

Leicestershire Disability Athletics Development Group



We are delighted to host a combined 2016 event
The "Typhoo" East Midlands Regional Disability
Championships
with the
The 10th Leicestershire & Rutland Disability
Athletics Championships and Festival

All events for athletes with a disability aged 11+
(Held under UKA Rules for Competition)

Thursday 28th April 2016, 9.45 am - 3 pm
Saffron Lane Athletics Stadium, Leicester LE2 7NQ

Closing date for entries is
Wednesday 20th April 2016

General Information

This is the 10th annual Leicestershire Disability Athletics competition. This year we are again combining 3 competitions within the same day. This is in order to ensure the safety of all participants within the timetable, while at the same time maintaining the principles of:

- *Participation* for all (with the Festival Event)
- *Competition* for all (within the County Championship event)
- *Qualifying opportunities for progression* for talented athletes (Regional Championships)

We also have to ensure we meet the timescales for entry to:

- Mencap National Championships - 25th June at the Dorothy Hyman Sports Centre, near Barnsley (closing date 3 June)
- Disability Sport England (DSE) Typhoo National Junior Championships - 2nd/3rd July in Coventry (closing date probably end of May)

Who can enter our competitions?

Minimum age: The 2016 event is open to all athletes with a disability who will be a **minimum of 12 years old by 31st August 2016** at the latest (school year 7 and above) with no upper age limit for adults. ***Athletes aged 8-11 years enter a separate competition on Tuesday 21st June - details to follow.***

Disability: open to anyone with any physical, sensory or learning disability.

Region: The East Midlands Championship is open to those from Derbyshire, Lincolnshire, Northamptonshire & Nottinghamshire as well as all athletes from Leicestershire & Rutland. We would also be happy to welcome athletes from other counties who would like to enter our Festival Event as guests.

Awards and Progression

- All participants will receive a certificate of participation.
- The top three placed athletes for each event in each age group (11-14 yrs, 15-18 yrs & 19+ yrs) and category will receive a medal.
- Athletes who achieve the national qualifying standards and criteria will be selected and supported to enter:
 - The Mencap National Championships (Athletes must be at least 13 years of age on 31st August 2016 - no maximum age).
 - The DSE National Junior Championships (Athletes must be at least 12 years of age and no older than 19 years on 31st Aug 2016).

- Athletes who meet the criteria will be supported in specific competitions and training opportunities such as:
 - Cerebral Palsy (CP) competitions and Grand Prix events
 - England Athletics Age Group Disability Competitions
 - Racing wheelchair sessions
 - Links with local coaches, clubs and open competitions

ENTRY DETAILS

Date/Time: Thursday 28th April 2016 from 9.45 am to 3.00pm

Venue: Saffron Lane Athletics Stadium, Saffron Lane, Leicester LE2 7NQ

Entry Fees: The Regional Championship event is kindly sponsored by "Typhoo" again which has allowed us to waive the entry fees for up to 10 entries for each team this year. Additional individuals will need to pay £2 to enter. There is no limit to the number of athletes that can enter. Each athlete's entry is for a maximum of 3 events.

Closing Date: Entry Forms must be received by **Wednesday 20th April 2016**.

Please use the entry forms sent with this information, referencing the classification system, as shown at the end of this document and on the entry form, to give us as much information as possible about each athlete's ability.

Please send electronic copies of your completed forms to -
cheriedsilva41@gmail.com

Please make cheques payable to 'Leicestershire Disability Athletics Development Group'
All entries will be acknowledged (by email or text) so please **do not** arrive on the day unless you have received confirmation of your entry.

RULES

The Regional and the County Disability Athletics Championships will be held under UK Athletics Rules (which include the IPC Rules of competition for disabled athletes). The Festival event uses the same principles but maintains a relaxed interpretation of the rules to ensure a balance of fairness and full participation by the athletes.

