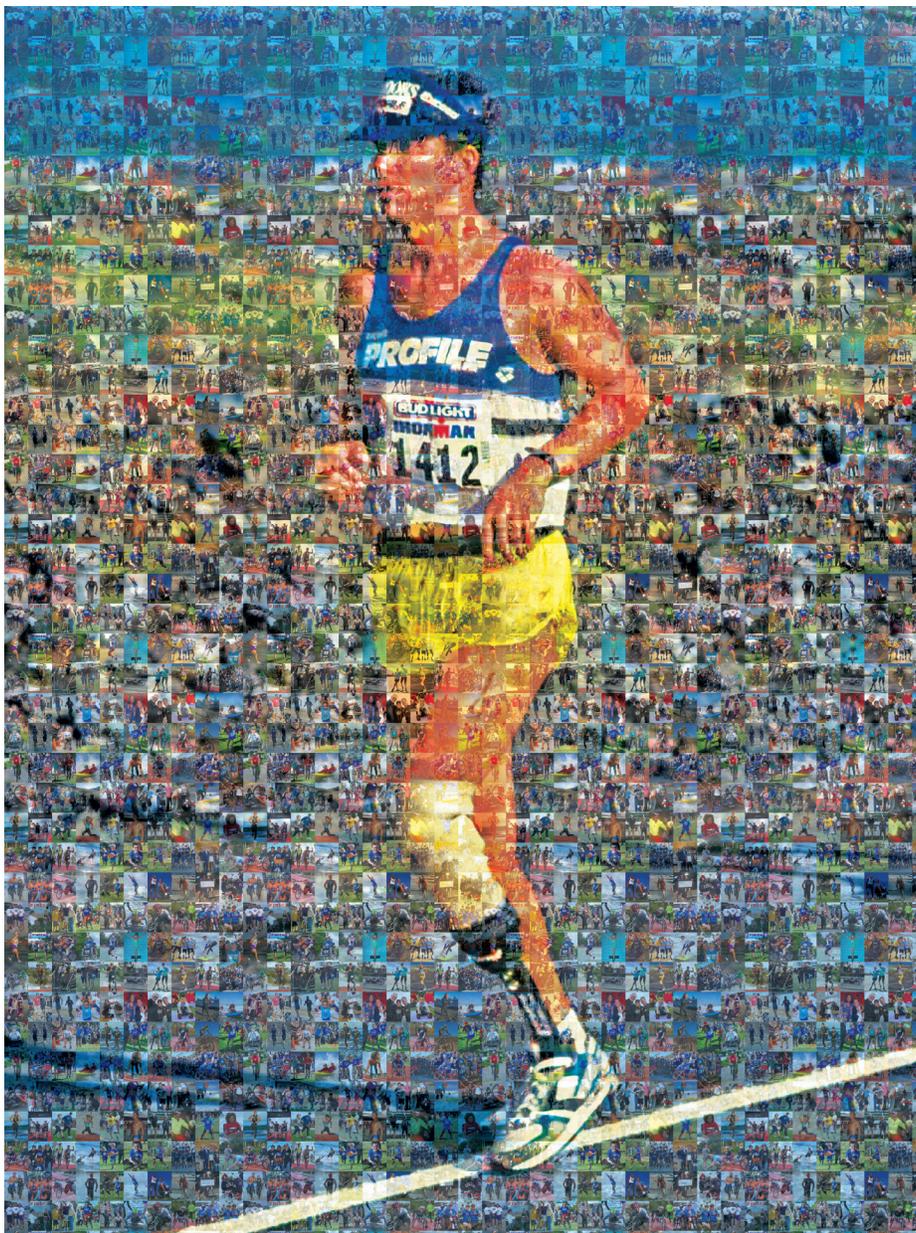


Trenten Merrill
Track & Field (Men's Long
Jump & Men's 200m)

CAF - HOW IT ALL STARTED: THE STORY OF JIM MACLAREN

In 1994, an effort to help one man launched a global change in the way athletes with physical challenges are perceived – and perceive themselves. Jim MacLaren was an exceptional athlete, first as an amputee and then as a quadriplegic. After losing his leg in a motorcycle accident, Jim became a pioneer, achieving feats that others never thought possible for amputees, including finishing IRONMAN® in 10:42 (Top 20 percent of ALL competitors).

After a tragic second accident left him a quadriplegic, a group of friends came together and held the first San Diego Triathlon Challenge (SDTC) in 1994 to help purchase an adaptive van for Jim. The goal was to raise \$25,000 and provide Jim freedom and autonomy. Over \$49,000 was raised that day, and more importantly, was the birth of a community, a movement and a new term – “challenged athlete.” Since that first SDTC, over \$134 million has been raised, more than 35,000 challenged athletes around the world have been funded and tens of thousands more have been motivated to make sports and fitness a part of their daily lives. Jim may no longer be with us, but his legacy lives on through Team CAF.



ABOUT THE CHALLENGED ATHLETES FOUNDATION

The Challenged Athletes Foundation® (CAF) is a world leader in helping people with physical challenges lead active, healthy lifestyles. CAF believes that participation in physical activity at any level increases self-esteem, encourages independence and enhances quality of life. Since 1994, more than \$134 million has been raised and over 35,000 funding requests from people with physical challenges in all 50 states and dozens of countries have been satisfied. Additionally, CAF's outreach efforts impact another 60,000 individuals each year. Whether it's a \$2,500 grant for a handcycle, helping underwrite a carbon fiber running foot not covered by insurance, or arranging enthusiastic encouragement from a mentor who has triumphed over a similar challenge, CAF's mission is clear: give opportunities and support to those with the desire to live active, athletic lifestyles. To learn more, visit challengedathletes.org or call 858-866-0959.

LINK TO CAF'S PRESS KIT

https://www.dropbox.com/sh/2wfunxqtvdtn612/AAApaXFsr9FAW9bMHq_qmL8a?dl=0



Amy Dixon
Paratriathlon

CAF ATHLETES COMPETING IN TOKYO

Over 55% of Team USA athletes competing in Tokyo have been supported by CAF at some point along their athletic journey. Below are some of the incredible athletes with strong ties to the CAF community.



RUDY GARCIA-TOLSON @rudygarciatolson

Sport: Swimming **Classification:** S8, SB7, SM7 **Age:** 32
Paralympic Appearances: Athens 2004, Beijing 2008, London 2012, Rio 2016, Tokyo 2020

Rudy is a swimmer, runner, and triathlete who has become an ambassador for Paralympic sport since his first Paralympic Games in 2004 at the age of 16. Born with multiple birth defects, including Pterygium Syndrome, a club foot, webbed fingers and a cleft lip and palate, Rudy endured 15 surgeries by the age of five before telling his parents he'd rather have a double leg amputation. He is the first double-above knee amputee to complete an IRONMAN, among many other accomplishments. He was first introduced to Challenged Athletes Foundation in when he was just 8 years old and has continued to receive support through his ongoing Paralympic career! Rudy is also a Team Össur athlete.



HAVEN SHEPHERD @havenfaithshepherd

Sport: Swimming **Classification:** S8, SB7, SM8 **Age:** 18
Paralympic Appearances: Tokyo 2020

Haven began her life as an orphan in Vietnam who lost her legs, and her parents, in a family suicide attempt. In a twist of fate, the Shepherd family adopted Haven and brought her to Carthage, MO, where she joined six siblings, and fit right in. She entered her first track meet in elementary school, where she competed in every day walking legs. Her family requested a grant from CAF, and shortly after she received her first pair of Össur Running Legs. Since, Haven has been competing in Swimming, where she previously set seven Canadian/American time standards and qualified her for international competition. For over 10 years now, CAF has supported Haven through nine grants for equipment, coaching, travel and training expenses!



