



**MITSUBISHI
MOTORS**

brilliant

**37TH MITSUBISHI MOTORS
PARALYMPICS NEW ZEALAND
NATIONAL CHAMPIONSHIPS**



EVENT INFORMATION & ENTRY GUIDE

**13TH – 15TH NOVEMBER 2009
WELLINGTON, NEW ZEALAND**

HOSTED BY





14th May 2009 - Updated

2009 PNZ NATIONAL CHAMPIONSHIPS

Dear ParaFeds

ParaFed Wellington is proud to be hosting the 37th Mitsubishi Motors PNZ National Championships in Wellington from 13th – 15th November 2009.

The first National Championships were held in Auckland in 1968 and have been the breeding ground for both national and international athletes with physical disabilities. This is the first time the National Championships have been held in Wellington since 1996.

This event is an opportunity for representative athletes to compete alongside developing athletes and provides many with the chance to compete at a national level for the first time.

We have produced this **Event Information and Entry Guide** for this year's National Championships and will provide further information following the return of entries.

The success of the National Championships is based on the support of ParaFeds to assist athletes within their region to attend this event. We encourage you to promote this event to your athletes and begin preparing your team to challenge for the Regional Team Trophy.

We look forward to seeing all ParaFeds represented in Wellington.

Please feel free to contact me if you have any questions.

Yours sincerely

Deidre Young
Parafed Wellington

Phone 04 233 0226
Fax 04 233 0229
Mobile 027 242 9008
Email parafed.wlg@xtra.co.nz
Website www.parafedwellington.co.nz

Key Dates

04 May	Event Information & Entry Guide distributed
26 Jun	Registration & entry forms returned to ParaFed Wellington
03 Aug	Entry fee & accommodation deposit paid to ParaFed Wellington
18 Sep	Final entries confirmed and balance of accommodation paid to ParaFed Wellington
23 Oct	Final event details confirmed by ParaFed Wellington
13 Nov	Mitsubishi Motors PNZ National Championships begin



EVENT INFORMATION

OVERVIEW

This Event Information & Entry Guide has been produced to give a basic overview to anyone who is interested in entering the 2009 National Championships.

We have endeavoured to supply all the relevant information that is currently available and will confirm any additional information closer to the event.

SPORTS & SCHEDULE

Below is a draft outline of the sports that will be on offer and the schedule for the National Championships. ParaFed Wellington reserves the right to alter the schedule or cancel a sport depending on the number of entries.

The final event schedule will be confirmed following the return of entries.

DRAFT SCHEDULE					
PARTICULARS	THURSDAY 12TH NOV	FRIDAY 13TH NOV	SATURDAY 14TH NOV	SUNDAY 15TH NOV	MONDAY 16TH NOV
Airport Transport		1200 – 1700			
Classification		1200 – 1700	0700 – 1200		
Registration		1400 – 1600			
Opening Ceremony		1800 – 1900			
Archery				1000 – 1500	
Athletics			0930 – 1330	1100 – 1500	
Handcycling			1000 – 1600		
Lawn Bowls	1300 - 1700	0900 - 1700	0900 – 1700	0900 - 1700	
Powerlifting				1300 – 1500	
Sailing	1100 – 1500	1100 – 1500	1100 – 1500	1100 – 1500	
Shooting			1000 – 1600	1000 – 1400	
Swimming		1930 – 2100	0800 – 1000		
Table Tennis			1500 – 1800	1200 – 1500	
Final Function				1800 – 2100	
Airport Transport					0600 – 1100



SCHEDULE BY SPORTS

The complete schedule and a finalised list of rules will be confirmed closer to the event.

