QuadKids

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

Competition Manual

Contents

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**, 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 Seconday** is for school years 7 & 8.

- **QuadKids Club** is for Under 11s in a club environment.

What are the events?

QuadKids Pre-Start (see pages 5-8)

School years 1 & 2
- 50m Sprint
- 300m Run
- Mini Vortex Howler Throw
- Standing Long Jump

QuadKids Start (see pages 9-13)

School years 3 & 4
- 50m Sprint
- 400m Run
- Mini Vortex Howler Throw
- Standing Long Jump
- 50m Shuttle Relay (optional)

QuadKids Primary (see pages 14-18)

School years 5 & 6
- 75m Sprint
- 600m Run
- Vortex Howler Throw
- Standing Long Jump
- 50m Shuttle Relay (optional)

QuadKids Secondary (see pages 19-23)

School years 7 & 8
- 100m Sprint
- 800m Run
- Vortex Howler Throw
- Long Jump
- 100m Relay (optional)

QuadKids Club (see pages 24-27)

Under 11s
- 75m Sprint
- 600m Run
- Vortex Howler Throw
- Long Jump

QuadKids Pre-Start: 50m 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 50m from the finish line.
- On grass or tarmac accurately measure out 50m 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 Pre-Start: 300m 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 three quarters of a lap.
- On a 200m track it is one and a half laps.
- On grass or tarmac it is one and a half 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 12 athletes per heat.
- 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 Pre-Start: Mini 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 30 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 Mini Vortex Howler from a standing position or run up and throw it.
- The athlete must throw the Mini 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 Mini 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 Mini 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 Start: Standing Long Jump

Where can this take place?

- A conventional long jump pit.
- Standing long jump mat.
- A marked grass surface if this is sufficiently soft.
- Special care should be taken when it is wet if a standing long jump mat or grass is being used to ensure that athletes do not slip over and injure themselves.

What does the athlete do?

- The athlete jumps from a designated take off point:
  - if using a conventional long jump pit this could be either the usual take off board or the edge of the pit itself;
  - it is the line marked on a standing long jump mat; and
  - it is a marked line on a grass surface.
- The athlete does a two-footed jump from a standing start.
- The athlete must not step on or cross the designated take off point, if this happens the jump is a 'no jump' and will not be measured.
- 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 at the start how to perform the standing long jump and 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 designated take off point closest to the side from which the athlete took off. 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.

QuadKids Start: 50m 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 50m from the finish line.
- On grass or tarmac accurately measure out 50m 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 Start: 400m 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 complete lap.
- On a 200m track it is two complete laps.
- On grass or tarmac it is two 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.
- 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 Start: Mini 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 30 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 Mini Vortex Howler from a standing position or run up and throw it.
- The athlete must throw the Mini 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 Mini 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 Mini 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 Start: Standing Long Jump

Where can this take place?

- A conventional long jump pit.
- Standing long jump mat.
- A marked grass surface if this is sufficiently soft.
- Special care should be taken when it is wet if a standing long jump mat or grass is being used to ensure that athletes do not slip over and injure themselves.

What does the athlete do?

- The athlete jumps from a designated take off point:
  - if using a conventional long jump pit this could be either the usual take off board or the edge of the pit itself;
  - it is the line marked on a standing long jump mat; and
  - it is a marked line on a grass surface.
- The athlete does a two-footed jump from a standing start.
- The athlete must not step on or cross the designated take off point, if this happens the jump is a 'no jump' and will not be measured.
- 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 at the start how to perform the standing long jump and 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 designated take off point closest to the side from which the athlete took off. 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.

QuadKids Start: 50m Shuttle Relay (optional)

Where can this take place?

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

How is it set up?

