QuadKids Athletics Guidance Notes

How to take part.

- QuadKids is an exciting, easy to organise concept designed to give more children the opportunity to participate in and enjoy the core disciplines of Athletics.
- How a school/borough delivers a QuadKids event is a local decision. It can be used as an intra-schools event for sports day/class competition, an inter-schools event across a borough or a school can decide to enter the LYG county virtual competition (based on the results of the top 8 participants only).

What are the events?

Year 3&4	Year 5&6	Year 7&8
50m	75m	100m
400m	600m	800m
Standing Long Jump	Standing Long Jump	Standing Long Jump
Vortex Howler Throw	Vortex Howler Throw	Vortex Howler Throw

Planning for each event

Sprint	Distance	Long Jump	Throw
Where it can take place • Athletics Track • Grass field • Astro Turf • Playground	**Where it can take place** • Athletics Track • Grass field • Astro Turf • Playground	**Where can it take place?** • Long Jump pit • Standing Long Jump Mat • A marked surface (grass, astro, playground)	**Where it can take place.** • Athletics track (use infield) • Grass field • Astro Turf • Playground
How to set it up • On a track – use track markings • Any other – accurately measure the distance in a straight line. Mark the start and finish with cones or tape. • Split the athletes into races of no more than 8 • All times should be rounded to the nearest 0.1 second (so 11.21 becomes 11.3	**How to set it up** • On a track – use track markings • Any other – accurately measure the distance. A lapped course is best if not a lot of space. Mark the start and finish with cones or tape. • Split the athletes into races of no more than 12. • All times should be rounded to the nearest 1 second (so 2:45.7 becomes 2:46)	**How to set it up** • Make sure there is a clearly marked take off point. • Use cones or a marker to mark landing position. • Athletes must jump from a standing position. • The jump must be a double foot jump. • Measurement should be taken from the point of take off to the closest point of landing (back of the feet).	**How to set it up** • Measure out an area at least 50m long x 15m wide. • Make sure the throwing area is positioned so that external areas are safe. • Clearly mark out a throwing line with cones/tape. • Athletes must throw from a standing position. • Athletes must stand behind the throwing line. • Athletes should have 3 consecutive throws. • A valid throw is measured from the point of contact to the landing point.
Equipment • Stopwatch • Cones • Tape measure	**Equipment** • Stopwatch • Cones • Tape measure	**Equipment** • Long Jump pit or mat • Cones • Tape Measure	**Equipment** • Vortex Howler (or tennis ball as an alternative) • Tape measure • Cones

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Scoring

- There is no limit to the number of participants who can take part but there is a minimum of 4 boys + 4 girls for a team score in the Primary competitions and a minimum of 4 students in each of the Secondary competitions.
- Each athlete competes in all 4 events.
- The top 4 boys and top 4 girls over the four events added together to give the team score for the Primary competitions and the top 4 boys or top 4 girls over the four events for the Secondary competitions.
- The time or distance for each event is measured against a standard point scoring table and the better the performance the higher the points scored.
- The points from each event are added together to give the aggregate points or QuadKids score for that athlete.
- If an athlete misses an event or in the case of a race does not finish, they score zero points.
- If an athlete completes an event but records a time or distance below the lower end of the points scale, they receive the minimum 10-point score for that event. **The program does this automatically.**
- If an athlete records a time or distance above the upper end of the points scale, they will be given the maximum 100 points.
- For an individual competition where two athletes are tied on equal points and a winner is required the athlete with the highest points score in their weakest event will be the winner.
- The team that has the overall highest points total is the winner. This needs to be calculated using the scores of the top four girls and top four boys in each team for the Primary competitions and top four students in each of the Secondary competitions.

Results Spreadsheet

- The result spreadsheet has been created and is owned by QuadKids Athletics (not LYG).
- There are guidance notes which must be followed on the excel spreadsheet (Note Tab). Please ensure all steps are followed.
- The notes below are guidance to help complete the results.

Step 1 – Configuration Tab

- Event Name – LYG Virtual QuadKids Athletics
- Event Date – Date the school is taking part.
- Competition Type – It is important to select the correct competition type (based on age group). This will affect the scoring table as measures are based per age group.
  - QuadKids Start = Year 3&4
  - QuadKids Primary- = Year 5&6
  - QuadKids Secondary = Y7&8

Step 2 – Declaration Tab

- Each Athlete will need to be assigned a number (on a 'normal' event this would be the bib number they would wear). Fill the number tab based on the number of athletes taking part. This allows the information to be pulled across each tab on the excel.
- Athlete name is needed. This can Christian name, initials (whatever is easiest)
- Athletes Team – If more than one class is taking part, list the class/bubble name. Other- wise school name is sufficient.
- Athletes Gender – This information is needed.
- Athlete DOB – only needed if provided.
- Age Group – select the age group competition.

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Step 3 – Athletes Tab

➢ Input the athlete's number. The spreadsheet will automatically fill the athletes name and team.

Step 4 – Inputting Results

➢ Results need to be input onto the relevant results tab – (green tabs)
➢ Enter the athlete's number (assigned on declaration tab) and the result. The spreadsheet will automatically calculate the number of points.
➢ Check the instruction notes on the 'Note' spreadsheet for entering values.
➢ Once all results have been input click on the ATHLETES tab, the students results will be totalled in the 'Individual Rankings' table and you will be able to identify your top scoring students. (4B + 4G for the Primary; 4 students for each Secondary).
➢ To create your team score, you need to click on the 'School Total' tab and input the scores from your top students to create your team total. This team total will be used by SGO's to decide the borough representative.