 

**Manchester Primary Schools’**

**Quadkids Athletics Championships**

**Thursday 7th July 2016**

**Eastlands Outdoor Athletics Track**

From: 2.00 – 4.00pm

(Registration and warm-up from 1.30pm)

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**Information Pack**



**Citywide Quadkids Athletics Championships**

**TEAMS**

Each school is to provide a team of 6 girls and 6 boys. Each competitor will take part in **all 4 events.** Each athlete is scored against standard points tables for each event, giving a total for each athlete and the 4 best scores from each gender group will be used as the team score for each event.

**EVENTS**

**Field Events**

Athletes will be allowed **two** attempts at each field event with the best results counting. The field events on the day are as follows:

**- Standing Long Jump** - The event will take place in the Long Jump pit . Each competitor will jump from behind a take-off board into the pit

* **Standing Howler Throw.** This event will be held at the bottom of the field area and each throw will be from a standing position. Each competitor will use a ‘Howler’, which is a piece of equipment used to introduce children to the Javelin throw.

**Track Events**

All athletes will take part in the following:

* **75 metre sprint**
* **600 metre run**

**Equipment**

The equipment for all the events will be provided.

**Clothing**

Athletes should wear appropriate kit and footwear for their event. All participants should bring a bottle of water.





**Citywide Quadkids Athletics Championships - Team Declaration Sheet**

**School Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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|  | **Pupil Names** |
| **GIRLS** | **1.** |  |
| **2.** |  |
| **3.** |  |
| **4.** |  |
| **5.** |  |
| **6.** |  |
| **BOYS** | **1.** |  |
| **2.** |  |
| **3.** |  |
| **4.** |  |
| **5.** |  |
| **6.** |  |

**PLEASE COMPLETE THIS FORM ONLINE AT** [**http://www.manchesterschoolspe.co.uk**](http://www.manchesterschoolspe.co.uk) **BY:**

**FRIDAY 24TH JUNE 2016**