



DERBYSHIRE ATHLETICS and
NOTTINGHAMSHIRE A.A.A
U11's QuadKids Competition

as part of the



joint Derbyshire and Nottinghamshire
TRACK AND FIELD CHAMPIONSHIPS 2016
Harvey Hadden Stadium, Nottingham
SATURDAY & SUNDAY 14th & 15th MAY 2016

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 14th May Nottinghamshire Girls and Boys

Sunday 15th May Derbyshire Girls and Boys

Limit of 50 athletes max per day. Closing date for entries 22nd April 2016

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Entry form

Full Name **Male** **Female**

Address
.....
.....

Tel No.....**Mob No**

Email

Date of Birth **Age at 14th May 2016 (Notts entrants)****Years****months**
Age at 15th May 2016 (Derbys entrants).....**Years****months**

School or athletics club to represent

School Year 4 **School Year 5**

I go to a Nottinghamshire school and I am entering the Nottinghamshire competition on 14th May

I go to a Derbyshire school and I am entering the Derbyshire competition on 15th May

I enclose £5 entry fee (cheque or postal order made payable to Derbyshire Athletics regardless of which county competition you are entering) Please write athletes name on reverse.

I enclose an A5 stamped addressed envelope (use correct postage) with entry form for return of number and timetable.

Entries to Julie Feeney, 42 Jodrell Avenue, Belper, Derbyshire DE56 0DY.

ABSOLUTELY NO LATE ENTRIES WILL BE ACCEPTED CLOSING DATE 22nd April 2016

Entries received after maximum field is reached will be returned. Medals will be awarded to the first three individuals in each county. County qualification is by school ie 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 eg school PE kit, club vest, trainers etc. Athletes must register on the day 60mins before their first event. A stamped self-addressed envelope **MUST** be included with the entry form and fee. The timetable and numbers will be sent to all competitors in advance. No collection of numbers on the day.

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

