

Multi-Class Athletes Competition Handbook



Introduction

In 2013, classified Multi-Class (athletes with disabilities) were endorsed to compete in limited events under their own classification at Little Athletics Queensland conducted competitions up to State-level, as determined by the Competition Committee.

The following rules are to be read in conjunction with the LAQ Competition Handbook. Where applicable, all LAQ and WA rules of competition shall apply unless specified in this document.

The Association recognises that events as detailed in this handbook may not be offered at weekly Centre meets. However, wherever feasible and appropriate the conditions and rules detailed in this handbook should be adhered to. Centre Committees may offer additional modified events not detailed in this handbook provided the event / equipment specifications are not greater than those detailed in the LAQ Competition Handbook and in this handbook.

Rules and events pertaining to the Multi-Class athletes at LAQ competitions will be reviewed every two years.

ABBREVIATIONS

AA	Athletics Australia	QA	Queensland Athletics
APC	Australian Paralympic Committee	SIA	Sport Inclusion Australia
DSA	Deaf Sports Australia	T/F	Track / Field
LAQ	Little Athletics Queensland	TA	Transplant Australia
MC	Multi-Class	WA	World Athletics (formerly IAAF)

1. CLASSIFICATION

- 1.1. The classification system exists to provide a fair and equitable competition for athletes with a disability. It provides a way of grouping athletes of similar function. Classification is required when an athlete competes in the Multi-Class competition pathway.
- 1.2. The minimum age for classification is from 8yrs (U9)
- 1.3. Athletes with the following classifications are eligible to compete in Multi-Class events at LAQ Competitions:
 - T/F01 - Hearing Impairment (Deaf Sports Australia)
 - T/F11-13 - Visual Impairment (Australian Paralympic Committee)
 - T/F20 - 21 - Intellectual Impairment (Sport Inclusion Australia)
 - T31-54; F31-57 - Physical Impairment (Athletics Australia/Australian Paralympic Committee)
 - T/F60 - Transplant (Transplant Australia)

Note: For additional information regarding classification, please refer to Section eight (8) of this handbook and the Athletics Australia Classification paper.

2. SUMMARY OF TRACK & FIELD EVENTS OFFERED AT LAQ COMPETITIONS

All events are for boys & girls unless otherwise stated.

EVENTS	U9 & U10	U11 & U12	U13 & U14	U15 – U17	U9 & U10 Wheelchair	U11 & U12 Wheelchair	U13 & U14 Wheelchair	U15 – U17 Wheelchair
100 metre	✓	✓	✓	✓	✓	✓	✓	✓
200 metre	✓	✓	✓	✓	✓	✓	✓	✓
400 metre	✓	✓	✓	✓	✓	✓	✓	✓
800 metre	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓				
Discus	✓	✓	✓	✓				
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓
Javelin		✓	✓	✓				
Track Relays	✓	✓	✓	✓				
Field Relays	✓	✓	✓	✓				
Combined Event	✓	✓	✓	✓				

3. CENTRE COMPETITION

- 3.1. At Centres, children with a disability can be included in regular activities at weekly meets.
- 3.2. Depending on numbers, children with a disability can be integrated into the existing program. If there is a significant number of children with a disability the Centre may run a Multi-Class group parallel to able-bodied groups at the same venue and at the same time.
- 3.3. Children with a disability can participate in the same events as able-bodied children if they choose to, however, modifications to the event should occur to allow the child to participate, taking in the consideration of the child's level of impairment and safety of the event being undertaken.
- 3.4. Modification can take place in the form of specifications of equipment e.g. lighter weights, foam hurdles, soft shot put, no bar on high jump.
- 3.5. Parents should be strongly encouraged to assist where needed. Parents should be allowed onto the track/field to assist with children and participate with the child if needed.

4. ELIGIBILITY AND NOMINATION

- 4.1. To compete at LAQ Competitions, Multi-Class athletes must be registered with an LAQ Centre; unless by specific invitation of the Association.
- 4.2. Multi Class athletes or teams do not have to place at Regional competitions to progress to State Championship competitions. However, participation of Multi Class athletes at the relevant Regional competition is necessary to be eligible for direct nomination to the State Relays or State Championships in Multi Class events.
- 4.3. Athletes who wish to compete in Multi Class events at an LAQ Carnival, Regional, or State Championships must hold a valid classification PRIOR to the closing date of nomination of competition.
 - i. Minimum requirement is a Provisional Classification.
 - ii. Athletes must provide proof of classification with the first nomination of the LAQ season and or when a new/renewed classification card is issued.
 - iii. Athletes that do not provide current proof of classification shall not be permitted to compete in Multi-Class events at LAQ Competitions.
- 4.4. Multi Class athletes may nominate and compete in able body events or solely in Multi-Class events; or a mix of both event classes at LAQ Competitions,
 - i. Athletes are not permitted to compete in able body events and the equivalent Multi-Class event conducted on the same program at any LAQ Carnival and or Championship competition.
 - ii. Multi Class athletes are allowed direct nomination to the LAQ State Relay Championships and the LAQ State Championship for Multi Class events only.
- 4.5. The maximum number of events that athletes may nominated in, is five (5) at LAQ Carnivals, Regional and State Relays, and Regional and State Championships.
- 4.6. Personal Best Performances (entry time/ distance) to be provided where possible.

