

ENTRY DATES

Document Version: 1

Team closing date: Thursday 20 June 2019

i Deadline 18:00. This date is when the School Games Organiser needs to submit their team entry.

Publish team entries: Friday 21 June 2019

i This date is when London Youth Games publishes which Boroughs are entered in the competition and the school team representing.

COMPETITION DATES AND INFORMATION

QUALIFIERS

Level 2 competition via SGO

FINALS

Thursday 4 July 2019

Crystal Palace NSC, SE19 2BB

Registration: 10:15 to 10:45

Competition: 11:15 to 14:15

TEAM INFORMATION

Any Licence, minimum grade or standard required? N/A

TEAM ON THE DAY **i** This is the team you bring to the competition.

Minimum: 8 (4 male & 4 female)

Maximum: 10 (5 male & 5 female)

Event

Quadkids Athletics

Likely School Year

Year 5 & 6

HOW TO ENTER

Competition Type: Primary Schools

How to enter: For schools competitions the SGO will coordinate entries. Teams are submitted online.

KIT AND EQUIPMENT

Kit & Equipment: Running spikes can be worn.

Team Manager Notes: Schools will be required to provide a declaration form the week prior to the competition to London Youth Games.

ABOUT THE COMPETITION

Competition Format	Teams are consisted of 5 boys and 5 girls.
Draw Format	The four events take place in a rotational sequence. Each athlete is placed in a pool and competes in all events.
Seeding	None
Final Positions	Points achieved by the top 4 male and top 4 female athletes over the four events added together to give the team score. Teams are placed in order of total points.
Medals	Team Medals at Finals: GOLD: winner, SILVER: runners-up, BRONZE: 3rd place.

SPORT SPECIFIC RULES

1. The Competition will be run in accordance with the rules laid down by Quadkids.

2. The Four Events are:

A: 75 METRES SPRINT

- All times should be rounded up to the nearest 0.1 second so 11.21 becomes 11.2.

B: 600 METRES RUN

- All times should be rounded up to the nearest 1 second so 2 minutes 45.7 seconds becomes 2.46.

C: VORTEX HOWLER THROW (Nerf Vortex Mega Howler)

- 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.
- The athlete can throw the 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 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.
- 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.

D: STANDING LONG JUMP - 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.
- 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.

3. Quadkids Competition Directors reserve the right to alter the competition format in order to ensure a quality experience for all participants. Any required changes will be highlighted when the schedule is published online.

4. The Competition Director reserves the right to suspend/cancel the event where required by weather/unsafe conditions. The Competition Director's decision is FINAL.

