



Vale of Aylesbury Athletic Club (VoAAC)

2016 Under 9 & Under 11 QuadKids Competitions

Stoke Mandeville Stadium, Guttman Road, Stoke Mandeville, HP21 9PP

All dates are Sundays: Arrive by 9.30am for 10.00am start

	17 th April	15 th May	12 th June *	24 th July
	* Incorporated County Competition			
Under 11	10 years old or under at 31st August 2016 (<i>present school years 4 and 5</i>)			
Under 9	8 years old or younger at 31st August 2016, <u>but must be 7 years old</u> on the day (<i>present school years 2 and 3</i>)			

Each athlete competes in a 75m sprint, a 600m run, long jump and a vortex howler throw.

Points are gained like in a decathlon – the faster you run and the further you throw and jump the more points you get. Medals for top 3 boys and girls (total of the four events) Under 11 and Under 9. Medals for top boy and girl in individual events; Under 9 and Under 11.

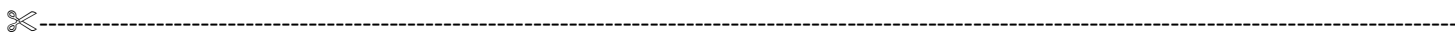
Queries to: voaquadkids@btinternet.com

Closing date for entries is the Friday prior to the competition date

*** 12th June is Incorporated Event – Quad Kids / Bucks Champs for athletes living in Bucks or members of Bucks Clubs.**

Parents re car parking:- please ensure you register your car registration at reception within the Stadium on arrival to avoid penalty charges imposed by Stoke Mandeville Stadium.

List of entries will be posted regularly on our home page of the website www.voaac.org.uk



VoAAC 2016 QuadKids Competition

17th April 15th May 12th June * 24th July

* I WILL be entering the Bucks Champs on 12th June – please TICK if eligible

NAME: BOY/GIRL

EMAIL:..... CLUB :.....

DATE OF BIRTH:CONTACT MOBILE

I enclose entry fee of £5.00 per competition date, please make cheques payable to Vale of Aylesbury AC.

VoAAC shall not be liable to the participant or parent for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of these events.

ENTRIES TO: Michelle Perry, 71 Sandhill Way, Aylesbury, HP19 8GU