



Young Athletes Club Open Meeting & Quadkids Competition

Saturday 30th May 2026 at Spectrum Track, Guildford GU1 1UP

Registration timings: U10, U12, U14 from 10.45am U8 from 12.00pm U16 from 3.15pm

First Event: 12.00pm

Presentations: U8 and U10 at 2.30pm U12 Qkids at 4.00pm U14 and U16 at 5.30pm

Medals: Medals based on top results / times by event (U14/U16 - 100m straight final or 2 races seeded from Power of 10)
U8, U10, U14, U16 medals for top 3 boys and girls on times or distance. U12 Qkids medals for top 6 boys, top 6 girls on total points for all 4 events

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Training in water with Tony Mitchell

FINAL Timetable

10.45am	Arrival, registration U10, U12, U14 from 10.45am. U8s from 12.15pm				
11.30am	Warm up and drills for U10 and U12 (U14 please use back straight for warm up)				
Time	No of Races	Track	Std Long Jump	Long Jump	Vortex
12.00pm	3	75m U12 Girls group 1*	U12 boys grps 1 & 2		
12.15pm	2	75m U12 Girls group 2*			U12 girls group 1
12.25pm	3	75m U10 boys			
12.40pm	4	75m U10 girls	U10 boys	U14 girls	
1.00pm	3	75m U12 boys groups 1 & 2			
1.15pm	2	75m U8 boys	U10 girls		U12 girls group 2
1.25pm	2	75m U8 girls			
1.40pm	3	300m U10 boys			
1.55pm	3	300m U10 girls	U12 girls all	U14 boys	
2.10pm	2	200m U8 boys (curve start)			U12 boys group 1
2.20pm	2	200m U8 girls (curve start)			
2.30pm	U8 and U10 medal presentations (5 events girls and boys)				
3.00pm	3	600m U12 boys			U12 boys group 2
3.15pm	4	600m U12 girls			
3.35pm	2	100m U14 girls (seeded)			
3.45pm	2	100m U14 boys (seeded)			
4.00pm	U12 Quadkids medal presentations				
4.30pm	1	100m U16 girls	Track set up: 300m Hurdles 3 lanes to be put out on back straight		
4.35pm	1	100m U16 boys			
4.55pm	1	300m Hurdles U16 girls			
5.10pm	1	800m U14 girls			
5.20pm	1	800m U14 boys			
5.30pm	U14 and U16 Presentations				

Entries by event			
Boys		Girls	
U8 75m Boys	16	U8 75m Girls	12
U8 200m Boys	16	U8 200m Girls	8
U10 75m Boys	25	U10 75m Girls	26
U10 300m Boys	23	U10 300m Girls	23
U10 Std Long Jump Boys	19	U10 Std Long Jump Girls	18
U12 QK Boys	28	U12 QK Girls	42
U14 100m Boys	13	U14 100m Girls	10
U14 Long Jump Boys	9	U14 Long Jump Girls	9
U14 800m Boys	9	U14 800m Girls	12
U16 100m Boys	7	U16 100m Girls	8
U16 300m Hurdles Boys	0	U16 300m Hurdles Girls	3
Total events:	165	Total events:	127
Number of Competitors: 253			

*Quadkids U12 - split groups

*Group 1 = Odd numbers

*Group 2 = Even numbers

Field Events - Rules of Competition

U10, U12 Stding Long Jump on MATS

One practice jump plus 2 measured jumps, best jump recorded
Athletes to do their jumps consecutively so they can learn from each jump

U14 Long Jump (use 2 pits)

Two practice jumps and 4 measured jumps

Throws (2 sectors)

One practice throw and 2 throws marked, best throw measured
Athletes to do their throws consecutively, so they can learn from each throw

