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**U11 Quadkids**

***Please ensure you arrive by 10.15am so your students can warm up and are ready to start their first event at 10.30m***

* **Teams of between 8-10:** Including 4 or 5 boys and 4 or 5 girls
* **Please Seed** them 1 to 4/5 before you arrive
* **Teams with 5 athletes:** Will have their worst overall score taken away before final results are produced
* **Rotations for each group are below**: This will allow us 20mins on each section
* **Relay**: If we have time a non-scoring Relay will be added at the end
* **Throwing and Jumping:** Two stations will run for these events so boys and girls can compete at the same time

***QuadKids*** is a team event based on athletes taking part in sprints, middle distance run, long jump and a throwing event, designed to give more children the opportunity to participate in and enjoy the benefits of athletics.

The ***75 metre sprin***t will be an accurately measured straight line distance preferably run in marked lanes.

The ***600 metre run*** will be run as 1.5 laps of a 400 metre track.

The ***Vortex Howler Throw*** competitors will be given three consecutive throws from behind a marked line on a grassed area that is at least 50m long. Competitors stepping onto or over the line during a throw will record a foul.

The ***Standing Long Jump*** is a two footed jump from a standing start at a marked line or designated take off board. Stepping over the line or board during the jump is a foul jump. Each individual jump will be measured unless there is a foul, the point of measurement is the rearmost point of contact with the landing area.