QuadKids START

AN ATHLETICS COMPETITION

FOR

SCHOOL YEARS 3 AND 4

MANUAL

ENGLAND ATHLETICS

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WHAT IS QuadKids START?

- Is a new exciting, easy to organise athletics concept designed to give more children the opportunity to participate in and enjoy the core disciplines of athletics.
- Is specifically designed to be inclusive, competitive, quick, fun and simple to run.
- Can be used by both schools and clubs, as part of a County Championship or inter club league.
- Is primarily 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.
- Can be run for individuals.
- Allows all athletes to take part in a 50m sprint, 400m run, standing long jump and mini vortex howler throw.
- Can take place anywhere, on an athletics track, school field, football pitch or tennis court.
- Captures all match performance data via the website, **www.quadkids.org**, providing an instant dynamic league table of results and individual rankings.

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HOW DOES THE COMPETITION WORK?

- 4 or 5 Boys and 4 or 5 Girls compete as a team with the scores of the top 4 boys and top 4 girls over the four events added together to give the team score.
- More than one team can be entered from each school or club.
- The four events take place in a rotational sequence.
- Each athlete is placed in a pool and competes in all events.
- A specimen Timetable can be found as Appendix 1(a) for events with up to 100 athletes and as Appendix 1(b) for events with more than 100 athletes.

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WHAT ARE THE EVENTS IN A QuadKids START COMPETITION?

- 50 metres Sprint
- 400 metres Run
- Mini Vortex Howler Throw
- Standing Long Jump
- 50 metres Shuttle Relay (optional)

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50 METRES SPRINT

Where can this take place?

- On an athletics track
- On grass or tarmac.

How is it set up?

- On a track mark out a start line 50m from the finish line.
- On grass or tarmac accurately measure out 50m in a straight line, mark the start and finish lines and individual lanes with tape or cones.

What happens at the start?

- For ease of judging finishing positions and recording times there should be a maximum of 6 athletes per heat.
- All athletes are put in individual lanes and must run the race in their own lane.
- The start should be explained to the athletes.
- Athletes take their marks behind the start line.
- The Starter will give them the instructions **"On your marks, Set, Go"**. ("Go" can be a clacker, whistle, starting pistol or arm dropped).
- 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.

What happens at the finish?

- The Timekeeper will record athletes' times.
- The Spotters will record the finishing order of the athletes using their numbers.

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- Results are recorded on an Event Score Sheet; see Appendix 2(a).
- All times should be rounded up to the nearest 0.1 second so 11.21 becomes 11.3.
- A Runner takes the results back to the Scorer who will input them onto the computer spreadsheet.

400 METRES RUN

Where can this take place?

- On an athletics track
- On grass or tarmac.

How is it set up?

- On a 400m track it is one complete lap.
- On a 200m track it is two complete laps.
- On grass or tarmac it is 2 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.

What happens at the start?

- For ease of judging finishing positions and recording times there should be a maximum of 12 athletes per heat.
- 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"**. ("Go" can be a clacker, whistle, starting pistol or arm dropped).
- 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.

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- 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.

What happens at the finish?

- The Timekeeper will record athletes' times.
- The Spotters will record the finishing order of the athletes using their numbers.
- Results are recorded on an Event Score Sheet; see Appendix 2(b).
- All times should be rounded up to the nearest 1 second so 2 minutes 45.7 seconds becomes 2.46.
- A Runner takes the results back to the Scorer who will input them onto the computer spreadsheet. It is important that the time is entered in the scoring spreadsheet in minutes and seconds using a dot to separate the minutes and seconds. A zero should precede single digit seconds i.e. 2.03.

MINI VORTEX HOWLER THROW

Where can this take place?

- Using the javelin throwing sector at an athletics track.
- On grass

How is it set up?

- If using a javelin throwing sector there are no set up requirements.
- On grass an area at least 30 metres long x 15 metres wide should be marked out using tape or cones. The throwing area should be positioned such that if a throw goes astray it cannot land on the running area and injure any athletes.
- Special care should be taken on grass if it is wet to ensure that athletes do not slip over and injure themselves.