5. COMPETITION GENERAL

- 5.1. When competing in Multi-Class events, athletes shall only be allowed timed finals and or three (3) trials per field event.

Athletes are not permitted to choose to compete from a standing position in one discipline and a sitting position in another discipline (e.g. throws as F57 and compete in Track as a T42). If competing in a standing event, athletes must approach the event unaided (not in chair).
- 5.2. In all cases, implements shall comply with the specifications as defined by LAQ for Multi-Class events.
- 5.3. In track events:
 - i. Where wheelchair athletes are competing, it is recommended that each athlete be separated by a lane.
 - ii. In Relays events where Multi Class teams are competing, where possible teams should be separated by a lane.
- 5.4. In all competitions involving throwing events athletes must use the implement weight specified for their classification/ age group, (refer to the Implement Specification Table in this document).

Note: At competition events where combined age group are conducted, the competitor's will throw the weight specified for their age group. This could result in different weight implements being used in the same event.
- 5.5. Athlete's Assistants (Escorts, Guides, Callers and Assistant Helpers)
 - i. Multi-Class athletes may have the assistance of an escort, guide, caller or assistant helper as detailed in this section or specifically detailed under the relevant Classification rules in Section 4 of this Handbook.
 - ii. In the case of a classified T and F20 (autistic) or T and F21 (down syndrome) athlete, the assistant helper must be an adult and known to the athlete.
 - iii. If required, Centres may appoint an Athlete's Assistant to attend to their athletes on the field of play during competition, in the warm up area or call room. Parents may be assigned to these roles.

- iv. Those appointed to act as an Athlete's Assistant must be clearly identified by wearing a coloured ID Vest (or coloured arm band) provided by the Organising Committee.
 - v. To gain approval for the use of an Athlete's Assistant, the appointee's name must be listed on the athlete's nomination form. The nomination form is located on the LAQ Multi-Athletes webpage. If the appointed individual is replaced by another appointee, advice must be provided to the Chief Recorder on the day of competition. Appointees must sign-in with the Chief Recorder.
 - vi. An ID Vest must be worn by the Athlete's Assistant when accessing the field of playing during competition, the warm up area or the call room with a Multi-Class athlete. The appointee must collect the ID Vest from the Chief Recorder.
 - vii. Appointees are not permitted to aid the Multi-Class athletes in any form of coaching; and must leave the runway or circle before an attempt can begin.
- 5.6. All track and field events shall to be conducted as Multi-Class events. However, if there are not enough athletes, they shall compete with able-bodied athletes but awarded as a Multi-Class athlete.
- 5.7. All events will be conducted as multi-disability events. At LAQ competitions, places will be calculated using 'a baseline' for all classes. Specific information can be found in the Baseline section of this manual.
- 5.8. At LAQ Championships and Carnivals medals will be presented per age group based on a percentage calculation across Multi-Class classifications. The age groups will be: U9 & U10s; U11 & U12s; U13 & U14s; U15 - U17s
- 5.9. At LAQ Regional Championships, calculation of placings and presentation of medals will be at the discretion of the Regional Committee. Medals may be presented:
- i. per age group based on a percentage calculation across Multi-Class classifications, *or*
 - ii. per age group and classification.
- 5.10. A record of Best Performances will be kept so that QBPs may be recognised when deemed appropriate. QBPs will be kept per classification / age group.

6. RELAYS

- 6.1. Multi Class relay events will be offered at the LAQ State Relays, for a period of a two year trial commencing 2019. Multi Class relay events may also be offered at Regions.
- 6.2. Track (4 x 70m shuttle) event will be offered in two age groups U9-U12s and U13-U17s
- i. Four (4) athletes from one or combination of any Centre from within a Region may form a team.
 - ii. Must be formed with a minimum of two (2) Multi Class athletes.
 - iii. Teams may be of mixed gender.
- 6.3. Field (discus and long jump) events will be offered to U9-U17s
- i. Two (2) athletes from one or a combination of any Centre from within a Region may form a team.
 - ii. No age grouping restrictions applied to the teams; however, athletes will use implements relevant to their age group and or classification.
 - iii. Teams may be of mixed gender.
- 6.4. At Regional Relays, Multi Class teams can be programmed to participate in the most relevant age groups of same event, or they can be programmed separately.
- 6.5. At State Relays, the events are programmed separately.

