



DERBYSHIRE ATHLETICS and

NOTTINGHAMSHIRE A.A.A

## U11's QuadKids Competition

as part of the

joint Derbyshire and Nottinghamshire

TRACK AND FIELD CHAMPIONSHIPS 2015

Moorways Stadium, Derby

SATURDAY & SUNDAY 23<sup>rd</sup> & 24<sup>th</sup> MAY 2015

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 23<sup>rd</sup> May      Nottinghamshire Girls and Boys

Sunday 24<sup>th</sup> May      Derbyshire Girls and Boys

**Limit of 50 athletes max per day. Closing date for entries 10<sup>th</sup> May 2015**

.....  
**Entry form**

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

**Address**  
.....  
.....

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

**Email** .....

**Date of Birth** ..... **Age at 23<sup>rd</sup> May 2015 (Notts entrants)** .....**Years** .....**months**

**Age at 24<sup>th</sup> May 2015 (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 23<sup>rd</sup> May**

**I go to a Derbyshire school and I am entering the Derbyshire competition on 24<sup>th</sup> 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 10<sup>th</sup> May 2015**

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 timetable and numbers will be sent to all competitors in advance provided a S.A.E. is included with the entry form and fee. No S.A.E - timetable and numbers will be collected at the Championships.

**Derbyshire Athletics website <http://derbyshireathletics.org.uk> Nottinghamshire A.A.A. website [www.nottsaaa.org](http://www.nottsaaa.org)**

