Quadkids Overview

- Divided into 5 formats –
 PRE-START, START,
 PRIMARY & SECONDARY +
 CLUB
- Team based competition 4
 Boys & 4 Girls per team
- 4 events sprint, run, jump and throw
- SCORING all athletes do all events, points allocated for performance, highest aggregate score wins

- Event can be run as a class event or Level 1 competition
- Downloadable manuals, track and field cards, declaration forms, template timetables and spreadsheet from website http://www.quadkids.org/

















COMPETITION FORMATS

- PRE-START (school years 1 and 2)
- 300m jog, 50m sprint, standing long jump, mini vortex howler throw
- START (school years 3 and 4)
- ◆ 400m jog, 50m sprint, standing long jump, mini vortex howler throw
- PRIMARY (school years 5 and 6)
- 600m run, 75m sprint, standing long jump, vortex howler throw

















HOW THE COMPETITION WORKS

- Athletes are divided into pools (4/8/16 depending on overall numbers)
- Each pool rotates through the 4 disciplines (see example timetable) and each athlete competes in all 4 events
- The time/distance for each event is measured against a standard points scoring table (the spreadsheet calculates this automatically)
- Team based competition with scores of 4 boys and 4 girls added to give an aggregate team score
- If athletes get 3 NJ or 3 NT or DNF they get 0 points encourage athletes to achieve a valid distance/time
- Teams of less than the required number can participate but no adjustment in the overall team score will be made
- An optional scoring relay may be held after the rotation of events has been completed

















THE SPRINT



- Equipment starting clacker/ whistle/ pistol, stop watch for timing, track cards for recording times and finishing order
- Helpers/Officials Needed organising athletes into races, starter, timer/s (use of multi function stop watch), helpers to sort finishing order
- Rules stay in lane, "on your marks, set, go", false starts
- Setting Up if no marked lanes use trundle wheel to measure distance and mark lanes and start and finish lines with cones/discs
- ◆ Other Points races are usually run with 5 or 6 athletes, try to mix athletes from different schools/teams

















THE RUN

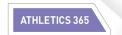


- Equipment starting clacker/ whistle/ pistol, stop watch for timing, track cards for recording times and finishing order
- Helpers/Officials Needed organising athletes into races, starter, timer/s, helpers to sort finishing order
- Rules "On your marks, go", athletes start on a curved start and can cut in as soon as possible but must be made aware of track etiquette, false start
- Setting Up if no marked track use trundle wheel to measure either 200m or 400m oval/circular distance and mark inside of oval and start and finish lines with cones/discs
- Other Points races can be run with up to 16 athletes (dependent on the timer/s), try to mix athletes from different schools/teams

















THE VORTEX THROW



- Equipment vortex howlers, 50m tape measure, cones, throw markers, field cards
- Helpers/Officials Needed calling up athletes and judging throw line, marking throw distance, measuring and recording distances
- Rules athletes must throw over arm (as a javelin, ball throw action) and not step over the throwing line
- Setting Up if there is no throwing fan mark out with cones
- Other Points athletes throw 3 consecutive howlers and only the furthest is measured, if time permits a practice throw is allowed

















THE JUMP



- Equipment either a conventional long jump pit (rake, 5m tape measure, spike needed) or a standing long jump mat, field score card
- Helpers/Officials Needed organising athletes into jumping order, checking for foul jumps, measuring and recording distances and raking
- Rules Standing long jump athletes must jump with feet together from behind the take off line Running long jump – athletes must not step over the take off board
- Setting Up check the sand pit is raked and clear of stones etc.
- Other Points athletes jump in rounds all first round jumps and then all second round jumps. Athletes have 3 jumps with the best distance highlighted on the score card.















THE 8 x 50m RELAY

- Equipment starting clacker/ whistle/ pistol, stop watch for timing, track cards for recording times and finishing order, relay batons
- Helpers/Officials Needed organising athletes into races, starter, timer/s, helpers to sort finishing order, changeover helpers
- Rules stay in lane, "on your marks, set, go", false starts, checking for baton changes
- ◆ Setting Up The event is run in lanes and a 400m track usually has marked change-over points at 100m, 200m & 300m. However, you will need mark out additional change-over points at 50m, 150m, 250m and 350m. The trundle wheel can be used to out these additional 50m increments.
- ◆ You will need to include the "stagger" across the different lanes. Start in lane 1 and then move forward by the "stagger" distance across the outside lanes. The approximate "stagger" distances are:
 - ◆ 50m handover = 6m
 - 150m handover = 4m
 - 250m handover = 2m
 - ◆ 350m handover = 0m; the stagger has now "unwound"
- The additional change-over points can be marked with cones and the approximate















