



Under UK rules



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

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

as part of the

# **COUNTY TRACK & FIELD CHAMPIONSHIPS 2020**

at:- **Harvey Hadden Stadium, Nottingham**

**Saturday & Sunday 30<sup>th</sup> & 31<sup>th</sup> May 2020**

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

**For athletes in school years 4 and 5 (aged 9 or 10 on the day of the competition)**

**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 30<sup>th</sup> May 2020      Nottinghamshire Girls and Boys**

**Sunday 31<sup>st</sup> May 2020      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**

**closing date for entries:- Saturday 9<sup>th</sup> May 2020**

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,