ERIC MCELVENNY @ericmcelvenny

***CAF Operation Rebound Sport:** Para Triathlon **Classification:** PTS4 **Age:** 38
Paralympic Appearances: Tokyo 2020

Captain Eric McElvenny, USMC (ret.) excelled in both baseball and football throughout high school and went on to major in Mechanical Engineering at the U.S Naval Academy. Following graduation and Marine Corps training, Eric deployed three times to the Middle East. On his third deployment to Afghanistan, Eric was working with Afghan soldiers and stepped on an IED, suffering the loss of his right leg below the knee in the explosion. Eric used surfing as part of his recovery and from there, started competing in triathlon. In 2013, Eric completed the IRONMAN World Championship in Kailua-Kona, HI and has gone on to complete a number of IRONMAN and IRONMAN 70.3 events since that time. Through his hard-work, determination, and support through CAF, Eric will make his debut Paralympic appearance this Summer. Eric is also a Team Össur athlete.



OKSANA MASTERS @oksanamasters

Sport: Para Cycling **Classification:** WH5 **Age:** 32
Paralympic Appearances: London 2012, Sochi 2014, Rio 2016, PyeongChang 2018, Tokyo 2020

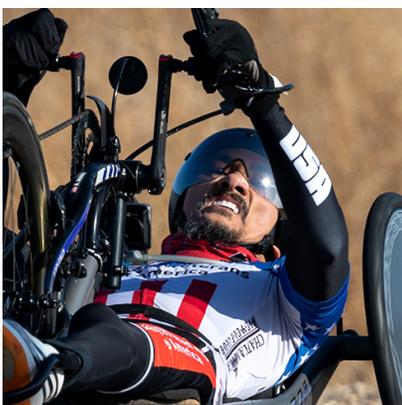
Born in Ukraine, both of Oksana's legs were damaged by in-utero radiation poisoning from the Chernobyl nuclear reactor incident, along with several other birth defects. After being adopted and moving to the United States, Oksana ultimately had both legs amputated. Since her introduction to CAF, she has become an elite athlete and is currently a member of CAF's Women's Adaptive Cycling Team! She has competed in a number of both Summer and Winter Paralympic Games and will gear up for the upcoming summer games in Tokyo!



JUSTIN PHONGSAVANH @paralympicthrower

Sport: Track and Field (Javelin) **Classification:** F54 **Age:** 24
Paralympic Appearances: Tokyo 2020

Justin Phongsavanh, now 24 years old from Ankeny, IA, was a multi-sport athlete all throughout high school participating in football wrestling, track and field and rugby. Justin was involved in a random act of violence at a McDonald's in 2015 in which he was shot multiple times resulting in a spinal cord injury. Justin first heard about Challenged Athletes Foundation in 2016 from a local adaptive club in Iowa and received his first equipment grant in 2017 for a throwing chair. In 2018, he received a CAF grant for equipment to buy a javelin, which later that year allowed him to earn his place on the national team. Now, he has crushed every record in each seated-throwing event and is going for gold this summer in Tokyo!



WILL GROULX @willgroulx

***CAF Operation Rebound Sport:** Para-Cycling **Classification:** PH2 **Age:** 47
Paralympic Appearances: Athens 2004, Beijing 2008, London 2012, Rio 2016, Tokyo 2020

Will Groulx served in the United States Navy from 1995-2001 before a motorcycle accident left him paralyzed from the chest down. Seven months after the accident, he discovered wheelchair rugby and immediately took to the sport. His Paralympic career began with wheelchair rugby, making three U.S. Paralympic Teams (2004, 2008, 2012) before switching to handcycling. As a CAF supported para cyclist, Will won gold and two silver medals at the Rio Games in 2016. Through continued CAF support, Will Groulx qualified to make the Paralympic Cycling Team for Tokyo 2020.



JOE DELAGRAVE @jdelagrave14

Sport: Wheelchair Rugby **Classification:** 2.0 **Age:** 36
Paralympic Appearances: London 2012, Tokyo 2020

Joe Delagrave is a husband, father of three, speaker, and Team USA Paralympic wheelchair rugby player. Joe grew up playing any and every sport possible. He played a year of Division II college football, but then his whole life changed the summer after his freshman year of college when he broke his neck and became paralyzed from a boating accident. A few years after recovering he discovered wheelchair rugby and immersed himself in the CAF community. Since 2009, he has received support through grants for a hand-cycle, rugby performance wheelchair, and equipment and training expenses. His impressive sport resume includes twelve years on the national wheelchair rugby team, three world championships, seven-year co-captain, and being the only wheelchair rugby player to be named Athlete of the Year for the USQRA, winning the award in 2012 and 2015.



