

2019
SCHOOL
GAMES

Year 7/8 Inclusive

Quadkids

Wednesday 26th June 2019

Venue - Eastlands

Competition Pathway

Greater Manchester School Games County Final

This stage is organised by the Quadkids team and comprises of athletes representing the 10 boroughs of Greater Manchester, athletes will have ideally qualified through their local SGO area/borough heats.

NB. An athlete can only represent their school in one event at the Greater Manchester School Games County Finals

Teams

Players must all be in year 7 and/or year 8. Teams should consist of 8 athletes; 4 girls and 4 boys. Boys and girls will compete separately.

Competition Format - 80m Sprint

The 80 metre sprint needs to be an accurately measured straight line distance. The race can be on grass, tarmac or track and for timing purposes it is recommended to have max 6 athletes per heat. All times will be rounded up to the nearest 0.1 second (i.e. 11.21 becomes 11.3).

Competition Format - Vortex Throw

All competitors will be given three consecutive throws and the event should take place on an area that is at least 50m long. Competitors will throw from behind a marked line. Stepping over the line during the throw is a foul. Each throw will be temporarily marked and the longest one will be counted.

The number of throws is flexible depending on the length of the event and the number of athletes taking part.

Competition Format

Each athlete will compete in the following 4 events:

80m sprint
400m run
Vortex Howler throw
Long Jump

Equipment

Athlete Registration

Numbers for athletes

100m Sprint & 800m Run

1 starting device (whistle, starting pistol)

1 stopwatch

Running/Standing Long Jump

1 standing long jump mat or long jump pit

1 rake

1 5m tape measure

Vortex Throw (per area)

3 vortex howlers

3 throw markers

1 50m tape measure

Pegs for each athlete

Results Recording

Clipboards

Pens/Paper

Results Processing

1 PC loaded with the Quadkids scoring spreadsheets or hard copies if scoring manually

Competition Format - Long Jump

Ideally the competition will use a conventional long jump pit, however if a pit is unavailable a standing long jump can be adopted (this is a two footed jump from a standing start). All competitors will have three jumps with the longest jump being counted.

The number of jumps is flexible depending on the length of the event and the number of athletes taking part.

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Competition Format - 400m Run

This should be run as 1 laps of a 400 metre track. All times will be rounded up to the nearest 0.1 second (i.e. 2 mins 45.7 seconds becomes 2.46).

Competition Scoring

A multiplier is used to generate an overall score for the disabled athletes who complete in only 1, 2 or 3 of the 4 QK events. This means for example that if a disabled athlete from Group 1 competes in the howler they will get a score comparable to that of an athlete competing in all 4 events.

This can be found at:
<http://www.quadkids.org/downloads/>

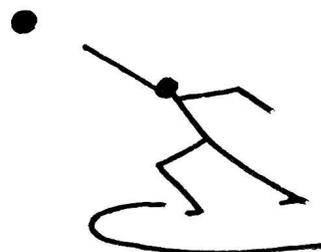
Awards

Team Winners

The Team that has the overall highest points total is the winner. This is calculated using the scores of the top four girls and top four boys in each team.

Individual Winners

The boy and girl who have the highest total points scored over the 4 events.



Classifications

| Group | Description | Brief description of some athletes and impairments in this group | Additional Info | Events |
|-------|------------------------------|--|---|---------------------------------|
| 1 | Power chair user | a) Athlete with cerebral palsy - electric wheelchair user Quadriplegic - severe to moderate involvement in all 4 limbs b) Athlete with quadriplegia (if using a power chair) | | Howler |
| 2 | Manual wheelchair user | a) Athlete with cerebral palsy b) Athlete with spinal cord injury - Quadriplegic (if using a manual wheelchair) and paraplegic athletes | All athletes in this group CANNOT run unaided. They MAY be able to stand and walk with support and MIGHT not regularly use a wheelchair | Howler Run Sprint |
| 3 | Ambulant-moderate impairment | a) Blind and moderately visually impaired athletes running with a guide b) Athlete with cerebral palsy - Diplegic - functionally affected in both legs. c) Athlete with cerebral palsy Ataxic/Athetoid - affected in three or four limbs.) d) Dwarf Athletes e) Athlete with a single or double above knee amputation or physical impairment allowing similar movement | All athletes in this group CAN run unaided EXCEPT for blind and visually impaired athletes who need the support of a guide runner. | Howler Run Sprint Jump |

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Competition Format

Each athlete competes in as many events as they can (see classifications table). The time or distance for each event is measured against a standard point scoring table and the better the performance the higher the points scored. As stated above if a disabled athlete from Group 1 only competes in the howler they will get a total score comparable to that of an athlete competing in all 4 events.

The points from each event are added together to give the aggregate points or QuadKids score for that athlete. If an athlete misses an event or in the case of a race does not finish they score zero points.

If an athlete completes an event but records a time or distance below the lower end of the points scale, they receive the minimum 10 point score for that event. The program does this automatically.

If an athlete records a time or distance above the upper end of the points scale, they will be given the maximum 100 points.

For an individual competition where two athletes are tied on equal points and a winner is required, the athlete with the highest points score in their weakest event will be the winner.

Competition Format

How Is It Scored?

The recorder receives the event scoring sheets and inputs all the results into the results spreadsheet under the relevant event.

When the athlete's number and the time/distance they have achieved are entered the program will automatically fill in the athlete's name and assign points.

When all the results have been inputted the "Club Score sheet" ranks the schools and the "Athletes" tab shows individual athlete rankings.

Full sets of score sheets can be downloaded from:
<http://quadkids.org.uk/>

Health & Safety

Before all matches this must be read and adhered to:

Long hair must be tied back.

No jewellery to be worn.

Athletes will not be permitted to compete barefoot or in unsuitable footwear.

All loose clothing must be tucked in and shoelaces tied.

No chewing gum or sweets.

Players should bring plenty of drinks.

All players are advised to warm up appropriately before each match.

Medical supplies that players may need should be brought with them on the day i.e. asthma inhalers.

When not competing, athletes are reminded to remain off the track/field and do not get in the way or distract the officials at any time.

All team teachers must ensure their pupils are under adult supervision at all times, even when competing.

During this time athletes can watch and encourage their fellow team members.

Please ensure students have been briefed on health and safety.

Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

Entry deadline Friday 14th June

If you enter past this deadline your school will not appear in pre-press material

