**Quad Kids Rules**

**Year group:** Year 3 & 4 Start

Year 5 & 6 Primary

**Team criteria:**

Teams of 8 - 4 boys & 4 girls. Teams may be from one Year group or a mixture of the two

**Competition Format:**   
Each team member takes part in the following:  
  
**Quad Kids Start: (Year 3 & 4)**

50m Sprint  
Standing Long Jump  
400m  
Howler

**Quad Kids Primary: (Year 5 & 6)**

75m Sprint  
Standing Long Jump  
600m  
Howler

**Rules:** Points are awarded for distance and times.

Individual winners and team winners can be calculated from these scores.