- The event is run in lanes. A 400m track usually has marked change-over points at 100m, 200m & 300m. You will need mark out additional change-over points at 50m, 150m, 250m and 350m. The trundle wheel can be used to work out these additional 50m increments.
- You will need to include the 'stagger' across the different lanes. Start in lane 1 and then move forward by the 'stagger' distance across the outside lanes. The approximate 'stagger' distances are:
  - 50m handover = 6m
  - 150m handover = 4m
  - 250m handover = 2m
  - 350m handover = 0m; the stagger has now 'unwound'
- The additional change-over points can be marked with cones and are approximate.

How are the relay teams made up?

- Each team consists of four boys and four girls.

How is the race organised?

- The boys of each team are positioned on the start line and the girls on the finish line in the adjacent lane.
- Each athlete must run the race in his or her allocated lane.
- The first boy in each team stands behind the start line with the baton in his hand.
- The rules for starting and false starts are the same as for the 50m Sprint on page 9.
- The first boy runs with the baton to the first girl who takes the baton and runs back to the second boy who takes the baton and so on until all eight athletes have run.
- If at any time during the race the baton is dropped the athlete who dropped it may pick it up and continue.
- The race can count towards the final position of the teams or it can be run on a non-scoring basis. Times and positions should be recorded as detailed in the 400m run section on page 10.

QuadKids Primary: 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 Primary: 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 Primary: 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 Primary: Standing Long Jump

Where can this take place?

- A conventional long jump pit.
- Standing long jump mat.
- A marked grass surface if this is sufficiently soft.
- Special care should be taken when it is wet if a standing long jump mat or grass is being used to ensure that athletes do not slip over and injure themselves.

What does the athlete do?

- The athlete jumps from a designated take off point:
  - if using a conventional long jump pit this could be either the usual take off board or the edge of the pit itself;
  - it is the line marked on a standing long jump mat; and
  - it is a marked line on a grass surface.
- The athlete does a two-footed jump from a standing start.
- The athlete must not step on or cross the designated take off point, if this happens the jump is a 'no jump' and will not be measured.
- 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 at the start how to perform the standing long jump and 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 designated take off point closest to the side from which the athlete took off. 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.

QuadKids Primary: 50m shuttle relay (optional)

Where can this take place?

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

How is it set up?

- The event is run in lanes. A 400m track usually has marked change-over points at 100m, 200m & 300m. You will need mark out additional change-over points at 50m, 150m, 250m and 350m. The trundle wheel can be used to work out these additional 50m increments.
- You will need to include the 'stagger' across the different lanes. Start in lane 1 and then move forward by the 'stagger' distance across the outside lanes. The approximate 'stagger' distances are:
  - 50m handover = 6m
  - 150m handover = 4m
  - 250m handover = 2m
  - 350m handover = 0m; the stagger has now 'unwound'
- The additional change-over points can be marked with cones and are approximate.

How are the relay teams made up?

- Each team consists of four boys and four girls.

How is the race organised?

- The boys of each team are positioned on the start line and the girls on the finish line in the adjacent lane.
- Each athlete must run the race in his or her allocated lane.
- The first boy in each team stands behind the start line with the baton in his hand.
- The rules for starting and false starts are the same as for the 75m Sprint on page 14.
- The first boy runs with the baton to the first girl who takes the baton and runs back to the second boy who takes the baton and so on until all eight athletes have run.
- If at any time during the race the baton is dropped the athlete who dropped it may pick it up and continue.
- The race can count towards the final position of the teams or it can be run on a non-scoring basis. Times and positions should be recorded as detailed in the 600m run section on page 15.

QuadKids Secondary: 100m Sprint

Where can this take place?

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

How is it set up?

- On a track use the marked 100m start line.
- On grass or tarmac accurately measure out 100m 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 Secondary: 800m 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 two complete laps.
- On a 200m track it is four complete laps.
- On grass or tarmac it is four 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 at the 800m start, this is the finishing line for the 100m.
- 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 Secondary: Votex 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 55 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 Secondary: 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.

QuadKids Secondary: 4x100m Relay (optional)

Where can this take place?

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

How is it set up?

