

Leicestershire Disability Athletics Development Group



We are delighted to host

The "Typhoo" East Midlands Regional Disability Championships

combined with

**The 12th Leicestershire & Rutland Disability
Athletics Championships**

Thursday 3rd May 2018, 9.45 am - 3 pm

Saffron Lane Athletics Stadium, Leicester LE2 7NQ

Closing date for entries is Thursday 26th April 2018

All events for athletes with a disability aged 11+

(Held under UKA Rules for Competition)

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 on the 26th April as guests.

For Regional entries from outside of Leicestershire please use

contact@LRAA.org.uk / 07764 990 201

GENERAL INFORMATION

This is the 12th annual Leicestershire Disability Athletics competition. This year we are combining the Leicestershire & East Midlands Championship events, and holding a separate Festival event on the 26th April which will reduce numbers whilst ensuring the quality of both events for all participants. We hope that this will enable us to maintain the principles of:

- *Participation* for all (with the Festival Event on the 26th April)
- *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 - 30th June in Doncaster
- Disability Sport England (DSE) Typhoo National Junior Champs - 7/8 July in Coventry

WHO CAN ENTER OUR COMPETITIONS?

Minimum age: The 2018 event is open to all athletes with a disability who will be a **minimum of 12 years old by 31st August 2018** at the latest (school year 7 and above) **with no upper age limit** for adults. ***Athletes aged 7-11 years enter a separate competition on Friday 22nd June - details to follow for Leicestershire & Rutland schools.***

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 on the 26th April 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 & gender (11-14 yrs, 15-18 yrs & 19+ yrs) will receive a medal.
- Athletes who achieve the national qualifying standards and criteria will be notified later about their selection and support to enter:
 - The Mencap National Championships (Athletes must be at least 13 years of age on 31st August 2018 - 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 2018).
 - Cerebral Palsy (CP) National competitions and Grand Prix events
 - England Athletics Age Group Disability Competitions
 - Racing wheelchair sessions, links with local coaches, clubs and open competitions

ENTRY DETAILS

Entry Fees: School/College/Group entries of up to 10 athletes - **£30**; Individual athletes - **£5**
Each athlete's entry is for a maximum of 4 individual events.

All groups will be invoiced for payment unless an alternative arrangement has been agreed with the organisers. Please don't bring monies on the day. (Individual entries will be informed how payment will be made.)

Closing Date: Entry Forms must be received by **Thursday 26th April 2018.**

Please use the entry form sent with this information, referencing the classification system, as shown, 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

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 the UKA Rules (which include the IPC Rules of competition for disabled athletes).

Further details of the different events and competitions for disabled people in all sports are available from: <http://www.englandathletics.org/disability-athletics/>

COMPETITION EVENTS OFFERED (maximum of FOUR events per athlete)

- **Ambulant Events**

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 if 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 100m up to 800m. Relays may 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/gender group for Shot Put, Javelin/Turbo Javelin. Long Jump is also offered.

SEATED THROWS FIELD EVENTS (Shot & Turbo Javelin) Seated Athletes will take THREE competition throws attempts in succession. Markers will be used for each effort, with the furthest throw measured.

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 FORM

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.