



## Intertrust sponsored QuadKids - entry form

### What is QuadKids?

QuadKids covers the core disciplines of running, throwing and jumping and is run in a quadrathlon format. Over the course of approx. two hours athletes will take part in four events with their performances being scored using a points table.

**GIAAC** starts the annual **QuadKids** season with a **free** "taster" event **Sunday 17<sup>th</sup> April**

The meetings **start** at **10:00am**. In order to check in and warm up please arrive by **9.30am**.

*To pre-enter the **free** "taster" event please e-mail your name and school year to the address shown below.*

Other Sunday morning Quadkids events are planned for:  
**8<sup>th</sup> May, 5<sup>th</sup> June, 3<sup>rd</sup> July, 7<sup>th</sup> August & 11<sup>th</sup> September**

A **further** event will be held for the Colts as part of the annual Intertrust open meeting dates & timings to follow.

Each athlete's top **four** performances over the course of the season will count towards deciding the overall series winner within each of the boys/girls age groups.

### QuadKids events

<b>Under 7's (R/yr1)</b> 50m sprint/ Standing long jump 300m run / Mini vortex howler	<b>Under 9's (yr2/yr3)</b> 50m sprint / Mini vortex howler 400m run / Standing long jump	<b>Under 11's (yr4/yr5)</b> 75m sprint / 600m run Vortex howler throw/ Long jump
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A **one off** entry fee of **£12** will gain you entry to the main QuadKids series and will cover the cost of certificates awarded after each meeting etc. In addition if you **pre-enter** the main series by **22<sup>nd</sup> April** you will guarantee receiving a "branded" tech t-shirt with printed number to be used throughout the series.

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(please complete in block capitals)

<b>Surname:</b>		<b>Forename:</b>	
<b>Girl/Boy</b>		<b>School Year:</b>	
<b>T-Shirt size</b> (Please circle)	<b>5/6</b> <b>7/8</b> <b>9/11</b>		
Please enter me for the QuadKids meetings (please enclose cheque for £12.00 payable to "GIAAC")		Name of Parent: Signature:	

Please hand completed forms to Nick Marley at the track or send to: **Nick Marley, Sedona, Courtil es Rouget, La Villette, St Martin's, Guernsey GY4 6QD**. Alternatively confirm by e-mail to [mar.ley@virgin.net](mailto:mar.ley@virgin.net)

**Please note** - due to the time required to enter individual name / race number into the QuadKids scoring program it is requested that you pre-enter.