

**BOSTON & DISTRICT ATHLETIC CLUB
QUADRATHLON EVENING
FRIDAY JULY 4TH 2025**

EVENTS FOR ALL AGES U/9 - SEN/VET

Events include for all:

Sprint

Middle Distance

Long Jump

Shot Putt

Vortex for U9 & U11s

**Points will be allocated for performance in each event of the
competition and total score given at the end**

Normal £5 Training Fee applies

Registration from 5.30pm

First Event 6.30pm

Come along and try a Training Evening with a difference