

GM Disability Athletics Competition

Date: Wednesday 1st April 2009

Venue: Sportcity, Manchester

Time: 10:00 am – 2:00 pm

Pathway Information:

Pathway Dates

4th/5th July - National Event @ Stanley Park, Blackpool



25th April - NW Regional Event @ Sportcity, Manchester



1st April - County Event @ Sportcity, Manchester

1. At the County event there will be an overall team (Borough) winner as well as Individual winners.
2. Individual winners will qualify for the NW Regional Event, subject to meeting the required qualifying times/distances.
3. Where Borough Finals take place, winning athletes will be selected to represent their Borough in the County Final.
4. If Borough's do not run their own events, individual schools may send teams to the County Final.
5. Please however note this is a County Competition and therefore it will only be appropriate for higher-level competitors. Please bear this in mind when selecting children to attend.

General Information:

Age Groups & Entry Details

All age categories are in line with DSE National Junior Athletics Rules & Procedures.

- **Under 15:**
Competitors must be 12, 13, or 14 yrs old at midnight on 31st August/ 1st Sept in the year of competition.
- **Under 17:**
Competitors must be 15 or 16 yrs old at midnight on 31st August/ 1st Sept in the year of competition.
- **Under 20:**
Competitors must be 17, 18 or 19 yrs old at midnight on 31st August/ 1st Sept in the year of competition.

There will be separate Boys & Girls events in all categories.

Each athlete can enter a maximum of 3 events + 1 relay.

All competitors will be from Secondary Schools/FE establishments.

All age groups will require a separate entry form.

Closing date for entry is **Friday 13th March**.

Events

Indoor Events

60m
Manual Slalom
Power Slalom
Shot
Precision Bean Bag
High Jump
Long Jump
Shuttle Relay (non-scoring, fun event)

Outdoor Events

200m
800m
Javelin
Distance Club

Format for the day

Arrival and Registration will take place between: 9:30 – 10:00 am

All indoor events will take place from 10:00 am - 2:00 pm.

All outdoor events will take place from 10:00 am - 12:00 pm.

Greater Manchester Disability Athletics Competition
Wednesday 1st April 2009 @ Sportcity, Manchester

Categories:

1. Learning Disability/ Deaf/ Hearing Impaired
2. Physical Disability Ambulant
3. Manual Wheelchair
4. Electric Wheelchair
5. Visually Impaired

| EVENT | CATEGORIES | NOTES |
|--------------------|-------------------|---|
| 60m | 2, 3 | |
| 200m | 1,2,5 | |
| 800m | 1 | *Pace Runner will be provided for first 500m and athletes will have to stay behind the runner |
| Manual Slalom | 3 | |
| Power Slalom | 4 | |
| Javelin | 1,2,3,4,5 | |
| Shot | 1,2,3,4,5 | |
| Distance Club | 2,3,4 | |
| Precision Bean Bag | 2,3,4 | |
| High Jump | 1,2,5 | |
| Long Jump | 1,2,5 | |
| Shuttle Relay | All- Mixed Teams | Non Scoring event |

***Please note athletes will be allowed to compete in a maximum of 3 events plus the relay.**