



T1DM* Prizes – 2 mile race

Grass Games, 17 September 2016

Who	<p>You do not need to be a member of any club affiliated with Athletics NSW. Non-members are encouraged to participate.</p> <p>The T1DM* Prizes are open to anyone 12 years or older.</p>
What	<p>The Grass Games opens the NSW summer athletic season in a fun carnival atmosphere event. It has non-standard events to replicate training rather than competition distances. Many high school age runners are expected (as well as Open and Masters).</p> <p>The 2 mile race opens the Grass Games.</p>
Where & when	<p>It is held on the superb grass athletics field at Chatswood Rotary War Memorial Athletics Field, Mowbray Road West, Lane Cove North on Saturday, 17 September 2016.</p>
How	<p>Enter: online (cheaper) via ANSW website or on the day. Your entry fee allows participating in any/all of the events at Grass Games.</p> <p>T1DM Protocol: Entrants for the T1DM* \$50 Prizes (see below) must ALSO separately register on the day for the T1DM* \$50 Prizes (see below) and follow the T1DM Protocol.</p> <p>The 2 mile race is the first running event, scheduled to start at 2:00 p.m. (Check ANSW website leading up to the Grass Games for timetable changes.)</p> <p>The races will be conducted under IAAF rules, adapted by Athletics NSW for the Grass Games in a relaxed spirit of fun. (Last year the distance track event was run in the reverse direction around the track.) All athletes must check-in at least one (1) hour before their first event, so if you are unsure what to do you will have plenty of time to ask for help. See the Athletics NSW website closer to the day.</p> <p>The race could have experts and novices – all are welcome. If there are large numbers, the field will be split into separate races – timed results will be used for determining winners and prizes.</p>
T1DM* Prizes	<p>UTS Norths is pleased to offer the \$50 prizes to eligible T1DM* entrants in the 2-mile race to encourage their safe participation in athletics and to share their experiences.</p> <p>UTS Norths offers a \$50 prize to each leading (T1DM*) male, female runner in U18 and Open categories (up to a total of four prizes) in the 2 mile race at the Grass Games.</p>
T1DM Protocol	<p>The Club will have a T1DM Steward for help on the day.</p> <p>T1DM* means (for the eligibility for T1DM* Prizes) insulin dependent diabetes mellitus. It does not matter if you want to call it “Type 1”, Type 1.5” or “LADA” (IDT2 and ID gestational diabetes might sneak in) – just convince the T1DM Steward of your insulin dependence by showing your pump, MDI therapy or scars.</p> <p>All participants the T1DM* Prizes must enter and check-in as normal for any athlete (see above) AND:</p> <ul style="list-style-type: none"> • register for the T1DM* Prizes on the day with the T1DM Steward, to confirm they participate at their own risk (parents/guardians of U18 entrants will be required to co-sign the waiver/disclaimer form on the day); AND • show their BGLs/CGMLs meter readings to the T1DM Steward within 30 minutes prior to racing. Too low – no race. (<i>Plan ahead!</i>).



T1DM* Prizes - rules	<p>UTS Norths is solely responsible for the \$50 prizes to eligible T1DM* entrants in the 2-mile race.</p> <p>UTS Norths will award a \$50 prize to each leading (T1DM*) male, female runner in U18 and Open categories (up to a total of four prizes) in the 2 mile race at the Grass Games based on the results provided by Athletics NSW.</p> <p>Entrants for a T1DM* Prize must follow the T1DM Protocol, finish the race and not be disqualified. Athletics NSW has control over and the discretion to cancel the race, limit numbers of entrants in the race and apply the rules for the competition.</p> <p>U18 means the entrant has not yet had their 18th birthday by 31 December 2016. U18 entrants who are not registered with ANSW must show proof of age. No proof – Open only.</p> <p>The 2 mile race is open to all (not just T1DM). Race result positions will be determined by Athletics NSW officials (if there is more than one 2- mile race, final positions will be based on race times). If two or more prize-winning runners are credited with same time, the prize will be shared. Eligible race participants must comply with competition rules on the day (bad sports may be disqualified from the race and prizes). UTS Norths (not ANSW) solely determines T1DM* Prize awards and may award or decline to award any prize without giving any reason.</p> <p>Entrants consent to the publication and use in any form of media of their name, image, voice, results, statements or otherwise, without payment or compensation. Images taken for the Grass Games may be used by the Club or Athletics NSW for marketing and advertising purposes in future years.</p> <p>Entrants must give valid contact details at the time of registering on the day for the T1DM* Prize. UTS Norths may either pay the Prize by cheque on the day of Grass Games or later send a cheque by post. Unclaimed or uncontactable winners will forfeit their prize. Non-awarded prizes will be retained by the Club for future Club use.</p>
Therapeutic Use Exemption (TUE)	<p><i>“Am I allowed to compete if I am injecting insulin?” “Will I be tested?” “Do I need a TUE?”</i></p> <p>In short, if you are already a high level athlete, you will know the ASADA rules applying to you and you ought to have a TUE. If you are not a “high-level athlete” or if you are new to athletics, then you do not need a TUE before you compete at the Grass Games. Very briefly:</p> <ul style="list-style-type: none"> • Insulins are included on the WADA Prohibited List for athletics. • “Athletes who have been diagnosed with a medical condition that requires the use of a prohibited substance may apply for a Therapeutic Use Exemption (TUE) to request permission for the use of the prohibited substance.” • “Only certain, higher level athletes need to apply for a TUE in-advance. In-advance TUEs need to be applied for before taking the medication (except for emergency situations and hospital visits). Other athletes are able to apply for a planned retroactive TUE once they have been tested.” • If you do not meet any of the criteria for higher level athletes, you could choose to prepare information for a planned retroactive TUE. If you are planning longer-term involvement with athletics, it is a good idea to get the TUE. If you are already insulin dependent, it will be easy to arrange. <p>See ASADA at: https://www.asada.gov.au/ or ask the T1DM Steward for guidance.</p>
Contacts	<p>UTS Norths contact for Grass Games: Andy West (Club President) mobile: 0439 257 968</p> <p>UTS Norths contact for T1DM Steward: Andrew MacDonald mobile: 04 02 04 1101</p> <p>Club website: utsnorthsath.com.au</p> <p>Athletics NSW: nswathletics.org.au</p>