

OPEN ATHLETIC EVENT AT THE INDOOR TRACK  
ENGLISH INSTITUTE OF SPORT SHEFFIELD

Under UKA Rules.

**SUNDAY 12<sup>th</sup> DECEMBER**

**CORRECTED ENTRY FORM 1<sup>st</sup> November**



**OPEN TO MEMBERS OF ALL CLUBS WITHIN THE  
DERBYSHIRE AND NOTTINGHAMSHIRE ATHLETICS NETWORKS, AND PUPILS AT SCHOOLS WITHIN  
EITHER DERBYSHIRE OR NOTTINGHAMSHIRE.**

**EVENTS AND TIMETABLE.**

Take part in QuadKids - a new and exciting athletics quadrathlon competition for young athletes, Athletes rotate around all 4 events. Points are gained decathlon-style – the faster you run and the further you throw and jump the more points you get.

**10.00am until 12noon QUADKIDS EVENT for under 11's school years 4 and 5, and under 13's school years 6 and 7.**

The rotation order of the events will be decided on the day.

U/11 events 75m, 600m, LJ and Howler Javelin

U/13 events 100m, 800m, LJ and Howler Javelin

NOTE Under 13's can only compete in the Quadkids event; they **cannot compete** in any older age group events. Cost £1.00 per athlete or £2.00 on the day.

**12.30pm until 4.30pm Open events.**

Track events: 60m and 60m Hurdles, 300m / 400m, 1000m.

Field events: Pole Vault and High Jump (each event max of 7 attempts), Long Jump, and Shot, (4 attempts each).

Age groups: Under 15, i.e. 13 and 14 year olds; Under 17 i.e. 15 and 16 year olds; and Under 20's i.e. 17, 18 and 19 year olds only. Ages on the day of competition. Stadium equipment only, own vaulting poles required.

Maximum of 3 events per athlete Cost £1.00 per event before the day and £2.00 on the day. Late entries will only be taken up to 9.00am for Quadkids, and 11.30am for the afternoon events. The events will be seeded into pools wherever possible.

Numbers to be picked up on the day, at least one hour before your first event. The timetable will be shown on both the Nottinghamshire AAA and Derbyshire AA web sites. [www.nottsaaa.org](http://www.nottsaaa.org) and [www.dcaa.org](http://www.dcaa.org). Check on the website/s to confirm entry has been received.

**Entries, only by Post, to;**

Mrs S O'Keefe 27 Forest Road, Mansfield, Notts NG18 4BY.

Enclosing either a cheque or a postal order payable to **Nottinghamshire Athletics Network** for the correct amount of your entry.

Full Name.....

Address.....

.....Date of Birth.....

Tel Number ..... Email address.....

**ESSENTIAL.** Name of Network Club .....Or Name of School.....

Parents/Carer signature.....

Event /s entered 1/.....

2/.....

3/.....

Entry Fee enclosed.....

If possible, Best performances with date, for the events entered.....

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