



## Re: Citywide Year 7 Quadkids Championships

Eastlands Athletics Arena, Friday 9<sup>th</sup> June from 2.00 – 5.00pm

- Registration and warm-up from 1.30pm
- The event will begin at 2.00pm and finish by 5.00pm
- A team will consist of 5 boys or 5 girls from **Year 7**. Each individual will take part in all the track and field events, however, only the best 4 scores will count towards your team score

The events are as follows:

- \* 100m sprint
- \* 800m
- \* Running Long jump
- \* Vortex Howler throw
- \* 4 x 100m relay (if time allows as this will not count towards the overall score)

**Please note:** The athlete entry form, will need to be returned **by the entry closing date**

This event is part of the National School Games structure, with the top 2 boys teams and top 2 girls teams going through to represent Manchester in the GM Level 3 Summer Games @Eastlands Athletics Arena.

