



## 2010 Para-Athletics Championships TRACK & FIELD TECHNICAL PACKAGE

Sunday, August 8, 2010

TD Waterhouse Stadium, University of Western Ontario

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Approved by: Athletics Ontario  
Sanctioned by: IPC  
Hosted by: London Western Track & Field Club, University of Western Ontario  
Supported by: OCPSA (Ontario Cerebral Palsy Sports Association), OWSA (Ontario Wheelchair Sports Association) & OBSA (Ontario Blind Sports Association)

*The Para-Athletics Championships is a provincial championship with a para-athletics focus however **“able-bodied” athletes are welcome to compete in the Open Division**. Open Women and Open Men heats will be available for all track events. These heats will run slowest to fastest depending on the numbers registered and will run after the OPC races. These heats are limited so register early!*

### TECHNICAL DETAILS

#### **How to Enter**

Registration/entry forms must be completed for each athlete; forms may be emailed to [amanda@ocpsa.com](mailto:amanda@ocpsa.com) prior to the entry deadline of **Friday, July 23<sup>rd</sup>**. No entries will be accepted after this date.

Scheduled Events listed on “Schedule A”.

Entry Standards listed on “Schedule B”.

Cost is \$15 for the first event and \$5 for every event after. Cheque or cash only. Payment to be made on the day of the event. Cheques are to be made payable to OCPSA.

#### **On-site Registration**

Athletes must pick up their registration packages between 8:00 a.m. and 9:00 a.m. on Sunday, August 8<sup>th</sup>.

#### **Meals**

There will be no meals provided.

#### **Awards**

Medals will be provided for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placing.

#### **Facility**

TD Waterhouse Stadium  
100 Philip Aziz Avenue  
University of Western Ontario  
London, ON

Track: 8 lanes 400m, Mondo – very fast!  
Throwing circles: Concrete  
Timing: Hytek Meet Manager / FinishLynx

### **Stadium Warm-up Sessions**

TD Waterhouse Stadium will be open for warm up on Sunday, August 8 from 8:00 a.m. to 9:30 a.m.

### **Start Lists**

Heats will be seeded by time regardless of classification.

Start Lists will be circulated by email as well as posted at [www.ocpsa.com](http://www.ocpsa.com) after July 27, 2010.

### **Rules**

IAAF and IPC

### **Marshalling**

Track: Athletes are to report to the start line.

Field: Athletes are to report to event site 30 minutes prior to start of event.

### **Equipment**

*Starting Blocks:*

Starting blocks will be provided.

*Throwing Implements:*

Throwing implements are provided. Personal implements are allowed, but must be weighed prior to competition.

Weigh-in will be conducted at the event site.

### **On-site Medical Support:**

All athletes should travel with their provincial medical plan number. Emergency medical will be available on-site.

### **Event Enquiries**

Local Organizing Committee: London Western Track & Field Club  
Primary Contact Name: John Stevenson  
Email: [john.stevenson@rogers.com](mailto:john.stevenson@rogers.com)

Secondary Contact Name: Amanda Fader  
Telephone/Cell: 613.723.1806 or 613.277.7881  
Email: [amanda@ocpsa.com](mailto:amanda@ocpsa.com)

### **TRANSPORTATION**

Transportation to and from the event is the responsibility of the athlete.

Campus maps, including parking areas, may be downloaded at: <http://www.uwo.ca/parking/map.html>.

### **ACCOMMODATION**

*Western Bed & Breakfast at the University of Western Ontario (at Elgin Hall)*

<http://www.has.uwo.ca/hospitality/bedandbreakfast/index.htm>

## “SCHEDULE A”



## SCHEDULED EVENTS

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... all timed finals ... track and jump events won't start before time indicated ...

