

**NATIONWIDE
EASTERN REGION ATHLETICS
CHAMPIONSHIPS
FOR
DISABLED PEOPLE
2010**

Saturday 15th May 2010
Chelmsford

ENTRY FORM



NATIONWIDE EASTERN REGION ATHLETICS CHAMPIONSHIPS FOR DISABLED PEOPLE (Organised on behalf of Disability Sport Events - DSE)

1. EVENT DETAILS

Date: Saturday 15th May, 2010

Time: 10.00a.m. to 5.00p.m. (*Finishing time is an approximation*)

Venue: Chelmsford Sport & Athletics Centre, Salerno Way
Chelmsford, CM1 2EH

Cost: £2.00 **per event** entered for all athletes (cheques to be made payable to 'Disability Sport Events')

Closing Date for Entry Forms: Thursday 1st April 2010

2. RULES

The Nationwide Eastern Region Athletics Championships will be held under UK Athletics Rules, except where they have been amended by the specific rules of the relevant Disability Sports Organisation (*e.g. Disability Sport Events*). Further details can be provided on request or can be found at:

<http://www.disabilitysport.org.uk/sports/dyncat.cfm?catid=1870>

3. ELIGIBILITY

This year's event is open to athletes with a physical, visual or hearing impairment or a learning disability.

All athletes must be 10 years of age and over (*see age groupings*). Only athletes aged 12 to 19 at midnight on 31/8/10 will be eligible for the DSE National Junior Championships.

4. QUALIFYING STANDARDS

Due to the current lack of outdoor Athletics events for disabled people this event, though entitled 'Regional Championships', does cover a wide range of athletic performance levels from novices to Paralympians. To this end there are no Qualifying Standards required for the Regionals, however, it is **essential** that all athletes understand and have previously practised the events they are entering, particularly the field events. There are Qualifying Standards for the National Athletics Championships.

5. COMPETITION FORMAT

There will be separate events for each of the different impairment groups on the following basis (see below for age categories).

(i) PHYSICAL & VISUAL IMPAIRMENT - JUNIORS

Junior events will be organised with competitors grouped in relation to their impairment group (e.g. physical/visual), age and gender on the track. On the field results will be decided based on a 'distance-banding' system - i.e. the distances achieved will be placed in pre-set 'bands' of distances for each event on the field. This is in an attempt to create as fair as possible competition without recourse to a full-blown classification system. Wheelchair and ambulant athletes will still be separated. A copy of the bandings will be available on request.

(ii) PHYSICAL & VISUAL IMPAIRMENT - SENIORS

This will be run using the International Paralympic Committee (IPC) classification system. Where athletes do not have an IPC classification but do have a Disability Sport Events (DSE) Profile System classification this should be used as this can be equated to an IPC class. Athletes without any classification can still compete in an 'Open' class. More details about both IPC and DSE classification systems are available on request or at <http://www.disabilitysport.org.uk/sports/dyncat.cfm?catid=1874>

(iii) LEARNING DISABILITY - SENIORS

Events will be split between those competitors with moderate and severe learning disabilities, in line with the junior competition. Where there are insufficient competitors in both categories the organisers reserve the right to combine them. Competitors will be split by gender.

(iv) LEARNING DISABILITY - JUNIORS

The events will be split between those competitors with moderate and severe learning disabilities. Grouping into either category will be based on school / education classification.

(v) HEARING IMPAIRMENT - JUNIORS & SENIORS

This will be run as an Open Competition with competitors only split by age and gender.

6. JUNIOR AGE GROUPS

Under 15 Boys & Girls	-	10-14 years old at midnight on 31/08/2010
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Under 18 Boys & Girls	-	15-17 years old at midnight on 31/08/2010
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Under 20 Junior Men & Women	-	18-19 years old at midnight on 31/08/2010
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For these Age Groups use the specific Entry Form

7. DRESS CODE

All athletes must wear appropriate athletics / sports clothing. Failure to do so will lead to athletes being removed from the competition.

8. RESTRICTIONS TO EVENTS OFFERED

The events on offer for each group of competitors are listed on the relevant entry form. However, please note the following points:

- (i) **Athletes in the U15 and U18 categories may enter a **MAXIMUM** of **four** events, while athletes over 18 may enter a **MAXIMUM** of **five** events. **BUT** please remember that there may be little time to rest in between events as this is a one day competition. At DSE Junior Nationals, athletes will only be able to compete in **three** events.**
(N.B. - remember that the fee for this Championships is based upon an amount for each event entered).
 - (ii) In the DSE National Junior Championships, the following events are only for competitors who have a more **severe physical impairment** (e.g. electric wheelchair users, others with severe locomotor impairments).
 - 60 m (ambulant athletes and **manual** wheelchair only)
 - Club - Precision and Distance
 - Grip Ball Throw
 - Precision Ramp Ball
 - Bean Bag - Height and Precision
 - (iii) The Ball Throw event for athletes with a learning disability is only for those **not** competing in Javelin.
 - (iv) The Standing Long Jump event is only for those competitors with a severe learning disability who cannot take part in the running version.
 - (v) Manual Wheelchair Slalom is being introduced this year. The course will be in line with that laid out in the DSE Rules & Procedures (see below) except that there will be no step or ramp included.
 - (vi) Electric Wheelchair Slalom is also being introduced this year. As per the DSE Rules & Procedures it will be split between those power chair users who have coordination impairments (e.g. cerebral palsy) and those with restrictions in muscular power (e.g. muscular dystrophy). Please ensure that you indicate whether Coordination (C) or Power (P) on the entry form.
- (For those clubs, schools and individuals where these are new events the rules can be found within the DSE Junior Athletics Rules & Procedures - pages 14-15 & 20-21 - which can be downloaded at - <http://www.disabilitysport.org.uk/sports/dyncat.cfm?catid=1870>)

9. THE NATIONAL CHAMPIONSHIPS

(For all National Championships, competitors **must** have an appropriate current IPC classification / profile)

DSE National Junior Athletics Championships - will be taking place in Blackpool on **3rd - 4th July 2010** (All impairment groups)

Please note that this year all athletes with learning disability wishing to attend the National Junior Athletics will have to have a classification in line with that stated below for the Mencap Sport Nationals. To support this we have booked Mencap Sport classifiers to attend on the day of the Regionals. However, the slots for classification are limited and will be restricted to those with genuine potential to attend the DSE National Junior Championships.

Those Juniors that achieve a qualifying standard for National Championships will be notified ASAP after the Regional Event.

Dwarf Athletic Association (DAAUK) National Open Games - will be taking place on **1st May 2010**

Mencap Sport National Athletics Championships - will be taking place at Sportcity, Manchester on **26th June 2010** (for athletes with learning disability who **MUST** hold an **International (INAS) or National registration**. These criteria state that to be eligible;

- The person must have an IQ of 75 or below
- The person must have limited 'Adaptive Behaviour'. This means they might need help with everyday tasks, for example cooking or travelling by public transport
- The learning disability must have occurred before the age of 18

If an individual already has an IQ assessment which shows their level to be 75 or below then there should not be a problem.

Cerebral Palsy Sport National Athletics Championships - will be taking place in Nottingham on **18th September 2010**

(Please note that these were the only major event dates available on relevant agencies' web-sites at the time of production. Other national events do take place in Athletics but no details are available currently. There is also a calendar of events run by UK Athletics currently available at - <http://www.uka.org.uk/media/news/december-2009/08-12-09-disability-update/>)