

***SECONDARY QUADKIDS RULES***

* *Three boys and three girls compete as a team per year group (Yr 7, Yr 8 and Yr 9).*
* *There are four events — 100m sprint, 800m run, vortex howler throw and long jump.*
* *The four events take place in a rotational sequence.*
* *Athletes are placed in pools and compete in all events.*
* *Individual performances (times and distances) are scored using a points table (the Quadkids spreadsheet calculates the points automatically).*
* *The scores of the three boys and three girls over the four events are added together to give the team score and the team with the highest cumulative points score wins.*