9:00am	Javelin/Club(tie-down)
... rolling	Shot Put (tie-down)
schedule for	Discus (tie-down)
tie-down	
throws	
9:30 a.m.	5,000m
10:00 a.m.	Long Jump (amb & pent)
10:30 a.m.	800m (& pent)
11:00 a.m.	Javelin (amb & pent)
12:00 p.m.	200m
12:30 p.m.	Discus (amb & pent)
1:30 p.m.	100m
2:00 p.m.	High Jump
2:00 p.m.	Shot Put (amb)
2:30 p.m.	400m
3:00 p.m.	Triple Jump
3:30 p.m.	1,500m

## “SCHEDULE B”



## QUALIFYING STANDARDS

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Performances must have been achieved outdoors between May 1, 2009 & July 22, 2010.

All qualification results for entry into the Championships will be checked and verified. Any false claims could result in non-participation.

Results must have been achieved at Athletics Ontario sanctioned &/or approved events (S, A or AC) and conform to IAAF/IPC/Athletics Canada rules. Wind readings and implement certification must always be recorded on results to guarantee their validity.

OPC:	Ontario Para-Athletics Championships
n/s:	No minimum standard
Junior:	12 to 15 years of age (on day of event)
Open:	16 years or age and older

Please note that if a bantam level athlete (U12) achieves the junior level entry standard, he/she may participate in the event(s).

<b>MEN</b>	<b>opc OPEN</b>	<b>opc JUNIOR</b>		<b>WOMEN</b>	<b>opc OPEN</b>	<b>opc JUNIOR</b>
100m	17.73	21.01	<b>T11</b>	100m	20.04	23.75
200m	35.94	42.59		200m	40.89	48.46
400m	1:20.13	1:34.96		400m	1:35.00	1:52.59
800m	3:14.99	3:51.10		800m	3:42.93	4:24.21
1500m	6:26.74	7:38.36		1500m	7:30.16	8:53.53
5000m	24:06.23			5000m	n/s	
10000m	49:55.91			10000m		
javelin	19.20m	7.20m	<b>F11</b>	javelin	16.00m	6.00m
shot	6.40m	2.40m		shot	5.60m	2.10m
long jump	3.84m	1.44m		long jump	3.04m	1.14m
triple jump	7.86m	2.95m		triple jump	n/s	n/s
discus	21.60m	8.10m		discus	17.60m	6.60m
high jump	0.97m	0.36m		high jump	0.88m	0.33m
100m	16.68	19.76		<b>T12</b>	100m	19.31
200m	33.64	39.87	200m		39.56	46.89
400m	1:13.99	1:27.69	400m		1:28.11	1:44.43
800m	2:49.75	3:21.19	800m		3:21.79	3:59.16
1500m	5:44.96	6:48.84	1500m		6:54.44	8:11.91
5000m	21:40.78		5000m		n/s	
10000m	55:22.33		10000m			
javelin	33.45m	12.54m	<b>F12</b>	javelin	16.00m	6.00m
shot	7.60m	2.85m		shot	7.44m	2.79m
long jump	4.26m	1.60m		long jump	3.36m	1.26m
triple jump	9.00m	3.38m		triple jump	n/s	n/s
discus	28.71m	10.77m		discus	25.50m	9.56m
high jump	1.12m	0.42m		high jump	0.95m	0.36m
100m	16.20	19.20		<b>T13</b>	100m	19.08
200m	32.86	38.95	200m		39.10	46.34
400m	1:13.23	1:26.79	400m		1:30.60	1:47.38
800m	2:46.69	3:17.56	800m		3:42.93	4:24.21
1500m	5:44.96	6:48.84	1500m		7:30.16	8:53.53
5000m	21:40.78		5000m		n/s	
10000m	51:30.50		10000m			
high jump	1.23m	0.46m	<b>F13</b>	high jump	0.95m	0.36m
discus	24.00m	9.00m		discus	25.50m	9.56m
javelin	29.20m	10.95m		javelin	16.00m	6.00m
shot	7.60m	2.85m		shot	7.44m	2.79m
triple jump	8.80m	3.30m		triple jump	n/s	n/s
long jump	4.46m	1.67m		long jump	3.25m	1.22m

