



43rd Metro 'Athletics Open' Mile End Stadium, London Sat 22nd June - 2019

INTRODUCTION

Hosted by London Borough of Tower Hamlets and GLL, supported by Carmen Butler Charities Charitable Trust and the Roden Family Foundation.

Metro Blind Sport – Welcomes athletes of all ages and experience throughout the UK to join us in our annual competition's '**43rd year!**

The morning '**Come and Try Coaching Session**' will once again provide those new to the sport a brilliant opportunity to try out running, jumping and throwing in a fun and relaxed atmosphere, supported by qualified coaches. If you haven't tried an event before and want to compete in the afternoon, or are looking to **improve your performance** this is the place for you.

The 2019 programme will be run under UKA/IBSA rules and is open to males and females of all ages. The athletics competitions are principally for registered blind and partially sighted people.

Every competitor will receive a **free t-shirt** along with either a medal and/or performance certificate. Free packed lunches will be provided for all competitors, coaches, officials and volunteers. *Guide Runners may be arranged with advance notice, you will need to provide an estimate of your track times.

Guest competitors are welcome but no medals or certificates can be awarded.

To Enter: Please complete and return the form attached below, by email to charlie.raven@metroblindsport.org

If you would like help to complete the entry form then please telephone Charlie on 07956292046.





EVENT DETAILS

To be held at:

Mile End Stadium,
Rhodeswell Road,
London,
E14 7TW
Tel no. 020 8980 1885

Come and Try Session starts 10.00am – 11.30am, open to all ages, an ideal opportunity to access specialist coaching in track and field disciplines.

Competition starts 12.00 noon, listed below are all events grouped under the relevant age ranges. Results will be uploaded to Power of 10 as soon as possible.

Event closes after final Medal Ceremony - 5.00pm

EVENTS

Under 12 (Age at 01.01.2019) - Boys and Girls (4 events only)

60m, 100m, Standing Long Jump, Ball Throw, (*For B1 athletes only - called 60m*),

Under 14 (Age at 01.01.2019) - Boys and Girls (4 events only)

100m, 800m, Long Jump, High Jump, Shot, Discus, Javelin, (*For B1 athletes only - called 60m*),

Under 17 (Age at 01.01.2019) - Boys and Girls (4 events only)

100m, 800m, Long Jump, High Jump, Shot, Discus, Javelin, (*For B1 athletes only - called 60m*),

Senior Ladies and Men (18 – 34)

100m, 200m, 400m, 800m, 1500m, 5000m, Long Jump, Triple Jump, High Jump, Shot, Discus, Javelin

Vets Ladies and Men (Over 35)

100m, 800m, 5000m, Long Jump, Shot

Entry: FREE including packed lunch, t-shirt, medals/performance certificate.



The track (Mile End Stadium) and the accommodation (Queen Mary University) are within walking distance of Mile End Tube Station (Central and District line).

- Athletes aged Under 12, 14 or 17 may take part in up to **four individual** events in any one day.
- Senior Athletes may take part in a maximum of **five events**. These will consist of either 3 track and 2 field, or 2 track and 3 field on the day.
- Electronic timing will be used on all track races.
- B3 and B4 athletes are reminded that competition rules do not allow any concessions to assist performance. (No Guide Runners)
- ALL B1 ATHLETES MUST PROVIDE AND USE THEIR OWN SHADES. Time permitting there will be a Fun Relay for all competitors during the afternoon including parents and coaches.
- Photos: A gallery of high resolution photos will be available in the week after this event. We will share a link with you where you can view and select, **following a donation of your choosing**, the photos you would like to keep. Please take note of the number/s and send these to saul.wynne@metroblindsport.org. Saul will setup an individual WeTransfer link (**available for 7 days only**) for you to download the Digital High Res Photo/s you have chosen to your pc. Photo requests are on a first come, first serve basis only and will be processed when time allows. Donations can be made via the website donate button <http://bit.ly/MBSDonatePage>

In order for as many events as possible to take place, it may be necessary to merge sight categories thereby ensuring the maximum number of individual 'event requests' are met. We recognise this could lead to a miss-match in functional sight levels, however our aim with the 'Metro Athletics Open' is to always offer the widest range of opportunities for athletes to compete. We view this as a preferable option to cancelling events with low numbers.

The closing date for **Entries** is **Saturday 01st June 2019**, if you require **Accommodation** the closing date is **31st March 2019**.

