



# QU'APPELLE VALLEY DISTRICT ATHLETIC ASSOCIATION

P.O. Box 449, Lumsden, SK. S0G 3C0

Phone: 731-2262 Fax: 731-2494

[www.shsaa.ca/qv/index.php](http://www.shsaa.ca/qv/index.php)

**Don Morrison**

President

[don.morrison@pvsd.ca](mailto:don.morrison@pvsd.ca)

**Michael Berg**

Vice-President

[michael.berg@pvsd.ca](mailto:michael.berg@pvsd.ca)

## RE: QUAD EVENT – TRACK AND FIELD

At the 2010 SHSAA AGM a new resolution was passed for track and field.  
A new category will now occur called the “QUAD”.

There will be two open categories (one for males and one for females).  
This means that whatever the age of the athlete, they all compete in the same category.  
They compete as a group. (ie. Midgets, juniors and seniors all compete together).

All competitors interested in this category must enter as a QUAD athlete for the zone meet. They do not enter the events individually. Only enter in the QUAD event.

The athlete is committed to the QUAD events for the duration of the SHSAA track season. This means the athlete is unable to switch to individual events for districts or provincials.

All quad athletes will compete in the same 4 events. They include: 100m, 800m, Long Jump and Shot Put. (Girls will use the 4kg shot and boys will use the 12 lb shot).

Athletes will earn points based on their individual results in each event (not their placings in each event). The final standings will be determined by the total number of points the athlete has accumulated over the four events. If an athlete is unable to complete all 4 events, they will be disqualified from the QUAD event.

The top male and female QUAD athlete will receive a medal at the completion of the meet.

The top 5 QUAD athletes from each gender will advance to the district meet.  
The top 2 QUAD athletes from the district meet will advance to the provincial meet.

If you have any questions please email me or call me at Lumsden High School

Thank you,

*Don Morrison*

Don Morrison  
QVDA President  
731-2262  
[don.morrison@pvsd.ca](mailto:don.morrison@pvsd.ca)