<b>MEN</b>	<b>opc OPEN</b>	<b>opc JUNIOR</b>		<b>WOMEN</b>	<b>opc OPEN</b>	<b>opc JUNIOR</b>
club	6.40m	2.40m	F32	shot	1.78m	0.67m
shot	3.35m	1.26m		club	4.80m	1.80m
discus	8.62m	3.23m		discus	4.13m	1.55m
100m RR	27.60	n/s	T33	100m RR	27.60	n/s
200m RR	1:01.25	n/s		200m RR	1:01.25	n/s
400m RR	2:46.82	n/s		400m RR	2:46.82	n/s
discus	15.95m	5.98m	F33	discus	8.33m	3.12m
javelin	13.23m	4.96m		javelin	6.16m	2.31m
shot	4.62m	1.73m		shot	2.40m	0.90m
javelin	15.31m	5.74m	F34	javelin	7.20m	2.70m
discus	17.68m	6.63m		discus	6.40m	2.40m
shot	4.99m	1.87m		shot	3.60m	1.35m
100m	19.95	23.64	T35	100m	23.81	28.22
200m	43.38	51.41		200m	1:07.88	1:20.44
400m	n/s	n/s		400m	2:04.56	2:27.63
discus	19.90m	7.46m	F35	discus	10.08m	3.78m
javelin	19.16m	7.19m		javelin	8.77m	3.29m
shot	6.40m	2.40m		shot	3.60m	1.35m
100m	19.41	23.01	T36	100m	22.66	26.86
200m	39.60	46.93		200m	1:07.88	1:20.44
400m	1:29.19	1:45.70		400m	2:04.56	2:27.63
800m	3:32.59	4:11.96		800m	n/s	n/s
1500m	7:41.01	9:06.39		1500m	n/s	n/s
discus	21.01m	7.88m	F36	discus	9.95m	3.73m
javelin	17.00m	6.38m		javelin	8.24m	3.09m
shot	7.18m	2.69m		shot	3.54m	1.33m
long jump	2.46m	0.92m		long jump	1.72m	0.65m
100m	18.60	22.04	T37	100m	21.99	26.06
200m	35.30	41.84		200m	45.98	54.49
400m	1:28.83	1:45.27		400m	1:53.39	2:14.39
800m	2:56.84	3:29.59		800m	n/s	n/s
1500m	7:10.34	8:30.03		1500m	n/s	n/s
javelin	21.98m	8.24m	F37	javelin	12.41m	4.65m
discus	20.00m	7.50m		discus	16.21m	6.08m
shot	5.68m	2.13m		shot	4.42m	1.66m
long jump	3.48m	1.31m		long jump	1.92m	0.72m
100m	17.31	20.52	T38	100m	22.40	26.55
200m	34.65	41.07		200m	45.21	53.59
400m	1:17.58	1:31.94		400m	1:45.46	2:04.99
800m	3:14.25	3:50.22		800m	n/s	n/s
1500m	7:11.61	8:31.54		1500m	n/s	n/s
5000m	27:26.44			5000m		
discus	19.79m	7.42m	F38	discus	12.98m	4.87m
javelin	21.22m	7.96m		javelin	11.20m	4.20m
shot	6.67m	2.50m		shot	6.24m	2.34m
long jump	3.55m	1.33m		long jump	2.08m	0.78m