Further details of the different events and competitions for disabled people in all sports is available from: www.disabilitysport.org.uk/sports/dyncat.cfm?catid=1870

COMPETITION EVENTS OFFERED

- **Ambulant Festival events** (maximum of 3 events per athlete)
100m* Standing Long Jump Shot Turbo Javelin

* For athletes using a frame the 100m is replaced with a 60m event

- **Manual or Power Wheelchair Festival events** (maximum of 3 events per athlete)
110m slalom Height throw Grip ball throw 60m (Manual day chair only)
- **Ambulant Championship Events** (maximum of 3 events per athlete)
Track: 100m, 200m, 800m;
Field: Long Jump, Shot, Turbo Javelin (or IPC Javelin for experienced athletes only)
- **Manual Wheelchair athletes (day or racing chair users)** (maximum of 3 events)
Track: 100m, 200m racing chair only, 110m slalom (day-chair only);
Field: Seated Shot, Turbo Javelin

COMPETITION FORMAT

The timetable provides a broad experience for all athletes with recovery between events to avoid timetable clashes. Should an athlete have a Track event in the same period as a Field event, the **Track Race takes priority because start times cannot be delayed!** Athletes will be allowed to take all their field attempts within the competition time for the event - either before or after their race. Please let the field judges know that you have to go to another event.

TRACK EVENTS are organised with competitors grouped as far as possible in relation to age groups and gender, with separate races for Wheelchair and ambulant athletes ranging from 60m up to 800m. If time permits a Relay will be offered as a fun event to round off the programme.

FIELD EVENTS are offered with suitable throws implements - the weights will comply with those for each age group and gender for Shot Put, Javelin or Turbo Javelin. Long Jump (Champs) or Standing Long Jump (Festival) are also offered.

SEATED THROWS FIELD EVENTS (Shot, Bean Bag Height Throw, & Grip ball Throw) Seated Athletes will take THREE throws attempts in succession. Markers will be used for each effort, with the furthest throw measured.

AGE GROUPS (which reflect the National qualifying age groups) will be used to group athletes together in mixed age groups in order to facilitate the timetable.

DRESS CODE: All athletes must wear appropriate athletics / sports clothing and shoes. Failure to do so will lead to athletes being removed from the competition - this is for health and safety reasons.

COMPLETING THE APPLICATION FORMS

The events on offer for each group of competitors are listed on the relevant entry form found in a separate file 'Festival and Champs Entry Forms 2016'. Entries are welcome from individuals, schools, day centres and community groups.

Form A is for the Ambulant Festival event which is a fun participation event which allows athletes to compete for the first time, or in a less competitive environment. Participants have the opportunity to take part in up to 3 events, plus a fun relay (RELAY TEAMS DECLARED ON THE DAY). All athletes needing support/supervision should enter the Festival events.

Form B is for ambulant athletes (Categories 3 & 4 on the classification table) entering into the Championships. These athletes can enter up to 3 events plus a fun relay (RELAY TEAMS DECLARED ON THE DAY).

Form C is for all wheelchair athletes (Categories 1 & 2 on the classification table) entering into either the Festival or the Championships. These athletes can enter up to 3 events plus a relay (RELAY TEAMS DECLARED ON THE DAY).

Guidance: Please use the most appropriate 'Disability Group code' on the entry form. Where an athlete has two impairments, **please state both** (e.g. **3a** - Visual Impairment & **3f** - SLD).

WITHDRAWALS/CANCELLATIONS: Please notify us by email

(cheriedsilva41@gmail.com) if one of your athletes cannot take part. Please ensure we have a mobile number to receive texts in the event of our cancellation (though this is unlikely whatever the weather!). You can text us on the day 07764 990 201 if you will be late arriving or if you are unable to attend at all.

The Classification Categories for Disability Athletics are detailed on the separate Entry Form pages, below is a VERY brief summary of event options

Category Number	Category	Notes (3 events can be chosen in each category)
1	Powerchair User	Festival Entries Only: 110m Slalom, Height Throw, Grip Ball Throw
2	Manual Wheelchair (Racing or/and Day chair) User	Festival Entries: 60m Day chair, 110m Slalom, Height Throw, Grip Ball Champs Entries: 100m (racing or day chair), 200m (racing chair), 110m slalom (day chair only), Seated Shot, Turbo Javelin
3	Ambulant - Moderate Impairment	Festival Entries: 60m (frame users only), 100m, Shot, Turbo Javelin, Standing Long Jump Champs Entries: 100m, 200m, 800m, Long Jump, Turbo or IPC Javelin, Shot
4	Ambulant - Minimal impairment	Champs Entries only: 100m, 200m, 800m, Long Jump, Turbo or IPC Javelin, Shot