

AVON TRACK & FIELD LEAGUE – QUADKIDS 2026

Welcome to Avon Track & Field Quad Kids 2026 – thank you so much for volunteering to help us run another fantastic series of events.

This year we will be adopting the new England Athletics Age Groups for competition, and adapting our events to align with the new recommended disciplines.

General Administration

Ellen Taylor avonquadjkids@outlook.com provides the administrative support for Quad kids.

Please send name and contact information for team managers **by 1st May** at the latest.

For each event, team managers will need to submit

1. 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
2. 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%20declarations%202026.xlsx

Dates	Venue	Coordinator
17 th May	Yate	Ellen Taylor
14 th June	Yate	Ellen Taylor
13 th September	Yate	Ellen Taylor

Timetable

We run a fluid timetable, with athletes moving from event to event to 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

Eligible Athletes

Quadkids are U12 athletes and should normally be in school years 5 or 6. They do not need to be registered with EA to compete, but should be a member of the club they represent.

Date of birth	School year 2025-2026	Age
1 st September 2015 – 31 st August 2016	Year 5	9-10
1 st September 2014 – 31 st August 2015	Year 6	10 – 11

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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. Certificates will be provided over the following week if possible.

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 – but please be careful with spellings and hyphens to ensure that performances may be tracked across the season. 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. Clubs should not expect their athletes to be allowed to compete if they do not provide the necessary officials from parents or other club members. If clubs enter additional teams, then they are expected to provide more volunteers to support.

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 will be provided in 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.

Timekeepers will be expected to record two finishers in the sprint races ie 1 & 4, 2 & 5 or 3 & 6.

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).

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- 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.

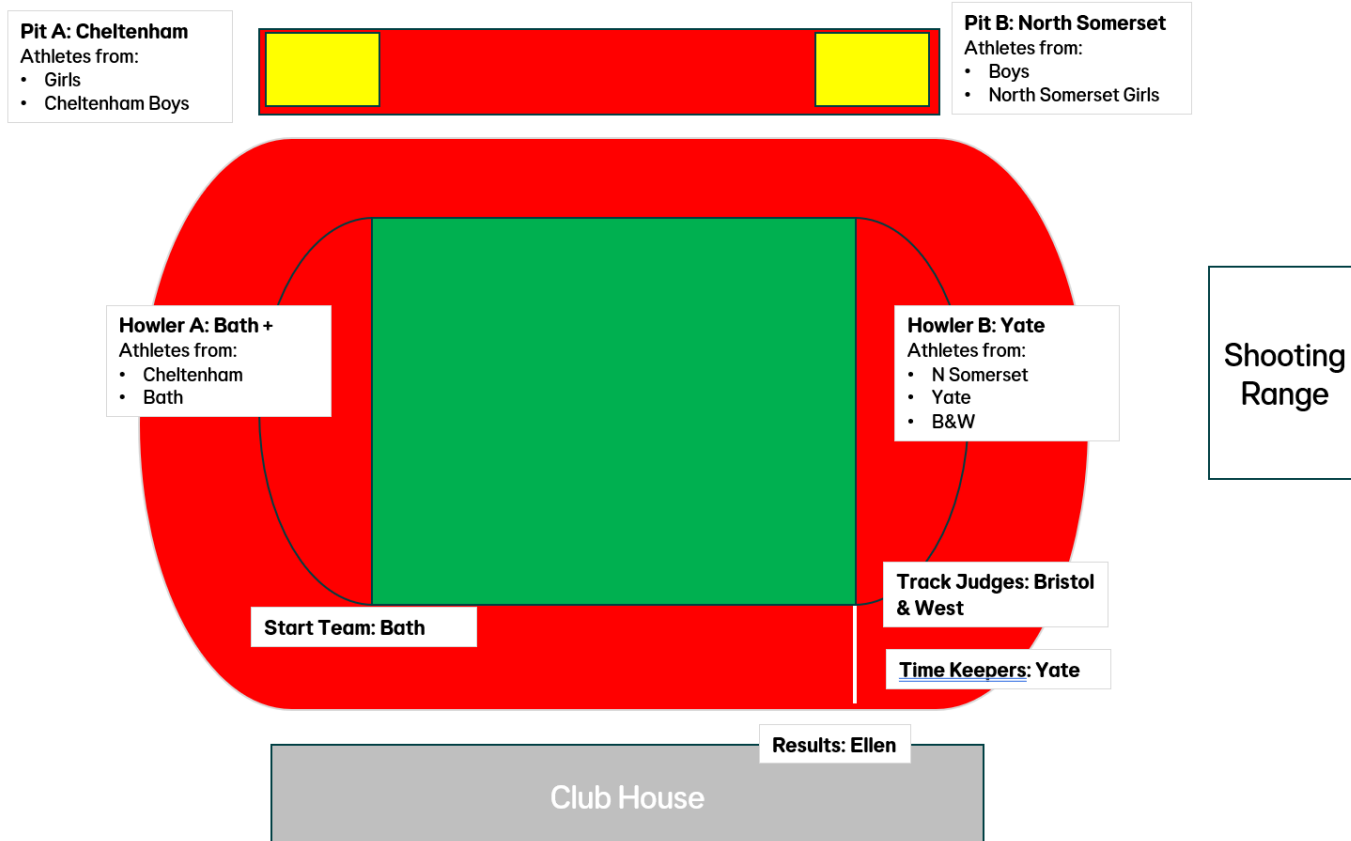
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Officials Duties

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.

