

Quadkids Overview

- ◆ Divided into 5 formats – PRE-START, START, PRIMARY & SECONDARY + CLUB
- ◆ Team based competition 4 Boys & 4 Girls per team
- ◆ 4 events – sprint, run, jump and throw
- ◆ SCORING – all athletes do all events, points allocated for performance, highest aggregate score wins
- ◆ Event can be run as a class event or Level 1 competition
- ◆ Downloadable manuals, track and field cards, declaration forms, template timetables and spreadsheet from website <http://www.quadkids.org/>



COMPETITION FORMATS

- ◆ **PRE-START (school years 1 and 2)**
 - ◆ 300m jog, 50m sprint, standing long jump, mini vortex howler throw

- ◆ **START (school years 3 and 4)**
 - ◆ 400m jog, 50m sprint, standing long jump, mini vortex howler throw

- ◆ **PRIMARY (school years 5 and 6)**
 - ◆ 600m run, 75m sprint, standing long jump, vortex howler throw



HOW THE COMPETITION WORKS

- ◆ Athletes are divided into pools (4/8/16 depending on overall numbers)
- ◆ Each pool rotates through the 4 disciplines (see example timetable) and each athlete competes in all 4 events
- ◆ The time/distance for each event is measured against a standard points scoring table (the spreadsheet calculates this automatically)
- ◆ Team based competition with scores of 4 boys and 4 girls added to give an aggregate team score
- ◆ If athletes get 3 NJ or 3 NT or DNF they get 0 points – encourage athletes to achieve a valid distance/time
- ◆ Teams of less than the required number can participate but no adjustment in the overall team score will be made
- ◆ An optional scoring relay may be held after the rotation of events has been completed



THE SPRINT



- ◆ **Equipment** – starting clacker/ whistle/ pistol, stop watch for timing, track cards for recording times and finishing order
- ◆ **Helpers/Officials Needed** – organising athletes into races, starter, timer/s (use of multi function stop watch), helpers to sort finishing order
- ◆ **Rules** – stay in lane, “on your marks, set, go”, false starts
- ◆ **Setting Up** – if no marked lanes use trundle wheel to measure distance and mark lanes and start and finish lines with cones/discs
- ◆ **Other Points** – races are usually run with 5 or 6 athletes, try to mix athletes from different schools/teams



THE RUN



- ◆ **Equipment** – starting clacker/ whistle/ pistol, stop watch for timing, track cards for recording times and finishing order
- ◆ **Helpers/Officials Needed** – organising athletes into races, starter, timer/s, helpers to sort finishing order
- ◆ **Rules** – “On your marks, go”, athletes start on a curved start and can cut in as soon as possible but must be made aware of track etiquette, false start
- ◆ **Setting Up** – if no marked track use trundle wheel to measure either 200m or 400m oval/circular distance and mark inside of oval and start and finish lines with cones/discs
- ◆ **Other Points** – races can be run with up to 16 athletes (dependent on the timer/s), try to mix athletes from different schools/teams



THE VORTEX THROW



- ◆ **Equipment** – vortex howlers, 50m tape measure, cones, throw markers, field cards
- ◆ **Helpers/Officials Needed** – calling up athletes and judging throw line, marking throw distance, measuring and recording distances
- ◆ **Rules** – athletes must throw over arm (as a javelin, ball throw action) and not step over the throwing line
- ◆ **Setting Up** – if there is no throwing fan mark out with cones
- ◆ **Other Points** – athletes throw 3 consecutive howlers and only the furthest is measured, if time permits a practice throw is allowed



THE JUMP



- ◆ **Equipment** – either a conventional long jump pit (rake, 5m tape measure, spike needed) or a standing long jump mat, field score card
- ◆ **Helpers/Officials Needed** – organising athletes into jumping order, checking for foul jumps, measuring and recording distances and raking
- ◆ **Rules** – Standing long jump - athletes must jump with feet together from behind the take off line Running long jump – athletes must not step over the take off board
- ◆ **Setting Up** – check the sand pit is raked and clear of stones etc
- ◆ **Other Points** – athletes jump in rounds all first round jumps and then all second round jumps. Athletes have 3 jumps with the best distance highlighted on the score card.



THE 8 x 50m RELAY

- ◆ **Equipment** - starting clacker/ whistle/ pistol, stop watch for timing, track cards for recording times and finishing order, relay batons
- ◆ **Helpers/Officials Needed** – organising athletes into races, starter, timer/s, helpers to sort finishing order, changeover helpers
- ◆ **Rules** – stay in lane, “on your marks, set, go”, false starts, checking for baton changes
- ◆ **Setting Up** – The event is run in lanes and a 400m track usually has marked change-over points at 100m, 200m & 300m. However, you will need mark out additional change-over points at 50m, 150m, 250m and 350m. The trundle wheel can be used to 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 the approximate