ARCHERY

Venue: Mana Archery Club, Plimmerton

Sunday 15 th November 2009 Session 1: 1000 – 1500	
TIME	EVENT
1000	FITA 70m round + Olympic round (non-elimination match play)
	<i>Medal Presentations</i>

ATHLETICS

Venue: Newtown Park, Newtown

Saturday 14 th November 2009 Session 1: 0930 – 1330	
TIME	EVENT
0900	<i>Warm Up</i>
0930	Discus
Followed By	5,000 metres
	100 metres
	Shot Put
	400 metres
	<i>Medal Presentations</i>

Sunday 15 th November 2009 Session 2: 1100 – 1500	
TIME	EVENT
1030	<i>Warm Up</i>
1100	Javelin
Followed By	800 metres
	200 metres
	Long Jump
	1,500 metres
	4 x 100m Ambulant Relay
	<i>Medal Presentations</i>

HANDCYCLING

Venue: Kapiti Cycling Club, Te Horo, Kapiti Coast

Saturday 14 th November 2009 Session 1: 1000 – 1600	
TIME	EVENT
1000	10km Time Trial
1300	30km Road Race
	<i>Medal Presentations</i>

LAWN BOWLS

Venue: Hutt Bowling Club, Myrtle Street, Lower Hutt

Thursday 12 th November 2009 Session 1: 1300 - 1700	
TIME	EVENT
1300	<i>Practice Session</i>

Friday 13 th November 2009 Session 2: 0900 – 1700	
TIME	EVENT
0900	Singles & Pairs

Saturday 14 th November 2009 Session 3: 0900 – 1700	
TIME	EVENT
0900	Triples qualifying

Sunday 15 November 2009 Session 4: 0900 - 1600	
TIME	EVENT
AM	Singles & Pairs Semis, Finals, Grading Games
PM	Triples Finals



POWERLIFTING

Venue: TBC

Sunday 15 th November 2009 Session 1: 1300 – 1500	
TIME	EVENT
1200	Weigh In
1300	Powerlifting
	Medal Presentations

SAILING

Venue: Wellington Harbour, Wellington

Thursday 12 th – Sunday 15 th November 2009 1100 – 1500 Daily – over 4 days	
TIME	EVENT
	Schedule: TBC
	Medal Presentations

SHOOTING

*Venue: 50m events - Keene Range, Halford Place, Petone, Lower Hutt
Venue: 10m events - Allen Range, Dante Road, Tentham, Upper Hutt*

Saturday 14 th November 2009 Session 1: 1000 – 1600	
TIME	EVENT
1000	50m Air Rifle – Prone (R6, R9)
1400	10m Air Rifle – Prone (R3, R5)
	10m Pistol (P1, P2)

Sunday 15 th November 2009 Session 2: 1000 – 1400	
TIME	EVENT
1000	10m Air Rifle – Standing (R1, R2, R4)
	Medal Presentations

SWIMMING

*Venue: Regional Aquatic Centre, 63 Kilbirnie Crescent, Kilbirnie
Held in a 25m (Short Course) Pool*

Friday 13 th November 2009 Session 1: 1900 – 2030	
TIME	EVENT
1900	Warm Up
1930	400m Freestyle
Followed By	100m Individual Medley
	50m Backstroke
	100m Butterfly
	50m Breaststroke
	100m Freestyle
	4 x 50m Medley Relay
	Medal Presentations

Saturday 14 th November 2009 Session 2: 0900 – 1030	
TIME	EVENT
0830	Warm Up
0900	150m / 200m Individual Medley
Followed By	200m Freestyle
	50m Butterfly
	100m Breaststroke
	50m Freestyle
	100m Backstroke
	4 x 50m Freestyle Relay
	Medal Presentations

TABLE TENNIS

Venue: Empire Table Tennis Club, Marine Parade, Petone, Lower Hutt

Saturday 14 th November 2009 Session 1: 1500 - 1800	
TIME	EVENT
1430	Warm Up
1500	Singles & Doubles

Sunday 15 th November 2009 Session 2: 1200 – 1500	
TIME	EVENT
1130	Warm Up
1200	Singles & Doubles
	Medal Presentations



ENTRY PROCESS

To assist ParaFed Wellington with event planning & budgeting, we ask that ParaFeds submit their registration and entry forms, where possible, by Friday 26th June.

