

To: DSF Members

From: Norma Buchanan, Administrator, DSF

**SUBJECT: 2018 Fife Track & Field Championships for athletes**

**with a physical, sensory or learning disability**

**supported by the Fife Sports & Leisure Trust**

Please find enclosed an entry form for the above event to be held at the Pitreavie Stadium, Dunfermline on **Wednesday 13 June 2018** at 10.30 hours (finish time approximately 16.00 hours). Electronic copy will be available on DSF website.

Disability Sport Fife training sessions are held weekly at the Michael Woods Centre, Pitreavie Stadium and Madras College and those wishing to attend should contact register with DSF in the first instance (Norma).

Invitations have been extended to Secondary and Primary Schools in Fife with Departments for pupils with additional support needs (DAS). **Completed entry forms from schools should identify the year group for each pupil.** Pupils in S4-S6 compete in the junior open time and distance banded events. Schools must submit a time or distance for each pupil entered. No entry without preparation please. Check out the DSF website for results from 2017 Scottish and Fife Track & Field Championships.

The Fife team for the Scottish Track & Field Championships to be held on Wednesday 12 September 2018 at Grangemouth Sports Stadium will be selected from results recorded at the Fife championships (pupils 16+ only).

Individual pupils with a physical or sensory impairment will receive an entry form direct or if preferred through their school.

**Entry fees to be paid at the time of submission of entry forms.**

Closing date for entries – midday Friday 25 May 2018

If you have any questions please contact Event Convener Richard Brickley through the DSF office.

**PHOTOGRAPHY**

Celebrating success and encouraging others to participate are key priorities for Disability Sport Fife (DSF). Quality Photography and video footage are critical to meeting key DSF objectives. Photography and/or video footage may be taken at DSF events, Festivals, meetings etc. DSF will retain full rights to these images for use on printed and online publicity, social media, press releases, newsletters etc. Should any individual from your school, club, voluntary organisation or Community Support Service not wish to be included in group or individual photographs please inform the DSF Lead Person on the day of the event

Richard Brickley, MBE

President, Disability Sport Fife



**DISABILITY SPORT FIFE TRACK & FIELD CHAMPIONSHIPS**

**FOR ATHLETES WITH A PHYSICAL, SENSORY OR LEARNING DISABILITY**

**RULES**

1. Rules for individual events are similar to those for the Scottish Track & Field Championships. Copies available on request.

2. There will be separate events for pupils in S1, S2 and S3 where there are sufficient entries. Pupils S4-S6 will compete in the junior open age time and distance events. **On the entry form the school year should be identified beside the pupil name**. Times or distances must be submitted for each entrant.

3. It is the responsibility of each CCS/School to ensure that individual athletes are fit to compete in the events entered, before completing the entry form. No entry without training and coaching.

4. The most recent times and distances must be included on entry form for each athlete entered. All events will be time/distance banded and therefore individuals will compete against athletes of comparable ability.

5. Athletes are restricted to three events plus one relay.

6. Points awarded in each event will depend on numbers of CCS/Schools represented eg. Four

1st = 4 points, 2nd = 3 points, 3rd = 2 points, 4th = 1 point.

 Each event winner will score a minimum of 2 points

7. There will be an Inter CSS and Inter Schools competition. Appropriate events will carry points towards the Inter CSS/School Trophy competition. Only one athlete from each CSS/School in each event will score points towards his/her team total ie. highest placed athlete.

8. Relay Points are as follows:

 1st = 8 points, 2nd = 6 points, 3rd = 4 points, 4th = 2 points.

 Where there are less than three teams, points awarded will be scaled down accordingly.

9. Entries to be returned to Norma Buchanan, Administrator D.S.F., Michael Woods Centre, Viewfield, Glenrothes, KY6 2RD by midday on **Friday 25 May 2018 at the latest.**

10. **The opening events of the 2018 Championships will be junior relays – 10.30 hrs. Teams not ready to compete by 10.20 hrs will not be permitted to participate**.

