**QuadKids Indoor Athletic Competition**

Under UKA Rules

 

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**OPEN TO ALL ATHLETES** from **CLUBS** and **SCHOOLS**

For athletes in school years 4, 5, 6 and 7 (minimum age 9 on the day)

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

**Coleridge Rd Sheffield S9 5DA**

**Sunday 24th November 2019**

Starts at 9.45am     Registration from 9.15am

**QUADKIDS competition consists of:**

**75m sprint     600m     Long Jump     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: £5.00 per athlete**

**Awards will be made to the top 3 boys and girls in each age group (year 4 will be grouped with year 5)**

**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 enquiries to: john@notts-minileague.co.uk**

**Entries & cheque to:** NAN QuadKids Athletics, 5 Foxhill Close, Sutton In Ashfield, Notts, NG17 2HQ

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

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

Address………………………………………………………………. URN no………………………….

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

Mobile Number…………………………… Email Address………………………………………………

Name of club/school………………………………………. 75m sprint time (or equivalent)…………sec

Age group (state current school year) Year 4 Year 5 Year 6 Year 7 **Minimum age of 9 on the day**

Parent/Carer signature………………………………….. Entry Fee enclosed £………………………….

**Closing date for entries: Wednesday 20th November 2019**

**(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 20mins before the start
* Parking is limited and chargeable applied by the EIS
* Suitable clothing and footwear to be worn eg. School PE kit, club vest, trainers etc.