



EASTERN REGION ATHLETICS CHAMPIONSHIPS 2015



Saturday 9th May 2015 – Chelmsford Sport & Athletics Centre, Salerno Way, Chelmsford, CM1 2EH
10.00a.m. to 5.00p.m. (*finishing time is an approximation*)

Ambulant Physical, Hearing & Visual Impairment Junior Competitors Entry Form

(Please complete this form using CAPITAL LETTERS)

Club / School Name
Contact Person
Contact Address
.....
Telephone (work) (home)
E-mail address

MAXIMUM EVENTS PER ATHLETE

U14s – 3

U16s & U18s – 4

U20 and Senior athletes - 5

(Please refer to the accompanying information for assistance on completing this form)

Name	M/F	D.O.B	Disability Group	Profile/Class	Long Jump	Discus	Jav*	<i>Grip Ball*</i>	Shot	60	100	200	400	800	1500	3000

* Competitors in Javelin cannot do Grip Ball Throw

Events in italics & bold only for those competitors with more severe impairments

Disability Group Totally Blind
Category Guide : Partially Sighted
 Ambulant Physical Impairment
 Hearing Impairment

B **Further**
PS **Information :**
A
H

Closing Date for Entries :
Return Address :

Wednesday 15th April 2015

ERDAF
32 Cromwell Road
Letchworth, Herts
SG6 1DT

£3.50 per event Cheques payable to 'ERDAF'

Your entry will be confirmed on email address given above

eastdisabilityathletics@yahoo.co.uk
www.erdaf.org.uk



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Saturday 9th May 2015 – Chelmsford Sport & Athletics Centre, Salerno Way, Chelmsford, CM1 2EH
10.00a.m. to 5.00p.m. (*finishing time is an approximation*)

Moderate Learning Disability Junior Competitors Entry Form

(Please complete this form using CAPITAL LETTERS)

Club / School Name
Contact Person
Contact Address
.....
Telephone (work) (home)
E-mail address

MAXIMUM EVENTS PER ATHLETE

U14s – 3

U16s & U18s – 4

U20 and Senior athletes - 5

(Please refer to the accompanying information for assistance on completing this form)

Name	M/F	D.O.B	High Jump	Long Jump	Discus	Javelin*	Shot	Ball * Throw	** 60	100	200	400	800	1500

* Competitors in Javelin cannot compete in Ball Throw

** 60m is for those unable to compete in 100m

Further Information :

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Severe Learning Disability Junior Competitors Entry Form

(Please complete this form using CAPITAL LETTERS)

Club / School Name
Contact Person
Contact Address
.....
Telephone (work) (home)
E-mail address

MAXIMUM EVENTS PER ATHLETE

U14s – 3

U16s & U18s – 4

U20 and Senior athletes - 5

(Please refer to the accompanying information for assistance on completing this form)

Name	M/F	D.O.B	High Jump	** Long Jump	** Standing Long Jump	Discus	* Javelin	Shot	* Ball Throw	Precision BeanBag	Precision Club	60	100	200	400	800

*** Competitors in Javelin cannot compete in Ball Throw**

**** Competitors in Standing Long Jump cannot compete in Long Jump**

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Saturday 9th May 2015 – Chelmsford Sport & Athletics Centre, Salerno Way, Chelmsford, CM1 2EH
10.00a.m. to 5.00p.m. (*finishing time is an approximation*)

Manual Wheelchair Junior Competitors Entry Form

(Please complete this form using CAPITAL LETTERS)

Club / School Name
Contact Person
Contact Address
.....
Telephone (work) (home)
E-mail address

MAXIMUM EVENTS PER ATHLETE

U14s – 3

U16s & U18s – 4

U20 and Senior athletes - 5

(Please refer to the accompanying information for assistance on completing this form)

Name	M/F	D.O.B	Disability Group	Profile/Class	Discus	Jav*	<i>Grip Ball*</i>	<i>Distance Club</i>	Shot	Manual Slalom	60	100	200	400	800	1500	3000

* Competitors in Javelin cannot do Grip Ball Throw or Distance Club *Events in italics & bold only for those competitors with more severe impairments*

Disability Group MW - Manual Wheelchair User
Category Guide :

Further Information : Closing Date for Entries :
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Electric Wheelchair Junior Competitors Entry Form

(Please complete this form using CAPITAL LETTERS)

Club / School Name
Contact Person
Contact Address
.....
Telephone (work) (home)
E-mail address

MAXIMUM EVENTS PER ATHLETE

U14s – 3

U16s & U18s – 4

U20 and Senior athletes - 5

(Please refer to the accompanying information for assistance on completing this form)

Name	M/F	D.O.B	Disability Group	Profile/Class	Powerchair slalom	Discus	* Jav	* Grip Ball	Shot	Distance Club	Precision Club	Height BeanBag	Precision BeanBag	Ramp Ball

* Competitors in Javelin cannot do Grip Ball Throw or Distance Club

Disability Group Electric Wheelchair User –
Category Guide: Coordination Impairment
Electric Wheelchair User –
Power Impairment

EC **Further**
Information :
EP

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Physical, Visual & Hearing Impairment Senior Competitors Entry Form

