



**DERBYSHIRE ATHLETICS &
NOTTINGHAMSHIRE A.A.A.
U11's QuadKids Competition**

As part of the
**Joint Derbyshire & Nottinghamshire
COUNTY TRACK & FIELD CHAMPIONSHIPS 2019**
At Moorways Stadium, Moor Lane, Allenton, Derby.
Saturday & Sunday 11th & 12th May 2019

Take part in QuadKids - the exciting athletics quadrathlon competition for young athletes, being held at the Derbyshire and Nottinghamshire County Championships. For boys and girls in school years 4 and 5 (must be aged 9 or 10 years on the day of the competition). Open to all – you do not have to be a member of an athletics club.

Each athlete competes in a 75m sprint, a 600m run, long jump and a howler javelin throw. Athletes rotate around all 4 events. Points are gained decathlon-style – the faster you run and the further you throw and jump the more points you get. Medals for top boys and girls (total of the four events) in each county.

Saturday 11th May 2019 Nottinghamshire Girls and Boys

Sunday 12th May 2019 Derbyshire Girls and Boy **Limit of 50 athletes max per day.**

Please register and collect numbers at least 60 min before your first event

Entries to: **U11 Quad Kid Comp. 5 Foxhill Close. Sutton in Ashfield, Nott's. NG17 2HQ**

Email Enquiries: john@notts-minileague.co.uk

ABSOLUTELY NO LATE ENTRIES WILL BE ACCEPTED CLOSING DATE 20th April 2019

Entries received after the maximum field is reached will be returned. Medals will be awarded to the first three individuals in each county.

County qualification is by school, i.e. entrants who go to a Nottinghamshire school enter Nottinghamshire competition. Members of athletics clubs may choose to represent their club provided the school qualification is met.

Suitable clothing and footwear to be worn, e.g. School PE kit, Club vest, Trainers etc.

Derbyshire Athletics website <http://derbyshireathletics.org.uk> Nottinghamshire A.A.A. website <http://www.nottsaaa.org> (v1/19)

Entry form

Full Name: _____ Male Female

Full Postal Address: _____

Tel No: (Home) _____ (Mobile) _____

Email: _____ 75 metre Sprint Time (if known) _____ Sec

Date of Birth: _____ Age at 11th May 2019 (Nott's entrants) _____ Years _____ Months.

Age at 12th May 2019 (Derby's entrants) _____ Years _____ Months.

School or Athletics club to represent: _____ School Year 4 or 5 _____

- I go to a Nottinghamshire school and I am entering the Nottinghamshire competition on Sat 11th May 2019
- I go to a Derbyshire school and I am entering the Derbyshire competition on Sun 12th May 2019
- I enclose £5 entry fee (cheque or postal order made payable to: Nott's AAA (regardless of which county competition you are entering) Please write the athlete's name on the reverse of the cheque.

Email acknowledgement will be sent, Please register and collect numbers at least 60 min before your first event