

***PRIMARY QUADKIDS RULES***

* *Four boys and Four girls compete as a team.*
* *There are four events — 75m sprint, 600m 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 four boys and four girls over the four events are added together to give the team score and the team with the highest cumulative points score wins.*