

RULES & INFORMATION

Scottish National Senior Athletics Championships 2018

12 September 2018

Grangemouth Stadium

Kersiebank Avenue

Grangemouth

FK3 0EE



**RULES & REGULATIONS**

**1. ELIGIBILITY TO COMPETE**

1.1. Entries are accepted directly from SDS branches or from SDS Regions, individuals, clubs and member organisations where branches do no currently exist. Guest entries from Home Countries and abroad may also be accepted where appropriate.

1.2. Track and Field events are open to athletes who have some degree of visual impairment, physical disability or learning disability. SDS minimal disability criteria for entry to events will apply. For further information contact the SDS office.

1.3. Athletes must have prepared appropriately, have some previous experience and be able to complete the events entered safely.

**2. COMPETITION FORMAT**

* 1. A full time/distance banded system will be used for the track and field competition. The time and distance bands are based on results recorded by entrants to the

SDS/ Scottish Athletics Championships over the past few years.

* 1. Racing chairs, running frames and throwing stools will be subject to measurement. All Wheelchair Racers & Race-Runners must wear helmets in all races.
  2. If the time/distance recorded by an athlete at the Championships is unacceptably greater than the time/distance submitted on the entry form then disqualification may result. Five per cent improvement above the upper limit of the class is considered acceptable.
  3. It is imperative that accurate information is given on the entry form relating to entry times and weights used for field events and that the attached format is used. Entries will be returned to the area if not completed properly.
  4. The minimum age of entry to the Championships is:

|  |  |
| --- | --- |
| **Athletes with a physical or visual impairment** | **Athletes with a learning disability** |
| 14 Years | 16 Years |

Ages are taken on the date of the Championships. Because track and field events are banded, there will not be separate competition for juniors and seniors.

2.5. Races may be combined with athletes with a physical disability/ visual impairment, however separate medals will be awarded. Medals will be awarded as follows:

4 or more athletes = gold, silver & bronze

3 athletes = gold & silver

2 athletes = gold

2.6. **Wheelchair Athletes & Race-Runners** may enter a maximum of 4 events plus 2 relays. All other athletes can enter a maximum of **3 events** plus relays.

2.7. Events: 50m (Bands C-E), 100m (Bands A-C), 200m, 400m, 800m, 1500m, 100m walk, 400m walk, Standing Long Jump, Long Jump, High Jump, Shot Put, Discus, Javelin, Club Throw, Softball (Under 25m only), Relays.

2.8. Male and female athletes may race together for classification purposes; however, separate medals will be awarded.

**3.** These Championships will be run under WPA and UK Athletics Rules

Please return the entry form to Norma Buchanan at [norma.buchanan@fife.gov.uk](mailto:norma.buchanan@fife.gov.uk) copying in Shona Malcolm at [shonamalcolm@scottishathletics.org.uk](mailto:shonamalcolm@scottishathletics.org.uk) Invoice, Team Profile and payment should be sent to Norma Buchanan in the Fife office of SDS. If paying by BACs please inform Norma of the date and amount. Both should be returned by Friday 24 August. A draft programme will be distributed shortly before the event.

**SCOTTISH DISABILITY SPORT**

**SDS OPEN TRACK AND FIELD CHAMPIONSHIPS FOR ATHLETES WITH A PHYSICAL, SENSORY OR LEARNING DISABILITY**

**Wednesday 12 September 2018 –**

**Grangemouth Stadium, Kersiebank Avenue, Grangemouth FK3 0EE**

**TEAM PROFILE**

|  |  |  |  |
| --- | --- | --- | --- |
| Please indicate in the box below which Branch of SDS your entry should be assigned to (a list of Branches is detailed below). If you are not affiliated to any of the SDS Branches detailed please indicate by putting “n/a” in the box. | | | |
| **List of Branches** | **Please indicate Branch** | **Area/School/Club** | **No. of Participants** |
| Angus, Ayrshire Sportsability, Borders, Dumfries & Galloway, Dundee, Grampian, Fife, Forth Valley, Glasgow, Highland, Lothian, Perth & Kinross, South Lanarkshire |  |  |  |

**Please complete the nos. for your area in each category**

|  |  |  |
| --- | --- | --- |
| **Gender** | Male |  |
| Female |  |
| **AGE** | Primary |  |
| Secondary |  |
| 18-24 |  |
| 25-44 |  |
| 45-64 |  |
| 64 plus |  |
| **Disability** | Wheelchair participants |  |
| Ambulant participants with a physical disability |  |
| Blind and visually impaired participants |  |
| Deaf & hearing impaired participants |  |
| Participants with a learning disability |  |

**SDS OPEN TRACK AND FIELD CHAMPIONSHIPS**

**FOR ATHLETES WITH A PHYSICAL DISABILITY OR SENSORY IMPAIRMENT**

**Grangemouth Stadium, Kersiebank Avenue, Grangemouth FK3 0EE**

**Wednesday 12 September 2018**

Closing date for entries – Friday 24 August 2018

INVOICE

|  |  |
| --- | --- |
| REGION |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MALE | FEMALE | TOTAL | ENTRY FEE OF £4.00 PER Athlete | TOTAL AMOUNT ENCLOSED |
| NUMBER OR COMPETITORS |  |  |  |  |
| NUMBER OF ESCORTS |  |  |  |
| TOTAL NUMBER IN GROUP | | |  |

|  |  |  |  |
| --- | --- | --- | --- |
| GROUP ORGANISER: |  | | |
| *Signature*: |  | | |
| ADDRESS: |  | | |
|  |  | | |
|  |  | | |
| POST CODE: |  | Tel: |  |
| Email: |  | | |

PLEASE REMEMBER TO ENCLOSE ENTRY FEE

|  |
| --- |
| All entry fees and invoice to: Norma Buchanan, Administrator SDS , Michael Woods Sports & Leisure Centre, Viewfield, Glenrothes, Fife KY6 2RD. If paying by BACs please inform Norma of the date and amount.  Tel: 03451 55 55 55 + Ext 444989  e-mail: [norma.buchanan@fife.gov.uk](mailto:norma.buchanan@fife.gov.uk) |