**Manchester Secondary Schools Disability Championships**

**Manchester Regional Arena, Etihad Campus**

**Thursday 19th March 2020**

**10.00 – 1.00pm**

**Team Declaration sheets to be submitted by Thursday 5th March to,**

**Email simon.jones@whgs-academy.org**

(Please use multiple sheets where needed).

**PLEASE NOTE: Entries not submitted by the 5th March will NOT be accepted.**

**Age:**

Under 19’s

Under 17’s

Under 15’s

**Categories:**

1. Learning Disability/ Deaf/ Hearing Impaired
2. Physical Disability Ambulant
3. Manual Wheelchair
4. Electric Wheelchair
5. Visually Impaired

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| --- | --- | --- |
| **EVENT** | **CATEGORIES** | **NOTES** |
| 60m | 2, 3 | Time trials |
| 200m | 1,2,5 | Time trials |
| 400m | 1 |  |
| Manual Slalom | 3 |  |
| Power Co-ordinated Slalom | 4 |  |
| Javelin | 1,2,3,4,5 | Foam Javelin |
| Shot | 1,2,3,4,5 | 2.72kg for Girls  3.25kg for Boys |
|  |  |  |
| Precision Bean Bag | 4 |  |
| High Jump | 1,2,5 |  |
| Long Jump | 1,2,5 |  |
| Fun Relay – non scoring | ALL- Mixed Teams & age groups | Time trials  Please select 4 students for a team [If enough time] |

**\*\*Please note athletes will be allowed to compete in a maximum of 3 events plus the relay.**

**Due to time restrictions athletes will not be allowed to compete in extra events on the day or in events outside of their category**

**Please also note that additional entries on the day will NOT be allowed.**

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| ENTRY FORM **Name of School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  Please tick the appropriate event and fill in the gender, wheelchair question, school year group, age group, category no’s, & group for the athlete entered.  Please state the category number of the athlete. Please check the events in each category prior to entering. ATHLETES NAME | Male/Female  MM | School Year Group | Age Group ( U15/ U17/U19) | Category No | Ethnicity |  | 60M | 200M | 400M | Manual Slalom | Power Slalom | Shot Putt | Foam Javelin |  | Precision Bean Bag | High Jump | Long Jump | Relay |
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**Manchester Secondary Schools Disability Championships - Team Declaration Sheet**