7. COMBINED EVENTS

- 7.1. Multi Class athletes shall be offered a set combination of events within the LAQ Combined Event Championships relevant to their competition age group:
- i. Each event will be scored using the Baseline percentage.
 - ii. The overall placings will be determined by the accumulation of percentages earned in each event.

8. BASELINE – CALCULATIONS

- 8.1. The National Baseline is used to calculate places in events conducted at LAQ Competitions.
- 8.2. Athletics Australia (AA) control the Baseline and may change or amend the Baseline guidelines and associated resources (including base performances) at any time.
- 8.3. Baseline provides a simplified way for athletes, administrators, and coaches to compare performances in Multi-Class events across all athletes with an eligible classification.
- 8.4. Baseline uses a base time/distance/height in each class for each contestable event and measures this as a percentage against the individual athlete's performance to generate a percentage score. Competitors are then ranked from highest to lowest percentage to determine places e.g. in track if a Boy with a classification of T20 recorded a time of 14.32 sec in 100m, the math would look like this $(11.92/14.32) \times 100 = 83.24$. In Field if a Boy with a classification of T20 recorded a distance of 25.00m in discus, the math would look like this $(25.00/40.34) \times 100 = 61.97\%$

[Use this link](#) to view the current Baseline table

9. SPECIFIC CLASSIFICATION COMPETITION RULES

5.1. Visually Impaired Athletes – Classification 11, 12 & 13

Facility Location and Equipment

- i. Competitors with classification 11 must wear approved opaque glasses or an appropriate substitute in all track and field events. The opaque glasses or substitute must be approved by the Carnival Referee. Glasses, once approved, must be available for checking at all times. When not competing, the athlete may remove the dark glasses or substitute.
- ii. Acoustic signals are permitted for athletes in this class, as specified in the following rules. Where acoustic assistance is being used (e.g. Long Jump) complete silence shall be requested from spectators.
- iii. For athletes with classification 12, modification of the existing facility is permitted (e.g. by powder, cones, flags etc.). Acoustic signals may also be used in Long Jump events.
- iv. For athletes with classification 13, LAQ and IAAF (where applicable) rules will be followed in their entirety, except as otherwise listed.

Escort / Guide Runner

- i. Only escort/guide runners for athletes with classification 11 and 12 will be permitted to accompany competitors onto the track or into throwing and jumping areas.
- ii. Competitors in the Long Jump with classification 11 may use a caller to provide acoustic orientation during the approach run. This guide/caller can assist in positioning the athlete on the runway.
- iii. Competitors in the Long Jump with classification 12 may be accompanied to the competition area by only one person, who may serve as caller or guide. No additional persons will be permitted in the competition area.

Track Events – Running Competition Rules

- i. The 100m event for T11 to T13 classification athletes shall have heats/timed finals (if required) consisting of a maximum of four athletes with guides per heat.
- ii. A re-run may only be requested when circumstances beyond the control of the athlete and guide (as a team) have interfered with the performance of the athlete.

Track Events – Methods of Guidance

- i. Athletes must bring their own guides to competitions.
- ii. When competitor and guide are in competition they are to be regarded as a team.
- iii. As the blind runner crosses the finish line, the guide must be behind the athlete or disqualification will apply.
- iv. The method of guidance is the choice of the athlete. He or she may choose to use an elbow lead, or a tether. In addition, the runner may receive verbal instruction from the guide. (Bicycles or other mechanical means of transport may not be used by guides).
- v. At no time may the guide pull the athlete, or propel the athlete forward by pushing. Infringement of this rule will lead to disqualification.
- vi. Whether a tether is being used or not, the athlete and guide shall not more than 0.50m apart throughout the entire event.

Note: Where extraordinary or accidental circumstances lead to a breach of this rule, it shall be the sole responsibility of the Track Referee to decide for or against disqualification. The principles that will govern such a decision shall include consideration of any danger to or disadvantage suffered by another competitor in the same race.

Field Events – Time Limits

- i. In field events where competitors receive assistance from callers or guides, the time allowed for an attempt shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation.

Note: If the athlete loses their orientation so that he or she requires to be re-oriented, the clock shall be stopped and only re-started (to include any elapsed time already recorded) once orientation has again been completed.

Field Events – Long Jump

- i. Escorts/callers may be used only by athletes in F11 and F12 classifications.
- ii. It is the task of the escort/caller to help the athlete orientate himself or herself on the runway before attempting the jump. The escort/caller must leave the runway before the jump can begin.
- iii. For F11 to F13 athletes, the take-off area shall consist of a rectangle 1.0 x 1.22 metres, which must be prepared in such a way using sand, so that the athlete leaves an impression on the area with his or her take-off foot. The maximum distance between the take-off area and the front edge of the landing pit will be one (1) metre.

Note: For purposes of safety, it is strongly recommended that the minimum distance between the axis of the runway and the sides of the landing area should be 1.75 metres. If this recommendation cannot be met, additional safety measures may be required by the officials responsible for the event.