Accommodation: This will be available on Friday and Saturday night (21st and 22nd) at the aforementioned Queen Mary University of London. Please note there is a further reduction for those under the age of 18. A separate form is available for accommodation requests, please email charlie.raven@metroblindsport.org



Please complete and return the form attached below, by email to charlie.raven@metroblindsport.org

ENTRY FORM: Metro Blind Sport - Athletics Open 2019

Name:

Address:

Email:

Tel. No:

Date of Birth:

Gender:

Ethnicity: *(please mark with X)*

White		Chinese	
Black – African - Caribbean – Black British		Arab	
Asian – Asian British		Other Ethnic Group	
Mixed – Multiple Ethnic Group		Pakistan	

Name of Parent or Carer accompanying *(under 18's only):*

Emergency Contact Name and Tel no. *(please state full name below):*

Are you registered Blind *(severely sight impaired)* **or partially sighted:**

Do you have a Sight Classification *(delete as appropriate below)*

Yes/No

If yes are you classified: B1-B2-B3 *(delete as appropriate, please visit BBS – British Blind Sport website for further details)*



Any specific medical conditions we should be aware of? *(If yes, details of medication required below)*

Any known Allergies? *(If yes please give further details below)*

T-Shirt Size? (S, M, L, XL)

Previous Experience:

Have you competed in the Metro Athletics Open/Games before?
If yes when and which events?

Have you experienced/tried all the events you have entered?
If yes how recently?

*In order to ensure the smooth running of the day, anyone who hasn't taken part in an event they have requested within **3 months of Jun 22nd**, is encouraged to enter the **Festival** before the main competition. This is to ensure safety of all participants, a more positive event experience and also more effective time management of the day. ***Please note:** Coaching will only be available during the Festival, guidance and support will be offered during the competition.*

Do you run or compete for an affiliated athletics club? *If yes who and where?*

Please enter me for the following events:

Come and Try Coaching Session – Yes/No *(delete as appropriate)*

Competition Events *(please list below, up to a max of five events for seniors)*

1.	4.
2.	5.
3.	

Do you require a Guide Runner?

(If yes, please state your relevant track time below – you can refer to the Power of Ten rankings for 2018) [click here for your results](#)

<http://www.thepowerof10.info/results/results.aspx?meetingid=207655>



Person(s) in photograph / Video / Audio

I hereby consent to Metro Blind Sport, partner of Thomas Pocklington Trust (TPT) using images of myself caught in video recordings and/or photographs and/or audio recordings taken/recorded, and/or information and quotes provided by me.

I also consent to them being used for other marketing and publicity-related purposes and used in other Metro Blind Sport and/or TPT partner publications and I understand they may be published on the Metro Blind Sport and/or TPT partner websites and their related social media, as follows:

Metro Blind Sport website	Yes/No
TPT partner* websites	Yes/No
Metro Blind Sport newsletters and publicity material	Yes/No
TPT partner* newsletters and publicity material	Yes/No
Metro Blind Sport and TPT partner* Facebook pages	Yes/No
Metro Blind Sport and TPT partner* Twitter feeds	Yes/No

* 'TPT partners' include London Vision, East London Vision, South East London Vision, Balham Resource Centre, Birmingham Vision, England Vision Strategy, Visionary, Sight Loss Councils, photographers and videographers partnered with the above organisations. I understand that:

- My images will be held in accordance with the General Data Protection Regulation
- I understand that I have no right to inspect and approve a finished product or the copy that may be used in connection with an image that Metro Blind Sport has taken of me
- The images and recordings of myself will be the copyright of Metro Blind Sport and any other intellectual property in connection with them which arises will also belong to Metro Blind Sport
- I hereby agree to waive all property and moral rights in my performance in the filming to Metro Blind Sport
- I further release Metro Blind Sport (and its direct or indirect licensees and assignees) from any claims for remuneration associated with any form of damage, foreseen or unforeseen, associated with the use of the images

I can ask Metro Blind Sport to stop using my images at any time, in which case they will not be used for future publications, but I understand that the images may continue to appear in publications already in circulation.



Signature (Athlete):

Date:

Signature (Parent or Guardian - for under 18's):

Return Entry Forms and Accommodation Forms to:

charlie.raven@metroblindsport.org

All forms including the Accommodation Form are available to download from the Metro website www.metroblindsport.org

If you require any further details please Tel: 07956292046, visit www.metroblindsport.org or follow us on twitter @MetroVIsports



ACCOMMODATION REQUEST FORM

Bed & Breakfast available at Queen Mary University - Mile End Road, London, E1 4NS. Cost £20.00 per night (single room) for all competitors and guides. Competitors under the age of 18 - £10 per night. All other guests will be charged at the full rate of £48.00 per night. We can accept either BACS payment or cheques made payable to 'Metro Blind Sport'

Accommodation requested for (please enter competitors' names):

Name(s) of guide/guest (if applicable):

Guide:

Guest:

Accommodation Required for:

Friday 21st June Yes / No

Saturday 22nd June Yes / No

Signed Date

Signature of parent or guardian for under 18s
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Closing date for accommodation groups 31.03.19

Please return this form by email to: charlie.raven@metroblindsport.org
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