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GREATER MANCHESTER SCHOOL GAMES 2017

YEAR 5/6 QUADKIDS COUNTY FINAL

Wednesday 12th July 2017
The Radclyffe School, 12:30 – 4:00pm

SCHOOL GAMES BACKGROUND INFORMATION:

The Greater Manchester School Games aims to further revive the culture of competitive sport in schools. This exciting new concept will harness the power of the Olympics and Paralympics and is designed to motivate and enthuse more young people than ever before to participate in high quality, meaningful competition within and across schools, supporting them in achieving their own personal best in sport and in life.

The competition will run across three distinct, but integrated levels (see below) providing a simple and progressive pathway culminating in a multi-sport festival (Level 3) that will showcase the very best of competitive sport across the County.

Level 3 – Greater Manchester School Games

Level 2 – Inter-school competition

Level 1 – Intra-school competition



Teams from Primary, Secondary and Special Schools will win the right to compete in the Level 3 Games having qualified through their local level 2 inter-school competitions. The 'Winter Games' will feature thirteen sports; all of which will be delivered simultaneously utilizing a number of the City's world class sporting facilities.





COMPETITION PATHWAY:

In partnership with the Quadkids, the Greater Manchester Local Organising Committee proudly presents the Year 5/6 Greater Manchester Quadkids Competition.

QuadKids is a new and exciting athletics concept designed to give more children the opportunity to participate in and enjoy the benefits of track & field athletics and also to identify the stars of tomorrow. Specifically designed to be inclusive, competitive, quick, fun and simple to run, QuadKids is a team based quadrathlon competition in which each athlete does a sprint, a middle distance run, a long jump and a throw. Recommended and endorsed by England Athletics, the event offers the opportunity for schools to progress from SGO/Borough level competition to a County Final.

The emphasis is very much team based, however it also encourages athletes to develop individually. Standard formats are adopted with the time/distances for each event being scored against a standard points table.

The competition follows a simple pathway that works at two stages:

1. Local SSP/Borough Events

Primary Schools within an SGO Area/Borough will be encouraged to enter the first stage of the competition at a venue local to their school. The top two teams from the Borough will then be invited to the School Games County Final.

2. Greater Manchester School Games County Final

This stage of the competition will be organised by the highly regarded Quadkids team and will comprise of 20 schools representing the 10 Boroughs of Greater Manchester.

STANDARD RULES:

Age Groups

All athletes must be from Year 5 and/or Year 6.

Team Composition

Teams should consist of 10 athletes from one school*.

- 5 Boys from Year 5 and/or Year 6.
- 5 Girls from Year 5 and/or Year 6.

Only the top 4 boys and top 4 girls count towards the team score.

*The exception being where single sex school qualify for the level 3 event.

Competition Format

Each athlete will compete in the following 4 events.

- 75m sprint
- 600m run
- Vortex Howler throw





- Running Long Jump
- *Optional 4 x 75m relay that will not count towards the overall score*

75m sprint

The 75 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)

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 x 15m wide. 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.

Running 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.

600m

On a 400m track it is one and a half laps. On a 200m track it is three complete laps.

On grass or tarmac it is three laps of 200 metres laps accurately measured. The lap should be marked with tape or cones and for ease of running and safety there should be no sharp corners. All times should be rounded up to the nearest whole second so 2 minutes 45.7 seconds becomes 2.46.

*The number of throws/jumps allowed is flexible depending on the length of the event and the number of athletes taking part.





To access further information on the event programme, please use the link below:
<http://quadkids.org.uk/>

Suggested competition timetable

Up to 100 athletes

| | Boys | | Girls | |
|----------|-------------|-------------|-------------|-------------|
| Rotation | Pool A | Pool B | Pool C | Pool D |
| 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 |

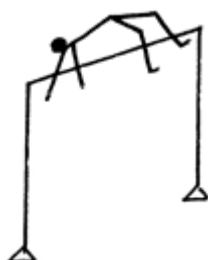
More than 100 athletes

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

Equipment

The following equipment will be needed to run a Quadkids event.

| | |
|----------------------------|--|
| Athlete registration | <ul style="list-style-type: none"> Numbers for each athlete |
| 100m sprint & 800m run | <ul style="list-style-type: none"> 1 x starting device (whistle, starting pistol) 1 x stopwatch (with multi memory function) |
| Running/standing long jump | <ul style="list-style-type: none"> 1 x standing long jump mat or Long jump pit 1 x rake 1 x 5m tape measure |
| Vortex Throw (per area) | <ul style="list-style-type: none"> 3 x vortex howlers 3 x throw markers 1 x 50m tape measure Pegs for each athlete |
| Results recording | <ul style="list-style-type: none"> Clipboards Pens/Paper |
| Results processing | <ul style="list-style-type: none"> 1 x PC loaded with the Quadkids scoring spreadsheet hard copies if scoring manually |





Competition Scoring

How it works

Each athlete competes in all 4 events (100m, 800m, Vortex Howler throw, long Jump)

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

How is it scored?

The recorder receives the event scoring sheets and inputs all the results into the results spreadsheet under the relevant event.

When the athlete's number and the time/distance they have achieved are entered the program will automatically fill in the athlete's name and assign points.

When all the results have been inputted the "Club Scoresheet" ranks the schools and the "Athletes" tab shows individual athlete rankings.

Full sets of score sheets can be downloaded from:
<http://quadkids.org.uk/>

Awards

Team Winners

The Team that has the overall highest points total is the winner. This is calculated using the scores of the top four girls and top four boys in each team.

Individual Winners

The boy and girl who have the highest total points scored over the 4 events.

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.





MANCHESTER
CITY COUNCIL

HEALTH & SAFETY:

Before any events take place, the following **MUST** be read and adhered to:

- Athletes will not be permitted to compete in bare feet or unsuitable footwear.
- No jewellery should be worn.
- Long hair must be tied back.
All loose clothing must be tucked in and shoelaces tied.
- No chewing gum/sweets allowed.
- It is recommended athletes bring plenty of liquid refreshment with them.
- All athletes are advised to warm up appropriately before each match.
- When not competing, athletes are reminded to remain off the track/field and do not get in the way or distract the officials at any time.
- Medical supplies that players may need i.e. asthma inhalers should be brought with them on the day.
- All team teachers must ensure their pupils are under adult supervision at all times, even when competing. During this time athletes can watch and encourage their fellow team members.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety

DEADLINE FOR ENTRY: 22 JUNE 2017