**Disability Sport Fife Championships**

**Weight Specifications**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Groups** | **Age** | **Shot** | **Discus** | **Javelin** |
| U13 Boys (S1) | 11/12 | 3 Kg | 1 Kg | 400 g |
| U13 Girls (S1) | 11/12 | 2.72 Kg | 0.75 Kg | 400 g |
| U15 Boys (S2/S3) | 13/14 | 4 Kg | 1.25 Kg | 600 g |
| U15 Girls (S2/S3) | 13/14 | 3 Kg | 1 Kg | 600 g |
| U17 Boys (S4-S6) | Over 15 | 4 Kg | 1.5 Kg | 600 g |
| U17 Girls (S4-S6) | Over 15 | 3Kg | 1 Kg | 600 g |
| Senior Men |  | 3 Kg / 4 Kg / 5 Kg | 1.75 Kg | 700 g |
| Senior Women |  | 2.72 Kg / 3 Kg / 4 Kg | 1 Kg | 600 g |

*DSF/T&F/2018/RCB/NB*

**DISABILITY SPORT FIFE TRACK & FIELD CHAMPIONSHIPS**

**FOR ATHLETES WITH A PHYSICAL, SENSORY OR LEARNING DISABILITY**

**TO BE HELD ON WEDNESDAY 13 JUNE 2018 – PITREAVIE STADIUM, DUNFERMLINE**

**ENTRY FORM**

**Closing date for entries – midday on Friday 25 May 2018**

|  |  |
| --- | --- |
| **NAME OF CSS/SCHOOL/CLUB:** |  |
| **NAME OF CONTACT** |  |

* **Schools must identify school year beside pupil name e.g. S1, S2, S3 etc**
* **Schools please note expected finish time for transport**
* **No limit on entries. If there is not enough space submit an extra sheet**

**N.B. FIRST NAME AND SURNAME PLEASE**

**No entry without appropriate training.**

|  |  |
| --- | --- |
| **MALE (Track)** | **FEMALE (Track)** |
| **50 metres** | **Year** | **Time** | **50 metres** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |
| 4 |  |  |  | 4 |  |  |  |
| 5 |  |  |  | 5 |  |  |  |
| 6 |  |  |  | 6 |  |  |  |
| 7 |  |  |  | 7 |  |  |  |
| 8 |  |  |  | 8 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Track)** | **FEMALE (Track)** |
| **100 metres** | **Year** | **Time** | **100 metres** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |
| 4 |  |  |  | 4 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Track)** | **FEMALE (Track)** |
| **200 metres** | **Year** | **Time** | **200 metres** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Track)** | **FEMALE (Track)** |
| **400 metres (15 years and above only)** | **Year** | **Time** | **Year** | **Time** | **Year** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Track)** | **FEMALE (Track)** |
| **800 metres** | **Year** | **Time** | **800 metres** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Track)** | **FEMALE (Track)** |
| **1500 metres** | **Year** | **Time** | **1500 metres** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Track)** |  |
| **3000 metres (15 years and above only)** | **Year** | **Time** |
| 1 |  |  |  |
| 2 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Track)** | **FEMALE (Track)** |
| **400 metres walk** | **Year** | **Time** | **400 metres walk** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |
| 4 |  |  |  | 4 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Track)** | **FEMALE (Track)** |
| **100 metres Walk** | **Year** | **Time** | **100 metres Walk** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |

|  |  |
| --- | --- |
| **BOYS (Track)** | **GIRLS (Track)** |
| **100 metres Race Runner** | **Year** | **Time** | **100 metres Race Runner** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Track)** | **FEMALE (Track)** |
| **50 metres wheelchair push** | **Year** | **Time** | **50 metres wheelchair push** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Track)** | **FEMALE (Track)** |
| **50 metres walk/run (with sticks / walking frame)** | **Year** | **Time** | **50 metres walk/run (with sticks / walking frame)** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |

|  |  |
| --- | --- |
| **BOYS (Track)** | **GIRLS (Track)** |
| **50 metres Race Runner** | **Year** | **Time** | **50 metres Race Runner** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Track)** | **FEMALE (Track)** |
| **4 x 100 metres Relay** | **Year** | **Time** | **4 x 100 metres Relay** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Track)** | **FEMALE (Track)** |
| **4 x 50 metres Shuttle Relay** | **Year** | **Time** | **4 x 50 metres Shuttle Relay** | **Year** | **Time** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |

**Maximum two teams**

|  |  |
| --- | --- |
| **MALE (Field)** | **FEMALE (Field)** |
| **SOFTBALL THROW (max 26 m)** | **Year** | **Dist** | **SOFTBALL THROW** | **Year** | **Dist** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |
| 4 |  |  |  | 4 |  |  |  |
| 5 |  |  |  | 5 |  |  |  |
| 6 |  |  |  | 6 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Field)** | **FEMALE (Field)** |
| **SOFTBALL THROW (Athletes with a physical impairment)** | **Year** | **Dist** | **SOFTBALL THROW (Athletes with a physical impairment)** | **Year** | **Dist** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |

|  |  |
| --- | --- |
| **BOYS (Field)** | **GIRLS (Field)** |
| **SHOT (3Kg / 4Kg)** | **Year** | **Dist** | **SHOT (2.72Kg / 3Kg)** | **Year** | **Dist** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |

|  |  |
| --- | --- |
| **MEN (Field)** | **LADIES (Field)** |
| **SHOT (3Kg / 4Kg / 5Kg)** | **Wgt** | **Dist** | **SHOT (2.72Kg / 3Kg / 4Kg)** | **Wgt** | **Dist** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Field)** | **FEMALE (Field)** |
| **DISCUS** | **Year** | **Dist** | **DISCUS** | **Year** | **Dist** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Field)** | **FEMALE (Field)** |
| **JAVELIN**  | **Year** | **Dist** | **JAVELIN**  | **Year** | **Dist** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Field)** | **FEMALE (Field)** |
| **LONG JUMP (Running)** | **Year** | **Dist** | **LONG JUMP (Running)** | **Year** | **Dist** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |

|  |  |
| --- | --- |
| **MALE (Field)** | **FEMALE (Field)** |
| **STANDING LONG JUMP**  | **Year** | **Dist** | **STANDING LONG JUMP**  | **Year** | **Dist** |
| 1 |  |  |  | 1 |  |  |  |
| 2 |  |  |  | 2 |  |  |  |
| 3 |  |  |  | 3 |  |  |  |

**ENTRIES TO BE RETURNED BY MIDDAY ON FRIDAY 25 MAY 2018:**

**Norma Buchanan, Administrator, Disability Sport Fife, Michael Woods Sports Centre, Viewfield, Glenrothes Fife KY6 2RD**

**Tel. 03451 55 55 55 + Ext 555989**

**Email norma.buchanan@fife.gov.uk**

**DISABILITY SPORT FIFE**

**TRACK AND FIELD CHAMPIONSHIPS**

**FOR ATHLETES WITH A PHYSICAL, SENSORY OR LEARING DISABILITY**

**WEDNESDAY 13 JUNE 2018**

**PITREAVIE STADIUM, DUNFERMLINE**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **INVOICE**

|  |  |  |  |
| --- | --- | --- | --- |
| NUMBER OF ATHLETES |  | @ £2.00 PER ATHLETE = £ |  |

Cheques/P.O.s made payable to **Disability Sport Fife**

|  |  |
| --- | --- |
| Contact Person: |  |
| Address: |  |
|  |  |
|  |  |
|  |  |
| Tel No.: |  |
| Email: |  |
| Signature: |  |

 **Please return this Invoice and appropriate entry fees with entry form to: Norma Buchanan, Administrator, Disability Sport Fife, Michael Woods Centre, Viewfield, Glenrothes, Fife KY6 2RD (Tel. 03451 55 55 55 Ext 444989 or email norma.buchanan@fife.gov.uk).** |