



यूपी० पैरा स्पोर्ट्स एसोसिएशन

U.P. PARA SPORTS ASSOCIATION

(AFFILIATED TO PARALYMPIC COMMITTEE OF INDIA)
Recognized by Govt. of India



Ph.: +91-9971060444, +91-9818563636 | Email: pcup.pci@gmail.com | web: www.upparasports.in

President
Kavinder Chaudhary

Secretary General
Raj Kumar Singh

Treasurer
Yogesh Mathur

Date: 15/02/2023

CIRCULAR

To,

The President/Secretary
Affiliated District Units of
U.P. Para Sports Association.

Sub.:- 7th U.P. State Para Athletics Championship-2023.

We are pleased to inform you that the 7th U.P. State Para Athletics Championship-2023 has been scheduled to be held at Ghaziabad, Uttar Pradesh from 5th to 6th March 2023. All the participants are advised to go through this circular carefully and ensure that they have MQS as per eligibility before sending their entry forms. Participation certificate will not be issued to athletes who have not achieved their MQS as prescribed.

All are advised to strictly follow the code of conduct laid down on account of the Corona situation and its guidelines. All the expenses involved including traveling, lodging & boarding, local conveyance, fees, etc. shall be borne by the participants.

The details about the Championship are as under.

- Host:-** U.P. Para Sports Association (under the aegis of Paralympic Committee of India)
- Competition:-** 5th to 6th March 2023.
- Venue:-** JANHIT Sports Academy, Matiyala, Madhuban Bapudham Yojna, Ghaziabad, Uttar Pradesh.
- Bank Account Details as Under :-**

Bank Name	: Canara Bank
Name of Account	: U.P. PARA SPORTS ASSOCIATION
Bank Account No.	: 2872201000293
Branch Name	: Govindpuram, Ghaziabad – 201013
IFSC Code	: CNRB0002872



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5. Entry:- All participants are advised to send their entry by Email (pcup.pci@gmail.com) to us along with required documents in a single folder (PDF file) **latest by 28th February, 2023**. Entries received after this date, will not be considered.

- a) **The Prescribe fee for Entry/Registration is Rs. 1000/-**
 - b) Important documents which are mandatory to be submitted along with the entry form: **Aadhar Card, Birth Certificate/SSLC Mark Card, Passport size Photograph, Physical Distality Certificate & Entry Fee Slip.** (Note:- All the above documents should be Self Attested)
 - c) Athletes who meet the Entry Standard in the State Para-Athletics Championships, as fixed by PCI (Copy enclosed) are eligible to participate.
 - d) Maximum of two entries in each event in single class events and three entries in each event in combined class events. No reserve entry will be permitted.
 - e) All the entries are to be routed through their District Units and individual athlete's entry will be also accepted.
 - f) An Athlete can participate in a maximum of three individual events.
 - g) This event will also be a selection platform for the forth coming National Championship – 2023
- 6. Failure to Participate:-** If an athlete fails to participate in the first event after sending/confirming the entry without any valid reason, he/she then may not be allowed to participate in any of the remaining events entered.
- 7. Transport:-** Athletes / Team Officials / Escorts will have to make their arrangements, at their own cost for local and domestic transport.
- 8. Call Room:-** All Participating Para Athletes are required to report at Call Room, One Hour before the Scheduled Time of the Event. Any athlete reporting directly at the Competition Area will not be allowed to participate.
- 9. Equipment:-** IAAF/IPC/PCI-approved equipment will only be used during the Championships.



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10. Rules:- 7th U.P. State Para Athletics Championship-2023 shall be conducted following the current PCI/IPC Rules/guidelines. The decision of the Referee/Judges shall be final and binding for all the Para Athletes.

- a) Strictly follow the Standard Operating Procedure (SOP) & Guidelines issued by the Ministry of Youth Affairs & Sports, Government of India for Organizing Sports Competition in the Country in a COVID-19 Situation. The wearing of Mask by each Para Athletes/Team Official and also maintaining the sufficient Physical Distance will be Compulsory failing a strict disciplinary action shall be taken including Disqualification from the Competition.
- b) During the period of the championship an athlete can raise a protest. The protest should be raised within the stipulated time (within 30 minutes) and it should be submitted in writing along with a fee of Rs. 1000/-.

Any information please contact us at the following :

Mr. Vinod Kumar, Mob: 9540151513, Email: pcup.pci@gmail.com

Your kind cooperation for the successful conduct of the Championships is solicited.

Thanking You,

For and behalf of UPPSA

Kavinder Chaudhary
President
U.P. Para Sports Association.

Enclosures: Entry Form & Event List.