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What does the athlete do?

- The athlete can throw the Mini Vortex Howler from a standing position or run up and throw it.
- The athlete must not step onto or cross the marked throwing line.
- Each athlete gets 3 consecutive throws.
- The athlete's foot must not touch or cross the marked throwing line nor can the Mini Vortex Howler land outside the javelin sector or marked throwing area, if either of these things happen it is a "no throw " and will not be measured.

What does the Field Team do?

- Demonstrate at the start how to throw the Mini Vortex Howler and what a "no throw" is.
- The Field Team determines whether the throw is a valid throw; see above for information on what is a "no throw".
- The Field Team marks each valid throw with a peg and then either leaves the longest throw marked with a peg bearing the athlete's number to be measured after all athletes have had their 3 throws or measures that throw after the individual athlete has completed his or her throws.
- If using a javelin throwing sector the Field Team measures the throw from the peg to the edge of the line closest to the side from which the athlete threw. It is important that the tape is pulled in a straight line past the marked throwing line to a point marked on the runaway that is 8 metres behind the throwing line. This ensures that the measurement is accurate wherever in the sector the throw has landed.
- If using a marked grass area the throw should be measured in a straight line from the peg to the edge of the line closest to the side from which the athlete threw.

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- The longest throw for each athlete is recorded on an Event Score Sheet (See Appendix 3) which is then given to a Runner who takes the results back to the Scorer so they can be input onto the computer spreadsheet.

STANDING LONG JUMP

Where can this take place?

- A conventional long jump pit
- Standing long jump mat
- A marked grass surface if this is sufficiently soft.
- Special care should be taken when it is wet if a standing long jump mat or grass is being used to ensure that athletes do not slip over and injure themselves.

What does the athlete do?

- The athlete jumps from a designated take off point:
    - if using a conventional long jump pit this could be either the usual take off board or the edge of the pit itself;
    - it is the line marked on a standing long jump mat; and
    - it is a marked line on a grass surface.
- The athlete does a 2-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 3 jumps, they are not consecutive, all 1st round jumps are taken, followed by 2nd round jumps, followed by 3rd round jumps.

What does the Field Team do?

- Demonstrate at the start how to perform the standing long jump and what a "no jump" is.

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- The Field Team determines whether the jump is a valid jump; see above for information on what is a "no jump".
- A valid jump is measured from the point of contact with the landing area back to the edge of the designated take off point closest to the side from which the athlete took off. The point of contact is the rearmost point of contact with the landing area be it feet, hands etc..
- All jumps for all athletes are recorded (no jumps should be indicated by the letters "NJ" in the appropriate column) on an Event Score Sheet (See Appendix 4) which is then given to a Runner who takes the results back to the Scorer so they can be input onto the computer spreadsheet.

50 METRES SHUTTLE RELAY (OPTIONAL)

Where can this take place?

- On an athletics track.
- On grass or tarmac.

How is it set up?

- Use the area that has been marked out for the 50m Sprint.
- The race is run in lanes

How are the relay teams made up?

- Each teams consists of 4 boys and 4 girls.

How is the race organised?

- The boys of each team are positioned on the start line and the girls on the finish line in the adjacent lane.
- Each athlete must run the race in his or her allocated lane.
- The first boy in each team stands behind the start line with the baton in his hand.

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- The rules for starting and false starts are the same as for the 50m Sprint on page 6.
- The first boy runs with the baton to the first girl who takes the baton and runs back to the second boy who takes the baton and so on until all eight athletes have run.
- If at any time during the race the baton is dropped the athlete who dropped it may pick it up and continue.
- The race can count towards the final position of the teams or it can be run on a non-scoring basis. Times and positions should be recorded as detailed in the 400m run section on page 8.)

