

National Junior Para Athletics Championships Information and Standards 2024



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Introduction

This booklet is intended for athletes, coaches, teachers, and parents to:

- Understand what events are available at this year's competition
- Compare Activity Alliance Profiles and Athletics Groupings with WP Athletics Classes

Classification

The enclosed information is a guide for Activity Alliance events and **is not an WPA Classification**

You can find out further information on classification using the following links:

<https://www.britishathletics.org.uk/get-involved/>

British Athletics Classification will allow athletes to:

- Enter Parallel Success events across UK
- Register times on the British Rankings (www.thepowerof10.info)
- Be eligible for School Games selection
- Receive monthly Paralympic newsletter from British Athletics

For athletes interested in joining an athletics club and seeking a British Classification please contact.

E: ps@britishathletics.org.uk

Or complete the following online form. www.englandathletics.org/parallelsuccess

The document contains information regarding the events available to athletes, the specific weights for throwing implements relevant to the Activity Alliance Field and Age Groups as well as the qualifying standards for the National Junior Para Athletics Championships. **Please note for 2024 no qualifying standards will be implemented to support post Covid 19 return to competition and athlete development. However, we will rely on coaches and teachers to ensure that participants are of a standard and are able to compete at this level.**

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 the Activity Alliance.

Activity Alliance track groupings

Activity Alliance Profiles	Activity Alliance Group	Brief Description of Impairment
T11- 36	T11-T13	Athlete who is blind.
T12 - 37A		Athlete who is partially sighted.
T13 - 37B		Athlete who is partially sighted.
T20 -39	T20	Athlete with a Intellectual Impairment.
T31 -1c,5	T31	Athlete with cerebral palsy – electric wheelchair user – quadriplegic – severe involvement in all 4 limbs – slalom events.
T32- 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 - 13,17,18, (20), (31)	T35-T36	Athlete with cerebral palsy - diplegic – runner functionally affected in both legs.
T36 - (4), 12,13,26a, (27),31		Athlete with cerebral palsy - runner – Ataxic/Athetoid – affected in all four limbs.
T37 -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.
RR1-RR3	RR1	Severe involvement in the lower extremities and trunk and moderate to severe involvement in the upper extremities. Severe difficulty in isolating individual joint movement in the lower extremities. -Poor control of the stride. Foot drag, severe asymmetry, or no alternating leg movements may be seen. May have limited hand and arm function- unilateral or bilateral. May have limited trunk function Severe difficulties in co-ordination of functional RaceRunning movement and body control characterise this class.
	RR2	Moderate involvement in the upper extremities and trunk Moderate to severe involvement in the lower extremities. The stride pattern may be short, asymmetrical, or unilateral but more effective than RR1. Athletes with spasticity would have Grade 2 or 3 on the ASAS in the lower extremities, or Grade 3 in at least 1 lower extremities. Athletes in this class will have: Minimum or no foot drag. Bilateral, alternating, unilateral, and simultaneous leg push will be effective but limited by weakness, range of motion, spasticity or athetosis. Asymmetry, or limited range of motion, poor co-ordination in the lower extremities, fair trunk, and upper extremity control, along with limited stride effectiveness characterise this class.
	RR3	Athletes in this class will have mild to moderate involvement in one or both upper extremities, fair to good trunk control, and moderate involvement in the lower extremities, with the ability to isolate lower extremity movements. The athletes will have:

		Symmetrical or slight asymmetrical or leg movements with good push off. Effective start with good acceleration No Startle reflex. Athletes with spasticity would have grade 1 or 2 on ASAS. Adequate steering and braking with the upper extremities and usually without strapping. Hip and stride contractures may limit stride length. Athletes with Athetosis may show a smoother movement pattern as their speed increases. Asymmetrical or moderate co-ordination difficulties in the lower extremities, moderate to good steering and trunk function in the RaceRunner and effective start with good acceleration characterise this class.
25	T40-T41	Athlete - runner with dwarfism.
T42 -19, (27)	T42-T44	Athlete – runner has one or more impairment types affecting hip and/or knee function in one or both limbs and with activity limitations jumps and running competing without prosthesis/protheses
T43 - 18,20		Athlete – runner has bilateral lower limb impairments competing without prostheses where both limbs meet the minimum impairment criteria, and where functional loss is in the feet, ankles and/or lower legs
T44 - 23, (28) (30)		Athlete – runner competing without a prosthesis with a unilateral or a combination of lower limb impairment/s where the impairment in only one limb meets the minimum impairment criteria. Functional loss is seen in one foot, ankle and/or lower leg
T61- 18,20	T61-T64	Athletes with double leg above the knee amputation who compete in running or jumping using prostheses
T62 -18,20		Athletes with double below the knee amputation who compete in running or jumping using prostheses
T63 - 19, (27)		Athletes with single above the knee amputation who compete in running or jumping using a prosthesis
T64 - 23, (28) (30)		Athletes with single below the knee amputation who compete in running or jumping using a prosthesis
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
T47 - 24	T47	Athlete – runner with single through wrist 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.
T15	Deaf	Athletes with a Deaf or hard of hearing.

