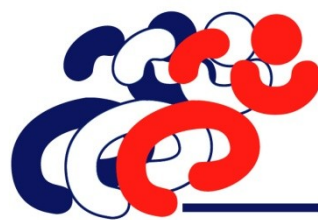




Junior Athletics Groupings and Standards

A guide for Disability Sport Events



Disability Sport Events



Introduction

This booklet has been produced with the intention of enabling athletes, coaches, teachers and parents to compare DSE Profiles and Athletics Groupings with IPC Athletics Classes, the enclosed information is a guide for DSE Events and **IS NOT AN IPC CLASSIFICATION**.

For further information on IPC classes / classification please contact UK Athletics, www.uka.org.uk or IPC Athletics www.paralympic.org/IPC

The document contains information regarding the events available to athletes, the specific weights for throwing implements relevant to the DSE Field and Age Groups as well as the qualifying standards for the DSE National Junior Athletics Championships.

Our aim is to provide as much information and support as possible so that athletes, regardless of their ability can continue to participate within the sport of athletics. We are committed to delivering multi-disability events that cater for both the needs of the disability community and the relevant NGB pathway for talented athletes.

We would like to take this opportunity to thank the individuals who have contributed to the development of this document and appreciate your continued support of DSE.

DSE Track Groupings

DSE Profiles	DSE Group	Brief Description of Impairment
36	T11	Athlete who is totally blind.
T12 - 37A	T12/T13	Athlete who is partially sighted.
T13 - 37B		Athlete who is partially sighted.
39	T20	Athlete with a learning disability.
1c,5	T31	Athlete with cerebral palsy – electric wheelchair user – quadriplegic – severe involvement in all 4 limbs – slalom events.
5,8	T32	Athlete with cerebral palsy – wheelchair pusher - quadriplegic/athetoid – severe to moderate impairment of function.
T33 - (3),7	T33/T34	Athlete with cerebral palsy – wheelchair pusher – moderate quadriplegic (tetraplegic) or severe hemiplegic.
T34 – 6,8,9,10,11		Athlete with cerebral palsy – wheelchair pusher - diplegic – moderate to severe involvement.
T35 12,13,17,18,(20),(31)	T35/T36	Athlete with cerebral palsy - diplegic – runner functionally affected in both legs.
T36 (4) 13,26a,(27),31		Athlete with cerebral palsy runner – Ataxic/Athetoid – affected in all four limbs.
14,15	T37	Athlete with cerebral palsy- runner - Hemiplegic – runner functionally affected on one side.
15,(16),18,19,20,(24) 26b,27,28,32	T38	Athlete with cerebral palsy – runner -minimal impairment.
25	T40/T41	Athlete- runner with dwarfism.
T42 -19,(27)	T42/T43/T44	Athlete – runner with single above knee amputation or physical impairment allowing similar movement’
T43 - 18,20		Athlete – runner with double below knee amputation or physical impairment allowing similar movement
T44 - 23, (28) (30)		Athlete – runner with single below knee amputation or physical impairment allowing similar movement
T45 - 21, 22, 29	T45/T46	Athlete – runner with double arm amputation or physical impairment allowing similar movement
T46 -16		Athlete – runner with single arm amputation or physical impairment allowing similar movement
T51 – 1p, 2	T51/T52	Wheelchair racer with mild weakness in shoulders, limited ability in straightening elbows & wrist function. No finger, trunk or leg function.
T52 – 3,7		Wheelchair racer with good shoulder, elbow & wrist function. Limited finger movement. No leg/trunk function.
T53 - 4,6,9,31	T53/T54	Wheelchair racer with normal arm & hand function but no leg or trunk function.
T54 - 7,9		Wheelchair racer with normal arm & hand function and may have some trunk/leg function.
T01 - 38	T01	Athletes who are Hard of Hearing or Deaf

