



# Nationwide

Creating Champions Together

## LONDON REGIONAL DISABILITY ATHLETICS CHAMPIONSHIPS

### EVENT INFORMATION AND ENTRY PACK

Run under EFDS EVENTS Athletics Rules –

These can be downloaded from the EFDS EVENTS Website [www.disabilitysport.org.uk](http://www.disabilitysport.org.uk)

- VENUE:** Lee Valley Athletics Centre, Meridian Way, Edmonton, London N9 0AR
- DATE:** Monday 9<sup>th</sup> May 2011
- TIME:** Registration from 9:30am, First events start at 10am prompt.
- COST:** £2:00 per person per event

**ENFIELD & HARINGEY ATHLETIC CLUB**



**FORMS SHOULD BE RETURNED TO: Yvonne Jacobs**

By email to: [athletics.coaching@hotmail.co.uk](mailto:athletics.coaching@hotmail.co.uk)

By post to: Yvonne Jacobs

Lee Valley Athletics Centre

Meridian Way

Edmonton

London

N9 0AR

**NO FORMS WILL BE ACCEPTED AFTER: Friday 8<sup>th</sup> April 2011**

**CHEQUES MADE PAYABLE TO: Enfield and Haringey AC special needs section**

## **RULES**

The Regional Athletics Championships will be run under EFDS EVENTS Athletics Rules. Further details can be found at <http://www.disabilitysport.org.uk/sports/dyncat.cfm?catid=1870>

## **ELIGIBILITY**

The Regional events are 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 31/12/11, with the appropriate classification/profile, will be eligible for the DSE National Junior Championships.

## **QUALIFYING STANDARDS**

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 which are available on request.

## **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 classification systems are available on request from – Garry Hyndman - [ghyndman@efds.co.uk](mailto:ghyndman@efds.co.uk) or 0161 9532765

### **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.

### **(iii) 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.

### **(iv) HEARING IMPAIRMENT – JUNIORS & SENIORS**

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

## JUNIOR AGE GROUPS

<b>Under 13 Boys &amp; Girls</b>	-	10-12 years old at midnight on 31/12/2011
<b>Under 16 Boys &amp; Girls</b>	-	13-15 years old at midnight on 31/12/2011
<b>Under 18 Boys &amp; Girls</b>	-	16-17 years old at midnight on 31/12/2011
<b>Under 20 Junior Men/Women</b>	-	18-19 years old at midnight on 31/12/2011

## DRESS CODE

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

## 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) **Maximum** numbers of events per age group are as follows;
  - a. U13s – 3 events
  - b. U16s and U18s - 4 events
  - c. Athletes over 18 - 5 events.

## PLEASE NOTE:

### **ATHLETES WILL ONLY BE ABLE TO COMPETE IN THREE EVENTS AT NATIONAL JUNIOR ATHLETICS CHAMPS**

- (ii) **The following events are only available 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 – 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) Hammer throw is being included at this competition for competitors who are able to participate in this event. Please only enter if you have received the correct coaching, and are confident at this.

(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> )

**Implement weights:** We will endeavour to accommodate athletes that need to throw a different weight from those specified for their age and disability for example, those more severely disabled who need a lighter weight, but we must be informed in advance in order to schedule events correctly. In some cases, those throwing a different weight from their peers won't be eligible for medals.

## **PHOTOGRAPHY**

Event organisers should be made aware of any child or group of children who should not be photographed during the event. A camera register will be operated for those wishing to take photos and full list of names and contact details will be retained by the event organisers.

