

Young Athletes Club Open Meeting - Quadkids Competition

Sunday 16th May 2021 at Spectrum Track, Guildford GU1 1UP

Registration for U9, U11, U13 at 11.45pm First event 12.30pm, last event 4.45pm

Registration for U7s from 1.30pm First event 2.00pm, last event 3.40pm U7 presentations at 4pm

Registration for U15s from 4pm Invitation 800m Boys race 5.15pm, Girls Race 5.20pm

Timetable

Arrival, registration U9, U11, U13 (U7s from 1.30pm please)				
12.10pm Warm up and drills for U9 and U11 (U13 please use back straight for warm)				
No of Race Track		Long Jump	Std Long Jump	Vortex
7	U11 girls 75m Groups 2 & 1	U11 boys group 1		U11 girls group 1
			U9 boys	
5	U13 boys 100m	U11 boys group 2	U9 girls	U11 girls group 2
7	U13 girls 100m			U13 boys (2 pools)
3	U11 boys 75m group 1	U11 girls group 1	U7 boys & girls	U13 girls (2 pools)
3	U11 boys 75m group 2			
3	U9 boys 50m			
4	U9 girls 50m	U11 girls group 2		U11 boys group 1
3 and 2	U7 boys and girls 50m			
3	U11 girls 600m	U13 girls group 1		U11 boys group 2
2 and 2	U7 boys and girls 150m			U9 girls
	U7s presentations	U13 girls group 2		
2	U9 boys 300m			
2	U9 girls 300m	U13 boys all		U9 boys after 300m
3	U11 boys 600m			
3	U13 girls 800m			
3	U13 boys 800m			
1	U15 boys 800m Invitation			
1	U15 girls 800m Invitation			
	Presentations			
	Warm up a No of Race 7 5 7 3 3 4 3 and 2 3 2 and 2 2 2 3 3 1	Warm up and drills for U9 and U11 No of Races Track 7 U11 girls 75m Groups 2 & 1 5 U13 boys 100m 7 U13 girls 100m 3 U11 boys 75m group 1 3 U11 boys 75m group 2 3 U9 boys 50m 4 U9 girls 50m 3 u11 girls 600m 2 and 2 U7 boys and girls 50m U7s presentations 2 U9 boys 300m 2 U9 girls 300m 3 U11 boys 600m 3 U13 girls 800m 3 U13 boys 800m 1 U15 boys 800m Invitation 1 U15 girls 800m Invitation	Warm up and drills for U9 and U11 (U13 please use band of Races Track 7 U11 girls 75m Groups 2 & 1 U11 boys group 1 5 U13 boys 100m 7 U13 girls 100m 3 U11 boys 75m group 1 3 U11 boys 75m group 2 3 U9 boys 50m 4 U9 girls 50m 4 U9 girls 50m 3 U11 girls 600m 1 U13 girls group 1 2 and 2 U7 boys and girls 50m 4 U7 boys and girls 150m U75 presentations U75 presentations U9 boys 300m 2 U9 girls 300m U13 boys all 3 U11 boys 600m 3 U13 girls 800m 1 U15 boys 800m Invitation 1 U15 girls 800m Invitation	Warm up and drills for U9 and U11 (U13 please use back straight for No of Race: Track Long Jump Std Long Jump 7 U11 girls 75m Groups 2 & 1 U11 boys group 1 U9 boys 5 U13 boys 100m U11 boys group 2 U9 girls 7 U13 girls 100m U11 girls group 1 U7 boys & girls 3 U11 boys 75m group 2 U11 girls group 1 U7 boys & girls 3 U9 boys 50m U11 girls group 2 U11 girls group 2 3 3 U11 girls 600m U13 girls group 1 U13 girls group 1 2 4 U9 boys and girls 150m U13 girls group 2 U13 girls group 2 2 U9 boys 300m U13 boys all U13 boys all 3 U11 boys 600m U13 boys all 3 U13 boys 800m U15 boys 800m Invitation 1 U15 girls 800m Invitation U15 girls 800m Invitation

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Fitstuff in Guildford GU1 3UL

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Number of entries			
Boys	Girls		
U7	U7		
13	11		
U9	U9		
19	22		
U11	U11		
45	44		
U13	U13		
29	42		
U15	U15		
6	6		
Total 112	Total 125		
Total 236			

Field Events - Rules of Competition

Long Jump (2 pits)

One practice jump and 2 measured jumps

Throws (2 sectors)

One practice throw and 2 measured throws

Long Jump (2 pits)

One practice jump and 2 measured jumps

Throws (2 sectors)

One practice throw and 2 measured throws

U11 Athletes - split groups

Odd numbers - Group 1

Even numbers - Group 2
U13 Girls - split group

Odd numbers - Group 1 Even numbers - Group 2 U11 Girls numbers per group = 22 U11 Boys numbers per group = 23

U13 Girls numbers per group = 21