

ANGMERING CLUSTER



Year 5 and 6 Athletics Quad Kids.

Teams: Teams of 8 athletes required (4 boys and 4 girls).

(2 x Y5 boys, & 2 x Y6 boys, 2 x Y5 girls & 2 x Y6 girls)

Teams can enter up to 2 teams. (Please confirm via Google Drive entries sheet)

Each athlete will receive a sticker with a unique number on it. This must be remembered in case the sticker is lost. The sticker should be worn prominently on the athlete's shirt. It is required to log the points attained.

Boys and girls in each team should be put into an "A" or "B" team to decide their competition groupings.

Events: 75 Metre Sprint

Long Jump (into pit)

600 Metre run (1 lap of track)

Vortex Howler Throw

8 x 50 Metre Shuttle Relay (Time permitting)

Every athlete will compete for their team in each event on a carousel basis.

Points will be awarded according to the performance level in each event for each athlete. The better the performance = better team points. Please note that points are not awarded for winning, but rather the level of performance.

Teams will be split into 4 Groups (All "A" boys compete together, all "B" boys compete together, all "A" girls compete together & all "B" girls compete together).

Please organise your as follows:

1. Boy A
2. Boy B
3. Girl A
4. Girl B

Each group of athletes will complete their event and then, rotate to the next event as a group (See table below).

Time and distance results sheets will be sent to the scorer who will calculate the team scores after each event.

The winners will be the team that scores the most points when all athletes' scores are added together.

EACH ATHLETE WILL BE GIVEN A UNIQUE NUMBERED STICKER. THEY MUST REMEMBER AND RETAIN THE STICKER. WHEN RESULTS ARE COMPLETED IT WILL BE RECORDED AGAINST THIS NUMBER. NO NUMBER = NO SCORE = NO TEAM POINTS.

Each school will need at least 1 member of staff to possibly assist with an event / act as first aider.

ANGMERING CLUSTER



Event Details:

75 Metre Sprint.

- Each athlete allocated a heat and a lane.
- Starter commands: “Take Your Marks!” (Students approach Start line), “Get Set” (Athletes are still, behind the line and ready to run), “Go”.
- Athletes must remain in their allocated lane throughout the race.
- Athletes are given a finishing position and report to the finishing marshal who completes the race sheet, filling in the athlete’s number and time only. They do not have to be ranked.
- Race sheet taken to scorer on rotation.

600 Metre Run.

- Athletes do not have to run in specific lanes, but must avoid contact with others. They should run as close to the inside of the track as possible.
- Starter commands: “Take your marks!” (Students approach start line – also is the finish line), “GO”.
- Athletes are given are asked to sit in finishing order whilst the race sheet is completed.
- Athletes should wait inside the track once they have finished.
- Race sheet taken to scorer on rotation.

Vortex Howler Throw

- Each athlete must throw from behind the marked throwing line.
- Each athlete will be allocated a specific marker to mark their throw.
- Each athlete will get 2 throws, thrown in rotation. The best throw of each athlete will be measured at the end of the competition and recorded on the event sheet, then returned to the scorer on the group’s rotation to the next event.
- Athletes may not throw until given permission. They must not collect their Vortex Howler until given permission by the supervisor.
- Throws must be overarm, and athletes should not step over the throwing line during their throwing action.
- Athletes are furthest distance is entered onto the score sheet, filling in the athlete’s number and distance only. They do not have to be ranked.



Standing Long Jump

- Athletes are allowed 2 jumps, taken in rotation.
- Athletes are allowed up to 5 steps in their run up, and should take off from 2 foot and land 2 footed without falling over.
- Jumps that included a non-standing take off or which are not landed in a balanced position will be deemed no-jumps.
- The best jump of each athlete will be measured and recorded on the event sheet, which should be returned to the scorer upon rotation to the next event.

ANGMERING CLUSTER



8 x 50 Metre Relay (Time permitting).

- Each team must decide their running order from 1 – 8
- Teams must run in their allocated lane only.
- The baton must be passed between athletes behind the change over line NOT thrown.
- If an athlete drops the baton, the athlete who dropped it must pick it up.
- If athletes change the baton over illegally or run outside their lane, they will be disqualified.
- The baton must be passed BEHIND the start / finish line.
- One a runner has complete their leg of the relay they must wait well back from the change over area.

- Teams not running must sit down in running order in the allocated running order.
- Teams will be given a finishing position and the 8th runner ONLY should sit in finishing order by the finishing line. All other athlete's return to their team area.

Athlete Number and Gender			Rotation 1 (15 minutes)	Rotation 2 (15 minutes)	Rotation 3 (15 minutes)	Rotation 4 (15 minutes)	Relays
1	A	Boy	75 Metres	Vortex Throw	600 Metres	Standing Long Jump	
2	B	Boy		Standing Long Jump		Vortex Throw	
3	A	Girl	Vortex Throw	75 Metres	Standing Long Jump	600 Metres	
4	B	Girl	Standing Long Jump		Vortex Throw		

Results and presentation will take place after the relays.