**Please let the organisers know in advance if there are any athletes who can't be photographed. The athletes will then be issued with a photography exclusion sticker to wear. Anyone without a sticker is liable to be photographed during the event.**

## **ELIGIBILITY FOR THE NATIONAL JUNIOR CHAMPIONSHIPS**

**Competitors with a functional or sensory impairment must have an appropriate IPC classification / or DSE profile and all athletes an Intellectual disability wishing to attend the National Junior Athletics will require a National registration UKSA / MENCAP classification.**

## **ENTRY FORMS**

Where possible, **please initially submit entry forms by email**, and forward payment with a copy of the forms. Any entries by email will be quickly acknowledged, and this will also enable us to promptly deal with any queries. You are encouraged to entry as soon as you are able, but all entries must be received no later than Friday 8<sup>th</sup> April 2011.

# NATIONWIDE LONDON REGION ATHLETICS CHAMPIONSHIPS

## *Ambulant Physical, Hearing & Visual Impairment Junior Competitors Entry Form*

(Please complete this form using CAPITAL LETTERS)

Club / School Name .....

Contact Person .....

Contact Address .....

.....

Telephone (work) ..... (home) .....

E-mail address .....

### MAXIMUM EVENTS PER ATHLETE

**U13s – 3**

**U16s & U18s – 4**

**Older athletes – 5**

*(Please refer to the accompanying information for assistance on completing this form)*

Name	M/F	D.O.B	Disability Group	Profile/Class	Long Jump	Discus	Jav*	Grip Ball*	Shot	Club D*	P	Precision BeanBag	Hammer	60	100	200	400	800	1500

\* Competitors in Javelin cannot do Grip Ball Throw or Distance Club *Events in italics & bold only for those competitors with more severe impairments*  
*Hammer is only for those competitors who have had coaching and are confident with the event*

**Disability Group**    Totally Blind  
**Category Guide :**    Partially Sighted  
                                   Ambulant Physical Impairment  
                                   Hearing Impairment

**B. Further Information :**  
**P.**  
**A.**  
**H.**

Closing Date for Entries :  
 Return Address :

Friday 8<sup>th</sup> April 2011  
 Yvonne Jacobs  
 C/O Lee Valley Athletics Centre,  
 Meridian Way Edmonton London N9 0AR  
**Tel:**    07906885713 ( Leave a message)  
**Email:** Athletics.coaching@hotmail.co.uk



# NATIONWIDE LONDON REGION ATHLETICS CHAMPIONSHIPS

## *Severe Learning Disability Junior Competitors Entry Form*

(Please complete this form using CAPITAL LETTERS)

Club / School Name .....

Contact Person .....

Contact Address .....

.....

Telephone (work) ..... (home) .....

E-mail address .....

### MAXIMUM EVENTS PER ATHLETE

**U13s – 3**

**U16s & U18s – 4**

**Older athletes – 5**

*(Please refer to the accompanying information for assistance on completing this form)*

Name	M/F	D.O.B	High Jump	Long Jump *	Standing Long Jump *	Discus	Jav *	Shot	Ball * Throw	Prec. Bean Bag	Prec. Club	60	100	200	400	800	1500		

**\* Competitors in Javelin cannot compete in Ball Throw & those in Standing Long Jump cannot do Long Jump**

<b>Further Information :</b>	Closing Date for Entries :	Friday 8 <sup>th</sup> April 2011
	Return Address :	Yvonne Jacobs
		C/O Lee Valley Athletics Centre, Meridian Way Edmonton London N9 0AR
		<b>Tel:</b> 07906885713 ( Leave a message)
		<b>Email:</b> Athletics.coaching@hotmail.co.uk

# NATIONWIDE LONDON REGION ATHLETICS CHAMPIONSHIPS

## *Moderate Learning Disability Junior Competitors Entry Form*

(Please complete this form using CAPITAL LETTERS)

Club / School Name .....

Contact Person .....

Contact Address .....

.....

Telephone (work) ..... (home) .....

E-mail address .....