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GENERAL INFORMATION FOR THE COMPETITION ORGANISER

Competitions for up to 100 athletes

- At these competitions there is no need to run two different events at the same time.
- The events themselves can be completed within two hours, however, additional time needs to be allowed for Registration and Warm Up at the start and Presentations at the end.
- Two jumping and throwing stations will be required.
- See the Timetable in Appendix 1(a)

Competitions with more than 100 athletes

- These competitions require different events to be run at the same time.
- The events themselves can be completed in approximately two and a half hours, however, additional time needs to be allowed for Registration and Warm Up at the start and Presentations at the end.
- Two jumping and throwing stations will be required.
- See the Timetable in Appendix 1(b)

Helpers

- The more helpers there are the quicker and more efficiently the competition will run.
- For large competitions it is important that at least some of the helpers are experienced.

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Races

- Races need a Starter and at least one Timekeeper and Spotter.
- It is also helpful if there is a Start Line Helper who organises the athletes into heats and puts them in their lanes.
- Information on the set up and organisation of the races themselves can be found on pages 6 to 8.

Mini Vortex Howler Throw

- Each station for this event requires a minimum of 3 helpers:
    - one to organise the athletes, look for fouls and record the longest throw of each athlete;
    - one to mark each throw;
    - one to return the Mini Vortex Howler.
- Information on running this event can be found on pages 8 to 10.

Standing Long Jump

- Each station for the Standing Long Jump requires a minimum of 2 helpers:
    - one to organise the athletes, watch for fouls, help measure and then record the distance jumped; and
    - one to spot and mark the rearmost landing mark and rake the sand if necessary.
- Information on running this event can be found on pages 10 to 11.

General Administration

The following helpers are also needed:

- A Runner to go round the various events collecting the Event Score Sheets and bring them back to the Recorder
- A Scorer who will input the results onto the computer spreadsheet

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- An Event Manager who is free to circulate round the whole competition area checking that everything is under control and troubleshooting if necessary.

PRE-COMPETITION ORGANISATION

1. Book a venue and carry out an on-site risk assessment.
2. Sort out First Aid provision
3. Prepare a Timetable. Specimen Timetables can be found in Appendices 1(a) and 1(b) depending on the size of the competition.
4. Send out Declaration Forms and a covering letter to the schools/clubs. You need to register on the QuadKids website at **www.quadkids.org**. Once registered you will be able to log in and download the Declaration Form. From the Home Page use the drop down "Schools" Menu, select "Downloads" and then either "Team Declaration Sheet" or "Team Declaration Form".

   A copy of the Declaration Form can be found in Appendix 5.

5. Download the Scoring Spreadsheet from **www.quadkids.org**. From the Home Page use the drop down "Schools" Menu select "Downloads" and then "Schools Scoring Spreadsheet" and save it. Follow the instructions on the "Notes" tab remembering that it is a QuadKids START competition.
6. Identify the minimum number of helpers that you will need, this will depend on the number of athletes who are competing and the number of event stations that are being run.
7. If you need experienced helpers make sure that you contact them as far in advance as possible.
8. Organise and prepare number packs for each school in advance.
   - Each athlete will require a number for their front and back, these can either be sticky numbers or attached with pins and should be at least

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A5 in size. If the numbers are not sticky ones ensure that you have a supply of safety pins.

- Numbers can be ordered through **sales@quadkids.org**.
- Allocate each athlete to a pool. Write the name and pool of each athlete on their number and also the rotation of events, e.g. Joe Smith, Pool A, 50m/MVH1/400m/SLJ1.
- Have at least 2 athletes from each school in each pool.
- If possible have no more than 25 athletes in each pool.

9. Mini Vortex Howlers, if required, can be ordered through the QuadKids website, see the Home Page.
10. Order Certificates in advance through the QuadKids website Home Page.
11. QuadKids branded Gold, Silver and Bronze Medals are available through the QuadKids website, see the Home Page.
12. If you decide to use signs to get the athletes into their pools at the start of the competition and to mark field events sites prepare them beforehand e.g. MVH1, SLJ1, Pool A.
13. Print off an adequate supply of Event Score Sheets for the runs, Standing Long Jump and Mini Vortex Howler Throw. From the Home Page use the drop down "Schools" Menu, select "Downloads" and then "Run Score Sheet" and "Jump or Throw Score Sheet
14. Print Feedback Forms.