The first payment is required by Monday 3rd August 2009. This **must** include the entry fee of \$50 and for athletes/staff wanting to take the full registration option, you **must** include an additional \$100 deposit to secure accommodation.

The balance of the full registration to be paid by Friday 18th September 2009.

Athletes are required to send their entries to their Regional ParaFed Contact (see page 8). Regional ParaFeds will then co-ordinate their team's entries and send on to ParaFed Wellington.

FULL REGISTRATION INCLUDES

ACCOMMODATION

Accommodation will be at the Brentwood Hotel which is in Kilbirnie close to the Wellington Regional Aquatic Centre:

There is a set number of accessible rooms but we will do our best to accommodate you according to your requirements.

Brentwood Hotel

16 Kemp Street
Kilbirnie
Wellington
04 920 0400

If you require accommodation and meals for friends and family please contact the hotel directly to make your booking: reservations@brentwoodhotel.co.nz

TRANSPORT

Airport transfers will be available from 1200 – 1700 on Friday 13th November and between 0600 – 1100 on Monday 16th November. If you require airport transport please ensure you provide your flight details to ParaFed Wellington no later than **Friday 9th October 2009**.

The exact transport schedule will be provided closer to the event.

MEALS

Packed lunches will be available to pick up from the Brentwood Hotel. The full registration includes a ticket to the final function.

FINAL FUNCTION

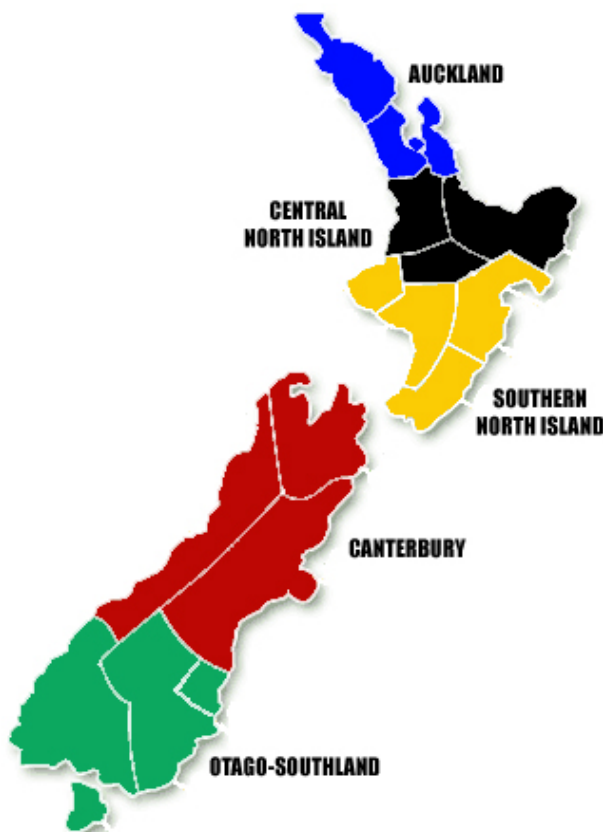
The Final Function for the National Championships will be held at the Brentwood Hotel on Sunday 15th November, commencing at 1800, and will include a dinner, prize giving and an opportunity to socialise.

Final function tickets are available to purchase at \$50 per person.



REGIONAL TEAMS

In keeping with the tradition of the National Championships, all athletes will be aligned with one of the five regional teams, depending on where the athlete resides.



REGIONAL TEAM TROPHY

The Regional Team Trophy is competed for between the five regional teams. The trophy is awarded at the final function to the top performing team at the National Championships. Various individual awards will also be presented at the final function.

Below is a list of regions which have won the Regional Team Trophy in the past.

