

AVON TRACK & FIELD LEAGUE – QUADKIDS 2024

Welcome to Avon Track & Field Quad Kids 2024 – thank you so much for volunteering to help us run another fantastic series of events.

The meetings run to time provided:

1. all officials/helpers report on time so that equipment can be provided
2. athletes are assembled and officials/helpers are ready to commence competition at the designated start time
3. the sand pits are prepared for use by 9.30am

General Administration

Ellen Taylor (yatemembership@outlook.com) has taken over administrative support for the Quadkids activity. This includes receiving the following details from clubs:

1. Name and contact information for team managers **by 1st June** at the latest.
2. Team declaration by the Friday evening prior to the competition, using the Excel file provided below (also sent by email)– you can use the same file all season, just make sure you pick the right tab for each event
3. Officials/helpers declaration by the Friday evening prior to the competition, using the same Excel file provided. It's really important that we have these volunteers arranged ahead of each competition so that we can get started on time – please make sure that you have warned your parent helpers that they will be supporting.



Quadkids%20declaration%202023.xlsx

Dates	Venue	Coordinator
9 th June	Yate (BS37 7LB)	Ellen Taylor
11 th August	Yate (BS37 7LB)	Volunteer needed
8 th September	Gloucester (GL2 5AB)	Ellen Taylor
29 th September	Yate (BS37 7LB)	Ellen Taylor

Timetable

I'm going to try introducing a more fluid timetable this year, this should keep the athletes moving around and hopefully reduce bunching.

U11 Boys	
Combined Warm Up	8.50
Howler Throw (A&B)	9.00
Rolling into 75m	
Rolling into Standing Long Jump (Pit A & B)	
600m	10:30

U11 Girls	
Combined Warm Up	8.50
75m	9.00
Rolling into Howler Throw (A&B)	
Standing Long Jump (Pit A & B)	
600m	10:20

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Eligible Athletes

Quadkids should normally be in school years 4 or 5:

Year 4 Under 10 dob: 1/09/2012 to 31/8/2013
Year 5 Under 11 dob: 1/09/2013 to 31/8/2014

Team Information

This is a team competition with a **rigid** maximum of six per gender per club. Each athlete is expected to compete in all four events which are 75m, 600m, standing long jump and howler throw. The team score will be the aggregate total of the best four athletes.

The results will be recorded as soon as possible and we will try to get them circulated to team managers later in the day, together with certificates.

There will be a presentation at the end of each competition for the top 3 girl and boy athletes, and we will announce team positions – so do encourage your athletes to stick around for half an hour or so. But, also remind them that the more they bug me for results, the slower I will be in getting them pulled together.

Athletes should be allocated a three digit number from the card number range used by the club for Avon League meetings. The allocation is totally separate from the Hitec register for older athletes. It is an opportunity to use up partially used number packs. The Quadkids number for an athlete does not have to be the same for each meeting. Bib numbers are to be worn front and back for the race events. The same number must not be used for a boy and a girl. Team Managers should indicate number allocated on the team declaration form to be submitted the Friday prior to each event.

Provision of Helpers / Officials

It is essential that clubs make sure that officials/helpers are detailed and advised as part of the team declaration so that the Event Manager may know who is expected to officiate.

Four officials/helpers are required from each team. Teams should not expect their athletes to be allowed to compete if they do not provide the necessary officials from parents or other club members.

The Club Quadkids Team Managers are key people. They will be expected to not only select and look after their squad of athletes but also to ensure those athletes are supported by helpers/officials and that they report on time ready to undertake the allocated tasks. Clubs should make sure that helpers are given access to the relevant handbook information relating to the task they are allocated (note, a laminate guide is provided in the the results folder provided to each volunteer team on the day.

Officials/Helpers Report for Duty to receive Clipboards, Stationery and Equipment.

- Track Judges, Timekeepers and the Start Team should report to the Track Judge Stand by 8.45am
- The Howler Throw teams should report to the apron closest to the shooting range by 8.50am.
- The Long Jump teams should report to their allocated long jump pit to start preparation of the sand for competition – note that as the timetable is more fluid this year, you should expect a steady flow of athletes from 9.30am.

Provision of equipment does not include stopwatches. Timekeepers will be expected to record two finishers in the sprint races ie 1 & 4, 2 & 5 or 3 & 6.