<b>MEN</b>	<b>opc OPEN</b>	<b>opc JUNIOR</b>		<b>WOMEN</b>	<b>opc OPEN</b>	<b>opc JUNIOR</b>
100m	19.95	23.64	T40	100m	23.81	28.22
200m	43.38	51.41		200m	1:07.88	1:20.44
400m	n/s	n/s		400m	2:04.56	2:27.63
shot	6.00m	2.25m	F40	shot	4.31m	1.62m
discus	n/s	n/s		discus	13.98m	5.24m
javelin	n/s	n/s		javelin	n/s	n/s
100m	19.89	23.57	T42	100m	26.63	31.56
200m	43.81	51.93		200m	1:05.33	1:17.42
400m	1:51.65	2:12.33		400m	n/s	n/s
discus	27.42m	10.28m	F42	discus	17.27m	6.48m
javelin	29.13m	10.92m		javelin	15.98m	5.99m
shot	5.69m	2.13m		shot	3.97m	1.49m
long jump	2.67m	1.00m		long jump	1.41m	0.53m
100m	19.89	23.57	T43	100m	n/s	n/s
200m	n/s	n/s		200m	n/s	n/s
discus	27.42m	10.28m		F43	discus	n/s
javelin	29.13m	10.92m	javelin		n/s	n/s
shot	8.00m	3.00m	shot		n/s	n/s
100m	17.55	20.80	T44	100m	21.19	25.11
200m	35.59	42.18		200m	43.64	51.72
400m	1:22.55	1:37.84		400m	1:53.11	2:14.06
800m	3:26.66	4:04.93		800m	4:34.93	3:25.84
discus	30.85m	11.57m	F44	discus	16.08m	6.03m
javelin	32.28m	12.11m		javelin	19.28m	7.23m
shot	7.18m	2.69m		shot	5.39m	2.02m
long jump	3.93m	1.47m		long jump	2.81m	1.05m
high jump	1.20m	0.45m		high jump	n/s	n/s
100m	17.55	20.80	T45	100m	n/s	n/s
200m	35.59	42.18		200m	n/s	n/s
400m	1:22.55	1:37.84		400m	n/s	n/s
long jump	3.36m	1.26m	F45	long jump	n/s	n/s
high jump	n/s	n/s		high jump	n/s	n/s
100m	16.46	19.51	T46	100m	n/s	n/s
200m	33.15	39.29		200m	38.60	45.75
400m	1:13.19	1:26.74		400m	1:36.79	1:54.71
800m	2:49.34	3:20.70		800m	3:35.19	4:15.04
1500m	5:49.69	6:54.44		1500m	n/s	n/s
5000m	22:02.45			5000m		
discus	23.93m	8.97m	F46	discus	19.29m	7.23m
shot	7.50m	2.81m		shot	5.73m	2.15m
javelin	28.50m	10.69m		javelin	8.24m	3.09m
long jump	4.20m	1.58m		long jump	2.75m	1.03m
triple jump	6.81m	2.55m		triple jump	n/s	n/s
high jump	1.18m	0.44m		high jump	n/s	n/s

<b>MEN</b>	<b>opc OPEN</b>	<b>opc JUNIOR</b>		<b>WOMEN</b>	<b>opc OPEN</b>	<b>opc JUNIOR</b>
club	6.40m	2.40m	<b>F51</b>	club	4.80m	1.80m
discus	5.94m	2.23m		discus	8.89m	3.33m
100m	26.44	31.33	<b>T52 / T33</b>	100m	32.79	38.86
200m	48.28	57.21		200m	1:00.38	1:11.56
400m	1:34.90	1:52.47		400m	2:01.25	2:23.70
800m	3:06.46	3:40.99		800m	3:50.75	4:33.48
1500m	6:02.50	7:09.63		1500m	n/s	n/s
5000m	19:22.29			5000m		
javelin	7.94m	2.98m	<b>F52</b>	javelin	3.86m	1.45m
discus	10.28m	3.86m		discus	4.56m	1.71m
shot	5.25m	1.97m	<b>T53 / T34</b>	shot	1.76m	0.66m
100m	22.54	26.71		100m	26.33m	31.20
200m	40.06	47.48		200m	45.59m	54.03
400m	1:16.60	1:30.79		400m	1:28.64	1:45.05
800m	2:30.65	2:58.55		800m	3:02.31	3:36.07
1500m	4:27.79	5:17.38		1500m	5:28.75	6:29.63
5000m	15:27.38	18:19.11		5000m	19:35.63	23:13.33
10000m	31:55.38		10000m	n/s		
javelin	9.28m	3.48m	<b>F53</b>	javelin	5.95m	2.23m
discus	11.06m	4.15m		discus	7.44m	2.79m
shot	4.74m	1.78m	<b>T54</b>	shot	3.22m	1.21m
100m	21.08	24.98		100m	24.90	29.51
200m	37.45	44.39		200m	44.80	53.10
400m	1:10.53	1:23.59		400m	1:22.25	1:37.48
800m	2:30.00	2:57.78		800m	2:44.58	3:15.05
1500m	4:27.79	5:17.38		1500m	5:12.54	6:10.41
5000m	15:27.38	18:19.11		5000m	18:26.33	21:51.20
10000m	31:55.38		10000m	n/s		
javelin	15.90m	5.96m	<b>F54</b>	javelin	8.34m	3.13m
discus	16.63m	6.24m		discus	9.48m	3.56m
shot	5.68m	2.13m	<b>F55</b>	shot	3.60m	1.35m
javelin	11.00m	6.88m		javelin	6.59m	4.12m
discus	13.08m	8.17m		discus	8.86m	5.54m
shot	3.99m	2.49m	<b>F56</b>	shot	2.98m	1.86m
javelin	11.88m	7.42m		javelin	8.34m	5.21m
discus	13.68m	8.55m		discus	8.55m	5.34m
shot	4.08m	2.55m	<b>F57</b>	shot	2.83m	1.77m
javelin	13.84m	8.65m		javelin	7.08m	4.42m
discus	16.68m	10.43m		discus	9.15m	5.72m
shot	4.81m	3.01m	<b>F58</b>	shot	3.35m	2.09m
javelin	16.73m	10.46m		javelin	9.77m	6.11m
discus	19.41m	12.13m		discus	11.31m	7.07m
shot	5.25m	3.28m		shot	3.41m	2.13m

