GREATERSPORT

YEAR 7 QUADKIDS ATHLETICS
25TH JUNE 2020

Excel Pathway
To compete in this event schools must qualify through their level 2 competitions in their boroughs.

LEVEL 1 Intra-school
LEVEL 2 Inter-school
LEVEL 3 County level

Teams
Players must all be in year 7.
Teams should consist of 10 athletes from one school; 5 girls and 5 boys (the exception being when a single sex school qualifies for the level 3 event).
Only the top 4 girls and top 4 boys count towards the overall team score.
The 4 x 100m relay is optional and doesn't count towards the overall score.

Competition Format
Each athlete will compete in the following 4 events:-
100m Sprint
800m Run
Vortex Howler Throw
Running Long Jump
Optional 4x100m relay that will not count towards the overall

Equipment
Vortex Howler
Running Long Jump - sand pit
A track

100m Sprint
The 100 metre sprint needs to be an accurately measured straight line distance. The race can be on grass, tarmac or track and for timing purposes it is recommended to have max 6 athletes per heat. All times will be rounded up to the nearest 0.1 second (i.e. 11.21 becomes 11.3).

Long Jump
Ideally the competition will use a conventional long jump pit, however if a pit is unavailable a standing long jump can be adopted (this is a two footed jump from a standing start). All competitors will have three jumps with the longest jump being counted.
Number of jumps is flexible depending on the length of the event and number of athletes.

800m Run
This should be run as 2 laps of a 400 metre track. All times will be rounded up to the nearest 0.1 second (i.e. 2 mins 45.7 seconds becomes 2.46).

DETERMINATION
HONESTY
PASSION
RESPECT
SELF BELIEF
TEAMWORK

Vortex Throw

All competitors will be given three* consecutive throws and the event should take place on an area that is at least 50m long. Competitors will throw from behind a marked line. Stepping over the line during the throw is a foul. Each throw will be temporarily marked and the longest one will be counted. Number of throws is flexible depending on the length of the event and number of athletes.

Scoring

The recorder receives the event scoring sheets and inputs all the results into the results spreadsheet.
When the athlete's number and the time/distance they have achieved are entered the program will automatically assign points.
Full sets of score sheets can be downloaded from: http://quadkids.org.uk/

How it Works?

Each athlete competes in all 4 events. The time or distance for each event is measured against a standard point 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. Only the top 4 boys and top 4 girls count towards the team score. 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.

Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

Health and Safety

Players must be in suitable footwear.
No jewellery to be worn.
All loose clothing must be tucked in and shoelaces tied.
No chewing gum or sweets.
Medical supplies that players may need should be brought with them on the day i.e. asthma inhalers.
All team teachers must ensure their pupils are under adult supervision at all times, even when playing.

Running Order

Rotation	Boys Pool A	Boys Pool B	Girls Pool A	Girls Pool B
1	100m Sprint	100m Sprint	VH-1	VH-2
2	VH-1	VH-2	100m Sprint	100m Sprint
3	800m Run	800m Run	LJ-1	LJ-2
4	LJ-1	LJ-2	800m Run	800m Run
5	Team Relay	Team Relay	Team Relay	Team Relay

Rotation	Boys Pool A	Boys Pool B	Boys Pool C	Boys Pool D	Girls Pool E	Girls Pool F	Girls Pool G	Girls Pool H
1	100m Sprint	100m Sprint	100m Sprint	100m Sprint	VH-1	VH-2	LJ-1	LJ-2
2	VH-1	VH-2	LJ-1	LJ-2	100m Sprint	100m Sprint	100m Sprint	100m Sprint
3	800m Run	800m Run	800m Run	800m Run	LJ-1	LJ-2	VH-1	VH-2
4	LJ-1	LJ-2	VH-1	VH-2	800m Run	800m Run	800m Run	800m Run
5	Team Relay	Team Relay	Team Relay	Team Relay	Team Relay	Team Relay	Team Relay	Team Relay