

## **Para Athletics Events at the NI & Ulster Championships**

Athletics NI host the annual NI & Ulster Track and Field Championships, including Age Groups and Senior events. To make these events as inclusive as possible and provide competition opportunities for all athletes, we include Para Athletics events within our Championships.

The rules for Para Athletics events at the NI & Ulster Championships are as follows:

### **All Events**

If an athlete wishes to be considered as a Para athlete, then must enter their classification upon entry. If the athlete has not yet been classified, please get in touch with the Athletics NI office on: [info@athleticsni.org](mailto:info@athleticsni.org) with brief details on your event and ability level.

### **Track**

#### **Sprints**

Sprints events will have a random draw for heats (including Para and able-bodied athletes) and then, numbers permitting, will have a separate Ambulant final.

If there are more than 8 para-athletes, Raza Points will be used to seed the final.

#### **Mid- Long Distance**

All athletes will be a random draw for heats (including Para and able-bodied athletes) and a separate Para Final, numbers permitting.

If there is only 1 or 2 para-athletes, then their final will be at heat time.

### **Field**

Para athletes who wish to compete in field events, will be added to a separate field card, so the event will be held in parallel. This means that if a field size is large and qualification rounds are applied, Para athletes will have the full number of attempts allowed within the competition rules.

The Raza points table will be used for seeding and to calculate placings for mixed classification events.