Field Events – Throws

- i. Escorts/callers may be used only by throwers with F11 and F12 classifications.
- ii. Competitors with F11 and F12 classification, (where appropriate) must be brought to the throwing circle by an escort/caller.
- iii. It is the task of the escort/caller to help the athlete orientate himself or herself in the throwing circle before the throwing attempt. The escort must leave the circle before the throw can begin.
- iv. Acoustic orientation is permitted for athletes with F11 and F12 classification before, during, and after their throwing attempts.
- v. Competitors with F11 and F12 classifications may only be escorted from the throwing circle after the judges have determined whether the attempt was a valid one.

Note: An escort cannot enter the circle to assist the athlete existing the circle.

- vi. If the event judge determines that an escort/caller who is providing acoustic orientation is in an unsafe location, the judge will require the escort to move.

1.3. Wheelchair Athletes – classification 32-34, 51-54

- i. If strapping is used it must only be to the chair and of non-elastic material.

Escorts

- i. Only escorts for athletes with classification 32, 51-53 will be permitted to accompany competitors onto the track.

Track Events (Classifications T32-T34, T51-T54)

- i. The start rules as defined in the Competition Handbook shall apply except as follows:
 - After the "On your marks" command, an athlete shall approach the start line; assume a position entirely within his allocated lane and behind the start line.
 - At the "Set" command, an athlete should immediately take up his final starting position retaining contact of the front wheel/s with the ground behind the line.
- ii. Progression by any other method except the competitor pushing on the wheels or hand rims will result in disqualification.
- iii. The competitors shall be placed in the order in which the hub of the leading wheel reaches the vertical plane of the nearer edge of the finish line.
- iv. The time shall be taken to the moment at which the hub of the leading wheel of the competitor's chair reaches the vertical plane of the nearer edge of the finish line.
- v. For safety, athletes may be exempt from the uniform rule regarding sleeves for track events only.

Wheelchairs

- i. The wheelchair shall have at least two large wheels and one small wheel.
- ii. In all races not conducted in a straight lane (in straight line), the athlete must be able to turn the front wheel(s) manually both to the left and to the right.
- iii. No part of the body of the chair may extend forward beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50cm.
- iv. The maximum diameter of the large wheel including the inflated tyre shall not exceed 70cm.
- v. The maximum diameter of the small wheel including the inflated tyre shall not exceed 50cm.
- vi. Only one plain, round, hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair.
- vii. No mechanical gears or levers shall be allowed, that may be used to propel the chair.
- viii. Only hand-operated, mechanical steering devices will be allowed.
- ix. The use of mirrors is not permitted in track races.
- x. No part of the chair may protrude behind the vertical plane of the back edge of the rear tyres.
- xi. It will be the responsibility of the competitor to ensure the wheelchair conforms to all the above rules, and no event shall be delayed whilst a competitor adjusts their chair.
- xii. Chairs will be measured in the Call Room, and may not leave that area before the start of the event. Chairs that have been examined may be liable to re-examination before or after the event by the official in charge of the event.
- xiii. It shall be the responsibility, in the first instance, of the official conducting the event, to rule on the safety of the chair.
- xiv. Athletes must ensure that no part of their lower limbs can fall to the ground or track during the event.

Throws Events (Classifications T31-T34, T51-T57)

- i. Referees shall have the power to change the place of the competition in any field event, if in their opinion the conditions justify a change.

Note: The round DOES NOT have to be completed before the change is made.

Throwing Frame/Wheelchair

- i. The maximum height of the throwing frame, including the cushion(s), used as a seat, shall not exceed 75cm.
- ii. The frame may have a holding bar made of metal, fibreglass, or similar materials, but this must not have any articulation or joints.
- iii. All parts of the frame must be fixed. Assistance to the athlete by flexible parts is not allowed.
- iv. It will be the responsibility of the competitor to ensure that the frame conforms to all the above rules, and no event shall be delayed whilst a competitor adjusts his frame.
- v. Frames will be measured before the competitor enters the throwing circle. Frames that have been examined may be liable to re-examination before or after the event by the official in charge of the event. Measurement will always take place without the athlete sitting in the frame.
- vi. If an authorised holding device is used and breaks during the execution of a throw, it shall not count as a trial, providing it was made in accordance with the rules. If the competitor thereby loses his balance and commits a foul, it shall not count against them.

Throws

- i. To protect the wrist from injury, a competitor may wear a bandage at the wrist. Athletes with classification F51-F53 may use strapping or a glove on their non-throwing hand, and anchor that hand to the frame.

