



Young Athletes Club Open Meeting & Quadkids Competition

Sunday 25th May 2025 at Spectrum Track, Guildford GU1 1UP

Registration timings: U9, U11, U13 from 11.00am U7 from 12.15pm U15 from 3.15pm

First Event: 12.00pm

Presentations: U7 and U9 at 2.45pm U11 Qkids at 4.30pm U13 at 5.45pm or soon after last event

Medals: Medals based on top results by event (U13/U15 seeded from Power of 10)

U7, U9, U13, U15 medals for top 3 boys and girls on times or distance. U11 Qkids medals for top 6 boys, top 6 girls on total points for all 4 events

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Final Timetable

11.00pm	Arrival, registration U9, U11 (U13 from 12pm, U7s from 12.30pm)				
11.30pm	Warm up and drills for U9 and U11 (U13 please use back straight for warm up)				
Time	No of Races	Track	Std Long Jump	Long Jump	Vortex
12.00pm	3	75m U11 Girls group 1*	U11 boys all		
12.15pm	2	75m U11 Girls group 2*			
12.25pm	3	75m U9 boys			U11 girls group 1
12.40pm	3	75m U9 girls		U13 girls	
12.50pm	3	75m U11 boys groups 1*	U9 boys		
1.05pm	3	75m U11 boys groups 2*			U11 girls group 2
1.20pm	1	50m U7 boys			
1.25pm	1	50m U7 girls	U9 girls		
1.35pm	2	300m U9 boys		U13 boys	U11 boys group 1
1.50pm	2	300m U9 girls			
2.05pm	1	150m U7 boys	U11 girls all		
2.10pm	1	150m U7 girls			U11 boys group 2
2.15pm	3	100m U13 girls (seeded)			
2.30pm	3	100m U13 boys (seeded)			
2.45pm	U7 and U9 medal presentations				
3.10pm	4	600m U11 girls			
3.35pm	4	600m U11 boys			
3.55pm	3	200m U13 girls (seeded)			
4.15pm	2	200m U13 boys (seeded)			
4.30pm	U11 Quadkids medal presentations				
4.50pm	1	100m U15 girls			
4.55pm	1	100m U15 boys			
5.05pm	2	800m U13 girls (seeded)			
5.20pm	2	800m U13 boys (seeded)			
5.35pm	1	300m U15 girls			
5.40pm	1	300m U15 boys			
5.45pm	U13 and U15 Presentations				

Entries by event			
Boys		Girls	
U7 50m Boys	8	U7 50m Girls	4
U7 150m Boys	8	U7 150m Girls	4
U9 75m Boys	18	U9 75m Girls	21
U9 300m Boys	18	U9 300m Girls	15
U9 Std Long Jump Boys	15	U9 Std Long Jump Girls	15
U11 QK Boys	40	U11 QK Girls	40
U13 100m Boys	21	U13 100m Girls	20
U13 200m Boys	21	U13 200m Girls	21
U13 Long Jump Boys	17	U13 Long Jump Girls	20
U13 800m Boys	17	U13 800m Girls	20
U15 100m Boys	5	U15 100m Girls	8
U15 300m Boys	2	U15 300m Girls	8
Total events:	190	Total events:	160
Number of Competitors: 234			

*Quadkids U11 - split groups

*Group 1 = Odd numbers

*Group 2 = Even numbers

Field Events - Rules of Competition

U9, U11 Stnding 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

U13 Long Jump (run up into pits - using 2 pits)

Two practice jumps and 3 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