7th U.P. STATE PARA ATHLETICS CHAMPIONSHIP-2023

Venue: Janhit Sports Academy, Matiyala, Madhuban Bapudham Yojna, Ghaziabad, Uttar Pradesh.

5th - 6th March 2023

Athletics Championship Entry Form

1.	Name					Photo
2.	Gender					
3.	Date of Birth					
4.	Father's Name					
5.	Phone Number					
6.	Email					
7.	Address					
8.	District					
9.	Achievement:	Position	Year	Classification Category		
	• State Level					
	• National Level					
	• International Level					
	• Other (Game)					
10.	PCI License			IPC License No.		
11.	Wheelchair	Yes / No				
12.	Coach					
13.	Escort					
14.	Guide Runner					
15.	Impairment	Physical / Visual / Intellectual / Cerebral Palsy / Dwarf				
16.	Track Class		Status	New	Confirm	Review
	Track Class	T11-13, T35-38, T42-47, T61-64, T42-46				
	Field Class		Status	New	Confirm	Review
	Field Class	F11-13, F35-38, F40-46, F52-57, F20, F61-64, F33-34, F42-47				
	Running	100m		400m		1500m
	Throwing	Shotput	Discuss	Javelin	Club Throw	
	Jumping	Long Jump	High Jump			

17. Document Required –

- Aadhaar Card
- Birth Certificate/SSLC Mark Card
- Registration Fee Slip
- Physical Disability Certificate
- All documents Attached Xerox Copy and Self Attested

18. Important Guidelines for Players:

- 7th State Para Athletics Championship 2022-23 shall be conducted following the current PCI Rules / Guidelines. The decision of the Referee/Judges shall be final and binding for all the Para Athletes.
- Strictly follow the Standard Operating Procedure (SOP) & Guidelines issued by the Ministry of Youth Affairs & Sports, Government of India for Organizing Sports Competition in the Country in a COVID -19 Situation. The wearing of Mask by each Para Athletes/Team Official and also maintaining the sufficient Physical Distance will be compulsory failing which a strict disciplinary action shall be taken.
- During the period of the championship an athlete can raise a protest. The protest should be raised within the stipulated time (with 30 minutes) and it should be submitted in writing along with a fee of Rs 1000/=

19. Registration Fee: The prescribed Fee for registration is Rs.1000/-.

20. Account Details:

Bank Name	: Canara Bank
Name of Account	: U.P. PARA SPORTS ASSOCIATION
Bank Account No.	: 2872201000293
Branch Name	: Govindpuram, Ghaziabad – 201013
IFSC Code	: CNRB0002872

Note :- It will be necessary to send Filled this Form with all the necessary documents and fee receipt on E-mail [-pcup.pci@gmail.com](mailto:pcup.pci@gmail.com) till 28th February 2023.

Any Query Contact Person Vinod Kumar-9540151513

I _____ declare that the information provided by me are true and correct and if any information is found otherwise, I will be solely responsible without recourse to Para Sports Association of Uttar Pradesh. I shall abide by all the rules and regulations issued by International Paralympic Committee, Paralympic Committee of India or Para Sports Association of my State, for which I shall be solely liable for its compliance.

Date:

Place:

Signature of the Athlete

Paralympic Committee of India
21st National Para Athletics Championship 2022
Event List & MES

Men

Sl. No.	Event	Eligible Classes	Points	MES
1	Men's 100m T11	T11	No	15.00Sec.
2	Men's 100m T12	T12	No	14.20Sec.
3	Men's 100m T13	T13	No	14.20Sec.
4	Men's 100m T34	T33,T34	No	27.20Sec.
5	Men's 100m T35	T35	No	17.20Sec.
6	Men's 100m T36	T36	No	16.15Sec.
7	Men's 100m T37	T37	No	16.00Sec.
8	Men's 100m T38	T38	No	15.20Sec.
9	Men's 100m T44	T44	No	14.20Sec.
10	Men's 100m T47	T45,T46,T47	No	14.20Sec.
11	Men's 100m T52	T51,T52	No	27.20Sec.
12	Men's 100m T53	T53	No	18.50Sec.
13	Men's 100m T54	T54	No	17.10Sec.
14	Men's 100m T63	T42,T63	No	16.50Sec.
15	Men's 100m T64	T62,T64	No	15.20Sec.
16	Men's 200m T35	T35	No	35.20Sec.
17	Men's 200m T37	T37	No	32.20Sec.
18	Men's 200m T52	T51,T52	No	46.00Sec.
19	Men's 200m T64	T64	No	33.20Sec.
20	Men's 400m T11	T11	No	1:30.00Min.
21	Men's 400m T12	T12	No	1:20.00Min.
22	Men's 400m T13	T13	No	1:20.00Min.
23	Men's 400m T20	T20	No	1:20.00Min.
24	Men's 400m T36	T36	No	1:15.00Min.
25	Men's 400m T37	T37	No	1:20.00Min.
26	Men's 400m T38	T38	No	1:20.00Min.
27	Men's 400m T47	T45,T46,T47	No	1:15.00Min.
28	Men's 400m T52	T51,T52	No	1:20.00Min.
29	Men's 400m T53	T53	No	1:10.00Min.
30	Men's 400m T54	T54	No	1:10.00Min.
31	Men's 400m T64	T44,T62,T64	No	1:20.00Min.
32	Men's 800m T34	T33,T34	No	3:10.00Min.
33	Men's 800m T53	T53	No	2:30.00Min.
34	Men's 800m T54	T54	No	2:00.00Min.

