



# North West High School Athletic Association

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## *Athletics in Education*

### **Track and Field – Quadathlon**

A maximum of 4 athletes per gender with no more than 2 athletes per category (Junior / Senior only) may advance to the SHSAA Provincial Championships.

Any athlete who has declared themselves as a Quadathlon athlete shall:

- Compete as a Quadathlon participant
- May also compete as an individual participant

The selection process for individuals to attend the SHSAA Provincial meet will be as follows.

- At the conclusion of the NWHSA Track and Field meet the athlete shall declare if they are proceeding to the SHSAA Provincial meet as **a Quadathlon participant OR as an individual participant.**
- The accumulated points for each athlete will be calculated, with the top 2 remaining participants in a category (Junior /Senior) being selected for the Provincial competition.

Participant scoring for the Quadathlon will be selected from the following:

- 100m – Heat Time
- 800m – Event result (Timed Final)
- Shot Put – Best of first 3 throws
- Long Jump – Best of first 3 jumps