- If an athletics track is not being used use the area that has been marked out for the 100m Sprint.
- The race is run in lanes.

How are the relay teams made up?

- Races are run for both boys and girls. Each teams consists of either four boys or four girls.

How is the race organised?

- If an athletics track is being used:
  - the athletes will go to the appropriate relay stations, this means the athletes do not start level with other, they run off a stagger;
  - the first athlete starts with the baton;
  - the baton must change hands within the marked relay boxes, 'ticks' on the track usually indicate these.
- If a marked 100m Sprint is being used:
  - two athletes are positioned on the start line and two on the finish line in the adjacent lane;
  - the first athlete starts with the baton;
  - the baton must change hands within the marked relay boxes, 'ticks' on the track usually indicate these.
- The first boy or girl in each team stands behind the start line with the baton in his or her hand;
  - the first boy or girl runs with the baton to the second boy or girl who takes the baton and so on until all four athletes have run;
  - each athlete must run the race in his or her allocated lane.
- The rules for starting and false starts are the same as for the 100m Sprint on page 19.
- The first boy runs with the baton to the first girl who takes the baton and runs back to the second boy who takes the baton and so on until all eight athletes have run.
- If at any time during the race the baton is dropped the athlete who dropped it may pick it up and continue.
- The race can count towards the final position of the teams or it can be run on a non-scoring basis. Times and positions should be recorded as detailed in the 800m run section on page 20.

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.

General information for the organiser

Competitions for up to 100 athletes

- At these competitions there is no need to run two different events at the same time.
- The events themselves can be completed within two hours, however, additional time needs to be allowed for Registration and Warm Up at the start and Presentations at the end.
- Two jumping and throwing stations will be required.
- See the first Timetable in Appendix 1.

Competitions with more than 100 athletes

- These competitions require different events to be run at the same time.
- The events themselves can be completed in approximately two and a half hours, however, additional time needs to be allowed for Registration and Warm Up at the start and Presentations at the end.
- Two jumping and throwing stations will be required.
- See the second Timetable in Appendix 1.

Helpers

- The more **Helpers** there are the quicker and more efficiently the competition will run.
- For large competitions it is important that at least some of the Helpers are experienced.

Races

- Races need a **Starter** and at least one **Timekeeper** and **Spotter**.
- It is also helpful if there is a **Start Line Helper** who organises the athletes into heats and puts them in their lanes.
- Information on the set up and organisation of the races themselves can be found on:
  - QuadKids Pre-Start: pages 5–6
  - QuadKids Start: pages 9–10
  - QuadKids Primary: pages 14–15
  - QuadKids Secondary: pages 19–20
  - QuadKids Club: pages 24–25

Vortex Howler Throw

- Each station for this event requires a minimum of **three Helpers**:
  - one to organise the athletes, look for fouls and record the longest throw of each athlete;
  - one to mark each throw;
  - one to return the Vortex Howler.
- Information on running this event can be found on:
  - QuadKids Pre-Start: pages 7
  - QuadKids Start: pages 11
  - QuadKids Primary: pages 16
  - QuadKids Secondary: pages 21
  - QuadKids Club: pages 26

Long Jump

- Each station for the Long Jump requires a minimum of **two Helpers**:
  - one to organise the athletes, watch for fouls, help measure and then record the distance jumped; and
  - one to spot and mark the rearmost landing mark and rake the sand if necessary.
- Information on running this event can be found on:
  - QuadKids Pre-Start: pages 8
  - QuadKids Start: pages 12
  - QuadKids Primary: pages 17
  - QuadKids Secondary: pages 22
  - QuadKids Club: pages 27

General Administration

The following helpers are also needed:

- A **Runner** to go round the various events collecting the Event Score Sheets and bring them back to the **Recorder.**
- A **Scorer** who will input the results onto the computer spreadsheet.
- An **Event Manager** who is free to circulate round the whole competition area checking that everything is under control and troubleshooting if necessary.

