

Open national athletics championship

Including 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 2016 at 10.30 am.



Where?

Dorothy Hyman Sports Centre
Snydale Road, Cudworth
Barnsley, S72 8LH



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 or an IQ of 75 or less by a doctor or another medical person like a consultant
- have reached the entry standard in another competition since 25 June 2015. You can find out about the entry standards later on in this booklet.



On your entry form tell us the times you got in your last competition.



Your name will be entered on the website when 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.



You can enter the **Festival of athletics** or the **Open national athletics championships**. You cannot enter both.

The people 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 = 3 events

You have to be under 15 but over 13 years old on 31 August 2016.

Under 17 = 3 events

You have to be under 17 but over 15 years old on 31 August 2016.

Under 20 = 4 events

You have to be under 20 but over 17 years old on 31 August 2016.

Senior group = 4 events

You have to be over 20 years old on 31 August 2016.

Festival events = 3 events

You must be over 13 years of age on 31 August 2016.



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 £15 entry fee.** You send this with your entry form.



3. **Send the form and the cheque** to Mencap Sport, 123 Golden Lane, London, EC1Y 0RT.



4. **Or register and pay online at** www.mencap.org.uk/athletics



Please make sure we have your entry form and cheque by **5pm on Friday 3 June 2016**. Otherwise you will not be able to take part.

The rules



The competition will be run using the UK Athletics rules. You can find more details at www.uka.org.uk/competitions/rules/

Electronic timing



Electronic timekeeping will be in operation at this event and results will be sent to power of ten. Please therefore ensure your athletics club, if applicable, is entered on the entry form.

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.



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.



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 or filming. This is to keep everyone safe.



Information for coaches and supporters

The next part about times is quite hard to understand so please ask your coach or supporter to go through it with you.

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 UKA rules with adaptations for hurdles. You can find the rules at www.uka.org.uk/competitions/rules/

Atlantoaxial Instability (AAI)

Atlantoaxial Instability (AAI) is a condition which some athletes with Down's syndrome may have. There are a few sports that can cause pressure on the neck and if the athlete has this instability, it can have serious effects. For the safety of the athlete they should have a regular neck X-ray as directed by their medical specialist.

Any person diagnosed with symptomatic AAI will not be allowed to compete in this event. To compete in high risk events (high jump), we require a doctor's letter stating whether the X-ray has been done, the results and, if necessary, a clear statement of whether the athlete has, or does not have, asymptomatic AAI.

Entry standards – Open national championship

Standards should have been achieved in competition since 25 June 2015

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	20.0sec
200m	27.0sec	33.5sec	29.0sec	35.0sec	32.0sec	37.0sec	36.0sec	42.0sec
300m	-	-	-	-	-	1m 0sec	-	-
400m	1m 5sec	1m 25sec	1m 10sec	1m 28sec	1m 15sec	-	1min 25sec	-
800m	2m 35sec	3m 15sec	2m 40sec	3m 25sec	3m 0sec	3m 40sec	3min 30sec	4min 0sec
1500m	4m 55sec	7m 0sec	5m 10sec	7m 15sec	5m 30sec	7m 30sec	6min 45sec	8min 30sec
3000m	-	18min 30sec	-	18min 30sec	15min 0sec	18min 30sec	16min 30sec	-
5000m	male – senior and under 20 years – 22m 0sec							
Hurdles	110m (91.4cm h)	80m (76.2cm high)						
High jump	1.35m	1.10m	1.30m	1.05m	1.20m	1.00m	Must be able to jump 80cm correctly	
Long jump	4.80m	3.30m	4.20m	2.80m	3.5m	2.3m	2.50m	2.0m
Shot put	7.90m	6.00m	7.60m	5.50m	6.5m	5.0m	5.50m	4.50m
	7.26kg	4.0kg	6.25kg	4.0kg	5.0kg	3.0kg	4.0kg	3.0kg
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	500g	600g	500g
Hammer	7.26kg	4.0kg	6.0kg	4.0kg	5.0kg	3.0kg	4.0kg	3.0kg
Triple jump	This will be an open event with, for safety reasons, a minimum entry standard of 5.50m for all competitors.							

Festival of athletics – Events

There are no entry standards for the Festival of Athletics events. Athletes may enter 3 events.

Track events	Field events
60m (only for athletes who cannot run 100m)	Turbo javelin
100m	Shot put
200m	Long jump
	Standing long jump (for athletes who cannot safely jump with a run up)

Coaches are responsible for ensuring that their athletes can safely undertake the skills required for any events entered.

Confidential medical form

Athlete details

Athlete name:

Address:

Postcode:

Home tel:

Mobile:

Date of birth:

Male/female:

Next of kin / emergency contact details

Name:

Relationship to athlete:

Address:

Postcode:

Home tel:

Mobile:

GP details

Name:

Address:

Tel No:

Medical information

Do you have any medical conditions or allergies? (e.g. epilepsy, diabetes, asthma, etc)

Yes No

If yes, please list below:

Are you taking any regular medication? Yes No

If yes, please list below:

Athletes with Down's syndrome

Do you have Down's syndrome? Yes No

If you are competing in the high jump event

Medical assessment states clear of AAI Yes No

If no, does medical assessment give recommendation to allow high jump Yes No

Please include a copy of current medical assessment signed and authorised by a medical practitioner.

Declaration:

I confirm the information given above is correct to the best of my knowledge.

Signature: _____ Date: _____

Parent/guardian signature (if under 18): _____

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 August 2016 – tick box and make sure you have given date of birth above):

- 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: (please check entry standards) note: There are no entry standards for festival events. Tick this box if you are entering the 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 £15 per athlete. Please make your cheque payable to Mencap.

Photography consent:

Mencap may take photographs/recording of you 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 medical form and cheque for £15, to **Mencap Sport, 123 Golden Lane, London, EC1Y 0RT** or register and pay online at www.mencap.org.uk/athletics