

# 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

To be held at the

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

Coleridge Rd Sheffield S9 5DA

**Sunday 20th November 2016**

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

**QUADKIDS competition consists of**

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

**Athletes compete in all 4 events. Performances will be scored and points awarded based on decathlon type table. Highest points total will determine winners of each age group.**

**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.**

Email enquires to:- [john@notts-minileague.co.uk](mailto:john@notts-minileague.co.uk)

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**Entries, by post, to;** NAN Quad kids Athletics 5 Foxhill Close. Sutton in Ashfield. Notts NG17 2HQ.

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

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

Address.....

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

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

Name of club / school; .....75m Sprint time (if known) .....sec

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

Parents/Carer signature..... Entry Fee enclosed                      £.....

**Closing date for entries Wednesday 16<sup>th</sup> November 2016.**

(Entries can be handed in to John Cotton at the Nottinghamshire Mini League Sportshall or Cross Country Competitions)

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

- Email acknowledgement will be sent. Please register on the day at least 20 mins before the start.
- Parking is limited plus a charge will be applied by the EIS