

Before filling in this Registration form please have a good read at this sheet, which explains the rules and regulations regarding classification, age groups and entries.

It is also important to remember that only those who are fully paid up members of the Association will be eligible to enter or attend the Games.

1. **CLASSIFICATION** there are three classes of athletes (1, 2 & 3) and medals will be awarded in each class. The vast majority of short stature people will fall into class two. Exceptionally short members will belong to class one, while the exceptionally longer limbed will belong to class three. When forms have been returned we will notify anyone whom we think should be in a different class to the one claimed. Any further dispute will involve taking measurements but the committee's decision will be final. Height and arm length measurements need to be given on your entry form.
2. **AGE GROUPS** the age groups for athletes will be as follows: under 6's, under 8's, under 11's, under 13's, under 15's, under 17's, open and masters (40 or over for males and 35 or over for females). The age group that you belong to for the athletics meet will depend on your age on the 31<sup>st</sup> August 2010. This avoids the possible anomaly of having to change age groups during the course of one season and aligns DAA with IPC & DSE events.
3. **EVENT ENTRIES** first of all you are restricted to entering only those events, which are applicable to your age group and are not allowed to move into higher age groups. The following table indicates which events are eligible for which age groups.
4. **AIR RIFLE SHOOT** Shooting will be taking place using a bench rest or stand for all competitors, ages 15 and above only. A maximum of 20 competitors can compete in this event.
5. **CYCLE TIME TRIAL** will be on a banked track, all competitors must bring their own bicycle and equipment a helmet is required and suitable shoes. Members will be responsible for the security of their own equipment. Two groups will race 11-16 and seniors 16+.

AGE GROUPS	TRACK	FIELD	OTHER SPORTS
<b>Under 6's</b>	10m.	Tennis ball & Frisbee throw	New Age Kurling
<b>Under 8's</b>	10m. and 20m.	Tennis ball & Frisbee throw	Football (numbers permitting) New Age Kurling
<b>Under 11's</b>	40m. and 60m.	Cricket ball & Frisbee throw	Football, Basketball & Hockey New Age Kurling, Cycle
<b>Under 13's</b>	40m., 60m. & 4 x 60m. shuttle relay	Shot, Discus & Javelin	Table Tennis Football, Basketball & Hockey, Cycle
<b>Under 15's</b>	40m., 60m., 100m. & 4 x 60m shuttle relay	Shot, Discus & Javelin	Table Tennis Football, Basketball & Hockey, Shoot, Cycle
<b>Under 17's</b>	60m., 100, & 4 x 100m. relay	Shot, Discus & Javelin	Table tennis Football, Basketball, Powerlifting, Shoot, Cycle time trial
<b>Open</b>	60m., 100., 200m. & 4 x 100m. relay	Shot, Discus & Javelin	Table Tennis Football, Basketball, Powerlifting, Shoot, Cycle time trial
<b>Veterans/ Masters</b>	60m., 100., 200m. & 4 x 100m. relay	Shot, Discus & Javelin	Table Tennis Football, Basketball, Powerlifting, Shoot, Cycle time trial

Female Field implement weights	Open	Under 15's	Under 13's
Shot	3 kg	2.72 kg	2 kg
Discus	750 g	600 g	500 g
Javelin	400 g	400 g	400 g
Male Field implement weights			
Shot	4 kg	3.25 kg	2.72 kg
Discus	1 kg	750 g	600 g
Javelin	600 g	500 g	400 g

6. **GENERAL NOTES** – It is important that registration forms are returned quickly due to the fact that these entries will form the design of the whole athletics programme at the Games.

There will be a cut off date for entries and this will be strictly adhered to: **22<sup>nd</sup> March 2010**