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# QuadKids



**A new, exciting, easy  
to organise athletics  
concept for children**

## **Competition Manual**



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## What is QuadKids?

### QuadKids

- Is a new exciting, easy to organise athletics concept designed to give more children the opportunity to participate in and enjoy the core disciplines of athletics.
- Is specifically designed to be inclusive, competitive, quick, fun and simple to run.
- Can be used by both schools and clubs, as part of a County Championship or inter club league.
- Is primarily a team based quadrathlon competition where individual performances are scored using a points table and the winners are the team with the highest cumulative points score.
- Can be run for individuals, teams, whole year groups or whole schools (see **Whole School QuadKids**, Appendix 8, page 43).
- Allows all athletes to take part in a **Sprint, Run, Long Jump (SLJ/LJ)** and **Vortex Howler Throw (MVH/VH)**.
- Can take place anywhere: on an athletics track, school field, football pitch or tennis court.
- Captures all match performance data via the website, [www.quadkids.org](http://www.quadkids.org), providing an instant dynamic league table of results and individual rankings.

### How does the competition work?

- Four or five Boys and four or five Girls compete as a team with the scores of the top four boys and top four girls over the four events added together to give the team score.
- More than one team can be entered from each school or club.
- The four events take place in a rotational sequence.
- Each athlete is placed in a pool and competes in all events.
- Specimen Timetables for events with up to 100 athletes and for events with more than 100 athletes can be found as Appendix 1.

### Who is QuadKids for?

There are five different types of QuadKids competition. Each one is specifically tailored for a particular group of children:

- **QuadKids Pre-Start** is for school years 1 & 2.
- **QuadKids Start** is for school years 3 & 4.
- **QuadKids Primary** is for school years 5 & 6.
- **QuadKids Secondary** is for school years 7 & 8.
- **QuadKids Club** is for Under 11s in a club environment.

## QuadKids Club: 75m Sprint

### Where can this take place?

- On an athletics track.
- On grass or tarmac.

### How is it set up?

- On a track mark out a start line 75m from the finish line.
- On grass or tarmac accurately measure out 75m in a straight line, mark the start and finish lines and individual lanes with tape or cones.

### What happens at the start?

- For ease of judging finishing positions and recording times there should be a maximum of six athletes per heat.
- All athletes are put in individual lanes and must run the race in their own lane.
- The start should be explained to the athletes.
- Athletes take their marks behind the start line.
- The Starter will give them the instructions 'On your marks, Set, Go'. ('Go' can be a clacker, whistle, starting pistol or arm dropped).
- It is a false start if one or more of the athletes starts to run before the Starter says 'Go'. If that happens all the athletes in that race are recalled and the race is started again.

### What happens at the finish?

- The Timekeeper will record athletes' times.
- The Spotters will record the finishing order of the athletes using their numbers.
- Results are recorded on an Event Score Sheet; see Appendix 2.
- All times should be rounded up to the nearest 0.1 second so 11.21 becomes 11.3.
- A Runner takes the results back to the Scorer who will input them onto the computer spreadsheet.

## QuadKids Club: 600m Run

### Where can this take place?

- On an athletics track.
- On grass or tarmac.

### How is it set up?

- On a 400m track it is one and a half laps.
- On a 200m track it is three complete laps.
- On grass or tarmac it is three laps of 200 metres laps accurately measured. The lap should be marked with tape or cones and for ease of running and safety there should be no sharp corners.

### What happens at the start?

- For ease of judging finishing positions and recording times there should be a maximum of 16 athletes per heat.
- On a 400m track the athletes start from the 200m start position.
- Athletes are not allocated lanes but start behind a slightly curved line.
- The start should be explained to the athletes.
- The Starter will give them the instructions 'On your marks, Go'. ('Go' can be a clacker, whistle, starting pistol or arm dropped).
- It is a false start if one or more of the athletes starts to run before the Starter says 'Go'. If that happens all the athletes in that race are recalled and the race is started again.
- Athletes do not run in lanes but run as close as they can to the inside of the track or marked lap. They must not bump or push each other.

