

# QUADKIDS ATHLETIC COMPETITION

Under UKA Rules.



**OPEN TO ALL ATHLETES FROM CLUBS AND SCHOOLS  
WITHIN NOTTINGHAMSHIRE and DERBYSHIRE ONLY**

For athletes in school years 5,6 & 7

At the

**English Institute of Sport Sheffield  
(Indoor track)**

**Sunday 22nd November 2015**

Starts at 9-45am Registration from 9-15am

**QUADKIDS competition consists of**

75m sprint, 600m run, Long jump and Howler javelin throw.

Athletes will do all 4 events. Performances will be scored and points awarded based on decathlon type table. Highest points total will determine winners of the competition.

**Cost £4.00 per athlete.** Awards will be made to the top 3 in each age group

**All athletes MUST pre enter – Entries limited to first 100 entries received  
NO entries will be accepted after the closing date or on the day.**

**Entries, by post, to;** NAN Quadkids Athletics 6 Santon Road, Mansfield, Notts NG19 0PR.

Enclosing a cheque payable to **Nottinghamshire Athletics Network**

Full Name..... Male / Female .....

Address.....

.....Date of Birth.....

Tel Number ..... Email address.....

Name of club / school; .....

Age group (state current school year)                      Year 5    Year 6    Year 7

Parents/Carer signature.....

Entry Fee enclosed            £.....

**Closing date for entries Wednesday 18<sup>th</sup> November 2015.**

**STRICTLY no entries will be accepted after the closing date or on the day**

No acknowledgement will be sent. Just turn up and register at least 20 mins before start.  
A parking charge will be applied by the EIS