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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.
- Allows all athletes to take part in a **Sprint, Run, Long Jump (LJ)** and **Vortex Howler Throw (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 four different types of QuadKids competition. Each one is specifically tailored for a particular group of children:

- **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.

What are the events?

QuadKids Start (see pages 5-9)

School years 3 & 4

- 50m Sprint
- 400m Run
- Mini Vortex Howler Throw
- Standing Long Jump
- 50m Shuttle Relay (optional)

QuadKids Primary (see pages 10-14)

School years 5 & 6

- 75m Sprint
- 600m Run
- Vortex Howler Throw
- Standing Long Jump
- 75m Shuttle Relay (optional)

QuadKids Secondary (see pages 15-19)

School years 7 & 8

- 100m Sprint
- 800m Run
- Vortex Howler Throw
- Running Long Jump
- 100m Relay (optional)

QuadKids Club (see pages 20-23)

Under 11s

- 75m Sprint
- 600m Run
- Vortex Howler Throw
- Running Long Jump



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 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 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 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?

- Use the area that has been marked out for the 50m Sprint.
- The race is run in lanes.

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 5.
- 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 6.

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 12 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 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: 75m shuttle relay (optional)

Where can this take place?

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

How is it set up?

- When marking out the 75m Sprint also mark out a line 50m from the finish line.
- The race is run in lanes.

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 10.
- 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 11.

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 12 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: 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 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 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: Running 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 15.
- 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 16.

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 12 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 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: Running 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 Start: pages 5–6
 - QuadKids Primary: pages 10–11
 - QuadKids Secondary: pages 15–16
 - QuadKids Club: pages 20–21

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 Start: pages 7
 - QuadKids Primary: pages 12
 - QuadKids Secondary: pages 17
 - QuadKids Club: pages 22

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 Start: pages 8
 - QuadKids Primary: pages 13
 - QuadKids Secondary: pages 18
 - QuadKids Club: pages 23

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:**
 - 3 x Mini Vortex Howler (or Mini Vortex Howler for QuadKids 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 Start and QuadKids 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
4.40pm	VH-1	VH-2	Sprint	Sprint
5.20pm	Run	Run	LJ-1	LJ-2
6.00pm	LJ-1	LJ-2	Run	Run
6.10pm	Team Relay	Team Relay	Team Relay	Team Relay
6.20pm	Presentaton of prizes			
6.30pm	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
4.40pm	VH-1	VH-2	LJ-1	LJ-2	Sprint	Sprint	Sprint	Sprint
5.20pm	Run	Run	Run	Run	LJ-1	LJ-2	VH-1	VH-2
6.00pm	LJ-1	LJ-2	VH-1	VH-2	Run	Run	Run	Run
6.10pm	Team Relay	Team Relay	Team Relay	Team Relay	Team Relay	Team Relay	Team Relay	Team Relay
6.20pm	Presentaton of prizes							
6.30pm	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	Venue											
Event Date	Photo opt-out?	Notes/Medical Conditions										
No.	Name	Gender	Date of Birth									

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

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 for 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.uk

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



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