

Quad Kids

Rules

Entry	Entry via SGO
Teams/Gender:	<ul style="list-style-type: none">• Team of 8. Each team must have 4 boys & 4 girls• For a Year 3/4 a team can be a mix of year 3 and year 4 students or single year group but it must contain 8 athletes. The same applies for Year 5/6 teams.
Event Format:	All athletes must complete all events <ul style="list-style-type: none">• YEAR 3/4: 50m sprint; 400m run; Mini Vortex Howler Throw; Standing Long Jump & Shuttle Relay• YEAR 5/6: 75m sprint; 600m run; Mini Vortex Howler Throw; Standing Long Jump & Shuttle Relay• The Mini Vortex Howler Throw can be completed as a standing throw or from a run up.
Scoring:	<ul style="list-style-type: none">• Points will be awarded for times and distances recorded.
NGB Website:	www.quadkids.org