



Intertrust QuadKids 2018

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 20th 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. **Entry on the day will not be accepted.**

Other Quadkids events are planned for:

2nd/3rd June (TBC), 17th June, 15th July, 5th August & 9th September

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

Under 7's (R/yr1) 50m sprint/Standing long jump 300m run / Mini vortex howler	Under 9's (yr2/yr3) 50m sprint / Mini vortex howler 400m run / Standing long jump	Under 11's (yr4/yr5) 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 **1st June** 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)

Surname:		Forename:	
Girl/Boy		School Year:	
T-Shirt size (Please circle)	5/6	7/8	9/11 12/13
Please enter me for the 2018 "main" QuadKids series (I enclose cheque for £15.00 payable to "Guernsey Athletics")		Name of Parent: 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

Please note - due to the time required to manage the QuadKids scoring program it is requested that you pre-enter.

Intertrust Quadkids is open to all, including non-club members.