

Hailey Himes

Mr. Waugh

AP Language & Composition

12 March 2025

Argument Essay

In the middle of February, I competed in the Maine State indoor track championships, in which there was a transgender athlete competing in girls events. Even though I did not participate in the event the transgender athlete was competing in, I, along with everyone else in the facility, witnessed the outcomes. This transgender athlete took away the individual state champion title not only from the two girls who tied for second place, but also the team state champion title from the team which those girls were a part of. Scenarios like this are happening all across the country in women's sports, which goes against the whole aspect of Title IX, and women's rights and equality. Although extracurricular activities should be about inclusion, transgender girls competing in girls sports is unsafe and unfair.

Every athlete across the country, no matter what sport they are participating in, works their hardest to win and succeed as often as they are capable of. Why else would we compete in sports? Teams and individuals work hard at daily practices to build up to their full potential when it really matters: in the actual competition. Oftentimes, you do lose simply because of the fact that the other team or individual is just better than you. These are the experiences that push you to be a stronger and better athlete, because the feeling of being defeated isn't a pleasant one. It is a whole different scenario when you lose to someone because they do not have the same biological features as you, because they are biologically a different sex. When males want to

compete in female sports, it is unfair to the females because males are biologically stronger. I know that sports are not something every person has an interest in, but I think the majority of people do have an opinion on this particular subject.

I have heard stories from across the country of transgender athletes competing in girls sports, in which the results are not pretty. Basketball, cross country, track, soccer, skiing, etc., the list could go on and on. Even though all these sports have their differences, that doesn't change the fact that transgender athletes competing in girls sports is wrong. When boys wish to compete in girls sports, it goes against the whole aspect of Title IX and equal rights and opportunity for women. The physical differences of males and females are some of the main reasons why they do not compete against each other in the first place. When males decide to be transgender and compete in women's sports, that does not change their biology and the fact that they simply are not the same as their competitors. There have been instances in which girls find out that they will be competing against a transgender athlete, and therefore decide to forfeit the championship game because it is not morally fair or right to have to compete against someone of a different sex. Because of this, transgender athletes wishing to compete in girls sports is unfair and unsafe to the girls.

The inclusion that these athletes feel when they can be a part of a team should be acknowledged. This being said, the majority of schools have girls and boys teams, so if they wish to participate, they should be a part of the team with teammates of the same biological features. In the 2024 cross country season, there was a transgender athlete who placed in the state championships, with a girl following shortly behind. This transgender athlete took away a spot for the female runner to qualify for the New England Championships, which meant that the girl had her opportunity to compete stripped from her because she was competing against a

biological male. There are also stories across the nation of females being injured having to compete against male athletes, so it puts the overall safety of the girls at risk. Overall, it is not being seen as an issue the other way around, with girls wanting to compete in boys sports. This does happen, but it isn't an issue because the boys they are competing against are biologically stronger, which therefore makes them a better athlete than the girl strictly because of their biological features. If the country wants to put female athletes' safety and equality at risk, then allowing transgender athletes to compete in girls sports is just the way to do it.

The equal rights females for the past centuries have worked so hard to get are basically nonexistent when it comes to transgender athletes competing in girls sports. When you have to compete against a transgender athlete, or watch people compete against transgender athletes, there is a risk of the athletes safety. Many girls choose to simply not compete because they care more about their own safety and being fair than winning, which is saying a lot. As athletes, winning is the main goal in every sport. Unfortunately, when transgender athletes are allowed to compete in girls sports, you lose a lot more than just a game or competition.