### MAXIMUM EVENTS PER ATHLETE

**U13s – 3**

**U16s & U18s – 4**

**Older athletes - 5**

*(Please refer to the accompanying information for assistance on completing this form)*

Name	M/F	D.O.B	High Jump	Long Jump	Discus	Javelin*	Shot	Ball * Throw	Hammer	60	100	200	400	800	1500

\* Competitors in Javelin cannot compete in Ball Throw *Hammer is only for those competitors who have had coaching and are confident with the event*

**Further Information :** Closing Date for Entries : Friday 8<sup>th</sup> April 2011  
 Return Address : Yvonne Jacobs  
 C/O Lee Valley Athletics Centre,  
 Meridian Way Edmonton London N9 0AR  
**Tel:** 07906885713 ( Leave a message)  
**Email:** Athletics.coaching@hotmail.co.uk

# NATIONWIDE LONDON REGION ATHLETICS CHAMPIONSHIPS

## *Moderate Learning Disability Senior Competitors Entry Form*

(Please complete this form using CAPITAL LETTERS)

Club / School Name .....

Contact Person .....

Contact Address .....

.....

Telephone (work) ..... (home) .....

E-mail address .....

**MAXIMUM 5 EVENTS PER ATHLETE**

*(Please refer to the accompanying information for assistance on completing this form)*

Name	M/F	D.O.B	High Jump	Long Jump	Discus	Javelin*	Shot	Ball * Throw	Hammer	60	100	200	400	800	1500

\* Competitors in Javelin cannot compete in Ball Throw *Hammer is only for those competitors who have had coaching and are confident with the event*

<b>Further Information :</b>	Closing Date for Entries :	Friday 8 <sup>th</sup> April 2011
	Return Address :	Yvonne Jacobs C/O Lee Valley Athletics Centre, Meridian Way Edmonton London N9 0AR
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# NATIONWIDE LONDON REGION ATHLETICS CHAMPIONSHIPS

## *Severe Learning Disability Senior Competitors Entry Form*

(Please complete this form using CAPITAL LETTERS)

Club / School Name .....

Contact Person .....

Contact Address .....

.....

Telephone (work) ..... (home) .....

E-mail address .....

**MAXIMUM 5 EVENTS PER ATHLETE**

*(Please refer to the accompanying information for assistance on completing this form)*

Name	M/F	D.O.B	High Jump	Long Jump*	Standing Long Jump *	Prec. Bean Bag	Prec. Club	Discus	Javelin*	Shot	Ball * Throw	60	100	200	400	800		

**\* Competitors in Javelin cannot compete in Ball Throw & those in Standing Long Jump cannot do Long Jump**

<b>Further Information :</b>	Closing Date for Entries :	Friday 8 <sup>th</sup> April 2011
	Return Address :	Yvonne Jacobs C/O Lee Valley Athletics Centre, Meridian Way Edmonton London N9 0AR
		<b>Tel:</b> 07906885713 ( Leave a message)
		<b>Email:</b> Athletics.coaching@hotmail.co.uk

# NATIONWIDE LONDON REGION ATHLETICS CHAMPIONSHIPS

## *Physical, Visual & Hearing Impairment Senior Competitors Entry Form*

(Please complete this form using CAPITAL LETTERS)

Club / School Name .....

Contact Person .....

Contact Address .....

.....

Telephone (work) ..... (home) .....

E-mail address .....

**MAXIMUM 5 EVENTS PER ATHLETE**

*(Please refer to the accompanying information for assistance on completing this form)*

Name	M/F	D.O.B	Disability Group	Profile/Class	Long Jump	Discus	Javelin*	Shot	Dist.* Club	Hammer	60	100	200	400	800	1500

\* Distance Club only for those competitors not able to do Javelin  
*Hammer is only for those competitors who have had coaching and are confident with the event*

**Disability Group**    Totally Blind  
**Category Guide :**    Partially Sighted  
                               Electric Wheelchair User  
                               Manual Wheelchair User  
                               Ambulant Physical Impairment  
                               Hearing Impairment

**B. Further**  
**P. Information :**  
**E.**  
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