Activity Alliance field groupings

Activity Alliance Profiles	Activity Alliance Group	Brief Descriptions of Impairment
36	F11	Athlete who is blind.
F12 -37A	F12-F13	Athlete who is partially sighted.
F13 – 37B		Athlete who is partially sighted.
39	F20	Athlete with a Intellectual Impairment.
F31 - 1c	F31-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 -13,17,18,20,28,31	F35-F36	Athlete with cerebral palsy – Diplegic runner functionally affected in lower half of the body.
F36-12,20,26b,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
F40 - 25	F40-F41	Athlete with dwarfism.
F45 a, b - 21, 22, 29, 31, 32	F45- 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
F47 - 24	F47	Athlete with single through wrist amputation or physical impairment allowing similar movement
F51 - 1p, 2	F51-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-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 functions. 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-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 –has one or more impairment types affecting hip and/or knee function in one or both limbs and with activity limitations competing without prosthesis/prostheses
F43-20		Athlete – runner has bilateral lower limb impairments competing without prostheses where both limbs meet the minimum impairment criteria, and where functional loss is in the feet, ankles and/or lower legs
F44-23,27,31,32		Athlete –competing without a prosthesis with a unilateral or a combination of lower limb impairment/s where the impairment in only one limb meets the minimum impairment criteria. Functional loss is seen in one foot, ankle and/or lower leg
F61- 18,20	F61-F64	Athletes with double leg above the knee amputation who compete in throws using prostheses
F62 -18,20		Athletes with double below the knee amputation who compete in throws using prostheses
F63 - 19, (27)		Athletes with single above the knee amputation who compete in throws using a prosthesis
F64 - 23, (28) (30)		Athletes with single below the knee amputation who compete in throws using a prosthesis
F15	Deaf	Athletes with a Deaf or hard of hearing.
P1/2	P 1/2	Athletes that use an electric wheelchair but are not included in the T31 class.

Events available U14, U16, U18, U20, U23

Event	Ambulant Athletics Group	Wheelchair Athletics Group	Racerunning Athletics Group	NOTE
60m	T35/40/41	T32	RR1, RR2, RR3	T35 = Activity Alliance P12 or CP5 - Athletes who are not competing in 100m only
100m	T15/11;12/13; T20; T35/36; T37/38T40/41; T42/43/44; T45/46/47/61/62/63/64	T51-54 T31-32; T33-34	RR1, RR2, RR3	
200m 400m 800m 1500m	T15/11; T12/13; T20; T35/36; T37/38 - T40/41(Und 20only). T42/43/44; T45/46/47 /61/62/63/64	T51-52; T53-54 T31-32; T33-34	RR1, RR2, RR3	
Shot Discus Javelin	F15/11; F12/13; F20. F35/36; F37/38 F40/41; F45/46/47	F32/33/34; F52/53/ F54/55/56-F57/42 43/44/ 61/62/63/64		
Distance Club		F31/F32; F51		
Precision Ramp Ball		F31; P1/2		
Grip Ball Throw	F35	F31; P1/2		(F35 – u12/14/16 only) Athletes who are not competing in Discus/Jav/Shot
Precision Club		F31/F32; F51; P1/2		
Precision Bean Bag		F31; P1/2		
Long Jump	F15/11; F12/13; F20; F35/36; F37/38 F42/43/44; F45/46/47//61/62/63/64			

Events available U12s

Event	Ambulant Class (standing)	Wheelchair	Racerunning
Track			
60m	T15/11;12/13; T20; T35/36; T37/38; T40/41; T42/43/44; T45/46/47/61/62/63/64	T51-54; T31-32; T33-34	RR1, RR2, RR3
100m	T15/11;12/13; T20; T35/36; T37/38 T42/43/44; T45/46/47/61/62/63/64	T51-54; T31-32; T33-34	RR1, RR2, RR3
Field			
Discus / Shot / Javelin	F15/11; F12/13; F20; / F35/36; F37/38 / F40/41; F45/46/47	F32/33/34; F52/53; F54/55/56; F57/42/43/44/61/62/63/64	
Club / Grip Ball throw Bean Bag throw		F31; P1/2 Athletes who are competing in club can not compete in Bean Bag or ramp ball Events	
Precision Club Precision Ramp Ball			

National field weights

Shot	U23		U20		U18		U16		U14		U12	
Class	M	F	M	F	M	F	M	F	M	F	M	F
F01 (HI)	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F11	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F12	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F13	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F20	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F32	2kg	2kg	2kg	2kg	2kg	2kg	1kg	1kg	1kg	1kg	1kg	1kg
F33	3kg	3kg	3kg	3kg	3kg	3kg	2kg	2kg	1.5kg	1.5kg	1kg	1kg
F34	4kg	3kg	4kg	3kg	4kg	3kg	3kg	2kg	1.5kg	1.5kg	1kg	1kg
F35	4kg	3kg	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg
F36	4kg	3kg	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg
F37	5kg	3kg	5kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	2kg	2kg
F38	5kg	3kg	5kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	2kg	2kg
F40	4kg	3kg	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1kg	1kg
F41	4kg	3kg	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1kg	1kg
F42	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	1kg	1kg
F43	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	1kg	1kg
F44	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F45	6kg	4kg	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	2kg	2kg
F46	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F47	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F51	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE
F52	2kg	2kg	2kg	2kg	2kg	2kg	2kg	2kg	1.5kg	1.5kg	1kg	1kg
F53	3kg	3kg	3kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg	1kg	1kg
F54	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg	1kg	1kg
F55	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg	1kg	1kg
F56	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg	1.5kg	1.5kg
F57	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg	1.5kg	1.5kg
F61	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F62	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F63	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F64	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg

Discus	U23		U20		U18		U16		U14		U12	
Class	M	F	M	F	M	F	M	F	M	F	M	F
F01 (HI)	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F11	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F12	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F13	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F20	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F32	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F33	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F34	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F35	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F36	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F37	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	750g	750g
F38	1.5kg	1kg	1.5kg	1kg	1.5kg	1kg	750g	750g	750g	750g	750g	750g
F40	1kg	750g	1kg	750g	1kg	750g	1kg	750g	1kg	750g	1kg	750g
F41	1kg	750g	1kg	750g	1kg	750g	1kg	750g	1kg	750g	1kg	750g
F42	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g
F43	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g
F44	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F45	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	750g	750g
F46	1.5kg	1kg	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F47	1.5kg	1kg	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F51	1kg	1kg	1kg	1kg	750g	750g	750g	750g	NE	NE	NE	NE
F52	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g	500g	500g
F53	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g	500g	500g
F54	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F55	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F56	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F57	1kg	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	500g	500g
F61	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g
F62	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	750g	750g
F63	1.5kg	1kg	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	750g	750g
F64	1.5kg	1kg	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg

Javelin	U23		U20		U18		U16		U14		U12	
Class	M	F	M	F	M	F	M	F	M	F	M	F
F01 (HI)	800g	600g	800g	600g	700g	500g	700g	500g	600g	400g	400g	400g
F11	800g	600g	800g	600g	700g	500g	700g	500g	600g	400g	400g	400g
F12	800g	600g	800g	600g	700g	500g	700g	500g	600g	400g	400g	400g
F13	800g	600g	800g	600g	700g	500g	700g	500g	600g	400g	400g	400g
F20	800g	600g	800g	600g	700g	500g	700g	500g	600g	400g	400g	400g
F32	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE
F33	600g	600g	600g	600g	600g	500g	500g	500g	400g	400g	300g T	300g T
F34	600g	600g	600g	600g	600g	500g	500g	500g	400g	400g	300g T	300g T
F35	600g	600g	600g	600g	600g	500g	500g	500g	400g	400g	300g T	300g T
F36	600g	600g	600g	600g	600g	500g	500g	500g	400g	400g	300g T	300g T
F37	600g	600g	600g	600g	600g	500g	500g	500g	400g	400g	400g	400g
F38	800g	600g	800g	600g	700g	500g	600g	500g	400g	400g	400g	400g
F40	600g	400g	600g	400g	500g	400g	400g	400g	400g	400g	300g T	300g T
F41	600g	400g	600g	400g	500g	400g	400g	400g	400g	400g	300g T	300g T
F42/43	800g	600g	800g	600g	700g	500g	600g	400g	600g	400g	400g T	300g T
F44	800g	600g	800g	600g	700g	500g	600g	400g	600g	400g	600g	400g
F45	800g	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	400g
F46	800g	600g	800g	600g	700g	500g	600g	400g	600g	400g	600g	400g
F47	800g	600g	800g	600g	700g	500g	600g	400g	600g	400g	600g	400g
F51	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE
F52	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	300g T	300g T
F53	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	300g T	300g T
F54	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	300g T	300g T
F55	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	300g T	300g T
F56	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	300g T	300g T
F57	600g	600g	600g	600g	600g	500g	500g	400g	400g	400g	300g T	300g T
F61	800g	600g	800g	600g	700g	500g	600g	400g	600g	400g	400g T	300g T
F62	800g	600g	800g	600g	700g	500g	600g	400g	600g	400g	400g T	300g T
F63	600g	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	400g
F64	600g	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	400g

The following training javelins will be used in the U12 weight category where a T is in front of the weight:
<https://www.athleticsdirect.co.uk/product/turbo-javelins/>

