

**BOSTON & DISTRICT ATHLETIC CLUB
QUADRATHLON EVENING
FRIDAY AUGUST 8TH 2025**

EVENTS FOR ALL AGES U/9 - SEN/VET

Events include for all:

Sprint Hurdles

High Jump

Triple Jump

Discus

U9 & U11s

75m

Standing Triple Jump

Cricket Ball Throw

150/600m

**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