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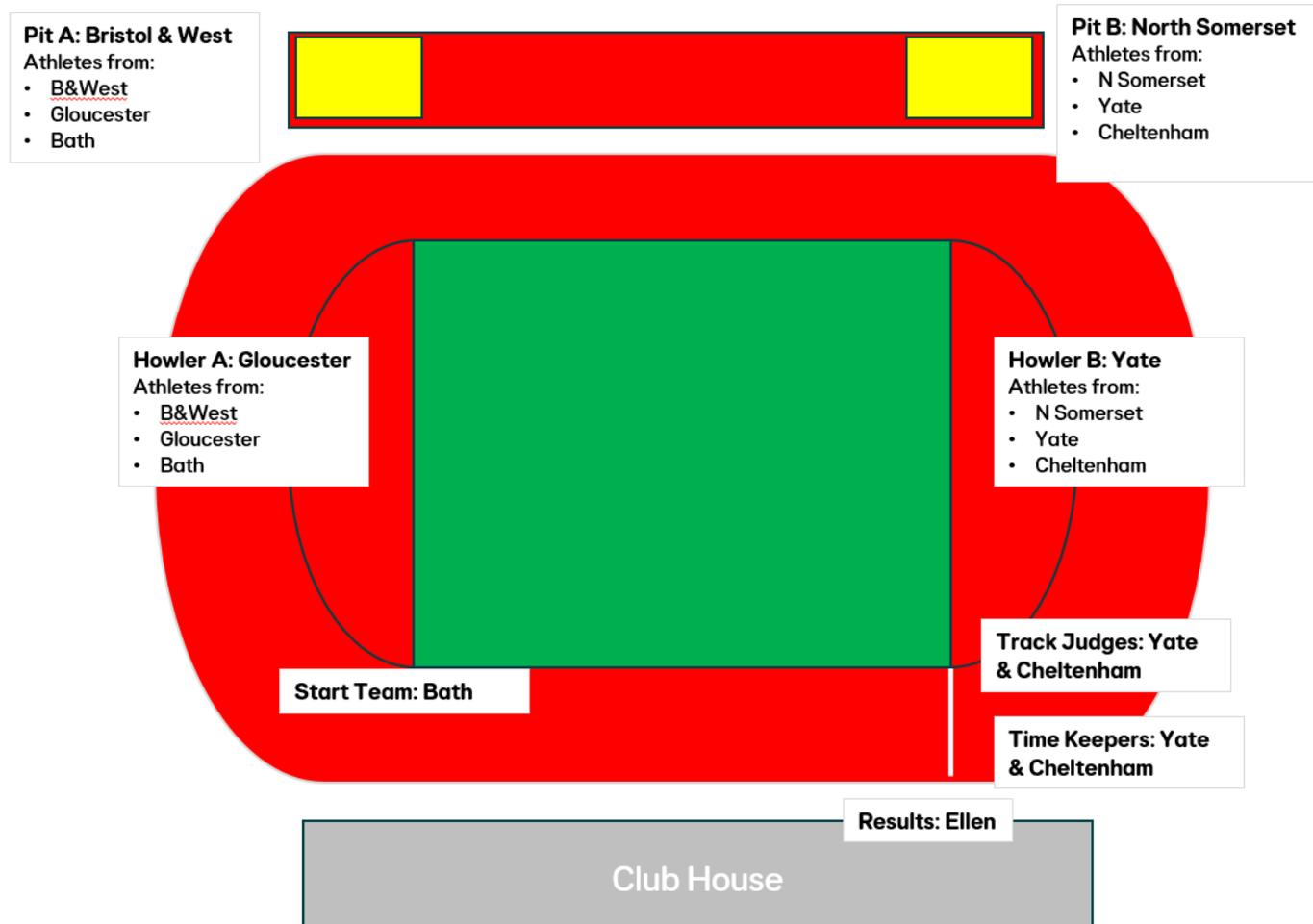
Flow of Result Paperwork

- Result slips from the 75m races should be passed to Ellen as soon as possible after the conclusion of each set of races (ie after the final girls' race and after the final boys' race).
- The Howler teams should return the clipboards with the field distance cards to Ellen as soon as possible after the conclusion of the howler throws.
- Long Jump teams should return clipboards with the field distance cards to Ellen as soon as possible after the conclusion of the jumps event – if possible sending runners back throughout the session as cards become filled.
- Result slips from the 600m should be passed to Ellen Taylor once the 600m races have been concluded.

Data will be entered into the results programme throughout the competition to ensure that we can get the results out as soon as possible.

Officials Duties

We have split the Howler and the Standing Long Jump by club in an effort to ensure that parent volunteers see as much of their athletes as possible.

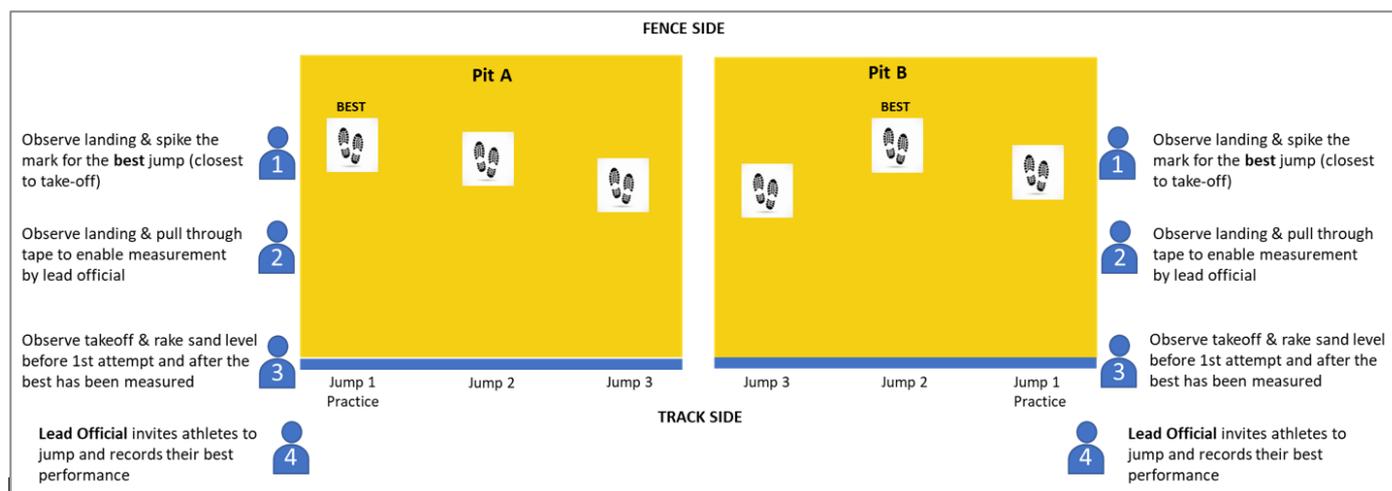


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STANDING LONG JUMP



Pit A closest to the car park	Pit B closest to the shooting range
operated by Bristol & West	operated by North Somerset
Athletes from Bristol & West, Gloucester and Bath will jump here, but be ready to accept athlete from other clubs if the other pit is struggling.	Athletes from North Somerset, Yate and Cheltenham will jump here, but be ready to accept athlete from other clubs if the other pit is struggling.
After jumping all athletes should be directed to the start of the 600m.	



Official 1: Observe landings and subsequently spike mark the position for the rearmost mark of the best jump. If in doubt measure more than one pair of feet.

Official 2: Observe landings and subsequently pull through the tape to enable the lead official to read and record the distance achieved. The tape should be at right angles to the take off line.

Official 3: Observe take offs and rake sand after the practice attempt and all other attempts when measuring has been completed.

Lead official: Organise the athlete queue, generally observe and record the best performance for each athlete. The measurement is to the nearest whole centimetre from the back edge of the take off line.

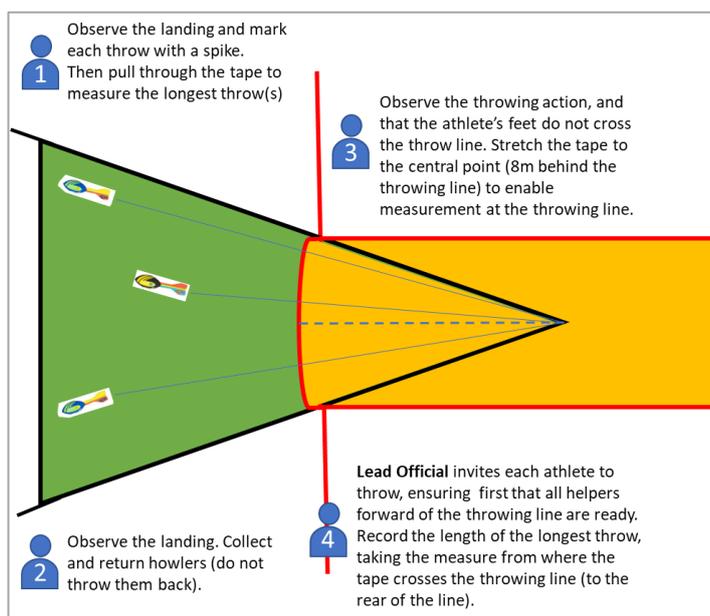
Preparation <i>Ready for jumping to start from 9:30am</i>	Practice
<p>1: Dig the sand over so that the moist sand is at the surface - in hot weather you may need to sprinkle over water.</p> <p>2: Rake the sand level with the track side of the pit.</p> <p>3: A designated take off line should be defined along the trackside white boundary section of the pit edge.</p>	<p>1: Each athletes is allowed one practice jump (followed directly with 3 consecutive attempts).</p> <p>2: The practice jump should be taken from Jump 1 position – please provide advice (especially if it would have been a foul)</p> <p>3: After the practice jump rake the sand over ready for the 3 competitive attempts</p>
Competition	
<ul style="list-style-type: none"> Take-off is from two feet - it is a foul jump if either or both feet move from the static position. Heels may lift off the ground (when swinging arms back & forth) but the toes must be in a constant contact with the ground prior to take-off On landing, athletes move forward and out of the sand pit. Walking back towards the take off line invalidates the attempt. Losing balance on landing and stepping backwards before leaving the pit does not invalidate the attempt, but measurement is from the mark left closest to the take-off line – so this will reduce the distance achieved. 	

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HOWLER THROW



Runway A closest to the car park	Runway B closest to the shooting range
operated by Gloucester	operated by Yate
Athletes from Bristol & West, Gloucester and Bath will throw here.	Athletes from North Somerset, Yate and Cheltenham will throw here.
After throwing, Girls should be directed to: Standing Long Jump Boys should be directed to: 75m	



Measurement

Official 1 holds the tape at 0cm, from the spike marking the howler landing point.

Official 3 holds the other end of the tape at the central point marked 8m behind the throwing line.

The **lead official** records the longest measurement (to the nearest cm) at the point the tape crosses the throwing line – (on the throwing side).

The tape should not be on the throw runway or the landing sector whilst throws are taken.

Practice

Athletes are to be allowed one practice attempt followed by 3 consecutive attempts.

Rules

Athletes may choose to take a short run up or throw from a standing position, but their feet must not cross the (slightly curved) throwing line

No throws should be given where:

- The howler lands outside of the sector lines.
- The howler is thrown with a stiff arm without elbow bending such as a cricket bowling action
- The howler is released from below shoulder height like a sling or discus type action.
- The athlete's feet cross the throwing line (including when the athlete leaves the throwing area)

After their throws, athlete should leave the throwing area to the side (not crossing the throwing line).

Technique

A good initial position is to reach back with a slightly bent elbow with the howler held above shoulder height.

The arm movement is then to move the elbow forward and then quickly straighten the arm and at the moment the arm is fully extended release the howler.

Where an athlete reaches back and holds the howler below shoulder height, that is not a problem provided the howler is released from above shoulder height.

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TRACK EVENTS

START TEAM: Team Bath		
Marshals 1 & 2	75m	1: Assemble the athletes into 6 lanes, by club, 10m back from the start line 2: When ready to start ask the front athlete in each lane to move forward to stand 2m back from the start line 3: There should be a maximum of 6 athletes per race, with athletes competing against athletes from other clubs
Starter		1: Check the timekeepers are ready – sound the whistle and wait for an OK signal back 2: Point the luminous strip of the clapper board towards the timekeepers 3: Use the start commands ‘Take your marks’ , ‘Set’ 4: Then release the clapper board
Marshals 1 & 2	600m	<ul style="list-style-type: none"> • Assemble the athletes in club groups and select 3 from each club to run in races 1 & 2 for each gender. There should be a maximum of 18 per race. • Position the athletes 2m behind the curved start line
Starter		<ul style="list-style-type: none"> • Advise the athletes to take care, not to push or suddenly change direction, and safely move towards the inside of lane to run the shortest distance • Advise the athletes of the start commands (no Set) • Point the luminous strip of the clapper board towards the timekeepers • Use the start command ‘Take your marks’ • Then release the clapper board

TIMEKEEPERS: Yate & Cheltenham		
Timekeepers	75m	Each timekeeper (including chief) to take 2 times as the athletes cross the line, suggest <ul style="list-style-type: none"> • 1st and 4th • 2nd and 4th • 3rd and 6th
Chief Timekeeper		Prior to the race start communicate ‘ready’ to the Starter Gather and record all the times taken – then communicate the agreed times with the Track Referee
After 75m: <ul style="list-style-type: none"> • Girls should be directed to: Howler • Boys should be directed to: Standing Long Jump 		
Timekeepers	600m	Work with the Track Referee and track judges to funnel the athletes into the correct finishing order Hopefully, the chief timekeeper has managed to secure a watch with a printer facility that can be used by an experienced timekeeper to record finishing times

TRACK JUDGES: Yate & Cheltenham		
Track Judges	75m	Each track judge (including Track Referee) to take 2 positions as the athletes cross the line, suggest <ul style="list-style-type: none"> • 1st and 4th • 2nd and 4th • 3rd and 6th Advise the athletes to stay in lane whilst noting down the finish order
Track Referee		Record the times provided by the Chief Timekeeper on the finish slip
After 75m: <ul style="list-style-type: none"> • Girls should be directed to: Howler • Boys should be directed to: Standing Long Jump 		
Track Judges	600m	Work with the timekeepers to funnel the athletes into the correct finishing order
Track Referee		Record the times provided by the Chief Timekeeper on the finish slip