

Leicestershire Disability Athletics Development Group



**We are delighted to host the 2022
East Midlands Regional Disability Championship
combined with
Our 14th Leicestershire & Rutland Disability
Athletics Championship**

(Held under UKA/WA/IPC Competition Rules - Permit Pending)

**Thursday 12th May 2022, 9.45 am - 2.30 pm
Saffron Lane Athletics Stadium, Leicester LE2 7NQ
Closing date for entries is Friday 29th April 2022**

**The Regional Championship event is open to entries from all
counties in the East Midlands*.**

EVENTS OFFERED for athletes with a disability aged 11+

Track (with PhotoFinish times): 100m, 200m for all; 800m Ambulant athletes only

Field: Long Jump, Shot, Javelin (Turbo or IPC) - with seated Shot/Javelin events

Slalom (110m) for Manual wheelchair users only

Athletes can choose **THREE** events and can opt for a fourth **GUEST** event which will be offered if time and space permit.

***We would also be happy to welcome athletes from these counties as guests in our Festival event on 5th May - contact us for more details**



➤ GENERAL INFORMATION ABOUT THE CHAMPIONSHIPS

This year we are again holding a separate Festival event (on 5th May) to ensure the quality of both events for all participants. We also incorporate the 9th year of the Regional Disability Athletics Championships.

We hope that this will enable us to maintain our principles of:

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

We also ensure we meet the timescales for selected entries to:

- Mencap National Athletics Championships - 18th June in Sheffield
- Activity Alliance National Junior Championships - 2nd & 3rd July in Coventry

➤ AGE RANGE

The 2022 event is open to all athletes with a disability who will be 11 ON THE DAY OF THE COMPETITION AND be a **minimum of 12 years old by 31st August 2022** (normally Year 7). There is no upper age limit for adults for our Regional/County championship. Pupils aged 7-11 years enter a separate competition on Friday 17th June - details will follow for Leicestershire & Rutland schools.

➤ AWARDS AND PROGRESSION

- All Leicestershire & Rutland participants will receive a certificate of participation.
- The top three placed athletes for each event in each age group & gender will receive a medal, on the day if possible, and/or within the circulated overall results.
- Athletes achieving **qualifying standards/criteria** for National Championships will be notified the following week of their selection and given support to enter:

The Mencap National Athletics Championships; Activity Alliance National Junior Championships; Cerebral Palsy (CP) National competitions and Grand Prix events; England Athletics Disability Competitions; and provided with links to local coaches and clubs

➤ ENTRY FEES

Schools/Colleges/Groups **up to 8 athletes - £40**; Individual athletes - **£10**

The entry fee covers the **MAXIMUM** of events/individuals specified. All groups will be invoiced to the person detailed on the entry form (Individual entries will be informed how to make a payment IN ADVANCE by BACS.)

➤ COMPLETING THE ENTRY FORMS

Please use the entry forms sent with this information, referencing the classification system, on page 3 of the entry form file, and give us as much information as possible about each athlete's ability. The events on offer for each group of competitors are listed on the relevant entry forms found in a separate file '**Championship Forms 2022**'.



Please choose up to three events but add a fourth as a Guest which will be permitted if time and space allow. **Form A** is for ambulant athletes (Categories 3 & 4 and UKA classified)

- **Form B** is for all wheelchair users (Category 2 and UKA classified)
- **Guidance:** Please use the most appropriate 'Disability Group code' on the entry form. If an athlete has two impairments, **please state both** (e.g. 4a /4f)
- (Individual entries from outside Leicestershire - please use separate form.)

Entry Forms must be sent electronically to: cheriedsilva41@gmail.com in a **Word document** and received by **10:00 A.M. on FRIDAY 29th April 2022**. All entries will be acknowledged (by email from Cherie D'Silva) so please do not arrive on the day if you have not received confirmation.

➤ **RULES**

The Athletics Championships are held under current UKA Competition Rules (which include the IPC Rules for disabled athletes). The UKA Permit ensures that the Technical Officials appointed will follow the appropriate rules and validate appropriate records. Further details of the different events and competitions for disabled people in all sports are available from: <http://www.englandathletics.org/disability-athletics/>

➤ **COMPETITION FORMAT**

A FULL timetable will be circulated once all the entries are submitted taking into account rest times and possible timetable clashes. There is no timetabled lunch break during the competition and groups need to ensure their participants are aware of this.

TRACK EVENTS are organised in order to group competitors as far as possible in relation to age group and gender, with separate races for Wheelchair, RaceRunners and ambulant athletes. A fun Relay may be offered at the end of 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 and Javelin/Turbo Javelin. We have a throwing frame available. 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, together with the issued vest numbers. Failure to do so may lead to athletes being removed from the competition - for health and safety reasons.

➤ **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 07511 163 783 if you will be late arriving or if you are unable to attend.