Organising a competition

Pre-competition organisation

1. **Book a venue and carry out an on-site risk assessment.**

2. **Sort out First Aid provision.**

3. **Prepare a Timetable.** Specimen Timetables for different the sizes of competition can be found in Appendix 1 .

4. **Send out Declaration Forms and a covering letter to the schools/clubs.** You need to register on the QuadKids website at **www.quadkids.org**. Once registered you will be able to log in and download the Declaration Form. From the Home Page use the drop down 'Schools' Menu (or 'Clubs' Menu for QuadKids Club), select 'Downloads' and then either 'Team Declaration Sheet' or 'Team Declaration Form'.

    A copy of the Declaration Form can be found in Appendix 5.

5. **Download the Scoring Spreadsheet from www.quadkids.org.** From the Home Page use the drop down 'Schools' Menu (or 'Clubs' Menu for QuadKids Club), select 'Downloads' and then 'School Scoring Spreadsheet' (or 'Club Scoring Spreadsheet' for QuadKids Club) and save it. Follow the instructions on the 'Notes' tab.

6. **Identify the minimum number of helpers that you will need**, this will depend on the number of athletes who are competing and the number of event stations that are being run.

7. **If you need experienced helpers make sure that you contact them as far in advance as possible.**

8. **Organise and prepare number packs for each school in advance.**

    - Each athlete will require a number for their front and back, these can either be sticky numbers or attached with pins and should be at least A5 in size. If the numbers are not sticky ones ensure that you have a supply of safety pins.
    - Numbers can be ordered through **sales@quadkids.org**.
    - Allocate each athlete to a pool. Write the name and pool of each athlete on their number and also the rotation of events, e.g. Joe Smith, Pool A, 50m/VH1/400m/LJ1.
    - Have at least two athletes from each school in each pool.
    - If possible have no more than 25 athletes in each pool.

9. **Vortex Howlers** and **Mini Vortex Howlers,** if required, can be ordered through the QuadKids website, see the Home Page.

10. **Order Certificates in advance** through the QuadKids website Home Page.

11. **QuadKids branded Gold, Silver and Bronze Medals** are available through the QuadKids website, see the Home Page.

12. **If you decide to use signs** to get the athletes into their pools at the start of the competition and to mark field events sites prepare them beforehand e.g. VH1, LJ1, Pool A.

13. **Print off an adequate supply of Event Score Sheets** for the runs, Long Jump and Vortex Howler Throw. From the Home Page use the drop down 'Schools' Menu (or 'Clubs' Menu for QuadKids Club), select 'Downloads' and then 'Run Score Sheet' and 'Jump or Throw Score Sheet'.

14. **Print Feedback Forms.**

On the day tasks

Before arrival of Teams

1. **Mark out the track area for the sprint and run**.

2. **Mark out the Vortex Howler throwing areas** if necessary.

3. **Mark four field stations as appropriate** with LJ1, LJ2, VH1 and VH2.

4. **Place relevant equipment at each station:**

    For Vortex Howler:
    - 6 x Vortex HowlerS (or Mini Vortex Howlers for QuadKids Pre-Start and Start)
    - 1 x 30m tape
    - 1 x spike
    - Pegs

    For Long Jump
    - If using conventional Long Jump pit
        - 1 x 10m tape
        - 1 x rake
        - 1 x spike
    - OR - Standing Long Jump Mat (QuadKids Pre-Start, Start and Primary only)

5. **Ensure that clacker, whistle or starting pistol and stopwatches are available.**

On arrival of teams

1. **Give out numbers to Team Managers.**

2. **Brief Team Managers** on the rules of the competition and format explaining pool rotations.

3. **Arrange for any alterations to teams** to be made on the Team Declaration section of the Computer Spreadsheet.

4. **Brief Helpers** on where they are helping and what their roles entail. If you have experienced helpers they can brief the rest of the Helpers on their particular event instead.

