



**DASH ATHLETICS**

*“Committed to Developing Athletics”*



## About the DASH Quadrathlon



**The concept** behind the DASH Quadrathlon is simple! Each Athlete competes in a series of four events throughout the competition. These events consist of a sprint and a middle distance race, Long Jump and a Throw – these four events make up the DASH Quadrathlon. Just as in the heptathlon or decathlon, the competition focuses on all round athletic skill and ability, which we believe is vital to develop at a young age. In this format, the competition and training that can lead up to an event fits in with Long Term Athlete Development guidelines and principles.

Organised as a multi events competition for either teams or individuals the top three athletes with the highest accumulative totals in their age groups will receive awards and we also aim to provide all competing athletes with medals or certificates as an event memento. Presentations take place towards the end of the competition and it is encouraged to reward all competitors. More information can be found online or by contacting DASH using the details on the back cover of this handbook.

## General Guidelines for Officials: Applies to all events

It is important that officials & Volunteers are contacted well in advance of the competition. DASH Quadrathlon events are a great opportunity for young volunteers to get involved alongside seasoned athletics officials to provide a high quality event for those attending. Any officials that require training should be provided this in advance where possible. Advice & Support can be provided.

Officials and volunteers will be adequately briefed so they are aware of their roles and responsibilities throughout the competition. It is important that a member of staff / official is present to meet and greet officials to ensure they are directed to the correct area and have the knowledge and equipment they need to carry out duties.

On the Event Day all officials and volunteers should be introduced to the lead official for their event area upon registration and should be aware of who the key officials and the event management team are should they have any queries throughout the duration of the meeting. Where required, training for volunteers and officials can be delivered in advance of events as necessary.

## Guidelines for All Track Events

Where resources allow, a track manager will be responsible for overseeing the track events during a DASH Quadrathlon competition. This person will work closely with the chief timekeeper, track judges, starter and marksman to ensure that all races are on schedule and run to plan.

Track Judges and Timekeepers will be responsible for sending the results over to the results desk as soon as possible so results do not back up. Where resources permit, and rules stipulate - qualified timekeepers must be recruited to time the races. There must be at least one qualified timekeeper and one qualified track judge for all races in club level competitions. Schools events do not need qualified officials, however results cannot stand with UK Athletics.



Electronic timing may be used at Quadrathlon events. Race times that are published after Quadrathlon Competitions can only be ratified by UK Athletics if there is a qualified timekeeper and starter at the event.

### Sprints

**Under 9's & Under 11's (Primary)** – All competitors take part in 75 metre races

**Under 13's & Under 15's (Secondary)** – All competitors take part in 100 metre races

### Middle Distances

**Under 9's & Under 11's** – All competitors take part in 600 metre races

**Under 13's & Under 15's** – All competitors take part in 800 metre races

**For events where advance entry only is applicable the races will be pre selected at random from the list of entrants per age group.**

Where possible, all races are pre-selected to save time and make sure the competition is delivered efficiently and an enjoyable experience is provided for athletes' with sufficient recovery and minimal waiting around during the event. Race details may be published online before an event.

**Relays - 4 x 100 metre relay races may be ran in selected Quadrathlon Competitions.** However in larger competitions it is NOT recommended as people are often itching to leave after a long day.

UKA Athletics Rules will apply for these races where necessary and teams may be awarded with prizes at the discretion of management. Schools may run 8 x 50m for primary athletes or 4 x 50m on 200m tracks.

## Guidelines for Field Events

- In good spirit we aim to make are events run as quickly and effectively as possible. Whilst there are no official breaks in competition programmes we will do our best to ensure there are enough officials or helpers so that our volunteers and officials can have short breaks every so often.
- Where Score Sheets are not pre printed only record each athlete's number & name. There is no need to record the club or school as this will be saved into the Quadrathlon Scoring Spreadsheet. This helps in saving time.
- **3 attempts should be allowed in all field events for each athlete**, however where time is limited this may need to be reduced to three including a practice. This will be at the discretion of the Event Director or Field Referee / Manager.
- During the competition record each individual performance and at the end of the event highlight the best performance. Positions and points will be completed by the results desk / team so there is no need to complete this section
- In good spirit, please try to ensure all athletes receive a measured performance even if it means giving them an extra attempt, particularly the younger age groups.
- Results must be sent over to the results over to the results team ASAP when results have been completed. Where possible, a 'runner' should be deployed to collect results from field events and from the track officials. *The event management team will do their best to provide a runner but if nobody comes over to your event please send somebody with the results providing it does not interfere with other competition.*
- If there are any concerns or any additional equipment or support is required please seek advice from a senior official or the event management team.



## Long Jump



- Under 9's can **take off from any point** in the Long Jump and will have a limited run up of up to and including 25 metres (dependant on the facility being used).
- Under 11's, 13's & 15's must take off from the board in the Long Jump. Under 11's may have a limited run up.
- One Practice Jump only after the athlete's run up has been measured.

### Equipment needed for Long Jump (per pit)

- Pit (Dug over and Raked)
- Board & Roller
- Tape Measure & Rake
- Scoring Sheets & Clipboard + Pencils
- Benches for Athletes
- Cones & Distance indicator

## Vortex

- Throws are measured to first point of contact with the ground and it is important to make sure those waiting to throw are in a safe position (BEHIND the Throwing Area).
- Under 9's & 11's – Vortex Throws taken from either a standing position or with a limited run up)
- **The limited run up for the Vortex will be 7 metres.**
- To save time athletes will throw consecutively in the vortex and all throws will be marked and measured after the final throw has taken place.

## Shot Put

- UKA Rules Apply (Revised 2010)
  - Correct weight & specification apply!
  - Shot must be pushed from the neck not thrown
  - Athlete's must exit from the back half of the shot put circle
- Under 13's / 15's Shot Put specifications:
  - Under 13 Girls – 2.72KG,
  - Under 13 Boys & Under 15 Girls – 3.25KG
  - Under 15 Boys – 4KG

### Equipment for Vortex & Shot Put (Per Throwing Area)

- Vortex or Shot Puts
- Tape Measure & Spike for measuring the distance thrown
- Benches & Gazebo for Athlete's (Shelter) & Cones for Marking the fan out
- Flags for measuring consecutive Vortex Throws
- Clipboards, Scoring Sheets & Pencils