ON THE DAY TASKS

Before arrival of Teams

1. Mark out the track area for the 50m sprint and 400m run as set out on pages 6 and 7.

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2. Mark out the Mini Vortex Howler throwing areas if necessary. See page 10.

3. Mark 4 field stations as appropriate with SLJ1, SLJ2, MVH1 and MVH2.

4. Place relevant equipment at each station:

   For Mini Vortex Howler:

   - 3 x Mini Vortex Howler
   - 1 x 30m tape
   - 1 x spike
   - pegs

   For Standing Long Jump

   - If using conventional Long Jump pit
     - 1 x 10m tape
     - 1 x rake
     - 1 x spike; or
   - Standing Long Jump Mat

5. Ensure that clacker, whistle or starting pistol and stopwatches are available.

<u>On arrival of Teams</u>

1. Give out numbers to Team Managers
2. Brief Team Managers on the rules of the competition and format explaining pool rotations.
3. Arrange for any alterations to teams to be made on the Team Declaration section of the Computer Spreadsheet.
4. Brief Helpers on where they are helping and what their roles entail. If you have experienced helpers they can brief the rest of the Helpers on their particular event instead.
5. Hand out the Event Score Sheets to the Helpers responsible for recording the results of each event. Make sure that the Helpers have copies of the Timetable and rotations.

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At the start of the Competition

1. Assemble all athletes together and brief them on safety regulations, track etiquette, how the rotations are organised and where first aid facilities can be found.
2. Supervise mass participation warm-up, this should last around 5 minutes.
3. Send each pool of athletes to their starting event.

During the Competition

1. Ensure that all the results are collected expeditiously and input into spreadsheet.
2. Ensure that the event is running smoothly and troubleshot any problems.

At the end of the Competition

1. Do a final check of the results to ensure that there are no omissions.
2. Announce the winning teams and individuals and present any prizes.
3. Give the Certificate packs to Team Managers. N.B. These will be blank and the Team Managers will have to check the QuadKids website for the results, unless copies are available for them to take away at the end of the Competition.
4. Hand Feedback Forms to Team Managers for completion.
5. Send the results as soon as possible to **results@quadkids.org**

See Appendix 6 for an Organising a Competition Checklist.

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SCORING OF AND AWARDS AT A QUADKIDS START COMPETITION

Scoring

How does the scoring work?

- Each athlete competes in all 4 events.
- The time or distance for each event is measured against a standard points 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.
- 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 the scoring done?

Scoring is done as follows:

- 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.

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

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.

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APPENDIX 1(a)

SPECIMEN TIMETABLE – UP TO 100 ATHLETES

3.30 REGISTRATION

4.00 START

	BOYS		**GIRLS**	
POOL	**A**	**B**	**C**	**D**
4.00 pm	50m	50m	Mini Vortex Howler 1	Mini Vortex Howler 2
4.40 pm	Mini Vortex Howler 1	Mini Vortex Howler 2	50m	50m
5.20 pm	400m	400m	Standing Long Jump 1	Standing Long Jump 2
6.00 pm	Standing Long Jump 1	Standing Long Jump 2	400m	400m
	TEAM	RELAY	TEAM	RELAY

6.20 PRESENTATON OF PRIZES

6.30 FINISH

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SPECIMEN TIMETABLE – MORE THAN 100 ATHLETES

3.30 REGISTRATION

4.00 START

	BOYS				**GIRLS**			
Pool	**A**	**B**	**C**	**D**	**E**	**F**	**G**	**H**
4.00pm	50m	50m	50m	50m	MVH1	MVH2	SLJ1	SLJ2
4.40pm	MVH1	MVH2	SLJ1	SLJ2	50m	50m	50m	50m
5.20pm	400m	400m	400m	400m	SLJ1	SLJ2	MVH1	MVH2
6.00pm	SLJ1	SLJ2	MVH1	MVH2	400m	400m	400m	400m
6.10pm	Team	Relay	Team	Relay	Team	Relay	Team	Relay

