

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?

26 June 2010 at 10.30 am.



Where?

Regional Athletics Arena, Sportcity, Eastlands, Gate 13, Rowsley Street, Manchester, M11 3FF



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 26 June 2009. 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.



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**.



If you are in the **under 15 but over 13 years old group** you must also have an INAS (international) or UK (national) classification. Ask your coach about this or find out how to get one at the Mencap Sport website www.mencap.org.uk/sport

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 have to be these ages on 31 August 2010.

Under 17 but over 15 years old group = 3 events
You have to be these ages on 31 August 2010.

Under 20 but over 17 years old group = 4 events
You have to be these ages on 31 August 2010.

Senior group = 4 events
You have to be these ages on 31 August 2010.



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, 6a Caldervale Road, Wakefield, West Yorkshire, WF1 5PE.



Please make sure we have your entry form and cheque by **5pm on Friday 5 June 2010**. Otherwise you will not be able to take part.



The rules

You can find the rules of the competition at **www.iaaf.org**



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.

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.

Entry standards – Open national championships

Standards should have been achieved in competition since 27 June 2009

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	-	1min 25 sec	-
800m	2m 35sec	3m 15sec	2m 40sec	3m 25sec	3m 0sec	3m 40sec	3min 30 sec	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	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	5.50	4.50m
	7.26kg	4.0kg	6.25m	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, for safety reasons, a minimum entry standard of 5.50m for all competitors.							

Track	Field
60m	Long Jump
600m	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:

E-mail address:

Date of birth:

Male / Female:

INAS (International) or UK (National) classification number (if held):

Age group (as at 31.8.2010 – 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: (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 £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,
6a Caldervale Road, Wakefield, WF1 5PE