DSE Field Grouping

DSE Profiles	DSE Group	Brief Descriptions of Impairment
36	F11	Athlete who is totally blind.
F12 -37A	F12/F13	Athlete who is partially sighted.
F13 – 37B		Athlete who is partially sighted.
39	F20	Athlete with a learning disability.
F31 - 1c	F31/F32/F33 F34	Athlete with cerebral palsy – Electric wheelchair user – Quadriplegic – severe involvement in all 4 limbs.
F32 - 4,5		Athlete with cerebral palsy. Wheelchair pusher or electric wheelchair user. Quadriplegic – severe to moderate involvement in all 4 limbs.
F33 - 6,7,8		Athlete with cerebral palsy. Wheelchair pusher – Quadriplegic / Triplegic / severe hemiplegic.
F34 - 9,10,11		Athlete with cerebral palsy. Wheelchair pusher. – Diplegic – moderate to severe involvement. Good functional strength with minimal limitation or control problems noted in upper limbs.
F35 12-13,17,18,20,28,31	F35/F36	Athlete with cerebral palsy – Diplegic runner functionally affected in lower half of the body.
F36-20,26b,31,32		Athlete with cerebral palsy - Ataxic/Athetoid
F37-14,15	F37/F38	Athlete with cerebral palsy – hemiplegic – runner functionally affected on one side
F38 - 15,20,26a,32		Athlete with cerebral palsy - Minimal impairment
25	F40/F41	Athlete with dwarfism.
F45 a,b - 21, 22, 29, 31, 32	F45a,b / F46	Athlete with double arm amputation or physical impairment allowing similar movement
F46 - 16, 24 31, 32		Athlete with single arm amputation or physical impairment allowing similar movement
F51 - 1p, 2	F51/F52/F53	Athlete with spinal cord injury. Wheelchair user, Quadriplegic – all 4 limbs affected. Usually use elbow flexors to propel the implement. Hold the club between the fingers & the discus with hand facing upwards. – C5/6 injury level.
F52 – 3		Athlete with spinal cord injury. Quadriplegic – all 4 limbs functionally affected. No leg or trunk function. Usually have difficulty gripping with non throwing arm. C7 injury level.
F53 – 6		Athlete with spinal cord injury. Quadriplegic – all 4 limbs functionally affected. Mild limitation of hand function. C8 injury level.
F54 - 7,9	F54/F55/F56	Athlete with spinal cord injury. Wheelchair athletes with no leg or trunk function – T1-T7 injury level.
F55 - 10,11		Athlete with spinal cord injury. Wheelchair athletes with ability to rotate spine. No leg function. T8 – L1 injury level.
F56 - 11,17		Athlete with spinal cord injury. Wheelchair athletes with ability to rotate spine and move backwards & forwards. L 2-4 injury level
F57 - 11,17,18,19	F57/F58/F42/F43 /F44	Athlete with spinal cord injury. Athlete with near normal trunk function & increased leg function to F56. L5 Injury level.
F58 - 19,20,23,28,30,31, 32		Athlete with spinal cord injury. Athletes with normal arm & trunk muscle power with hip flexor, extensor & abductor activity.
F42 - 10,19,28		Athlete with single above knee amputation.
F43-20		Athlete with double below knee amputation.
F44-23,27,31,32		Athlete with a single below knee amputee or an athlete with moderately reduced function in one or both legs.
T01 - 38	T01	Athletes who are Hard of Hearing or Deaf
P1/2	P 1/2	Athletes that use an electric wheelchair but are not included in the T31 class.

Events Available

Event	Ambulant Athletics Group	Wheelchair Athletics Group	NOTE
60m	T35/40/41	T32	T35 = DSE P12 or CP5 Athletes who are not competing in 100m only
100m	T01/11;12/13;T20;T35/36;T37/38 T40/41;T42/43/44;T45/46	T51-54; T53-54 T31-32; T33-34	
200m	T01/11;T12/13;T20;T35/36;T37/38 T40/41(Und 20only); T42/43/44;T45/46	T51-52; T53-54 T31-32; T33-34	
400m	T01/11;T12/13;T20;T35/36;T37/38 T42/43/44;T45/46	T51-52; T53-54 T31-32; T33-34	
800m	T01/11;T12/13;T20;T35/36;T37/38 T42/43/44;T45/46	T51-52; T53-54 T31-32; T33-34	
1500m	T01/11;T12/13;T20;T35/36;T37/38 T45/46	T51-52; T53-54 T31-32; T33-34	
3000m	T01/11;T12/13;T20;T35/36;T37/38 T45/46	T51-52; T53-54 T31-32; T33-34	
Manual Slalom		T51-52; T53-54 T32; T33-34	
Power & Co-ordinated slalom		T31; P1/2	
Powerthon		T31; P1/2	
Javelin	F01/11;F12/13;F20;F35/36;F37/38 F40/41;F45/46	F33/34; F52/53/F54/55/56; F57/58/42/43/44.	
Shot	F01/11;F12/13;F20; F35/36;F37/38 F40/41;F45/46	F32/33/34; F52/53; F54/55/56; F57/58/42/43/44.	
Discus	F01/11;F12/13;F20;F35/36;F37/38 F40/41;F45/46	F32/33/34; F51/52/53; F54/55/56; F57/58/42/43/44.	
Distance Club		F31/F32;F51	
Precision Ramp Ball		F31;P1/2	
Grip Ball Throw	F35	F31;P1/2	(F35 - u14/16 only) Athletes who are not competing in Discus/Javelin/Shot
Precision Club		F31;P1/2	
Precision Bean Bag		F31;P1/2	
Height BeanBag		F31;P1/2	
High Jump	F01/11;F12/13;F20;F35/36;F37/38 F42/43/44;F45/46		
Long Jump	F01/11;F12/13;F20;F35/36;F37/38 F42/43/44;F45/46		