Note: Athletes in Classes F31 -34, F54-57 must not use gloves;

- ii. It shall be a foul throw/put if any part of the body touches the top of the rim or any holding device is outside the vertical plane of the edge of the circle during the throw. For athletes with F51-F58 classification only the footrest(s) or any part of the wheel or push rims not touching the circle may be outside the circumference of the circle.
- iii. A competitor shall commence a throw/put from a stationary seated position.
- iv. The seated position is defined as follows:
 - The athlete must sit so that both legs are in contact with the seat surface from the back of the knee to the back of the buttock.
 - This sitting position must be maintained throughout the throwing action until the throw has been marked.
 - (Strapping across the upper thighs and or pelvis is allowed and encouraged.)
 - An athlete is not allowed to touch the strap(s) outside the vertical plane of the throwing circle.
 - It shall be a failure if an athlete moves from the seated position from the time the athlete takes the implement into the starting position of the trial until the throw has been marked by an official.
 - For Athletes with classification F31-F34, F51-F57 a stop board is unnecessary for all athletes competing from frames.
 - For athletes with classification F31-F34, F51-F57 and using an approved holding device, rules regarding exiting the throwing circle after the throw shall not apply.

1.3. Limb Deficiency Athletes - (Compete Standing) Classification 40-46

Prosthesis

- i. Athletes in classes T42, T43 and T44 shall use leg prosthesis in running events. Hopping is not allowed. In all competitions except running for classes T42, T43 and T44, the wearing of prosthesis is optional.

Note: Competition prostheses are not considered as appliances, which can give the wearer an advantage.

Start

- i. A competitor must not touch either the start line or the ground in front of it with their hands or feet when on their marks. For athletes with classification T35 -T38, T42-T46, it is acceptable for arm amputee athletes or those with short arms to use pads on which to rest stumps at the start. Pads must be completely behind the start line and not interfere with any other athlete.

Field Events – Classification 42-44

- i. Athletes may use a running, hopping or standing start in jumping events.
- ii. If, in the process of jumping, an athlete loses the prosthesis, the mark where the prosthesis lands, if it is the closest mark to the take-off board, shall be measured.
- iii. If the prosthesis is lost during the run-up, the athlete can adjust it and continue within the allowed time, with or without the prosthesis.
- iv. If the prosthesis lands behind the closest mark in the landing area, but outside the landing area it shall be counted as a foul and recorded as such.

4.4. Hearing Impaired, Learning Difficulty, Transplantee Athletes and Other Classifications

For athletes with classification 1, 20, 40, 41 and 60 LAQ and IAAF (where applicable) rules will be followed in their entirety.

2. CLASSIFICATIONS

Track (100m, 200, 400m, 800m) Offered to athletes who compete standing or seated.	Field (Discus, *Shot Put, Long Jump) Offered to athletes who compete standing. Only Shot Put is offered to athletes who compete standing or seated
Athletes with hearing impairment	Events for the deaf or hearing impaired
T01	F01
Athletes with visual impairment	Events for the visually impaired
T11	F11
T12	F12
T13	F13
Athletes with intellectual impairment	Events for the intellectually impaired
T20	F20
T21	F21
Athletes with hypertonia, ataxia or athetosis who compete sitting	Athletes with hypertonia, ataxia or athetosis who compete sitting (Shot Put only)
T31	F31
T32	F32
T33	F33
T34	F34
Athletes with hypertonia, ataxia or athetosis who compete standing	Athletes with hypertonia, ataxia or athetosis who compete standing
T35	F35
T36	F36
T37	F37
T38	F38
Athletes with Short Stature	Athletes with Short Stature
T40	F40
T41	F41
Athletes with limbs deficiency, muscle weakness or joint restriction who compete standing	Athletes with limbs deficiency, muscle weakness or joint restriction who compete standing
T42	F42
T43	F43
T44	F44
T45	F45
T45	F45
T46	F46
T47	
Athletes with limbs deficiency, muscle weakness or joint restriction who compete in a track chair	Athletes with limbs deficiency, muscle weakness or joint restriction who compete seated (Shot Put Only)
T51	F51
T52	F52
T53	F53
T54	F54
	F55
	F56
	F57
Athletes with a transplant	Athletes with a transplant
T60	F60

