



Dear Athlete/Parent/Guardian,

Thank you for entering the 2026 Sussex AA Under 12 Quadrathlon, taking place at the K2, Crawley, on Saturday, June 6th.

Please note that parking at the K2 is restricted. Alternative car parks are provided at Thomas Bennette School, RH10 5AD (a short walk from here to the track), Muga (Located near the netball courts in the K2 Car Park) and Crawley Town Football Club.

Ensure enough time is given to not only to arrive an hour before athlete's first events but also for travel and parking.

We actively encourage any support at the Championships, particularly spectators, so please encourage your friends and family to come and watch (Admission £3 Adults/ competing athletes and Under 16s are free).

Attached above is the final timetable, which you are encouraged to look at carefully as due to logistics it has been changed from the provisional one.

Quadrathlon Information

Quadrathlon consists of 4 events – 75m, 600m, Howler and Standing Long Jump. Results from each discipline are equated to points which are totalled at the end of the day. The athletes with the top 3 scores win gold, silver, bronze.

All competitors will receive a certificate with their points total.

Medals and certificates will be presented to all competitors at a presentation at the end of all the events. We encourage competitors to stay for this to celebrate all achievements.

The events take place at different times across each day. Attached above is the final timetable, please look at this carefully. Athletes will need to report at each event 10/15minutes before it is due to start. Please can support be given to ensure this happens smoothly.

Key Information

· Athletes must report to collect numbers from the Sussex Registration table (located at the top of the stairs near the finish line) at least 1 hour before their first event is due to start. This

allows time for arranging heats and warmups. Athletes who arrive less than 30 minutes before the start of their first event are likely not to be allowed to compete.

Numbers must be securely fastened on front and back and must not be cut, folded or mutilated in any way. The same number is worn throughout all your events.

- Competitors must wear club/school vests/ England/county or GB vests. If this is not possible please email matthews2000@live.co.uk
- Max spike length: 6mm
- Hoodies/Sweatshirts/Tees – Pre-orders can be collected at the top of the stairs near the finish line. More are available to buy on the day. Cash and cards accepted.
- No Dogs allowed in the stadium.
- Competitors may not warm up on the infield.
- Competitors who are accompanied or are coached within the Competition Arena during an event are liable to disqualification without further warning.
- PHOTOGRAPHY - Spectators and Competitors who wish to use a camera at the Championships must register before use, at the Registration area.

Many thanks,

Kate Matthews
Meeting Manager - Sussex Athletics Association