**GRIP BALL
THROW**

Class	U20 M	U20 F	U18 M	U 18 F	U16 M	U16 F	U14 M	U14 F
F32	600g	600g	600g	600g	400g	400g	400g	400g
F35	NE	NE	NE	NE	600g	600g	600g	600g
F51	600g	600g	600g	600g	400g	400g	400g	400g

National Standards Track

Event	Group	MALE				FEMALE				
		U14	U16	U18	U20	U14	U16	U18	U20	
60m	32	44	42	37	35.5	45	43	38	37	
	35	17	15	13	11	19	17	15	13	
	40/41	19	17	15	15	21	19	17	16	
100M	11	22	20	18	16	23	21	19	17	
	01/12/13/20	20	19	16	14	22	20	18	16	
	32/51	43	40	37	35	52	50	48	45	
	33/34	36	33	30	27	40	37	35	33	
	35/36	25.2	23.2	21.7	20	28.9	26.8	25	23.4	
	37	22	21	19	17	26	25	23	20	
	38	21	20	17	15	25	24	21	19	
	52	36	33	30	3	45	43	41	39	
	53/54	28	26	24	24	37	36	33	30	
	40/41	31	29	26	23	33	30	27	24	
	42/43/44	25.2	23.2	21.7	20.4	33	31	29	25	
	45/46	24	22	20	18	22	20	18	16	
	200M	11	42	38	35	33	45	43	40	38
		01/12/13/20	35.4	33.2	30.8	28.9	40	38	36	35
32/51		1:05	1:02	60	55	1:20	1:15	1:10	1:05	
33/34		60	54	49	45.5	1:13	1:06	1:00	55	
35/36		52	48.3	44.5	41.5	1:10	1:05	1:00	55	
37		43	41	39	37	50	47	45	40	
38		42	40	38	36	49	46	44	39	
40/41 Dwarf		N/A	N/A	N/A	42		N/A	N/A	44	
42/43/44		52	48	44.5	41.5	1:00	55	50	45	
45/46		38	35	33	30	48	45	43	40	
52		63	60	55	50	1:03	1:01	1:00	58	
53/54		48	46	44	42	1:13	1:06	1:00	55	
400M	11	1:34	1:30	1:25	1:20	1:58	1:50.00	1:42.00	1:34.00	
	01/12/13/20	1:22	1:15	1:10	1:07	1:34	1:28	1:23	1:19	
	32/51	2:10	2:04	2:00	1:50	2:40	2:30	2:20	2:15	
	33/34	1:56	1:46	1:38	1:30	2:30	2:25	2:20	2:15	
	35/36	1:45	1:35.00	1:24.00	1:22.00	2:43	2:32	2:23	2:11	
	37	1:26	1:23.00	1:20.00	1:18.00	1:48	1:40	1:34	1:28	
	38	1:25	1:22.00	1:15.00	1:10.00	1:47	1:39	1:33	1:27	
	42/43/44	1:38	1:35.00	1:24.00	1:22.00	2:08	2:00	1:55	1:50	
	53/54	1:25	1:20	1:15	1:10	1:40	1:35	1:30	1:25	
800M	11	3:30	3:20	3:10	3:00	4:30	4:15	4:00	3:45	
	01/12/13/20	3:00	2:50	2:40	2:30	3:34	3:22	3:12	3:02	
	33/34	3:40	3:20	3:02	3:00.00	5:10	4:50	4:30	4:15	
	37/38	3:15	3:00	2:49	2:40	4:45	4:15	3:55	3:40	
	45/46	3:15	3:00	2:49	2:40	3:34	3:22	3:12	3:02	
	53/54	3:40	2:50	2:45	2:40	3:55	3:25	3:00	2:55	