5. **Hand out the Event Score Sheets to the Helpers** responsible for recording the results of each event. Make sure that the Helpers have copies of the Timetable and rotations.

At the start of the competition

1. **Assemble all athletes together** and brief them on safety regulations, track etiquette, how the rotations are organised and where first aid facilities can be found.

2. **Supervise mass participation warm-up,** this should last around 5 minutes.

3. **Send each pool of athletes to their starting event.**

During the competition

1. **Ensure that all the results are collected expeditiously and input into spreadsheet.**

2. **Ensure that the event is running smoothly and troubleshoot any problems.**

At the end of the competition

1. **Do a final check of the results to ensure that there are no omissions.**

2. **Announce the winning teams and individuals and present any prizes.**

3. **Give the Certificate Packs to Team Managers.** N.B. These will be blank and the Team Managers will have to check the QuadKids website for the results, unless copies are available for them to take away at the end of the Competition.

4. **Hand Feedback Forms to Team Managers for completion.**

5. **Send the results as soon as possible to results@quadkids.org**

See Appendix 6 for an Organising a Competition Checklist.

Scoring and awards

Scoring

How does the scoring work?

- Each athlete competes in all four events.
- The time or distance for each event is measured against a standard points scoring table and the better the performance the higher the points scored.
- The points from each event are added together to give the aggregate points or QuadKids score for that athlete.
- If an athlete misses an event or in the case of a race does not finish they score zero points.
- If an athlete completes an event but records a time or distance below the lower end of the points scale, they receive the minimum 10 point score for that event. The program does this automatically.
- If an athlete records a time or distance above the upper end of the points scale, they will be given the maximum 100 points.
- For an individual competition where two athletes are tied on equal points and a winner is required the athlete with the highest points score in their weakest event will be the winner.

How is the scoring done?

Scoring is done as follows:

- The Recorder receives the Event Scoring Sheets and inputs all the results into the Results Spreadsheet under the relevant event.
- When the athlete's number and the time/distance they have achieved are entered the program will automatically fill in the athlete's name and assign points.
- When all the results have been inputted the 'Club Scoresheet' ranks the schools and the 'Athletes' tab shows individual athlete rankings.

Awards

Team Winners

The team that has the overall highest points total is the winner. This is calculated using the scores of the top four girls and top four boys in each team.

Individual Winners

The boy and girl who have the highest total points scored over the four events.

Appendix 1

Specimen Timetables

A – up to 100 athletes

3.30pm	Registration			
4.00pm	Start			
	BOYS		GIRLS	
	POOL A	POOL B	POOL C	POOL D
4.00pm	Sprint	Sprint	VH-1	VH-2
4.30pm	VH-1	VH-2	Sprint	Sprint
5.00pm	Run	Run	LJ-1	LJ-2
5.30pm	LJ-1	LJ-2	Run	Run
6.00pm	Team Relay	Team Relay	Team Relay	Team Relay
6.10pm	Presentaton of prizes			
6.20pm	Finish			

B – more than 100 athletes

3.30pm	Registration							
4.00pm	Start							
	BOYS				GIRLS			
	POOL A	POOL B	POOL C	POOL D	POOL E	POOL F	POOL G	POOL H
4.00pm	Sprint	Sprint	Sprint	Sprint	VH-1	VH-2	LJ-1	LJ-2
4.30pm	VH-1	VH-2	LJ-1	LJ-2	Sprint	Sprint	Sprint	Sprint
5.00pm	Run	Run	Run	Run	LJ-1	LJ-2	VH-1	VH-2
5.30pm	LJ-1	LJ-2	VH-1	VH-2	Run	Run	Run	Run
6.00pm	Team Relay	Team Relay	Team Relay	Team Relay	Team Relay	Team Relay	Team Relay	Team Relay
6.10pm	Presentaton of prizes							
6.20pm	Finish							

