

S.D.S. OPEN ATHLETICS CHAMPIONSHIPS ATHLETES WITH A LEARNING DISABILITY

RULES & REGULATIONS

1. Entry Form

Areas may enter as many athletes as they wish in each event. Please refer to the accompanying sheet for a list of available events and bandings.

Please enter the full name of all athletes.

On the entry form, please enter athletes' name and their events. A recent best time or distance must be included. Athletes will be assigned to races according to the SDS bands.

If an athlete is entered for a relay and/or Tug of War please add this to the form. Please add the team name and the best time for the relay team.

2. Maximum Events

Each athlete may enter a maximum of three individual events plus two relays. Any athlete may also enter the tug of war.

3. Relays

A team may enter as many relay teams. However all athletes should be competent and have an understanding of the change over zones.

4. Combined events and Medals

This event is combined with the Physical Disability/Visual Impairment Championships therefore races may be combined, however separate medals will be awarded.

There will be a minus one rule in operation as follows - +4 = Gold, Silver, Bronze, 3 = Gold and Silver, 2 or less = Gold only

5. Team Championship

Details of the Team Trophy event will be forwarded in due course

6. Closing Date/Changes

Please return the entry form to Glasgow. Invoice and payment must be sent to the Fife office of SDS.

Additional information for Branch contacts:

- The championships are open to athletes 16+ on the day of the event.
- Athletes under 16 on the day of the championships may compete in any of the following individual events if they meet the standard for the event.

Band A

100 metres	-	under 13.5 secs (male)
	-	under 16.0 secs (female)
60 metres	-	under 9.5 secs (male)
	-	under 10.5 secs (female)
		*athletes entered for 60 metres must also qualify for 100 metres
200 metres	-	under 28 secs (male)
	-	under 35 secs (female)
400 metres	-	under 63 secs (male)
	-	under 86 secs (female)
800 metres	-	under 2:20.00 (male)
		open (female)
1500 metres	-	under 5 mins (male)
		open (female)
3000 metres	-	open (male)
Long jump	-	over 4.5 metres (male)
	-	over 3.0 metres (female)
High jump	-	over 1.35 metres (male)
	-	over 1.00 metre (female)
Shot 5Kg	-	+7m (male)
Shot 4Kg	-	+5m (female)
Javelin 800g	-	over 20 metres (male)
Javelin 600g	-	over 15 metres (female)
Discus 1.5Kg	-	over 12 metres (male)
Discus 1Kg	-	over 10 metres (female)

- Athletes under 16 may be entered into an area relay team if they qualify for the Band A individual 100 metres or 400 metres.

**Scottish Track & Field Championships
Events and Bands**

Event	No	Male/ Female	Band A	Band B	Band C	Band D	Band E
60m	4 4	M F	- 9.5 -10.5	9.5-10.5 10.5-11.5	10.5-11.5 11.5-12.5	+11.5 +12.5	
60m w/c	1 1	M F	Open Open				
100m	5 4	M F	-13.5 -16	13.5-15 16-18	15-16.5 18-20	16.5-18 +20	+18
200m	3 2	M F	-28 -35	28-32 +35	+32		
400m	3 2	M F	-63 -86	63-68 +86	+68		
400m Walk	3 4	M F		2m10-2m40 2m30-3m	2m40-3m20 3m-3m40	+3m20 +3m40	
800m Walk	1	M	Open				
800m	3 1	M F	-2m.20 Open	2m20-2m40	+2m40		
1500m	3 1	M F	-5m Open	5m-5m30	+5m30		
3,000m	1	M	Open				
4x100m	3 2	M F	-56 -69	56-60 +69	+60		
4x400m	1 1	M F	Open Open				
Long Jump	3 2	M F	+4.5m +3m	3.2-4.5m -3m	-3.2m		
Stand Long Jump	1 1	M F	Open Open				
High Jump	3 2	M F	+1.35m +1m	1.20-1.35m -1m	-1.20m		
Softball	2 3	M F		15-30m 10-20m	-15m -10m		
Softball w/c	1 1	M F	Open Open				
Shot Putt	4 4	M F	Open 6.25Kg +6m 4Kg	5-7m 5Kg 4.5-6m 4Kg	5-7m 4kg 4.5-6m 2.72Kg	-7m 3.25Kg -4.5m 2.72Kg	
Shot Putt w/c	1 1	M F	Open 2.72Kg Open 2.72 Kg				
Javelin	2 2	M F	+20m 800g +15m 600g	12-20m 800g 12-15m 600g			
Discus	1 1	M F	+12m 1.5Kg +10m 1Kg				
Tug of War							