3. IMPLEMENT SPECIFICATION

Classification	LA Age Groups	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
F01	17	3.0kg	1.0kg	500g	5.0kg	1.5kg	700g
	16	3.0kg	1.0kg	500g	4.0kg	1.0kg	700g
	15	3.0kg	1.0kg	500g	4.0kg	1.0kg	700g
	14	3.0kg	1.0kg	400g	3.0kg	1.0kg	600g
	13	3.0kg	750g	400g	3.0kg	750g	600g
	12	2.0kg	750g	400g	2.0kg	750g	400g
	11	2.0kg	500g	400g	2.0kg	500g	400g
	10	2.0kg	500g	No Event	2.0kg	500g	No Event
	9	2.0kg	500g	No Event	2.0kg	500g	No Event
F11-F13	17	3.0kg	1.0kg	500g	5.0kg	1.5kg	700g
	16	3.0kg	1.0kg	500g	4.0kg	1.0kg	700g
	15	3.0kg	1.0kg	500g	4.0kg	1.0kg	700g
	14	3.0kg	1.0kg	400g	3.0kg	1.0kg	600g
	13	3.0kg	750g	400g	3.0kg	750g	600g
	12	2.0kg	750g	400g	2.0kg	750g	400g
	11	2.0kg	500g	400g	2.0kg	500g	400g
	10	2.0kg	500g	No Event	2.0kg	500g	No Event
	9	2.0kg	500g	No Event	2.0kg	500g	No Event
F20	17	3.0kg	1.0kg	500g	5.0kg	1.5kg	700g
	16	3.0kg	1.0kg	500g	4.0kg	1.0kg	700g
	15	3.0kg	1.0kg	500g	4.0kg	1.0kg	700g
	14	3.0kg	1.0kg	400g	3.0kg	1.0kg	600g
	13	3.0kg	750g	400g	3.0kg	750g	600g
	12	2.0kg	750g	400g	2.0kg	750g	400g
	11	2.0kg	500g	400g	2.0kg	500g	400g
	10	2.0kg	500g	No Event	2.0kg	500g	No Event
	9	2.0kg	500g	No Event	2.0kg	500g	No Event
F21	17	2.0kg	750g	400g	3.0kg	1.0kg	500g
	16	2.0kg	750g	400g	3.0kg	1.0kg	500g
	15	2.0kg	750g	400g	3.0kg	1.0kg	500g
	14	2.0kg	500g	400g	3.0kg	750g	400g
	13	2.0kg	500g	400g	3.0kg	750g	400g
	12	1.5kg	500g	400g	2.0kg	500g	400g
	11	1.5kg	500g	400g	2.0kg	500g	400g
	10	1.5kg	500g	No Event	1.5kg	500g	No Event
	9	1.5kg	500g	No Event	1.5kg	500g	No Event

Classification	LAQ Age Groups	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
F31	17	No Event	No Event	No Event	No Event	No Event	No Event
Wheelchair	16	No Event	No Event	No Event	No Event	No Event	No Event
	15	No Event	No Event	No Event	No Event	No Event	No Event
	14	No Event	No Event	No Event	No Event	No Event	No Event
	13	No Event	No Event	No Event	No Event	No Event	No Event
	12	No Event	No Event	No Event	No Event	No Event	No Event
	11	No Event	No Event	No Event	No Event	No Event	No Event
	10	No Event	No Event	No Event	No Event	No Event	No Event
	9	No Event	No Event	No Event	No Event	No Event	No Event
F32	17	1.0kg	No Event	No Event	1.0kg	No Event	No Event
Wheelchair	16	1.0kg	No Event	No Event	1.0kg	No Event	No Event
	15	1.0kg	No Event	No Event	1.0kg	No Event	No Event
	14	1.0kg	No Event	No Event	1.0kg	No Event	No Event
	13	1.0kg	No Event	No Event	1.0kg	No Event	No Event
	12	1.0kg	No Event	No Event	1.0kg	No Event	No Event
	11	1.0kg	No Event	No Event	1.0kg	No Event	No Event
	10	1.0kg	No Event	No Event	1.0kg	No Event	No Event
	9	1.0kg	No Event	No Event	1.0kg	No Event	No Event
F33	17	2.0kg	No Event	No Event	2.0kg	No Event	No Event
Wheelchair	16	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	15	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	14	1.0kg	No Event	No Event	2.0kg	No Event	No Event
	13	1.0kg	No Event	No Event	2.0kg	No Event	No Event
	12	1.0kg	No Event	No Event	1.0kg	No Event	No Event
	11	1.0kg	No Event	No Event	1.0kg	No Event	No Event
	10	1.0kg	No Event	No Event	1.0kg	No Event	No Event
	9	1.0kg	No Event	No Event	1.0kg	No Event	No Event
F34	17	2.0kg	No Event	No Event	3.0kg	No Event	No Event
Wheelchair	16	2.0kg	No Event	No Event	3.0kg	No Event	No Event
	15	2.0kg	No Event	No Event	3.0kg	No Event	No Event
	14	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	13	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	12	2.0kg	No Event	No Event	1.5kg	No Event	No Event
	11	2.0kg	No Event	No Event	1.5kg	No Event	No Event
	10	2.0kg	No Event	No Event	1.5kg	No Event	No Event
	9	1.5kg	No Event	No Event	1.5kg	No Event	No Event