6.20 PRESENTATON OF PRIZES

6.30 FINISH

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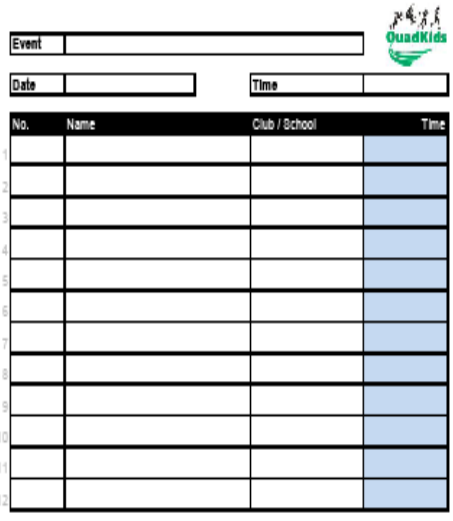
EVENT SCORE SHEET – 50M SPRINT

Event			
Date		Time	

No.	Name	Club / School	Time
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Event			
Date		Time	

No.	Name	Club / School	Time
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			



Event			
Date		Time	

No.	Name	Club / School	Time
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Event			
Date		Time	

No.	Name	Club / School	Time
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

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EVENT SCORE SHEET – 400M RUN

Event			
Date		Time	

No.	Name	Club / School	Time

Event			
Date		Time	

No.	Name	Club / School	Time

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EVENT SCORE SHEET – MINI VORTEX HOWLER

Event				Jump?	Throw?	
Date				Time		

No	Name	Club / School	Try 1	Try 2	Try 3	Best
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						

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EVENT SCORE SHEET – STANDING LONG JUMP

Event				Jump?	Throw?	
Date				Time		

	No	Name	Club / School	Try 1	Try 2	Try 3	Best
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							

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TEAM DECLARATION FORM

TEAM DECLARATION FORM

TEAM NAME	

EVENT DATE		VENUE	

No	Name	Sex	Date of Birth	Photo Opt-out?	Notes / Medical Conditions

Please leave the "No" blank as this will be allocated at the event

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APPENDIX 6

QUADKIDS START COMPETITION CHECKLIST

		DONE
Before The Competition		
1.	Book Venue	
2.	Do Risk Assessment	
3.	Arrange First Aid Provision	
4.	Draw Up Timetable	
5.	Order Numbers, Pins, Medals, Certificates	
6.	Send Declaration Forms to Schools	
7.	Arrange Track Equipment – Tape/cones, Stopwatches, Clacker/whistle/starting pistol	
8.	Arrange Throw Equipment – Mini Vortex Howlers, Tapes/cones, 50m Tape measures/spike/pegs	
9.	Arrange Standing Long Jump Equipment – Standing Long Jump Mat, 10m Tape Measures/spike/rake	
10.	Sort out signage for Pools/MVH/SLJ	
11.	Decide on Key Officials – Starter/Timekeeper/Spotter/Scorer	
12.	Organise Helpers – Field Teams/Track Teams/Results Runner/Start Line Helper	
13.	Print Off Event Score Sheets for Sprint/Run/Throw/Jump	
14.	IT Tasks – Log on, Configure your Event, Input athlete details and number allocation	
15.	Prepare Number Packs for Schools – write athlete's name, pool and rotation on the allocated number	

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Before the Teams Arrive		
1.	Mark out the track area	
2.	Mark out the MVH area	
3.	Signpost Field Stations	
4.	Put equipment at Field Stations	
On Arrival of Teams		
1.	Give out Number Packs	
2.	Manager's Briefing	
3.	Amend Team Declarations	
4.	Brief Helpers and hand out event score sheets	
5.	Supervise Warm Up	
6.	Send Athletes to their first event	
During Competition		
1.	Ensure collection and inputting of results	
2.	Check results for omissions	
At End of Competition		
1.	Announce Winners	
2.	Hand out Feedback Forms	
3.	Send results through to results@quadkids.org	

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