Note that we are going to need an additional volunteer or two to help Bath out on Howler B.

Event	Bath	Cheltenham	Yate	N.Somerset	B&W
1	Start Team	Long Jump A	Howler B	Long Jump B	Track Judges
2	Howler A		Time Keepers		



Athlete Flow Girls

Event	Bath Girls	Cheltenham Girls	Yate Girls	N.Somerset Girls	B&W Girls
1	75m	75m	75m	75m	75m
2	Howler A	Howler A	Howler B	Howler B	Howler B
3	Long Jump A	Long Jump A	Long Jump A	Long Jump B	Long Jump A
4	600m	600m	600m	600m	600m

Athlete Flow Boys

Event	Bath Boys	Cheltenham Boys	Yate Boys	N.Somerset Boys	B&W Boys
1	75m	75m	Howler B	Howler B	Howler B
2	Howler A	Howler A	75m	75m	75m
3	Long Jump B	Long Jump A	Long Jump B	Long Jump B	Long Jump B
4	600m	600m	600m	600m	600m

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STANDING LONG JUMP

- Children use a two-footed take-off from a standing position, with both feet behind the take-off line
- Each child has a practice jump plus 3 attempts – all taken at the same time, moving along the side of the pit to take the next jump
- The furthest jump is measured – from the take-off line to the back of the closest heel on landing
- The participant may step forward after the jump however, any step back or touching of the sand behind the feet would result in the measurement being taken from that point.



Preparation (be ready for athletes by 9:30am)

- Dig the sand over so that the moist sand is at the surface - in hot weather you may need to sprinkle over water.
- Rake the sand level with the track side of the pit.
- A designated take off line should be defined along the trackside white boundary section of the pit edge.

Volunteer Roles

- Jumping order controller – calls up the next athlete for their turn and records their name, number and furthest distance jumped
- Take-off judge – Ensures the athletes take off from behind the line from two feet. Also holds the measuring tape at the take-off line.
- Distance measurer – measures the distance jumped.
- Sand Raker – Rakes the sand between athletes (after all 4 jumps have been taken)

Pit A	Pit B
closest to the car park	closest to the shooting range
operated by Cheltenham	operated by North Somerset
Girls plus Boys from Cheltenham	Boys plus girls from North Somerset
(but be ready to accept more boys if the other pit is struggling)	(but be ready to accept more girls if the other pit is struggling)

After jumping all athletes should be directed to the start of the 600m.

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HOWLER THROW

- Each child has one practice plus 3 consecutive throwing attempts
- Children throw a howler as far as possible from a standing position
- Children must stand with one foot in front of the other. If throwing with the right hand, the left foot should be forwards and vice versa for left handed children
- Children must NOT go into the throwing area unless requested by an official
- Distance should be measured to the nearest completed centimetre
- Children not throwing should be positioned on the apron away from the athlete throwing



Volunteer Roles

- **Throwing order controller** – calls up the next athlete for their turn and records their name, number and furthest distance jumped
- **Throwing Judge** – holds the measuring tape at the throwing line, and checks for no throws (ie stepping over the line)
- **Distance measurer** – marks the landing point of each competition howler thrown and measures the furthest of the three competition throws, from the throwing line to the closest point of the howler. Be careful not to stand in the way of throwing to avoid injury
- **Safety monitor** – looks out for hazards and makes sure the throwing area is clear prior to throwing

Note that howlers **MUST NOT** be thrown back towards the throwing line. They should be handed to the next athlete, once all three competition throws have been taken.

Runway A closest to the car park	Runway B closest to the shooting range
operated by Bath (plus support)	operated by Yate
Athletes from Cheltenham and Bath will throw here.	Athletes from North Somerset, Yate and B&W will throw here.

After throwing

- **Girls should be directed to: Standing Long Jump**
 - Cheltenham to PIT A closest to the carpark
 - All other girls to PIT B closest to the shooting range
- **Boys should be directed to: 75m**

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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		
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 <ul style="list-style-type: none"> ○ B&W, Yate & N. Somerset to Runway B closest to the shooting range ○ Bath and Cheltenham to Runway A closest to the carpark • Boys should be directed to: Standing Long Jump <ul style="list-style-type: none"> ○ Cheltenham to PIT A closest to the carpark ○ All other noys to PIT B closest to the shooting range 		
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

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TRACK JUDGES: Bristol & West		
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 <ul style="list-style-type: none"> ○ B&W, Yate & N. Somerset to Runway B closest to the shooting range ○ Bath and Cheltenham to Runway A closest to the carpark • Boys should be directed to: Standing Long Jump <ul style="list-style-type: none"> ○ Cheltenham to PIT A closest to the carpark ○ All other noys to PIT B closest to the shooting range 		
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