



Under UK rules



DERBYSHIRE ATHLETICS & NOTTINGHAMSHIRE A.A.A.

U11's Quadkids Athletic Competition

as part of the

COUNTY TRACK & FIELD CHAMPIONSHIPS 2024

at:- **Moorways Stadium Derby**

Saturday & Sunday 11th & 12th May 2024

Open to all Athletes from Clubs and Schools

For athletes (aged 9 on the day or under 11 on 31st Aug 2024)

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 11th May 2024 Nottinghamshire Girls and Boys

Sunday 12th May 2024 Derbyshire Girls and Boys

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:- Friday 19th April 2024

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

Email Enquiries to:- notts.minileague@gmail.com

Email acknowledgement of entry will be sent,