

# Open national athletics championship

and the festival of athletics



## What is it?

The open national athletics championship is Mencap Sport's competition for athletes with a learning disability.



## When?

25 June 2011 at 10.30am.



## Where?

Woodside Stadium, Watford Leisure Centre  
Horseshoe Lane, Watford WD25 7HH



# Who can enter?

You can enter if you

- are an athlete with a learning disability
- are 13 years old or older
- have been told you have a learning disability by a doctor or another medical person like a consultant
- have reached the entry standard in another competition.



On your entry form tell us the best result you got in your last competition. Your coach can help you with this.



Please send an envelope with your address and a stamp on it if you would like us to tell you that we have received your money and form.

# Festival of athletics



At the **open national athletics championship** there is another competition called the **festival of athletics**. The festival is for people with more severe learning disabilities.



The **festival of athletics** events happen from **12 noon to 2pm**.



You can enter either the **festival of athletics** or the **open national athletics championships**. You cannot enter both.

The people who are in charge of the athletics championship and the festival decide if you can take part. We will only contact you if there is a problem with your entry.



## **The number of events you can take part in**

**Under 15 but over 13 years old group** = 3 events  
You must be between these ages on 31 August 2011.

**Under 17 but over 15 years old group** = 3 events  
You must be between these ages on 31 August 2011.

**Under 20 but over 17 years old group** = 4 events  
You must be between these ages on 31 August 2011.

**Senior group** = 4 events  
You must be 20 years old or over on 31 August 2011.



# How to take part

**1. Fill in the entry form.** You may need your coach or supporter to help with this.



**2. Write a cheque to Mencap for your £7.50 entry fee.** You send this with your entry form.



**3. Send the form and the cheque to Mencap Sport,** Delta View, Coventry Road, Birmingham B26 3PG.



Please make sure we have your entry form and cheque by **5pm on Friday 3 June 2011**. Otherwise you will not be able to take part.



## The rules

You can find the rules of the competition at **[www.uka.org.uk](http://www.uka.org.uk)**



## Bringing your friends and family to watch

You can bring people to support you on the day but they are not allowed on the track.

If supporters want to take any photos or film they must give their details to the people at reception. This includes taking photos or filming on a mobile phone. This is so we can make sure we know who is taking photos and filming. This is to keep everyone safe.





## Photographs

Mencap may take photographs of you or film you at the event. They may use the photos or films on their website or in things like magazines and adverts. They will not give out your name and address or any other details about you.



If you do not want to be filmed or be in photos please tell us on your entry form.



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## Information for coaches and supporters

The next part is information that your coach will need to help you enter.

# Information for coaches and supporters



## Who can enter

Each person you enter into this competition must meet the criteria to compete as an athlete with a learning disability. That is, they have been identified by an agency or professional as having a general learning disability or an IQ of 75 or below.

Learning disability does not include physical or sensory impairment, emotional or behavioural impairments or specific learning difficulties. The promoters may refuse entry to any athlete who, in their opinion, does not meet the eligibility criteria.

A formal UKSA or INAS classification is not required, however only athletes who hold a national or international classification will be eligible to claim performance records.

The competition is run under AKA rules with adaptations for hurdles. You can find the rules at [www.uka.org.uk](http://www.uka.org.uk)

# Entry standards – Open national athletics championships

Standards should have been achieved in competition since 25 June 2010

Event	Senior		Under 20 years		Under 17 years		Under 15 years	
	Male	Female	Male	Female	Male	Female	Male	Female
100m	13.5sec	16.0sec	15.0sec	17.0sec	16.5sec	18.0sec	18.0sec	20.0 sec
200m	27.0sec	33.5sec	29.0sec	35.0sec	32.0sec	37.0sec	36.0sec	42.0 sec
300m	-	-	-	-	-	1m 0sec	-	-
400m	1m 5sec	1m 25sec	1m 10sec	1m 28sec	1m 15sec	-	1m 25 sec	-
800m	2m 35sec	3m 15sec	2m 40sec	3m 25sec	3m 0sec	3m 40sec	3m 30 sec	4m 0sec
1500m	4m 55sec	7m 0sec	5m 10sec	7m 15sec	5m 30sec	7m 30sec	6m 45sec	8m 30sec
3000m	-	18m 30sec	-	18m 30sec	15m 0sec	18m 30sec	16m 30sec	-
5000m	Male – senior and under 20 years - 22m 0sec							
Hurdles	80m (76.2cm high)							
High jump	1.30m	1.10m	1.25m	1.05m	1.20m	1.00m	Must be able to jump 80cm correctly	
Long jump	4.80m	3.30m	4.20m	2.80m	3.50m	2.30m	2.50m	2.00m
Shot put	7.90m	6.00m	7.60m	5.50m	6.50m	5.00m	5.50m	4.50m
	7.26kg	4.0kg	6.25kg	4.0kg	5.0kg	4.0kg	4.0kg	3.25kg
Discus	17.0m	15.0m	17.0m	14.0m	16.0m	12.0m	12.0m	10.0m
	2.0kg	1.0kg	1.75kg	1.0kg	1.5kg	1.0kg	1.25kg	1.0kg
Javelin	26.0m	18.0m	25.0m	16.0m	24.0m	15.0m	15.0m	12.0m
	800g	600g	800g	600g	700g	600g	600g	600g
Hammer	7.26kg	4.0kg	6.0kg	4.0kg	5.0kg	4.0kg	4.0kg	4.0kg
Triple jump	This will be an open event with a minimum entry standard of 5.50m for all competitors, for safety reasons.							

Track	Field
60m	Long jump
	Turbo javelin

## Festival of athletics

There are no entry standards for the festival of athletics events. Competitors may enter one track and one field event.

## Entry form

Athlete name:

School or athletics club:  
(School or athletics club colours must be worn)

Home/school address:

Telephone numbers:

Email address:

Date of birth:

Male/Female:

**INAS (international) or UK (national) classification number (if held):**

**Age group** (as at 31.08.2011 – please tick box and ensure date of birth above is filled in):

Seniors – 20 years and over

Under 17 but over 15 years

Under 20 but over 17 years

Under 15 but over 13 years

**Please enter me in the following events** (please check entry standards):

I am entering the festival events (there are no entry standards for festival events).

Event		PB:	Where and date achieved	
Event		PB:	Where and date achieved	
Event		PB:	Where and date achieved	
Event		PB:	Where and date achieved	

**Please note** – no one competing in the under 15 or under 17 categories may enter more than 3 events, others may enter 4.

**Entry fee is £7.50 per athlete. Please make your cheque payable to Mencap.**

**Known medical condition(s) and management:**

Write n/a if there are no medical conditions

**Photography consent:**

Mencap may take photographs/recording of you whilst at this event. These images may appear in publicity material or websites. If you do not consent to this, please tick here

**Declaration:**

I declare that I am an amateur as per UK Athletics rules and agree to abide by them.

Signature: \_\_\_\_\_

Signature of parent or guardian if under 18 years: \_\_\_\_\_

Please return the completed form, together with your cheque for £7.50, to Mencap Sport, Delta View, Coventry Road, Birmingham B26 3PG.