YEAR	WINNING TEAM	YEAR	WINNING TEAM	YEAR	WINNING TEAM
2007	Canterbury	1991	Central North Island	1978	Central North Island
2005	Auckland	1990	Auckland	1977	Central North Island
2003	Canterbury	1989	Auckland	1976	Central North Island
2001	Canterbury	1988	Auckland	1975	Central North Island
2000	Southern North Island	1987	Auckland	1974	<i>No Event Was Held</i>
1999	Canterbury	1986	Central North Island	1973	Central North Island
1998	Otago-Southland	1985	Central North Island	1972	Central North Island
1997	Canterbury	1984	Central North Island	1971	Otago-Southland
1996	Auckland	1983	Canterbury	1970	Otago-Southland
1995	Auckland	1982	Central North Island	1969	Otago-Southland
1994	Auckland	1981	Otago-Southland	1968	Auckland
1993	Otago-Southland	1980	Central North Island		
1992	Auckland	1979	Central North Island		



REGIONAL CONTACTS

Below is a list of contact details for each regional team. We encourage regional contacts to co-ordinate the athletes' registration and travel details. Regional team uniforms are also encouraged at the event.

AUCKLAND

PARAFED NORTHLAND

Contact: Theresa Lynn
Phone: 09 433 8867
Email: tlynn@xtra.co.nz

PARAFED AUCKLAND

Contact: Glen McDonald
Phone: 09 270 2503
Email: paraauckland@xtra.co.nz

CENTRAL NORTH ISLAND

PARAFED WAIKATO

Contact: Chloe Wickman
Phone: 07 858 5388
Email: chloew@sportwaikato.org.nz

PARAFED BAY OF PLENTY

Contact: Neil Cudby
Phone: 07 574 1750
Email: neil.cudby@xtra.co.nz

SOUTHERN NORTH ISLAND

PARAFED TARANAKI

Contact: Kirsty Linnell
Phone: 06 757 9046
Email: kirsty.linnell@idea.org.nz

PARAFED MANAWATU

Contact: Gregory Wright
Phone: 06 358 3300
Email: parafedmanawatu@clear.net.nz

PARAFED WELLINGTON

Contact: Deidre Young
Phone: 04 233 0226
Email: parafed.wlg@xtra.co.nz

CANTERBURY

PARAFED CANTERBURY

Contact: Kerry Jenkinson
Phone: 03 385 4449
Email: kjenkinson@parafedcanterbury.co.nz

OTAGO-SOUTHLAND

PARAFED NORTH OTAGO

Contact: Jennifer Cowhan
Phone: 03 437 1579
Email: coolcowhans@xtra.co.nz

PARAFED OTAGO

Contact: Bill Lean
Phone: 03 474 6350
Email: wrlean@slingshot.co.nz

PARAFED SOUTHLAND

Contact: Alison Knowler
Phone: 03 214 0036
Email: dan.ali@xtra.co.nz

If athletes have any trouble contacting their local ParaFed, please contact Dave Stewart at Paralympics New Zealand on 09 526 0764 or email dstewart@paralympics.org.nz.



REGISTRATION FORM

(Page 1 of 3)

Personal Details

Name: _____

Region: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____ Date of Birth: _____

Disability: _____ Gender: Male / Female

Registration Details

The following registration options are available (please tick what you require).

\$400 - Full Registration (Athlete) \$350 - Full Registration (Staff)

(Full Registration includes: \$50 entry fee, final function ticket, transport, 3 nights accommodation, 3 breakfasts, 3 lunches, 2 dinners)

or

\$50 - Entry Fee (Athletes Only)

\$50 - Final Function Ticket

Additional Details

I am a wheelchair user

I would like to request a wheelchair accessible unit

Special Dietary Requirements _____

DECLARATION

I agree to abide by the event conditions of the 2009 National Championships. I certify that I am in good physical health and agree that I will compete entirely at my own risk. I hereby release the event organisers, officials, volunteers, employees, sponsors or any other party associated with the event of any liability, financial or otherwise for any loss or injury to equipment or person incurred during the event. I will abide by the decisions of the officials in any and all matters.

