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**A new, exciting, easy
to organise athletics
concept for children**

www.quadkids.org

What is QuadKids?

- QuadKids is a new, exciting athletics concept designed to give more children the opportunity to participate in and enjoy athletics.
- QuadKids covers the core disciplines of running, throwing and jumping, in a team of four.
- QuadKids already runs in over 30 counties, and over 30,000 young athletes have already taken part.
- QuadKids website captures all match performance data and provides a dynamic league table of result and individual rankings. www.quadkids.org



Where and when you can take part in a QuadKids competition

Following the success of Sportshall competition throughout the winter, Norfolk Athletics Network is delighted to provide four Quad Kids competitions this summer to provide U11s and U13s with continued opportunity to compete in athletic competition over the summer months.



- May 29th Lynn Sport King's Lynn
- June 26th UEA Sportspark Norwich
- July 31st Wellesley Track Gt Yarmouth
- August 28th Thetford

Register at 9.30am – events commence at 10.00am. Finish 12.30pm.
Please speak to your club coaches if you are interested in competing.

These events are open to all children age 8 and above. If you are interested in competing but not a member of an athletics club, this is not a problem – we would love to have you along. Contact: janetrains@btinternet.com for further information.

- QuadKids u11s athletes do a 75m sprint, Vortex Howler Throw, Standing Long Jump, and 600m run.
- QuadKids u13s athletes do a 100m sprint, Vortex Howler Throw, Running Long Jump and 800m run

For more information contact janetrains@btinternet.com

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