(Please complete this form using CAPITAL LETTERS)

Club / School Name
Contact Person
Contact Address
.....
Telephone (work) (home)
E-mail address

MAXIMUM 5 EVENTS PER ATHLETE

(Please refer to the accompanying information for assistance on completing this form)

Name	M/F	D.O.B	Disability Group	Profile/Class	Long Jump	Discus	Javelin *	Shot	* Grip Ball	60	100	200	400	800	1500	3000

* Grip Ball only for those competitors not able to do Javelin

Disability Group	Totally Blind	B
Category Guide:	Partially Sighted	PS
	Electric Wheelchair User	EW
	Manual Wheelchair User	MW
	Ambulant Physical Impairment	A
	Hearing Impairment	H

Further Information : Closing Date for Entries :
Return Address :

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Moderate Learning Disability Senior Competitors Entry Form

(Please complete this form using CAPITAL LETTERS)

Club / School Name
Contact Person
Contact Address
.....
Telephone (work) (home)
E-mail address

MAXIMUM 5 EVENTS PER ATHLETE

(Please refer to the accompanying information for assistance on completing this form)

Name	M/F	D.O.B	High Jump	Long Jump	Discus	* Javelin	Shot	* Ball Throw	100	200	400	800	1500	3000

* Competitors in Javelin cannot compete in Ball Throw

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Severe Learning Disability Senior Competitors Entry Form

(Please complete this form using CAPITAL LETTERS)

Club / School Name

Contact Person

Contact Address

.....

Telephone (work) (home)

E-mail address

MAXIMUM 5 EVENTS PER ATHLETE

(Please refer to the accompanying information for assistance on completing this form)

Name	M/F	D.O.B	High Jump	* Long Jump	* Standing Long Jump	Precision BeanBag	Precision Club	Discus	Shot	* Javelin	* Ball Throw	60	100	200	400	800

*** Competitors in Javelin cannot compete in Ball Throw**

**** Competitors in Standing Long Jump cannot compete in Long Jump**

Further Information :

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Manual Wheelchair Senior Competitors Entry Form

(Please complete this form using CAPITAL LETTERS)

Club / School Name

Contact Person

Contact Address

Telephone (work) (home)

E-mail address

MAXIMUM 5 EVENTS PER ATHLETE

(Please refer to the accompanying information for assistance on completing this form)

Name	M/F	D.O.B	Disability Group	Profile/Class	Discus	Jav*	Grip Ball*	Distance Club	Shot	Manual Slalom	60	100	200	400	800	1500	3000

* Competitors in Javelin cannot do Grip Ball Throw or Distance Club *Events in italics & bold only for those competitors with more severe impairments*

Disability Group MW - Manual Wheelchair User
Category Guide :

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Electric Wheelchair Senior Competitors Entry Form

(Please complete this form using CAPITAL LETTERS)

Club / School Name

Contact Person

Contact Address

.....

Telephone (work) (home)

E-mail address

MAXIMUM 5 EVENTS PER ATHLETE

(Please refer to the accompanying information for assistance on completing this form)

Name	M/F	D.O.B	Disability Group	Profile/Class	Powerchair slalom	Discus	Jav*	Grip Ball*	Shot	Distance Club	Precision Club	Height BeanBag	Precision BeanBag	Ramp Ball

*** Competitors in Javelin cannot do Grip Ball Throw or Distance Club**

Disability Group Electric Wheelchair User – **EC**
Category Guide: Coordination Impairment
 Electric Wheelchair User – **EP**
 Power Impairment

Further Information :

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Primary Multi-Event Competitors Entry Form (Please complete this form using CAPITAL LETTERS)

Club / School Name
Contact Person
Contact Address
.....
Telephone (work) (home)
E-mail address

This is a 3 event competition for Year 5 & 6 athletes. Each athlete will perform the equivalent of a 'run', 'jump' and 'throw', appropriate for their impairment. Medals will be presented for each event using a pan disability points system.

Please state which event alternative for each athlete below

Name	M/F	D.O.B	Disability Group	'Run'	'Jump'	'Throw'

The event alternatives are as follows;

- 'Run'** - 80m track run / self-propelled push **OR** power-chair slalom
 - 'Jump'** - Running Long Jump **OR** Standing Long Jump **OR** Height Bean Bag **OR** Wheelchair Single Self-Push for distance
 - 'Throw'** - 400g Grip Ball throw **OR** Bean Bag throw **OR** Ramp Ball accuracy
- (If you have an athlete for whom these event alternatives do not cater, then please contact Ros Cramp)

Disability Group Category Guide :
 Totally Blind
 Partially Sighted
 Electric Wheelchair User
 Manual Wheelchair User
 Ambulant Physical Impairment
 Hearing Impairment
 Moderate Learning Disability
 Severe Learning Disability

B
PS
EW
MW
A
H
MLD
SLD

Further Information :

Closing Date for Entries :
Return Address :

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£6.00 per athlete

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 Letchworth, Herts
 SG6 1DT
eastdisabilityathletics@yahoo.co.uk
www.erdaf.org.uk

Cheques payable to 'ERDAF'