

MULTI-CLASS ATHLETICS AT YOUR CENTRE

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YEAR IN REVIEW

LAVic 2019 State Championships

2019= 25 athletes 2018 = 31 athletes 2017 = 19 athletes

LAVic 2019 Multi-Class Clinic

23 athletes attended

Cross Country

9 athletes competing in the 2019 Multi-Class
State Cross Country Championships

Guest Speaker

Richard Colman



NEXT SEASON



- Addition of Multi-Class events at both Region Track and Field Carnivals and Region Cross Country Carnivals.
- Athletes must compete at 4 rounds of Centre Competition in order to enter the Region Track and Field Carnival.
- Athletes must compete at Region to progress to the State Championships for both Track and Field and Cross Country
- No longer direct entry to State Championships

HOW TO START

Promote Yourself

- Committee position on website 'Inclusion Officer'
 - This person can be the point of contact for Multi-Class Athletes and their families
- Information on website 'we're an inclusive Centre and can modify activities and events for all abilities'.
- Link with local organisations AAA play, Special Olympics, Disability Sport and Recreation Victoria.

Make common sense modifications

- Run 400m instead of 800m, throw a lighter discus, jump from a mat not a board.

HOW TO START

ASK – DON'T ASSUME

- The athlete and parents know best what they can do.
- If an athlete with a disability comes to your Centre, have a conversation with them and their parents.
- Some athletes don't require any modifications at all, and some need parent assistance through the full program.
- Work with the athlete to best accommodate them.

HOW TO START



- Depending on numbers, Multi-Class athletes may compete with the able-bodied athletes in their age group.
- If there are significant Multi-Class Athletes, you could run a separate Multi-Class Program

CLASSIFICATIONS



What is a classification

- A classification is a number given to an athlete to show their level of impairment.
- It will be T/F followed by 2 numbers. T/F stands for Track and Field.
- Track includes events all track events and long jump and triple jump.
Field is all other Field events.
- An athlete may have a different classification for Track and Field. This could be because their impairment affects their ability to do field events more than track, or vice versa.

CLASSIFICATIONS



Types of classifications

- There are 4 main types of classifications: hearing impaired, vision impaired, intellectually impaired and physically impaired.
- Within each category there are multiple classifications.
- **Hearing impaired** is T/F 01 which is not a Paralympic class
- **Vision Impaired** is T/F11 – T/F 13
- **Intellectually Impaired** is T/F 20
- **Physically impaired** is the most complex, with the following categories: T/32-38, T40-47, T51-54, T61-64 F31-38, F40-46, F51-57, F61-64.

CLASSIFICATIONS



Types of classifications

- The lower the second number of the classification is, the more impaired an athlete is.
- For example: T11 athletes have less vision than T12 athletes.
F31 athletes are more impaired than F32 athletes.
- Provisional vs Full Classification.
 - These days, most classifications are Provisional Classifications. Full Classifications are only required for National and International competitions.

CLASSIFICATIONS



MDS Table: One competition – One set of medals – Multiple classifications

An athlete's result is put into the Multi-Disability Standards table which is then standardised to give a fair result when competing against athletes with other classifications

Classifications at LAVic

- Athletes do not need a Classification to compete at Centre Level.
- Athletes need a classification in order to compete at Region and State in the Multi-Class categories and events.
- Athletes aged 8 and older are eligible to apply for a classification.
- Not every Multi-Class athlete will be eligible for a Classification, but it's worth checking to see if they are.

CLASSIFICATIONS



HOW TO GET CLASSIFIED

- Each different category of classification goes through a different governing body
- Intellectually impaired athletes go through Sports Inclusion Australia
- Physically impaired athletes go through Athletics Australia
- Hearing Impaired athletes go through Deaf Sports Australia
- Vision Impaired athletes go through the Australian Paralympic Committee

RESOURCES

<http://lavic.com.au/Competition/Multi-Class-Athletics>

<https://www.athletics.com.au/get-involved-athletics/multi-class/>

<https://www.paralympic.org/athletics/classification>



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DISCUSSION

- What are the best things about your Centre?
- What opportunities does your Centre have to become more inclusive?
- What do you already do well?
- What would you like to start doing?
- What assistance would you require?