35	Men's 1500m T11	T11	No	5:30.00Min.
36	Men's 1500m T13	T12,T13	No	5:30.00Min.
37	Men's 1500m T20	T20	No	5:30.00Min.
38	Men's 1500m T38	T37,T38	No	6:20.00Min.
39	Men's 1500m T46	T45,T46	No	5:30.00Min.
40	Men's 1500m T54	T53,T54	No	3:40.00Min.
41	Men's 5000m T11	T11	No	19:20.00Min.
42	Men's 5000m T13	T12,T13	No	18:20.00Min.
43	Men's 5000m T54	T53,T54	No	13:30.00Min.
44	Men's High Jump T47	T45,T46,T47	No	1.50m
45	Men's High Jump T63	T42,T63	No	1.45m
46	Men's High Jump T64	T44,T64	No	1.55m
47	Men's Long Jump T11	T11	No	4.30m
48	Men's Long Jump T12	T12	No	5.20m
49	Men's Long Jump T13	T13	No	4.70m
50	Men's Long jump T20	T20	No	4.70m
51	Men's Long Jump T36	T36	No	3.20m
52	Men's Long Jump T37/38	T37	Yes	3.20m
		T38		4.20m
53	Men's Long Jump T47	T45,T46,T47	No	4.50m
54	Men's Long Jump T63	T42,T61,T63	No	4.00m
55	Men's Long Jump T64	T44,T62,T64	No	4.50m
56	Men's Discus Throw F11	F11	No	17.50m
57	Men's Discus Throw F37	F37	No	26.00m
58	Men's Discus Throw F51/52/53	F51	Yes	6.00m
		F52		8.00m
		F53		9.00m
59	Men's Discus Throw F54/55/56	F54	Yes	18.00m
		F55		18.00m
		F56		20.00m
60	Men's Discus Throw F64	F43,F44,F62,F64	No	27.00m
61	Men's Shot Put F11	F11	No	7.00m
62	Men's Shot Put F12	F12	No	8.00m
63	Men's Shot Put F20	F20	No	7.00m
64	Men's Shot Put F32	F32	No	4.50m
65	Men's Shot Put F33	F33	No	5.00m
66	Men's Shot Put F34	F34	No	6.00m
67	Men's Shot Put F35	F35	No	6.00m
68	Men's Shot Put F36	F36	No	6.00m
69	Men's Shot Put F37	F37	No	7.50m
70	Men's Shot Put F40	F40	No	6.50m
71	Men's Shot Put F41	F41	No	6.50m

72	Men's Shot Put F46	F45,F46	No	8.00m
73	Men's Shot Put F53	F53	No	4.00m
74	Men's Shot Put F55	F54,F55	No	6.00m
75	Men's Shot Put F57	F56,F57	No	8.00m
76	Men's Shot Put F63	F42,F61,F63	No	8.50m
77	Men's Javelin F13	F12, F13	No	32.00m
78	Men's Javelin F33/34	F33	Yes	10.00m
		F34		16.00m
79	Men's Javelin F37/38	F37	Yes	20.00m
		F38		26.00m
80	Men's Javelin F41	F40,F41	No	20.00m
81	Men's Javelin F46	F45,F46	No	25.00m
82	Men's Javelin F54	F53,F54	No	10.00m
83	Men's Javelin F55	F55	No	13.00m
84	Men's Javelin F57	F56,F57	No	15.00m
85	Men's Javelin F64	F42,F43,F44,F61,F62,F63,F64	No	36.00m
86	Men's Club Throw F32	F32	No	12.00m
87	Men's Club Throw F51	F51	No	8.00m

