

NOTTINGHAMSHIRE ATHLETICS NETWORK

INDOOR ATHLETICS MEETING

Sunday 25th November 2018

EIS Sheffield

Provisional Timetable

Quadkids Competition

9-15am Registration opens

QuadKids Competition

9-45 am	Long jump	Yr 7 Girls	Pit 1
	Long jump	Yr 6 Girls	Pit 2
	Howler javelin	Yr 7 Boys	- infield straight
	Howler javelin	Yr 6 Boys	- back straight
10-10 am	Howler javelin	Yr 5 Boys	- infield straight
10- 30 am	Howler javelin	Yr 5 Girls	- infield straight
10-20 am	75m sprint	- far back straight outside of track	
	To be run in following order	Boys Yr 7,	Boys Yr 6,
10- 30 am	75m sprint	- far back straight outside of track	
	To be run in following order	Girls Yr 7,	Girls Yr 6
10-40 am	75m sprint	- far back straight outside of track	
	To be run in following order	Boys Yr 5,	Girls Yr 5
10- 40 am	Long jump	Yr 7 Boys	Pit 1
	Long jump	Yr 6 Boys	Pit 2
11-00 am	Howler javelin	Yr 7 Girls	- infield straight
	Howler javelin	Yr 6 Girls	- back straight
11-15 am	Long jump	Yr 5 Boys	Pit 1
	Long jump	Yr 5 Girls	Pit 2
11-30 am	600m	Yr 7 Girls	- 3 laps of main track
11-35 am	600m	Yr 7 Boys	- 3 laps of main track
11-30 am	600m	Yr 6 Girls	- 3 laps of main track
11- 40 am	600m	Yr 6 Boys	- 3 laps of main track
11-45am	600m	Yr 5 Girls	- 3 laps of main track
11-50 am	600m	Yr 5 Boys	- 3 laps of main track
12-00 noon	Presentation of awards		

1st, 2nd and 3rd in each age group – girls and boys

Quadkids is restricted to athletes who are members of Nottinghamshire or Derbyshire clubs or who attend schools in either county.