# IMPLEMENT WEIGHTS

## OPEN MEN

	SHOT	DISCUS	JAVELIN	CLUB
F11	7.26kg	2.00kg	800gm	
F12	7.26kg	2.00kg	800gm	
F13	7.26kg	2.00kg	800gm	
F32	2.00kg	1.00kg		397gm
F33	3.00kg	1.00kg	600gm	
F34	4.00kg	1.00kg	600gm	
F35	4.00kg	1.00kg	600gm	
F36	4.00kg	1.00kg	600gm	
F37	5.00kg	1.00kg	600gm	
F38	5.00kg	1.50kg	800gm	
F40	4.00kg	1.00kg	600gm	
F41	6.00kg	1.00kg	800gm	
F42	6.00kg	1.50kg	800gm	
F43	6.00kg	1.50kg	800gm	
F44	6.00kg	1.50kg	800gm	
F46	6.00kg	1.50kg	800gm	
F51		1.00kg		397gm
F52	2.00kg	1.00kg	600gm	
F53	3.00kg	1.00kg	600gm	
F54	4.00kg	1.00kg	600gm	
F55	4.00kg	1.00kg	600gm	
F56	4.00kg	1.00kg	600gm	
F57	4.00kg	1.00kg	600gm	
F58	5.00kg	1.00kg	600gm	

## OPEN WOMEN

	SHOT	DISCUS	JAVELIN	CLUB
F11	4.00kg	1.00kg	600gm	
F12	4.00kg	1.00kg	600gm	
F13	4.00kg	1.00kg	600gm	
F32	2.00kg	1.00kg		397gm
F33	3.00kg	1.00kg	600gm	
F34	3.00kg	1.00kg	600gm	
F35	3.00kg	1.00kg	600gm	
F36	3.00kg	1.00kg	600gm	
F37	3.00kg	1.00kg	600gm	
F38	3.00kg	1.00kg	600gm	
F40	3.00kg	0.75kg	400gm	
F41	4.00kg	1.00kg	600gm	
F42	4.00kg	1.00kg	600gm	
F43	4.00kg	1.00kg	600gm	
F44	4.00kg	1.00kg	600gm	
F46	4.00kg	1.00kg	600gm	
F51		1.00kg		397gm
F52	2.00kg	1.00kg	600gm	
F53	3.00kg	1.00kg	600gm	
F54	3.00kg	1.00kg	600gm	
F55	3.00kg	1.00kg	600gm	
F56	3.00kg	1.00kg	600gm	
F57	3.00kg	1.00kg	600gm	
F58	4.00kg	1.00kg	600gm	

