 **QUAD KIDS ATHLETICS**

**WESTMINSTER SCHOOLS COMPETITIONS**

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| **Information** |
| **Competition** | Year 5/6 - Quad Kids Athletics | **On-the-day Contact** |  |
| **Date** | 18th June 2025 | **Venue** | Paddington Recreation Ground, Randolph Avenue, Maida Vale, W9 1PD |
| **Time**  | 10:00am – 14:00pm  | **Arrival** | Please arrive 15 minutes before the competition is due to start |
| **Entry Information** | This competition will be run as a central borough competition along with Wandsworth, Islington and Royal Borough of Kensington and Chelsea and can take a maximum of 8 teams per borough.  |
| **Competition Format** | The competition will follow the Quad Kids format with one additional activity. ALL competitors perform ALL events. The activities will be:* a 75m sprint
* a 600m run
* standing long jump
* vertex howler throw

The top four boys scores and top four girls scores count towards the team score. |
| **Team Information** | Squads should be made up of **ten** athletes from years 5 and/or 6. There should be five boys and five girls in your squad. Schools may enter more than one team in accordance with the entry information above. |
| **Follow-On Opportunities** |  There will be no follow on competition |
| **PE Kits** | Children should be wear their normal PE kits and bring warm clothing as we will be outside all day. |
| **Equipment** | We will provide all the equipment for the games, buts schools may want to bring their own kits to practice with.Children should bring lunch and plenty of water. The weather at this time of year is unpredictable so schools should prepare their players for hot and cold weather |
| **First Aid** | Schools should provide their own first aid. Whilst there will be qualified first aiders on site, this is not their primary function and first aid can be administered more swiftly if schools bring their own kits |
| **Photography** | A photographer/videographer may be in attendance, please make sure that all your team members have photographic consent. If you have a child that is not able to be photographed/videoed please let the team know on arrival. |
| **Contact** | If you have any questions or queries please do not hesitate to contact Angela Emanuel-Carr.Tel: 020 7641 5879 Mob: 07940 021 907Email: aemanuel@westminster.gov.uk |