Appendix 2

Event Score Sheet – Sprint

Event	
Date	Time

No.	Name	Club/School	Time
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			

Appendix 3

Event Score Sheet – Run

Event	
Date		Time	

No.	Name	Club/School	Time
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Event	
Date		Time	

No.	Name	Club/School	Time
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Appendix 4

Event Score Sheet – Throw and Jump

Event		☐ ?Jump	☐ ?Throw
Date		Time	

No.	Name	Club/School	Try 1	Try 2	Try 3	Best
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						

Appendix 5

Team Declaration Form

TEAM DECLARATION FORM

School/Club Name

Event Date

Venue

No.	Name	Gender	Date of Birth	Photo opt-out?	Notes/Medical Conditions

Please leave the 'No.' blank as this will be allocated at the event.

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Appendix 6

Competition Checklist

Before the competition ✔
1. Book venue ☐
2. Do risk assessment ☐
3. Arrange first aid provision ☐
4. Timetable ☐
5. Order numbers, pins, medals, certificates ☐
6. Send Declaration Forms to schools ☐
7. Arrange track equipment – tape/cones, stopwatches, clacker/whistle/starting pistol ☐
8. Arrange throw equipment – Vortex Howlers, tapes/cones, 50m tape measures/spike/pegs ☐
9. Arrange Standing Long Jump equipment – standing long jump mat or 10m tape measures/spike/rake ☐
10. Sort out signage for pools/ vortex howler/ long jump ☐
11. Decide on key officials – Starter/Timekeeper/Spotter/Scorer ☐
12. Organise Helpers – field teams/track teams/results runner/start line helper ☐
13. Print off Event Score Sheets for sprint/run/throw/jump ☐
14. IT tasks: log on, configure your event, input athlete details and number allocation ☐
15. Prepare number packs for schools – write athlete's name, pool and rotation on the allocated number ☐

Before the teams arrive ✔
1. Mark out the track area ☐
2. Mark out the Vortex Howler / Mini Vortex Howler area ☐
3. Signpost field stations ☐
4. Put equipment at field stations ☐

On the arrival of teams ✔
1. Give out number packs ☐
2. Manager's briefing ☐
3. Amend team declarations ☐
4. Brief helpers and hand out event score sheets ☐
5. Supervise warm up ☐
6. Send athletes to their first event ☐

During the competition ✔
1. Ensure collection and inputting of results ☐
2. Check results for omissions ☐

At the end of the competition ✔
1. Announce winners ☐
2. Hand out feedback forms ☐
3. Send results through to results@quadkids.org ☐

Appendix 7

Athletics competition for young people

Working to create a competitive athletics legacy

Athletics is an exciting, diverse and vibrant sport. As well as the enjoyment and benefits, athletics brings together the core skills of running, jumping and throwing, providing the key elements of almost every other sport. With the 2012 Olympics and Paralympic Games in London on the horizon, there is no better opportunity to inspire the next generation to become involved in athletics.

England Athletics provides appropriate activities, including competition, for children of all school ages. We also provide the resources and support required by teachers and coaches to deliver these activities. Chosen to be enjoyable, they help children develop the skills needed for enjoyable, successful and long-term involvement in athletics. The fundamental skills benefit youngsters who wish to pursue any other sport or exercise.

England Athletics' work fits into a UK-wide strategy covering all ages. This strategy was drawn up with UK Athletics (UKA), to ensure all UK athletes enjoy a positive experience in the sport.

Working together to enhance competition

Our partners, QuadKids and Sportshall, provide athletics formats that are suitable for different ages of children. We work with the English Schools' Athletic Association, which provides more conventional competition opportunities as children progress through school. We also work with clubs who provide formal league and championship exposure to talented youngsters.

