

Sport:
Athletics - Quad Kids

Quadkids Primary is a team based quadrathlon competition where individual performances are scored using a points table and the winners are the team with the highest cumulative points score.



Competition:
Devon School Games

Teams

Teams will be made up of four boys and four girls from years 5 and / or 6. An additional competition for year 3 and/4 students will also run. Each athlete is placed in a pool and competes in all four events (75m Sprint, 600m Run, Vortex Howler Throw and Standing Long Jump) The four events take place in a rotational sequence. All scores will be added together to give a team score.

Young Leaders:

Young leaders will assist with Time Keeping and officiating for the Level 3 competition.

Years 3&4 – 50m Sprint Years 5&6 - 75m Sprint

What happens at the start?

All athletes are put in individual lanes and must run the race in their own lane

Athletes take their marks behind the start line

The starter will give them the instructions 'On your marks, Set, Go'

It is a false start if one or more of the athletes starts to run before the Starter says 'Go'. If that happens all the athletes in that race are recalled and the race is started again

Years 3&4 – 400m Run Years 5&6 - 600m Run

What happens at the start?

On a 400m track the athletes start from the 200m start position

Athletes are not allocated lanes but start behind a slightly curved line

The start should be explained to the athletes

The Starter will give them the instructions 'On your marks, Go'

It is a false start if one or more of the athletes starts to run before the Starter says 'Go'.

If that happens all the athletes in that race are recalled and the race is started again

Athletes do not run in lanes but run as close as they can to the inside of the track or marked lap. They must not bump or push each other.

Vortex Howler Throw

What does the athlete do?





The athlete can throw the Vortex Howler from a standing position or run up and throw it
The athlete must throw the Vortex Howler over-arm in a ball throw/javelin action
The athlete must not step onto or cross the marked throwing line
Each athlete gets three consecutive throws
The athlete's foot must not touch or cross the marked throwing line nor can the Vortex Howler land outside the marked throwing area, if this occurs it is a 'no throw' and will not be measured

Standing Long Jump

What does the athlete do?

The athlete jumps from a designated take off point

The athlete does a two-footed jump from a standing start

The athlete must not step on or cross the designated take off point, if this happens the jump is a 'no jump' and will not be measured

Each athlete has three jumps, they are not consecutive, all first round jumps are taken, followed by second round jumps, followed by third round jumps

Notes:

