



Under UK rules



**DERBYSHIRE ATHLETICS & NOTTINGHAMSHIRE A.A.A.**

## **U11's Quadkids Athletic Competition**

as part of the

# **COUNTY TRACK & FIELD CHAMPIONSHIPS 2022**

at:- **Moorways Stadium Derby**

**Saturday & Sunday 14<sup>th</sup> & 15<sup>th</sup> May 2022**

**Open to all Athletes from Clubs and Schools**

**For athletes in school years 4, 5 & 6 (aged 9 on the day or under 11 on 31<sup>st</sup> Aug 2022)**

**QUAD KIDS competition consists of**

**75m Sprint      600m run      Long Jump      Howler Javelin Throw**

**Athletes rotate around all 4 events. Performances will be scored and points awarded based on a decathlon type table. (the faster you run and the further you throw and jump the more points you get.)**

**Medals will be awarded for first three boys and first three girls in each county.**

**Cost £ 6 per athlete**

**Saturday 14<sup>th</sup> May 2022      Nottinghamshire Girls and Boys**

**Sunday 15<sup>th</sup> May 2022      Derbyshire Girls and Boy**

All entries on line at :- <https://www.nottsaaa.org>

Limit of 50 athletes max per day

**Absolutely no entries on the day or late entries will be accepted**

**Open Date for Entries:- Friday 11<sup>th</sup> March 2022**

**Closing date for entries:- Friday 22<sup>nd</sup> April 2022**

Suitable clothing and footwear to be worn, e.g. School PE kit, Club vest, Trainers etc.

Email Enquiries to:- [notts.minileague@gmail.com](mailto:notts.minileague@gmail.com)

Email acknowledgement of entry will be sent,