We work with local athletics clubs to provide support for schools and teachers, as well as opportunities for children. We can put schools in contact with clubs who are willing and equipped to help provide athletics in schools, as well as enable youngsters to enjoy extra-curricular opportunities. By building these partnerships between schools and clubs, we can give children a consistent and high-quality experience in athletics. Through creating such partnerships, we can build the future of our sport, give enjoyment and quality of provision to children across the country as we grow the next generation of athletics champions. For more details see **www.englandathletics.org/schools.**

In the schools' section of our website, you can download our 'Competition Framework for Athletics in Schools' guide. This gives advice on which activity is recommended for children at each stage of their school life. This guide is also available at **www.englandathletics.org/schoolsathleticsframework.**

Taking short form competition to the masses!

Sportshall and **QuadKids** are two modified competition formats that offer youngsters in their formative years their first taste of athletics. The formats complement each other: indoors during autumn/winter and the early spring months (Sportshall), and outdoors during late spring and summer (QuadKids).

England Athletics recommends both formats to schools and clubs who want to provide children with an all-embracing, dynamic, fun and skill-based run, jump and throwing experience. The quality of experience a young person receives in the school and club environment is crucial to retaining them in sport.

Sportshall and QuadKids offer schools and clubs the option of inter- and intra-club and school competition via local festivals, leagues or cluster events. Both formats can be used as part of extra-curricular and community activity sessions. Where appropriate, clubs and schools can work in partnership to provide these formats. Some clubs and athletics networks already embrace this approach to reduce travel time to and from events, and to ensure young people get a more rounded experience of the sport in their formative years.

Formal athletics can be difficult to organise with limited time, facilities and expertise available to run it safely. Sportshall and QuadKids offer a fun, dynamic and safe solution to this problem. Both organisations offer basic level leadership courses (2-3 hours) aimed at getting more students involved in supporting competition, as well as parents and helpers. Both the Sportshall and QuadKids programmes are easy to facilitate, and England Athletics has a team of coordinators ready to help you to learn more about both formats.

The English Schools' Athletic Association (ESAA)

The ESAA's competitions are well established, globally respected and offer a tremendous experience for youngsters. The ESAA has a long history of its championships, cup and representative competitions helping athletes in their progression from enthusiastic school children to successful seniors. Many of our great athletes have fond and exciting memories of English Schools' competitions, even if some their 'successes' did not begin until later in their careers. We are delighted to be working with ESAA to improve access to traditional athletic competition Qfor young people across England.

Skills for teachers and leaders

Elevating Athletics is a set of resources designed to place running, jumping and throwing at the heart of school physical education. It supports teachers in delivering athletic activity in an inclusive, exciting and engaging manner.

Elevating Athletics is primarily used in a school setting but can also be used by club leaders involved in running club junior or induction level groups. It will help to develop running, jumping and throwing skills in young people, which can then be used in both Sportshall and QuadKids competitions.

If you would like to attend an Elevating Athletics course, please contact our education and customer services team at England Athletics. You will be able to find out about the next available course near to you or how you might be able to host a course.

Where to find out more

England Athletics' work with schools and children **www.englandathletics.org/schools**

Contact details of your local England Athletics Club and Coach Support Officer **www.englandathletics.org/your-area**