1500M	11	9:00	8:00	7:00	6:00	10:00	9:00	8:00	7:00
	01/12/13/20	6:20	5:50	5:30	5:25	7:30	7:20	6:50	6:20
	37/38	7:30	7:00	6:20	6:00	9:30	8:40	8:00	7:35
	45/46	7:30	7:00	6:20	6:00	7:30	7:20	6:50	6:20
	53/54/33/34	6:22	5:52	5:32	5:17	6:30	6:05	5:45	5:30
3000M	11	17:00	15:00	13:00	11:00	18:00	16:00	14:00	12:00
	01/12/13/20	17:00	15:00	13:00	11:00	18:00	16:00	14:00	12:00
	37/38	17:00	15:00	13:00	11:00	18:00	16:00	14:00	12:00
	45/46	17:00	15:00	13:00	11:00	18:00	16:00	14:00	12:00
	53/54/33/34	17:00	15:00	13:00	11:00	18:00	16:00	14:00	12:00

National Standard Field

Event		Male				Female			
	Group	U14	U16	U18	U20	U14	U16	U18	U20
Shot Put	11	4.5	5.5	6.3	7.70	3.5	4	4.5	6
	01/12/13/20	4.5	5.5	6.5	7.5	4	5	5.5	6
	32/33/34/51	3	3.4	3.8	4.2	1.5	2.2	2.5	2.8
	35/36	4	5	6	6.6	3	3.5	4	4.4
	37/38	4	5	6.8	7.2	3.5	4	4.5	5.5
	40/41	3	3.5	4	4.5	2	2.5	3	3.5
	42/43/44/45/46	4.6	5.4	6.6	7.2	4	4.5	5	5.5
	52/53	3	3.4	3.8	4.2	1.5	2.2	2.5	2.8
	54/55/56	4	4.4	4.9	5.5	3	3.6	3.9	4.2
	57/58	4.2	5	5.8	7	3	3.2	3.4	4.5
Discus	11	10	12	14	17	8	10	14	17
	01/12/13/20	14	15	17	18.5	10	12	13	15
	32/33	3	4	6	8	2	2.5	4	5.5
	35/36	7	8	9	10	5	5.5	6.7	8.5
	37/38	8	10	16	23	7	10	12	14
	40/41	6	7	10	15	5.5	6.5	8	9
	42/43/44/45/46	12	16	18	24	11	12	14	18
	52/53	6	7	8	9.5	4	5	5.5	6
	54-58/34	8	10	13	18	6	7	8	9
Javelin	11	8.5	12	15	18	6	8	10	14
	01/12/13/20	11	15	21	26	8.5	9	11	13
	33/34	7	9	11	14	4	7	8	10
	35/36	8	9	11	15	4	5	8	9
	37/38	7.5	11	13	15	4	5	8	9
	40/41	7	9	11	13	4	6	7	12
	45/46	12	14	16.5	19	7	8	10	15
	52/53	6	7	8	9	4	6	7	8
	54/55/56/57	7	9	11	14	5	6	7	7.5
	58	9	11	13	15	7	9	11	13
Long Jump	11	2.7	3	3.3	3.6	2	2.2	2.4	2.6
	01/12/13/20	3.7	4	4.3	4.6	2.2	2.6	3	3.4
	35/36	2.1	2.4	2.7	2.95	1	1.6	1.8	2
	37/38	2.8	3.2	3.6	3.9	1.5	2	2.6	3
	42	1.9	2.2	2.5	2.8	1.8	1.9	2	2.10
	44/45/46/43/44	3	3.3	3.6	3.9	2	2.5	2.6	2.75

High Jump	44/45/46	1.10	1.15	1.20	1.25	.85	.90	1.00	1.04
	42	1.00	1.04	1.09	1.14	.80	.85	.90	.95
	11	.89	.94	.99	1.04	.80	.85	.90	.95
	01/12/13/20	1.14	1.19	1.24	1.29	1.00	1.05	1.10	1.15
Distance Club	51/32	4	5	8	13	3	4	6	8
Precision Club	31	20	20	20	20	20	20	20	20
	P1/2	20	20	20	20	20	20	20	20
Javelin / Grip Ball	31	2.25	2.75	2.75	2.75	2.25	2.25	2.25	2.25
	35	4	4	N/A	N/A	4	4	N/A	N/A
	P1/2	2.75	2.75	2.75	2.75	2.75	2.25	2.25	2.25
Precision Bean Bag	31	20	20	20	20	20	20	20	20
	P1/2	20	20	20	20	20	20	20	20
Ramp Ball	31	20	20	20	20	20	20	20	20
	P1/2	20	20	20	20	20	20	20	20
Height Bean Bag	31	2.75	2.75	2.75	2.75	2.6	2.6	2.6	2.6
	P1/2	3	3	3	3	2.9	2.9	2.9	2.9