

Dear athletes and coaching staff,

Nice of you to join the Open Dutch Para-athletics Championships (ONK), which will be organized this year on Saturday July 5 and Sunday July 6 by *Stichting Topatletiek Noord Nederland* at AAC'61 in Assen. In this information bulletin you will find all the important information for your participation in this ONK.

Final timetable and participant lists

Based on the participant numbers, the provisional timetable has been adjusted and the blocks with medal ceremonies have been added to the final timetable. The schedule and participant lists can be found at atletiek.nu.

Parking

For parking use Stadsbroek 11, Assen. This is a 350 meter walk. For disabled parking please contact vrijwilligers@topatletieknoordnederland.nl for a permit to park next to the entrance.

Technical Information Centre (TIC) - Service desk for athletes and coaches

The TIC is the service desk for the athletes and their coaching staff. Here, an athlete can register, questions can be asked about the competition, protests can be filed/referees can be called, etc.; the TIC is located left past the main entrance to our accommodation.

Athletes must report (in person) to the TIC no later than **1.5 hours** before the start of the event and show their classification card to collect the athlete bibs. When reporting, the athlete will be registered for all events whose reporting time has not yet expired.

Failure to report on time means no participation!

Should an athlete, due to force majeure, be unable to report on time, the organizers can be contacted by calling **+31 6 441 580 61**.

For all events, registered athletes who subsequently fail to participate without a valid reason will be excluded from further participation in this ONK (in accordance with Rule 5.4 WPA Rules and Regulations).

Cancellations

Cancellations (with reasons) should be submitted to the competition secretariat as soon as possible via mschadee@hotmail.com. The entry fee is non-refundable. Cancellations on the day itself can be passed on to the TIC or via +31 6 441 580 61.

Heats and results

In accordance with the competition rules, the heats and lane allocation will be done by the Technical Delegate of the Athletics Union/World Para Athletics, based on the entry time. The seeding, live intermediate rankings and results will be published via atletiek.nu.

There will be no publication boards. Results will be marked with the correct status ('Not yet official', 'Official', 'Corrected', 'Under protest') and time, so you can see what time the latest version of the result was published. For questions about a result, please contact the TIC.

Inspecting your own equipment

Your own throwing implements and any throwing frame should be handed in 1 hour before the start of the event at the implements office. Here the implements will be inspected and if approved, the organization will ensure that the material arrives at the competition site. If the implements do not meet the requirements, this will be communicated in the call room at the latest. After the event, the material can be collected from the implements office.

Changing rooms, massage and first aid

The changing rooms are located on the ground floor, including adapted toilets. First aid officers are located next to the entrance to the changing rooms.

Warm-up

The general warm-up cannot take place on the track itself. There is a warm-up area next to the track.

Wheelers can drive a lap prior to their event (200/800/1500m) to set up their wheelchair correctly. For the 400m a timeslot is reserved from 14:15 – 14:20u; report at the call room. For the field events, the timetable allows sufficient time for jumping in/entering/throwing on the competition site.

Athlete bibs

At registration, you will be given 2 athlete bibs, with an additional bag label for your bag to leave at the bag depot.

- Ambulatory athletes must wear a bib on both the front and back of the competition outfit. In jumping events, wearing one bib will suffice, with the athlete allowed to decide whether it is worn on the chest or on the back.
- For wheelers, the bib must be attached to the back of the wheelchair.
- In seated throwing, one bib should be worn on the chest and the other attached to the back of the throwing chair.
- For frame runners, the bib should be worn on the back and possibly a second one on the side of the running frame.

The athlete bibs may not be folded and are valid for the entire duration of the ONK, for all events in which the athlete participates.

Call room

Make sure you (together with any permitted guide) report to the call room no later than the time "Call Room IN" belonging to the event in which you are participating. The guides will receive a vest in the call room, which must be returned there after the event.

There will be a check in the call room for any wheelchairs or prosthetics (throwing frames will be checked in the implements office), clothing, start numbers, electronics, etc.; the athlete is responsible that the shoes are complying with the rules. For categories 61 and 62, the MASH will also be checked in the call room.

Only one small bag (40 x 30 x 20 cm) may be taken to the field of play, for 1 pair of shoes, clothes, drinks, among other things. Other bags may not be taken to the field of play and can be dropped off at the bag depot in the call room. To identify the bag, use the bag label you received.

If a competitor is participating in one event and has to report to the call room at the same time for another event, the athlete must indicate this themselves during the reporting of the first event. The athlete must, of course, be present at the next event on time.

At the end of the event, the bag can be collected again at the bag depot (after showing the athlete bib).

Start commands

The starter will give the commands in Dutch.

At the 100m, 200m and 400m:

"On your marks" (NL: "op uw plaatsen") - "ready" (NL: "klaar") - <start shot>

At the 800 m and 1500 m:

"On your marks" (NL: "op uw plaatsen") - <start shot>

Field events

In the field events, all athletes are allowed six attempts. In the sitting throw, the six attempts will be processed sequentially. In the long jump and javelin throw run-up markings (if applicable) are available and a measuring tape is located along the run-ups for the purpose of plotting your run-up. It is not allowed to use chalk, marker, etc. on the track.

Leaving competition arena

In the field events, an athlete may, with permission and accompanied by a judge, leave the competition area. This must be requested in advance from the referee or the chief of the judging team of the particular event. After the event all athletes leave the track via the mixed zone.

Rankings and distribution of medals

There will be its own championship (with its own championship title and medals) for each event separately on the schedule. There are no medal limits, nor is there a minimum number of participants for awarding medals. In events where men and women compete together, there will be its own championship and separate results will also be issued.

When there are several classes in one classification group, medals will be awarded based on relative performance against the world record. During the competition, the last known published and approved world records will be used.

Example 1 - 100 m

Athlete A runs 100 m in 13 sec. The WR in his class is 10 sec. Then he performs 76.9% of the WR.

Athlete B runs 100 m in 16 sec. The WR in his class is 15 sec. Then he performs 93.8% of the WR.

Athlete B has the highest percentage and thus finishes ahead of athlete A.

Example 2 - shot put:

Athlete A bumps 10 meters. The WR in their class is 14 meters. Then she performs 71.4% of the WR.

Athlete B punches 4 meters. The WR in their class is 7 meters. Then she performs 57.1% of the WR.

Athlete A has the highest percentage and thus finishes ahead of athlete B.

Medal ceremonies

The medal ceremonies will take place in the infield. Prize winners should report for this at the published time. The medal ceremony will go ahead even if athletes are missing, so make sure you are present on time. Should you be in the Call Room at the time of the ceremony or at another event, please report this so that you can attend the medal ceremony.

Protests

Protests, relating to the result or the conduct of an event, must be submitted within 30 minutes after the competition result has been officially announced. Protests must be submitted (orally) to the referee by the athlete themselves or by someone acting on his behalf. The referee can be reached through the TIC. The referee's decision cannot be appealed.

Doping control

There may be doping control, make sure you are well informed about the rules and guidelines. For more information, see: www.atletiek.nl/topsport/atleten-info/anti-doping. When selected for testing the athlete must identify

Record requests

If a National, European or World record is achieved, a form should be filled in at the competition. Forms can be handed in at the TIC up to one hour after the last event. The applicant will have to fill in the first page of personal details themselves. The organization will take care of further processing, such as having it signed by the judges, officials and sent to the Athletics Federation.

To ensure proper processing, it is advised to indicate to the judges during the competition that it concerns a (possible) record.

The organization of the Open Dutch Championships Para-athletics wishes everyone a successful championship!

Bijlage: Plattegrond