I have included with my registration form the amount of \$ _____ for my entry fee and an additional \$ _____ as my deposit for accommodation (if required).

Signature _____

Date _____



SPORTS ENTRY FORM
(Page 2 of 3)

Name _____ Region _____

ATHLETE ELIGIBILITY & CLASSIFICATION

Athletes must be eligible to compete under the International Paralympic Committee (IPC) rules. Those athletes who do not have a current Paralympics New Zealand classification will be contacted by the PNZ Classification Co-ordinator, who will arrange a classification assessment prior to or during the National Championships.

ARCHERY			
ENTRY	EVENT	CLASS	PERSONAL BEST
<input type="checkbox"/>	FITA 70m round + Olympic round		

ATHLETICS			
ENTRY	EVENT	CLASS	PERSONAL BEST
<input type="checkbox"/>	100 metres		
<input type="checkbox"/>	200 metres		
<input type="checkbox"/>	400 metres		
<input type="checkbox"/>	800 metres		
<input type="checkbox"/>	1,500 metres		
<input type="checkbox"/>	5,000 metres		
<input type="checkbox"/>	Discus		
<input type="checkbox"/>	Javelin		
<input type="checkbox"/>	Shot Put		
<input type="checkbox"/>	Long Jump		

HANDCYCLING			
ENTRY	EVENT	CLASS	PERSONAL BEST
<input type="checkbox"/>	10km Time Trial		
<input type="checkbox"/>	30km Road Race		

LAWN BOWLS			
ENTRY	EVENT	CLASS	PARTNER
<input type="checkbox"/>	Singles		N/A
<input type="checkbox"/>	Pairs		
<input type="checkbox"/>	Triples		

*NB: Please choose singles or pairs but not both as they take place at the same time.
All wheelchair bowlers are reminded that their wheelchairs must be suitable for use on grass greens.
Tyres must be covered and at least 50mm wide for front tyres and 45mm wide for rear tyres.
You cannot compete if your chair does not meet these regulations.*

**Athletes are required to send their entries to their Regional ParaFed Contact (see page 8).
Regional ParaFeds will then co-ordinate their team's entries and send on to
ParaFed Wellington.**



SPORTS ENTRY FORM

(Page 3 of 3)

Name _____ Region _____

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POWERLIFTING			
ENTRY	EVENT	CLASS	PERSONAL BEST
<input type="checkbox"/>	Powerlifting		

SAILING			
ENTRY	EVENT	CLASS	
<input type="checkbox"/>	Sailing Regatta		

SHOOTING			
ENTRY	EVENT	CLASS	PERSONAL BEST
<input type="checkbox"/>	10m Air Rifle – Prone (R3, R5)		
<input type="checkbox"/>	10m Air Rifle – Standing (R1, R2, R4)		
<input type="checkbox"/>	50m Air Rifle (R6, R9)		
<input type="checkbox"/>	10m Air Pistol (P1, P2)		

SWIMMING			
(25m – Short Course)			
ENTRY	EVENT	CLASS	PERSONAL BEST
<input type="checkbox"/>	50m Freestyle		
<input type="checkbox"/>	100m Freestyle		
<input type="checkbox"/>	200m Freestyle		
<input type="checkbox"/>	400m Freestyle		
<input type="checkbox"/>	50m Backstroke		
<input type="checkbox"/>	100m Backstroke		
<input type="checkbox"/>	50m Breaststroke		
<input type="checkbox"/>	100m Breaststroke		
<input type="checkbox"/>	50m Butterfly		
<input type="checkbox"/>	100m Butterfly		
<input type="checkbox"/>	100m Individual Medley		
<input type="checkbox"/>	150m Individual Medley		
<input type="checkbox"/>	200m Individual Medley		

TABLE TENNIS			
ENTRY	EVENT	CLASS	PARTNER
<input type="checkbox"/>	Singles		N/A
<input type="checkbox"/>	Doubles		

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