## JUNIOR BOYS

	SHOT	DISCUS	JAVELIN	CLUB
F11	4.00kg	1.00kg	600gm	
F12	4.00kg	1.00kg	600gm	
F13	4.00kg	1.00kg	600gm	
F32	2.00kg	0.75kg		397gm
F33	2.00kg	0.75kg	400gm	
F34	3.00kg	0.75kg	400gm	
F35	3.00kg	0.75kg	400gm	
F36	3.00kg	0.75kg	400gm	
F37	3.00kg	0.75kg	400gm	
F38	4.00kg	1.00kg	600gm	
F40	3.00kg	1.00kg	400gm	
F41	4.00kg	1.00kg	600gm	
F42	4.00kg	1.00kg	600gm	
F43	4.00kg	1.00kg	600gm	
F44	4.00kg	1.00kg	600gm	
F46	4.00kg	1.00kg	600gm	
F51		0.75kg		397gm
F52	2.00kg	0.75kg	400gm	
F53	2.00kg	0.75kg	400gm	
F54	2.00kg	0.75kg	400gm	
F55	2.00kg	0.75kg	400gm	
F56	2.00kg	0.75kg	400gm	
F57	3.00kg	1.00kg	600gm	
F58	4.00kg	1.00kg	600gm	

## JUNIOR GIRLS

	SHOT	DISCUS	JAVELIN	CLUB
F11	4.00kg	1.00kg	600gm	
F12	4.00kg	1.00kg	600gm	
F13	4.00kg	1.00kg	600gm	
F32	2.00kg	0.75kg		397gm
F33	2.00kg	0.75kg	400gm	
F34	2.00kg	0.75kg	400gm	
F35	2.00kg	0.75kg	400gm	
F36	2.00kg	0.75kg	400gm	
F37	2.00kg	0.75kg	400gm	
F38	2.00kg	0.75kg	400gm	
F40	2.00kg	0.75kg	400gm	
F41	3.00kg	1.00kg	400gm	
F42	3.00kg	1.00kg	400gm	
F43	3.00kg	1.00kg	400gm	
F44	3.00kg	1.00kg	400gm	
F46	3.00kg	1.00kg	400gm	
F51		0.75kg		397gm
F52	2.00kg	0.75kg	400gm	
F53	2.00kg	0.75kg	400gm	
F54	2.00kg	0.75kg	400gm	
F55	2.00kg	0.75kg	400gm	
F56	2.00kg	0.75kg	400gm	
F57	2.00kg	0.75kg	400gm	
F58	3.00kg	0.75kg	400gm	

deadline is July 23

## 2010 Para-Athletics Championships REGISTRATION FORM

Please complete the following registration form and submit it to:

Mail: Amanda Fader  
7-46 Antares Drive, Nepean, ON, K2E 7Z1  
Fax: 613.723.6742  
Email: [amanda@ocpsa.com](mailto:amanda@ocpsa.com)

*Entry fees are to submitted at on-site registration on Sunday, August 8, 2010.*

---

Name:

Address:

City:

Postal Code:

Phone:

Email:

Date of Birth:

Division:

Bantam (12 u)

Club Name:

PSO member of:

OCPSA

Classification: Track: N/A      Field: N/A      Guide Name:

Event(s)

*You MUST provide a seed time &/or distance for each event entered.*

- |                          |                               |       |
|--------------------------|-------------------------------|-------|
| <input type="checkbox"/> | 100m                          | _____ |
| <input type="checkbox"/> | 200m                          | _____ |
| <input type="checkbox"/> | 400m                          | _____ |
| <input type="checkbox"/> | 800m                          | _____ |
| <input type="checkbox"/> | 1500m                         | _____ |
| <input type="checkbox"/> | 5000m                         | _____ |
| <input type="checkbox"/> | Pentathlon                    | _____ |
| <input type="checkbox"/> | Shot Put                      | _____ |
| <input type="checkbox"/> | Discus                        | _____ |
| <input type="checkbox"/> | Javelin                       | _____ |
| <input type="checkbox"/> | Long Jump                     | _____ |
| <input type="checkbox"/> | Triple Jump                   | _____ |
| <input type="checkbox"/> | High Jump                     | _____ |
| <input type="checkbox"/> | Club Throw (F32 and F51 only) | _____ |

Medical Information / Allergies:

Emergency Contact Name:

Phone: