

Quadrathlon 2018

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| U11s yr 4&5 | 75m sprint | Long Jump | Howler Javelin | 600m run |
| U13s yr 6&7 | 100m sprint | Long Jump | Howler Javelin | 800m run |
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Two Quadrathlon competitions will be held in 2018 in which each competition, the athlete completes a sprint, jump, throw and run. Performances in each discipline are scored by reference to a points table and points are added together to give an overall Quadrathlon points score. Winners of each Quadrathlon competition are those with the highest total points scored.

Quadrathlon competitions are a fun and enjoyable way to develop the skills of running, jumping and throwing which are needed for successful, long-term involvement in athletics and many other sports.

**GET INVOLVED NOW!**

This competition is open to all children in school years 4 through to 7. Entry forms available in the club house or by emailing **mail@tarawoodward.com** The entry fee is £5 per athlete for each Quadrathlon date. The closing date for entry is Thursday 5th July.