



# Hampshire Athletics QUADKIDS Championships 2019

**Bank Holiday Monday 6 May 2019**  
**Mountbatten Centre, Portsmouth from 10.00**

- ❖ The Hampshire Athletics QuadKids Championships are for children born between **1 September 2008** and **31 August 2010**, and are recommended by UK Athletics for this age group.
- ❖ All entrants must have **Hampshire qualifications**: a. birth or b. nine months continuous residence or service in H.M. Forces prior to the Championships, in Hampshire, the Isle of Wight or Channel Islands.
- ❖ The young athletes compete in four events:
  - long jump**
  - vortex howler throw**
  - 75 metres sprint**
  - 600 metres run**
 and are awarded points from scoring tables. Final placings are decided by the total points, with separate awards for Under 10s and Under 11s.
- ❖ Hampshire Athletics also holds its Multi-Events Championships on the same day for Under 13s through to Seniors. There are also 3000 metres and Mile races to complete an exciting day of athletics for all ages.

**Championship Secretary: Stuart Horsewood**

email: [stuarthorsewood@hotmail.com](mailto:stuarthorsewood@hotmail.com)

Detach entry form and send, to arrive by Friday 3 May, to:  
Richard Dean  
Flat 4 Hazeldene, 2 York Road, BROADSTONE, Dorset, BH18 8ET

You can also enter online at

**[www.hampshireathletics.org.uk/enter](http://www.hampshireathletics.org.uk/enter)**



[www.quadkids.org](http://www.quadkids.org)

## Entry form

**HAMPSHIRE ATHLETICS QUADKIDS 2019**

**CAPITAL LETTERS PLEASE**

Surname

Forename

Club or School

Date of Birth  DAY -  MONTH -  YEAR Boy or Girl

Full Postal Address   
  
  
 Postcode

Telephone No.

email   
actual case

**Entry fee: £9**

Please make cheques payable to Hampshire Athletics

**NOTE: No entries will be accepted on the day**

**Signature**..... **Date**.....

*To be signed by Parent or Guardian*

DETACH ENTRY FORM

*You agree that we may publish your personal information as part of the results of the championships and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, performances and age category*



# Quadkids Championships Timetable

Boys		
Start Time	Event	Age group
10.00	Long Jump	U10B
10.30	Long Jump	U11B
12.10	75 metres	All
13.15	Vortex Howler Throw	U10B
13.45	Vortex Howler Throw	U11B
15.20	600 metres	All

Girls		
Start Time	Event	Age group
10.15	Vortex Howler Throw	U10G
10.45	Vortex Howler Throw	U11G
12.25	75 metres	All
13.30	Long Jump	U10G
13.45	Long Jump	U11G
15.35	600 metres	All

## Guidance notes

The events are for those born between 1 September 2008 and 31 August 2010.

You are advised to allow ample time to park, report to the track room, collect numbers and warm up.

Club or school vests are preferred and advertising material must not be apparent.

The numbers are to be worn back and front on the upper body and securely fastened at each corner, preferably using eight safety pins, so that the pins pass through the card twice and it is not easily torn off during the athlete's exertions, particularly in inclement weather.

Numbers may not be folded or otherwise mutilated. They are for identification in the brief period in which the athlete reaches the line.

Report to the marksmen near the start line for each event 10 minutes before start time. Nobody is permitted to accompany the athlete to the start line.

Time does not permit the use of starting blocks.