Classification	LAQ Age Groups	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
F35	17	2.0kg	750g	500g	3.0kg	750g	500g
	16	2.0kg	750g	400g	3.0kg	750g	500g
	15	2.0kg	750g	400g	3.0kg	750g	500g
	14	2.0kg	500g	400g	2.0kg	500g	500g
	13	2.0kg	500g	400g	2.0kg	500g	400g
	12	2.0kg	500g	400g	1.5kg	500g	400g
	11	2.0kg	500g	400g	1.5kg	500g	400g
	10	2.0kg	500g	No Event	1.5kg	500g	No Event
	9	1.5kg	500g	No Event	1.5kg	500g	No Event
F36	17	2.0kg	750g	500g	3.0kg	750g	500g
	16	2.0kg	750g	400g	3.0kg	750g	500g
	15	2.0kg	750g	400g	3.0kg	750g	500g
	14	2.0kg	500g	400g	2.0kg	500g	500g
	13	2.0kg	500g	400g	2.0kg	500g	400g
	12	2.0kg	500g	400g	1.5kg	500g	400g
	11	2.0kg	500g	400g	1.5kg	500g	400g
	10	2.0kg	500g	No Event	1.5kg	500g	No Event
	9	1.5kg	500g	No Event	1.5kg	500g	No Event
F37	17	2.0kg	750g	500g	4.0kg	750g	500g
	16	2.0kg	750g	400g	3.0kg	750g	500g
	15	2.0kg	750g	400g	3.0kg	750g	500g
	14	2.0kg	500g	400g	2.0kg	500g	500g
	13	2.0kg	500g	400g	2.0kg	500g	400g
	12	2.0kg	500g	400g	1.5kg	500g	400g
	11	2.0kg	500g	400g	1.5kg	500g	400g
	10	2.0kg	500g	No Event	1.5kg	500g	No Event
	9	1.5kg	500g	No Event	1.5kg	500g	No Event
F38	17	2.0kg	750g	500g	4.0kg	1.0kg	600g
	16	2.0kg	750g	400g	3.0kg	750g	500g
	15	2.0kg	750g	400g	3.0kg	750g	500g
	14	2.0kg	500g	400g	2.0kg	500g	500g
	13	2.0kg	500g	400g	2.0kg	500g	400g
	12	2.0kg	500g	400g	1.5kg	500g	400g
	11	2.0kg	500g	400g	1.5kg	500g	400g
	10	2.0kg	500g	No Event	1.5kg	500g	No Event
	9	1.5kg	500g	No Event	1.5kg	500g	No Event

Classification	LAQ Age Groups	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
F40-F41	17	2.0kg	750g	400g	3.0kg	1.0kg	500g
	16	2.0kg	750g	400g	3.0kg	1.0kg	400g
	15	2.0kg	750g	400g	3.0kg	1.0kg	400g
	14	2.0kg	500g	400g	2.0kg	750g	400g
	13	2.0kg	500g	400g	2.0kg	750g	400g
	12	1.5kg	500g	400g	2.0kg	500g	400g
	11	1.5kg	500g	400g	1.5kg	500g	400g
	10	1.5kg	500g	No Event	1.5kg	500g	No Event
	9	1.5kg	500g	No Event	1.5kg	500g	No Event
F42	17	3.0kg	1.0kg	500g	5.0kg	1.0kg	700g
	16	3.0kg	1.0kg	400g	4.0kg	1.0kg	600g
	15	3.0kg	1.0kg	400g	4.0kg	1.0kg	600g
	14	3.0kg	1.0kg	400g	3.0kg	1.0kg	600g
	13	3.0kg	750g	400g	3.0kg	750g	500g
	12	2.0kg	750g	400g	2.0kg	750g	400g
	11	2.0kg	500g	400g	2.0kg	500g	400g
	10	2.0kg	500g	No Event	2.0kg	500g	No Event
	9	2.0kg	500g	No Event	2.0kg	500g	No Event
F43-F44	17	3.0kg	1.0kg	500g	5.0kg	1.0kg	700g
	16	3.0kg	1.0kg	400g	4.0kg	1.0kg	600g
	15	3.0kg	1.0kg	400g	4.0kg	1.0kg	600g
	14	3.0kg	1.0kg	400g	3.0kg	1.0kg	600g
	13	3.0kg	750g	400g	3.0kg	750g	500g
	12	2.0kg	750g	400g	2.0kg	750g	400g
	11	2.0kg	500g	400g	2.0kg	500g	400g
	10	2.0kg	500g	No Event	2.0kg	500g	No Event
	9	2.0kg	500g	No Event	2.0kg	500g	No Event
F45	17	3.0kg	1.0kg	500g	5.0kg	1.0kg	700g
	16	3.0kg	1.0kg	400g	4.0kg	1.0kg	600g
	15	3.0kg	1.0kg	400g	4.0kg	1.0kg	600g
	14	3.0kg	1.0kg	400g	3.0kg	1.0kg	500g
	13	3.0kg	750g	400g	3.0kg	750g	500g
	12	2.0kg	750g	400g	2.0kg	750g	400g
	11	2.0kg	500g	400g	2.0kg	500g	400g
	10	2.0kg	500g	No Event	2.0kg	500g	No Event
	9	2.0kg	500g	No Event	2.0kg	500g	No Event

