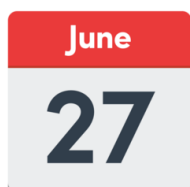


Open national athletics championships

Including the Give it a Go Athletics Taster Day



**Sheffield
Hallam
University**

What is it?

The **Open national athletics championships** is Mencap Sport's competition for athletes with a learning disability.

When?

Saturday 27th June 2020

Where?

Sheffield Hallam University Athletics Stadium
Stadium Way
Sheffield
S9 3HL



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 30 June 2019. 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.

Give it a Go Taster Day

Ever wanted to try out a new sport, have some fun and challenge yourself? At the Sheffield Hallam University alongside our annual Athletics Championships, we are running a taster day for all the budding athletes out there.

People aged 13+ can come along for the day and experience an athletics event atmosphere. Individuals can try out a range of track and field events such as 100m, 200m, turbo javelin, shotput and long jump. The Give it a Go Taster Day is for those people who do not meet our championship qualifying standards and is therefore a great opportunity for people to try these events in a relaxed and friendly environment. Officials and volunteers will be on hand during the day to give advice to people taking part to ensure they have the best possible experience.



The number of events you can take part in

Under 15 years boys and girls = 3 events.

Track and Field events for Under 15s shall be confined to competitors who are aged 13 or 14 on 31st August within the Competition Year.

Under 17 years men and women = 3 events.

Track and Field events for Under 17s shall be confined to competitors who are aged 15 or 16 on 31st August within the Competition Year.

Under 20 years men and women = 4 events.

Track and Field events for Under 20s shall be confined to competitors who are 17 or over on 31st August within the Competition Year, as defined above, but Under 20 on 31st December in the calendar year of competition

Senior group = 5 events.

A senior is a competitor who is at least 20 years of age on 31st December in the calendar year of competition.

Give it a Go Taster Day athletes can only take part in 3 events.



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 payment by **Monday 15th June 2020**. Otherwise, you will not be able to take part.



Data Protection

In order to register you for our athletics event we need to collect and store your personal data including your name and contact details. We will keep your information in a safe place. We will destroy it after 5 years unless you ask us to do so at an earlier date.



We will not give your personal details to anyone outside of Mencap and the event organisers without your consent, unless we have to by law. You can read more about your rights by visiting

<https://www.mencap.org.uk/our-privacy-policy>



The rules

The competition will be run using the UK Athletics rules. You can find more details

at: <https://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 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 photographed/filmed please tell us on your entry form. A wristband will be given to you on the day. If supporters want to take any photos/film they must give their details to the people at reception. 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 could be quite hard to understand so please ask your coach or supporter to go through it with you.

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 <https://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.

Standards should have been achieved in competition since 30 June 2019

[illegible]

Give it a Go Taster Day- Events

There are no entry standards for the Give it a Go Taster Day. Athletes may enter three 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/supporters are responsible for ensuring that their athletes can safely undertake the skills required for any events entered.