

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

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 (If Year 7 URN Number)

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

Closing date for entries Wednesday 16th 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