JORGE SANCHEZ @athlete_jorge_sanchez

Sport: Wheelchair Basketball **Classification:** 4.0 **Age:** 29
Paralympic Appearances: Tokyo 2020

Jorge is a Team USA wheelchair basketball player who credits adaptive sports for making him the person he is today. He was diagnosed with osteosarcoma at just eight years old and opted to have his left leg amputated for his best chance at survival. Jorge believes that adaptive sports helped him open up and accept who he was again. He grew up as an avid baseball player and tried wheelchair basketball at the age of 14. He fell in love with the sport and led his high school to a title and was named MVP of the 2006 national tournament. After high school, he played wheelchair basketball for the University of Texas at Arlington and progressed to playing overseas in Spain and with the men's national team. He's won 3 gold medals and 1 silver medal with Team USA. This year, CAF provided Jorge a grant for competition travel leading up to the Tokyo Paralympics, and through that support, he was able to be selected for the national team!



NOELLE LAMBERT @noellelambert

Sport: Track and Field (100m) **Classification:** T63 **Age:** 24
Paralympic Appearances: Tokyo 2020

Noelle Lambert had just completed her freshman year at University of Massachusetts Lowell and a very successful season on the lacrosse team when she was in a moped accident that resulted in the loss of her left leg. While many people were telling Noelle that she would never play again, CAF was arranging the gift of her first running prosthetic. In 2017, she received her first grant from CAF for an Ossür running leg. She trained hard and made it back to playing on her lacrosse team until she graduated. Noelle wanted to compete at the highest level possible, and as lacrosse was not a Paralympic sport, she switched gears and became a sprinter. She qualified for the Paralympic team after her first competition at the Desert Challenge and has since competed around the world. Noelle is also a member of Team Össur.



BETHANY ZUMMO @bethanyzummo

Sport: Sitting Volleyball **Classification:** VS1 **Age:** 28

Paralympic Appearances: Rio 2016, Tokyo 2020

Bethany has played for the U.S. National Sitting Volleyball team for the past 10 years. She was born with fibular hemimelia and proximal femoral focal deficiency (PFFD) and had her right leg amputated at 2 years old as a result. Bethany's parents introduced her to sports at a young age and created an environment where Bethany believed she could do anything anyone else could. She competed in the 2016 Paralympic Games in Rio and the team brought home the first gold medal in the history of U.S. sitting volleyball. In 2021, Bethany received a CAF grant for sports expenses, helping her train even harder for an extra year leading up to the Paralympic games in Tokyo!



FEMITA AYANBEKU @femitaayanbeku

Sport: Track and Field (100m) **Classification:** T64 **Age:** 29

Paralympic Appearances: Rio 2016, Tokyo 2020

Femita is a Paralympic sprinter who has been on the national team since 2016. When Femita was 11 years old, she was in a car accident that resulted in the loss of her right leg below the knee. She was introduced to the CAF community in 2015 when she attended a running and mobility clinic and was presented with her first running prosthetic. Femita fell in love with track and field, and after just six months of training, she went to the Paralympic Trials and became the US women's t64 100m national champion. Her goals are to succeed in the Tokyo Paralympics, become the fastest female amputee in the world, and leave a lasting impression on the world through her hard work and dedication. Femita is also a member of Team Össur.



COURTNEY RYAN @courtneyryan_55

Sport: Wheelchair Basketball **Classification:** 2.0 **Age:** 30

Paralympic Appearances: Tokyo 2020

Courtney Ryan took her first steps on the soccer field which she came to regard as her second home growing up. Courtney started playing soccer from the young age of four and went on to become a collegiate soccer player at MSU Denver. In 2010 when she was 19 years old, Courtney was slide tackled and a blood clot burst causing some of the nerves to detach from her spinal cord, leaving her paralyzed from the waist down. After rehabilitation, she was introduced to wheelchair basketball through the CAF mentor program and fell in love with the sport. She applied for a CAF grant in 2013 when she received her first basketball performance wheelchair. Since then, she has excelled in playing wheelchair basketball for The University of Arizona, The US National Team, a pro team in Australia, and founded the only women's wheelchair basketball team in CA.



AMY DIXON @nosightnolimits

Sport: Paratriathlon **Classification:** PTVI **Age:** 45

Paralympic Appearances: Tokyo 2020

Amy Dixon has lost 98% of her vision due to a rare autoimmune disorder. After a friend suggested she try a triathlon, she was instantly hooked. Since her introduction, Dixon has made remarkable progress through hard-work and dedication. She is a nine-time medalist on the international triathlon union circuit, winning 3 golds, 1 silver, and 5 bronze. From receiving her first tandem bicycle, to covering training expenses ahead of the Paralympic Games in Tokyo, Amy has deep roots with CAF who has supported her in every step of the way.



DAVID WAGNER @davidjwagner

Sport: Wheelchair Tennis **Classification:** Mixed Quads **Age:** 47

Paralympic Appearances: Athens 2004, Beijing 2008, London 2012, Rio 2016, Tokyo 2020

David Wagner grew up in Washington, playing basketball and tennis. When he was 21, he attempted to jump a wave while playing frisbee on the beach. A wave caught his feet and spun him headfirst into the sand. As a result, he became a quadriplegic. During rehabilitation, he picked up table tennis, which reignited his love for tennis. He was soon ranked the number 1 quad wheelchair tennis player in the world and hasn't looked back! CAF has supported David for nearly 7 years now, helping him cover the costs for travel and competition.



JAMAL HILL @swimuphill

Sport: Swimming **Classification:** S10, SB9, SM10 **Age:** 26

Paralympic Appearances: Tokyo 2020

Jamal Hill grew up in Los Angeles, California and at the young age of just 10, he began to experience paralysis in his body. Basic movements became difficult, and he was hospitalized after getting the flu and later becoming paralyzed. At one point, doctors considered amputating his right arm. He learned that he was diagnosed with Charcot-Marie-Tooth (CMT). Jamal was not ready to let CMT control him or his athletic endeavors. A gifted swimmer, Jamal used the sport to overcome challenges he faced growing up.

Through his hard work, he earned a swimming scholarship to Hiram College, and later had the opportunity to train under USC's Elite Swim Team. Now, he has regained mobility and is ranked number one in the US Paralympic 100 Free and is ranked 22 in the entire world! He is a CAF supported athlete, recently receiving a grant in 2021 for sports training expenses.



KYM CROSBY-HIGHTOWER @kymbo14

Sport: Track and Field (100m)

Classification: T13

Age: 28

Paralympic Appearances: Rio 2016, Tokyo 2020

Kym Crosby was born with albinism, having no pigment in her hair, skin, or eyes and she is legally blind with 20/400 vision. After trying every sport with a ball, in 2007, her brother talked her into picking up Track and Field. Already being a talented athlete, with extra work, she was able to earn a scholarship and compete on the team for California State University, Chico in 2012 and 2014. Being on the track team in college pushed her to continue to work hard to get where she wanted to go, to the podium. And to the podium she went, winning a bronze medal in the 2016 Rio Paralympics. Receiving CAF grants in 2020 and 2021, Kym has taken advantage of the postponement of the 2020 Games to get fully healthy and set on making it back to the podium this Summer!



KORY PUDERBAUGH @wiredforsuccess

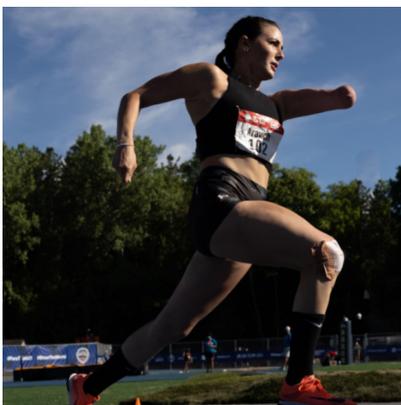
Sport: Wheelchair Rugby

Classification: 3.0

Age: 25

Paralympic Appearances: Rio 2016, Tokyo 2020

Kory Puderbaugh was born with congenital limb deficiencies in all four limbs. He spent the early part of his childhood in an orphanage in Poland before being adopted by an American family living in Idaho. Known locally for wowing the community with his wrestling skills, Kory made the switch to wheelchair rugby shortly after graduating from high school in Eagle, Idaho. In 2015, he received a Vesco Rugby Wheelchair through a CAF grant and has been supported ever since. His dedication over the course of a few short years landed him a spot on the U.S.A. Wheelchair Rugby Team at the Rio Paralympic Games in 2016 where he won a silver medal.



DANI ARAVICH @theonearmdan

Sport: Track and Field

Classification: T47

Age: 25

Paralympic Appearances: Tokyo 2020

Born without her left hand and forearm has never stopped Dani Aravich from realizing her destiny as a competitive athlete. She ran division 1 track and field and cross-country at Butler University. After graduating, Dani quickly became involved in the adaptive sports community through CAF Idaho, where she not only volunteered as a limb-different coach, but also began training for the 2020 Paralympic Games in track and field.

Through her training, Dani was invited to a training camp by a U.S. Paralympic Nordic Ski coach in 2019. Although the U.S. Para Nordic Team is in her sights for the 2022 Paralympic Winter Games in Beijing, Dani is focused on her performance as a member of the U.S. Paralympics Track and Field team in Tokyo!



JAMIE BROWN @jamielbrowntri

Sport: Paratriathlon

Classification: PTS4

Age: 41

Paralympic Appearances: Tokyo 2020

Jamie was born missing his fibula on his right leg and three fingers on his right hand due to a congenital birth defect. His parents decided to amputate his leg to give him the best chance at living a normal and active life. Just two weeks after his surgery he was fit for his first prosthetic, and from that moment he was involved in as many sports and athletic events as possible. When Jamie was introduced to CAF, he attended the San Diego Triathlon Challenge and fell in love with the sport of triathlon. He has received multiple CAF grants that covered the costs for his bicycle and equipment and training expenses. Since starting his career in paratriathlon in 2010, Jamie has become a three-time National Paratriathlon Champion, winning 1 gold and 2 silver medals. Jamie is also a Team Össur athlete.

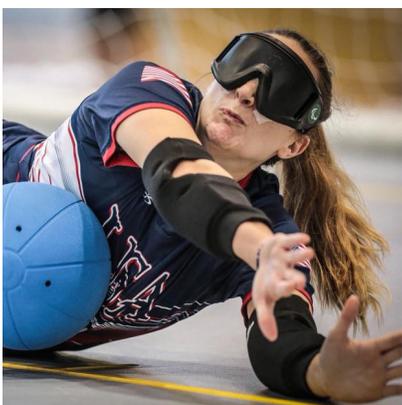


TRENTEN MERRILL @tr3n10

Sport: Track and Field (Long Jump & 200m) **Classification:** T64 **Age:** 31

Paralympic Appearances: Rio 2016, Tokyo 2020

Trenten grew up in Southern California where he could be found surfing, playing soccer, and riding dirt bikes. During his freshman year of high school, he was struck by a car while riding as a passenger on his friend's dirt bike. Ultimately, Trenten's right leg was amputated which tested his character and shaped his future. Under the care of his first prosthetist, he attended an Össur-sponsored running clinic for athletes and was instantly inspired. This newfound inspiration allowed him to push through his limitations and chase his dreams to pursue a career as a track and field athlete. After a lot of experimentation with a variety of track and field events, he gravitated towards long jump which eventually led him to the Paralympics. Trenten's many accomplishments include being a member of Team Össur, he earned a spot on the Team USA Paralympic team, he competed in the Rio Paralympics, and now, he is gearing up to compete in his second Paralympic Games in Tokyo!



ELIANA MASON @elianaamariee

Sport: Goalball

Classification: B2

Age: 25

Paralympic Appearances: Rio 2016, Tokyo 2020

Eliana Mason was born with her vision impairment and was diagnosed with Cataracts and Glaucoma, as well as having under-developed eyes. When she was 15, she was introduced to goalball. It was the first time that she was able to compete in a sport where her vision was not a barrier, and through that, her involvement in adaptive sports gave her new confidence and acceptance. Since being introduced, Eliana has attended 2 World Championships, 2 Para Pan American Games, and won a Bronze medal at the 2016 Rio Paralympic Games. Receiving a CAF grant in 2021 supported her athletic goal is to become a Paralympic gold medalist in goalball and will help her along the way to cover travel and training expenses. She recently helped Team USA qualify and will compete in the 2020 Paralympic Games in Tokyo!

FEATURED INTERNATIONAL ATHLETES



MOHAMED LAHNA @mohamedlahna

Sport: Paracycling **Classification:** PTS2 **Age:** 39

Paralympic Appearances: Rio 2016, Tokyo 2020

Mohamed Lahna grew up in Morocco with dreams of representing his country in the Paralympics. Born without a left femur, it wasn't until he was fit with this first real prosthetic at age 20 that the world of sport truly opened to him. He rode a bike for the first time at age 25 and cycled across the Atlas Mountains the following year and completed his first marathon soon after that. Mohamed was introduced to CAF in 2011 and applied for his first CAF grant to receive a running prosthetic. Since then, he has been supported by CAF for competition travel, coaching, and a bike that helped him win a bronze medal for Morocco at the 2016 Rio Paralympics. He also recently rode for CAF Team Idaho in the grueling Smoke & Fire 400-mile bike race alongside other Team CAF and Mission 43 riders. He will compete in paracycling, representing Morocco, at the upcoming Paralympic Games in Tokyo! Mohamed is also a Team Össur athlete.



LAUREN PARKER

Sport: Paratriathlon **Classification:** PTWC **Age:** 32

Paralympic Appearances: Tokyo 2020

Australia's Lauren Parker, once an elite able-bodied triathlete will now travel to Tokyo to compete in Paratriathlon in the Paralympics. In 2017, Lauren was training in preparation for the Ironman Australia Triathlon and while on her bike, her tires blew out and she was thrown into railing at nearly 40km/hr. As a result, Lauren became a PTWC paraplegic. However, her accident did not stop her from competing in triathlon, as she quickly transitioned to para-triathlon. She was first introduced to Challenged Athletes Foundation when she attended the San Diego Triathlon and received a grant for a new handcycle in 2018. Her goal is to medal in the upcoming summer games in Tokyo!

TOKYO 2020 PARALYMPIC GAMES

AUGUST 24 - SEPTEMBER 5, 2021

WATCH THE PARALYMPICS

Tune in and watch our Paralympians compete on the world's largest stage on the platforms below! View a full schedule of the Paralympic Games [here](#).

PEACOCK

NBCOLYMPICS.COM

NBC SPORTS APP

Sports	August							September					
	24 TUE	25 WED	26 THU	27 FRI	28 SAT	29 SUN	30 MON	31 TUE	1 WED	2 THU	3 FRI	4 SAT	5 SUN
Opening and Closing Ceremonies	●												●
Archery				●	🏅	🏅	🏅	🏅		🏅	🏅	🏅	
Athletics				🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅
Badminton									●	●	●	🏅	🏅
Boccia					●	●	●	●	🏅	●	●	🏅	
Canoe Sprint										●	🏅	🏅	
Cycling Road								🏅	🏅	🏅	🏅		
Cycling Track		🏅	🏅	🏅	🏅								
Equestrian			🏅	🏅	🏅	🏅	🏅						
Football 5-a-side						●	●	●		●		🏅	
Goalball		●	●	●	●	●	●	●	●	●	●	🏅	
Judo				🏅	🏅	🏅							
Powerlifting			🏅	🏅	🏅	🏅	🏅						
Rowing				●	●	🏅							
Shooting							🏅	🏅	🏅	🏅	🏅	🏅	🏅
Sitting Volleyball				●	●	●	●	●	●	●	●	🏅	🏅
Swimming		🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅		
Table Tennis		●	●	●	🏅	🏅	🏅	●	●	🏅	🏅		
Taekwondo									🏅	🏅	🏅		
Triathlon					🏅	🏅							
Wheelchair Basketball		●	●	●	●	●	●	●	●	●	●	●	🏅
Wheelchair Fencing		🏅	🏅	🏅	🏅	🏅							
Wheelchair Rugby		●	●	●	●	🏅							
Wheelchair Tennis				●	●	●	●	●	🏅	🏅	🏅	🏅	