Women

Sl. No.	Event	Eligible Classes	Points	MES
1	Women's 100m T11	T11	No	16.50Sec.
2	Women's 100m T12	T12	No	15.70Sec.
3	Women's 100m T13	T13	No	16.00Sec.
4	Women's 100m T34	T33,T34	No	32.00Sec.
5	Women's 100m T35	T35	No	25.00Sec.
6	Women's 100m T36	T36	No	25.00Sec.
7	Women's 100m T37	T37	No	19.00Sec.
8	Women's 100m T38	T38	No	19.00Sec.
9	Women's 100m T47	T45,T46,T47	No	16.20Sec.
10	Women's 100m T53	T53	No	24.00Sec.
11	Women's 100m T54	T54	No	22.00Sec.
12	Women's 100m T63	T42,T63	No	22.00Sec.
13	Women's 100m T64	T44,T62,T64	No	18.50Sec.
14	Women's 200m T11	T11	No	36.50Sec.
15	Women's 200m T12	T12	No	34.00Sec.
16	Women's 200m T35	T35	No	52.00Sec.
17	Women's 200m T36	T36	No	43.00Sec.
18	Women's 200m T37	T37	No	43.50Sec.
19	Women's 200m T47	T45, T46, T47	No	35.00Sec.

20	Women's 400m T11	T11	No	1:30.00Min.
21	Women's 400m T12	T12	No	1:25.00Min.
22	Women's 400m T13	T13	No	1:25.00Min.
23	Women's 400m T20	T20	No	1:20.00Min.
24	Women's 400m T37	T37	No	1:30.00Min.
25	Women's 400m T38	T38	No	1:30.00Min.
26	Women's 400m T47	T45, T46, T47	No	1:25.00Min.
27	Women's 400m T53	T53	No	1:25.00Min.
28	Women's 400m T54	T54	No	1:20.00Min.
29	Women's 800m T34	T33,T34	No	3:20.00Min.
30	Women's 800m T53	T53	No	3:20.00Min.
31	Women's 800m T54	T54	No	2:50.00Min.
32	Women's 1500m T11	T11	No	6:30.00Min.
33	Women's 1500m T13	T12,T13	No	6:20.00Min.
34	Women's 1500m T20	T20	No	6:00.00Min.
35	Women's 1500m T54	T53,T54	No	4:50.00Min.
36	Women's 5000m T54	T53,T54	No	15:00.00Min.
37	Women's Long Jump T11/12	T11	Yes	2.80m
		T12		3.80m
38	Women's Long Jump T20	T20	No	3.80m
39	Women's Long Jump T37/38	T37	Yes	2.80m
		T38		3.20m
40	Women's Long Jump T47	T45,T46,T47	No	3.80m
41	Women's Long Jump T42-44/61-64	T42,T61,T63	Yes	2.80m
		T44,T62,T64		3.00m
42	Women's Discus Throw F11	F11	No	15.00m
43	Women's Discus Throw F37/38	F37	Yes	13.00m
		F38		15.00m
44	Women's Discus Throw F40/41	F40	Yes	8.00m
		F41		10.00m
45	Women's Discus Throw F51/52/53	F51	Yes	4.00m
		F52		4.20m
		F53		5.00m
46	Women's Discus Throw F54/55	F54	Yes	5.00m
		F55		12.00m
47	Women's Discus Throw F56/57	F56	Yes	8.00m
		F57		12.00m
48	Women's Discus Throw F64	F43,F44,F62,F64	No	12.00m
49	Women's Shotput F11/12	F11	Yes	5.00m
		F12		6.30m
50	Women's Shotput F20	F20	No	7.20m
51	Women's Shotput F32	F32	No	2.80m

52	Women's Shotput F33	F33	No	3.30m
53	Women's Shotput F34	F34	No	3.80m
54	Women's Shotput F35/36/37	F35	Yes	5.00m
		F36		5.50m
		F37		6.00m
55	Women's Shotput F41	F40	Yes	4.00m
		F41		4.00m
56	Women's Shotput F46	F45,F46	No	6.00m
57	Women's Shotput F54	F54	No	3.00m
58	Women's Shotput F57	F56,F57	No	4.80m
59	Women's Shotput F64	F42,F43,F44,F62,F64	No	5.20m
60	Women's Javelin F12/13	F12	Yes	14.00m
		F13		15.00m
61	Women's Javelin F34	F33,F34	No	8.00m
62	Women's Javelin F46	F45,F46	No	16.00m
63	Women's Javelin F54	F53,F54	No	7.00m
64	Women's Javelin F56	F55,F56	No	8.00m
65	Women's Club Throw F32/51	F32	Yes	9.00m
		F51		10.50m