



## Intertrust QuadKids 2017

### 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.

**Guernsey Athletics** starts the annual **QuadKids** season with a **free** "taster" event on **Sunday 7<sup>th</sup> May**

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 athlete name and school year** to the address shown below.

Other Quadkids events are planned for:  
**4<sup>th</sup> June, 9<sup>th</sup> July, 30<sup>th</sup> July, 13<sup>th</sup> August & 10<sup>th</sup> September**

A **further** event will be held for the Colts as part of the annual Intertrust open meeting. Date & 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 / Vortex howler throw 600m run / Long jump
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A **one off** entry fee of **£15** 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 **5<sup>th</sup> May** you will receive 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> <b>12/13</b>
<b>Please enter me for the 2017 QuadKids series</b>		Name of Parent:	
(I enclose cheque for £15.00 payable to "Guernsey Athletics")		Signature:	

Completed forms can be handed to Nick Marley at the track or send to:

**N. 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 manage the QuadKids scoring program it is requested that you pre-enter.