 Under UK Rules 

**Quadkids Indoor Athletic Competition**

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

within **NOTTINGHAMSHIRE** and**DERBYSHIRE ONLY**

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.  Competition is based on school years so athletes will be placed into an age category according to their age on 31st August.**

**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**

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

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.