QuadKids **www.quadkids.org**

Sportshall **www.sportshall.org**

English Schools' Athletic Association (ESAA) **www.esaa.net**

Elevating Athletics **www.englandathletics.org/elevatingathletics**

UKA Academy **www.uka.org.uk/grassroots/academy**

	Autumn first half	second half	Spring first half	second half	Summer first half	second half
Key Stage 4 (Years 10-11) (Age 14-16)	ESAA Schools Cup (Inters) - Yr 10 only	ESAA Championships (Inters)			ESAA Schools Cup (Inters) - Yr 10 only	ESAA Champs (Inters)
(Age 13-14)	ESAA Schools Cup (Inters)	ESAA Championships (Juniors)			ESAA Schools Cup (Inters) Super 8 2010 to ES Cup (2010+)	ESAA Champs (Juniors) Super 8 2010 to ES Cup (2010+)
Key Stage 3 (Years 7-9) (Age 11-13)	Sportshall Secondary (intra-school)	Sportshall Secondary (partnership leagues) ESAA Schools Cup (Juniors)	Sportshall Secondary (partnership leagues) ESAA Champs (Juniors) - Yr 8 only	Sportshall Secondary (county & regional finals) QuadKids skills	QuadKids Secondary; cluster festivals & county finals - Yrs 7-8; ESAA Schools Cup (Juniors); Super 8 2010 to ES Cup (2010+)	QuadKids Secondary; cluster festivals & county finals - Yrs 7-8; ESAA Schools Cup (Juniors); Super 8 2010 to ES Cup (2010+)
Age 9-11	Agility Challenge (Sportshall skills and intra-school competition)	Agility Challenge and Sportshall Primary (cluster leagues)	Agility Challenge and Sportshall Primary (cluster leagues and partnership finals)	Agility Challenge and Sportshall Primary (county finals) QuadKids skills	QuadKids Primary (cluster festivals and county finals – Yrs 5-6)	QuadKids Primary (cluster festivals and county finals – Yrs 5-6)
Key Stage 2 (Years 3-6) (Age 7-9)	Agility Challenge (Sportshall skills and intra-school competition)	Agility Challenge and Sportshall Primary (cluster festivals)	Agility Challenge and Sportshall Primary (cluster festivals)	Agility Challenge and Sportshall Primary (partnership finals) QuadKids skills	QuadKids Start (cluster festivals – Yrs 3-4)	QuadKids Start (cluster festivals – Yrs 3-4)
Key Stage 1 (Years 1-2) (Age 4-7)	Infant Agility skills	Infant Agility skills	Infant Agility skills	Infant Agility skills Infant Agility Festivals - Yr 2 only	Infant Agility skills Infant Agility Festivals - Yr 2 only	Infant Agility skills

Appendix 8

Whole School Quadkids (WSQK)

During 2010 over 50 schools (and over 12,000 young athletes) used QuadKids for the whole school or whole year group. In practice this means every child in the school or a year group completed the four QuadKids events and received a four-event aggregate points score. This can happen in several ways:

- Over several PE lessons
- As part of School Sports Day or other intra-school competition
- As part of a competition against other schools, where the teams are effectively a whole class or year group
- As part of a virtual league where schools can compare their QuadKids year group average against similar data from other schools.

This Whole School QuadKids idea has been very well received by participating primary and secondary schools and is expected to grow rapidly. Teachers simply need to download the QuadKids manual and scoring spreadsheet and send results to their local QuadKids coordinator if participating in a virtual league or other competition.

QuadKids covers the basic physical aptitudes of Speed, Stamina, Agility and Coordination, which are the bedrock of all other sports. Schools can also use their WSQK data to select a team of four girls and four boys for cluster events or a QuadKids county final.

The QuadKids team offer the following support for Schools wishing to implement WSQK:

- Group /off site training of multiple PLT / school representatives
- Management of virtual league / posting of results on website
- Freely downloadable QuadKids spreadsheets
- Two QuadKids manuals and QuadKids trainee packs per school.

For further information please download the Whole School QuadKids resource pack from www.quadkids.org

QuadKids Physical Literacy Assessment (QK PLA) is an extension of Whole School QuadKids enabling:

- PE teachers to track the 'Physical Literacy Development' of their children
- Children to track their own progress
- Parents to track the PLA progress of their Children
- PE and Head Teachers to compare the average Physical Literacy of their school against other schools

This is a much more comprehensive, hands-on service costing £300 per school per annum, for which each school receives:

- In school training on delivery & software use (one visit)
- Printed Personal best / performance tracker cards for each young athlete
- Performance tracking software, to enable school to map year on year progress per child and per year group
- Five QuadKids manuals and QuadKids PLA trainee packs
- Access to Schools QuadKids PLA Club section of website enabling comparisons with all other member schools.

For further information on QuadKids PLA please e-mail info@quadkids.org

QuadKids

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www.quadkids.org