

Quadrathlon Rules

Standing Long Jump

Athlete to place their feet over the edge of the sandpit, crouch and lean forward, swing the arms backwards, swing the arms forward and jump horizontally as far as possible, jumping with both feet into the sandpit. Measure the distance from the edge of the sandpit to the nearest point of contact. The start of the jump must be from a static position. Spikes allowed.

Three Jumps

Start with the feet comfortably apart with the toes just behind the take off mark. The athlete takes three continuous two footed bounds. Measure the distance covered. The start must be from a static position and the feet must be parallel on each jump phase. Spikes allowed.

30 Metre Sprint

The athlete sprints from a stationary position (standing or from blocks) as fast as possible to the 30 metre finish line. The time keeper stands at the finish line and times the run from the moment that the runner contacts the ground on the first stride to the moment when the runner's torso crosses the line. Spikes allowed.

Overhead Shot Throw

The athlete stands on the shot stopboard, facing away from the landing area, with their feet a comfortable distance apart. The shot is held cupped in both hands. The athlete crouches, lowering the shot between the legs, then drives upwards to cast the shot back over the head. There is no penalty for following through, but the athlete must land feet first and remain upright. Measurement is taken from the INSIDE of the stopboard to the nearest point of contact. Shot weight as per athletes age group.