



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

11.45pm	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)				
Time	No of Races	Track	Long Jump	Std Long Jump	Vortex
12.30pm	7	U11 girls 75m Groups 2 & 1	U11 boys group 1		U11 girls group 1
12.35pm				U9 boys	
1.05pm	5	U13 boys 100m	U11 boys group 2	U9 girls	U11 girls group 2
1.30pm	7	U13 girls 100m			U13 boys (2 pools)
2.00pm	3	U11 boys 75m group 1	U11 girls group 1	U7 boys & girls	U13 girls (2 pools)
2.15pm	3	U11 boys 75m group 2			
2.30pm	3	U9 boys 50m			
2.45pm	4	U9 girls 50m	U11 girls group 2		U11 boys group 1
3.00pm	3 and 2	U7 boys and girls 50m			
3.20pm	3	U11 girls 600m	U13 girls group 1		U11 boys group 2
3.40pm	2 and 2	U7 boys and girls 150m			U9 girls
3.55pm		U7s presentations	U13 girls group 2		
4.10pm	2	U9 boys 300m			
4.20pm	2	U9 girls 300m	U13 boys all		U9 boys after 300m
4.30pm	3	U11 boys 600m			
4.45pm	3	U13 girls 800m			
5.00pm	3	U13 boys 800m			
5.15pm	1	U15 boys 800m Invitation			
5.20pm	1	U15 girls 800m Invitation			
5.30pm		Presentations			

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

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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