Classification	LAQ Age Groups	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
F46	17	3.0kg	1.0kg	500g	5.0kg	1.0kg	700g
	16	3.0kg	1.0kg	400g	4.0kg	1.0kg	600g
	15	3.0kg	1.0kg	400g	4.0kg	1.0kg	600g
	14	3.0kg	1.0kg	400g	3.0kg	1.0kg	600g
	13	3.0kg	750g	400g	3.0kg	750g	500g
	12	2.0kg	750g	400g	2.0kg	750g	400g
	11	2.0kg	500g	400g	2.0kg	500g	400g
	10	2.0kg	500g	No Event	2.0kg	500g	No Event
	9	2.0kg	500g	No Event	2.0kg	500g	No Event
F51	17	No Event	No Event	No Event	No Event	No Event	No Event
Wheelchair	16	No Event	No Event	No Event	No Event	No Event	No Event
	15	No Event	No Event	No Event	No Event	No Event	No Event
	14	No Event	No Event	No Event	No Event	No Event	No Event
	13	No Event	No Event	No Event	No Event	No Event	No Event
	12	No Event	No Event	No Event	No Event	No Event	No Event
	11	No Event	No Event	No Event	No Event	No Event	No Event
	10	No Event	No Event	No Event	No Event	No Event	No Event
	9	No Event	No Event	No Event	No Event	No Event	No Event
F52	17	2.0kg	No Event	No Event	2.0kg	No Event	No Event
Wheelchair	16	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	15	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	14	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	13	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	12	1.5kg	No Event	No Event	1.5kg	No Event	No Event
	11	1.5kg	No Event	No Event	1.5kg	No Event	No Event
	10	1.5kg	No Event	No Event	1.5kg	No Event	No Event
	9	1.5kg	No Event	No Event	1.5kg	No Event	No Event
F53	17	2.0kg	No Event	No Event	2.0kg	No Event	No Event
Wheelchair	16	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	15	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	14	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	13	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	12	1.5kg	No Event	No Event	1.5kg	No Event	No Event
	11	1.5kg	No Event	No Event	1.5kg	No Event	No Event
	10	1.5kg	No Event	No Event	1.5kg	No Event	No Event
	9	1.5kg	No Event	No Event	1.5kg	No Event	No Event

Classification	LAQ Age Groups	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Putt	Discus	Javelin
F54	17	2.0kg	No Event	No Event	3.0kg	No Event	No Event
Wheelchair	16	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	15	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	14	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	13	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	12	1.5kg	No Event	No Event	2.0kg	No Event	No Event
	11	1.5kg	No Event	No Event	2.0kg	No Event	No Event
	10	1.5kg	No Event	No Event	2.0kg	No Event	No Event
	9	1.5kg	No Event	No Event	1.5kg	No Event	No Event
F55	17	2.0kg	No Event	No Event	3.0kg	No Event	No Event
Wheelchair	16	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	15	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	14	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	13	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	12	1.5kg	No Event	No Event	2.0kg	No Event	No Event
	11	1.5kg	No Event	No Event	2.0kg	No Event	No Event
	10	1.5kg	No Event	No Event	2.0kg	No Event	No Event
	9	1.5kg	No Event	No Event	1.5kg	No Event	No Event
F56	17	2.0kg	No Event	No Event	3.0kg	No Event	No Event
Wheelchair	16	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	15	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	14	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	13	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	12	1.5kg	No Event	No Event	2.0kg	No Event	No Event
	11	1.5kg	No Event	No Event	2.0kg	No Event	No Event
	10	1.5kg	No Event	No Event	2.0kg	No Event	No Event
	9	1.5kg	No Event	No Event	1.5kg	No Event	No Event
F57	17	2.0kg	No Event	No Event	3.0kg	No Event	No Event
Wheelchair	16	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	15	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	14	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	13	2.0kg	No Event	No Event	2.0kg	No Event	No Event
	12	1.5kg	No Event	No Event	2.0kg	No Event	No Event
	11	1.5kg	No Event	No Event	2.0kg	No Event	No Event
	10	1.5kg	No Event	No Event	2.0kg	No Event	No Event
	9	1.5kg	No Event	No Event	1.5kg	No Event	No Event

Classification	LAQ Age Groups	Girls			Boys		
		Shot Put	Discus	Javelin	Shot Putt	Discus	Javelin
F60	17	3.0kg	1.0kg	500g	5.0kg	1.5kg	700g
	16	3.0kg	1.0kg	500g	4.0kg	1.0kg	700g
	15	3.0kg	1.0kg	500g	4.0kg	1.0kg	700g
	14	3.0kg	1.0kg	400g	3.0kg	1.0kg	600g
	13	3.0kg	750g	400g	3.0kg	750g	600g
	12	2.0kg	750g	400g	2.0kg	750g	400g
	11	2.0kg	500g	400g	2.0kg	500g	400g
	10	2.0kg	500g	No Event	2.0kg	500g	No Event
	9	2.0kg	500g	No Event	2.0kg	500g	No Event