### What happens at the finish?

- The Timekeeper will record athletes' times.
- The Spotters will record the finishing order of the athletes using their numbers.
- Results are recorded on an Event Score Sheet; see Appendix 3.
- All times should be rounded up to the nearest whole second so 2 minutes 45.7 seconds becomes 2.46.
- A Runner takes the results back to the Scorer who will input them onto the computer spreadsheet. It is important that the time is entered in the scoring spreadsheet in minutes and seconds using a dot to separate the minutes and seconds. A zero should precede single digit seconds i.e. 2.03.

## QuadKids Club: Vortex Howler Throw

### Where can this take place?

- Using the javelin throwing sector at an athletics track.
- On grass.

### How is it set up?

- If using a javelin throwing sector there are no set up requirements.
- On grass an area at least 50 metres long x 15 metres wide should be marked out using tape or cones. The throwing area should be positioned such that if a throw goes astray it cannot land on the running area and injure any athletes.
- Special care should be taken on grass if it is wet to ensure that athletes do not slip over and injure themselves.

### What does the athlete do?

- The athlete can throw the Vortex Howler from a standing position or run up and throw it.
- The athlete must throw the Vortex Howler over-arm in a ball throw/javelin action.
- The athlete must not step onto or cross the marked throwing line.
- Each athlete gets three consecutive throws.
- The athlete's foot must not touch or cross the marked throwing line nor can the Vortex Howler land outside the javelin sector or marked throwing area, if either of these things happen it is a 'no throw' and will not be measured.

### What does the Field Team do?

- Demonstrate at the start how to throw the Vortex Howler and what a 'no throw' is.
- The Field Team determines whether the throw is a valid throw; see above for information on what is a 'no throw'.
- The Field Team marks each valid throw with a peg and then either leaves the longest throw marked with a peg bearing the athlete's number to be measured after all athletes have had their three throws or measures that throw after the individual athlete has completed his or her throws.
- If using a javelin throwing sector the Field Team measures the throw from the peg to the edge of the line closest to the side from which the athlete threw. It is important that the tape is pulled in a straight line past the marked throwing line to a point marked on the runaway that is 8 metres behind the throwing line. This ensures that the measurement is accurate wherever in the sector the throw has landed.
- If using a marked grass area the throw should be measured in a straight line from the peg to the edge of the line closest to the side from which the athlete threw.
- The longest throw for each athlete is recorded on an Event Score Sheet (See Appendix 4) which is then given to a Runner who takes the results back to the Scorer so they can be input onto the computer spreadsheet.

## QuadKids Club: Long Jump

### Where can this take place?

- Using a conventional long jump pit.

### What does the athlete do?

- The athlete runs down the runway and takes off on one foot from (or before) the usual take off board.
- The athlete must not cross the take off line. This is the edge of the take off board closest to the landing area. If this happens the jump is a .no jump. and will not be measured.
- The board in front of the take off board which normally has a plasticine strip on does not form part of the take off board and if the athlete's foot touches this board whether or not it leaves a mark in the plasticine it is a 'no jump'.
- Each athlete has three jumps, they are **not** consecutive, all first round jumps are taken, followed by second round jumps, followed by third round jumps.

### What does the Field Team do?

- Demonstrate what a 'no jump' is.
- The Field Team determines whether the jump is a valid jump; see above for information on what is a 'no jump'.
- A valid jump is measured from the point of contact with the landing area back to the edge of the take off board closest to the landing area.
- The board including the plasticine strip does not form part of the take off board and the measurement should therefore be made to where that board meets the take off board.
- The point of contact is the rearmost point of contact with the landing area be it feet, hands etc.
- All jumps for all athletes are recorded (no jumps should be indicated by the letters 'NJ' in the appropriate column) on an Event Score Sheet (See Appendix 4) which is then given to a Runner who takes the results back to the Scorer so they can be input onto the computer spreadsheet.