



WELSH ATHLETICS
ATHLETAU CYMRU

Practical Officiating Workshop for Para athletics

Saturday 4th November 2023

Leckwith, Cardiff International Sports Campus



<p>11.00am Induction followed by</p>	<p>Session 1</p> <p>Getting acquainted with throwing frames and racing chairs</p>	<p>11.30am Session 2</p> <p>Ambulant events the practical differences</p>
	<p>12.30pm Break for lunch</p> <p>(please bring lunch with you)</p>	
<p>13.00pm Session 3</p> <p>Practical securing of throwing frames – competition scenarios</p>	<p>15.00pm Session 4</p> <p>Seated throws duty sheets – variations and practical application of the rules.</p>	<p>Followed by Q & A</p> <p>The intention is that this will be a ‘hands on’ practical workshop, with the opportunity to handle and use seated throws equipment and an opportunity for practical rule applications with live demonstrations.</p>

All levels of field and track officials, coaches and para athletes welcomed.

To book your place email officials@welshathletics.org



WELSH ATHLETICS
ATHLETAU CYMRU