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| **Sport** | ***Quad Kids*** |
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| **Year Group** | Divided into 5 formats – PRE-START, START, PRIMARY & SECONDARY + CLUB |
| **Date** | Deadline: July 2nd |
| **Gender** | Girls  Boys |
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| **Team Criteria** | * Team based competition 4 Boys & 4 Girls per team |
| **Format** | 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/>  **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  Video Link - <https://youtu.be/fGGgEcGFAV8> |
| **Rules** | 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 complete  **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 HOWLER 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. |