



Coaching Department

Dear Coaches and Athletes,

Please take note that we are aligning our athlete development programme to that of IAAF and in that aspect we will be having the following changes starting from the 6th Allcomers Meet 2009 for the Youths and Juniors.

The following age categories will be introduced:

- 1) Under 16 years old – 13years to 15 years old as of 31 December 2010
- 2) Under 18 years old – 16 years and 17 years old as of 31 December 2010
- 3) Under 20 years old – 18 years and 19 years old as of 31 December 2010.

Please see the Annex 1 & 2 attached for the competition events that will be taking place for the different age categories.

On top of this as part of athlete development and to aid athletes' transition from one stage to another, each event group will carry out series of competitions such as jumps series; sprints series; hurdle series; etc.

These series will occur in the second half of the year 2010 to prepare athletes for the following year 2011. The appointed coaches for the event groups will be in charge to carry out the series.

These are some new inclusion that we hope will assist you in your development.

We looking forward to seeing you compete and all the best for 2010.

Yours Sincerely,
C.Veeramani
Technical Director
SAA



Coaching Department

36th Singapore Junior Athletic Championships 2010

Events Competed for U16, U18, U20

Annex 1

Under 16 Competitions

BOYS	Event	GIRLS
	80m	
	150m	
	1000m	
0.84m (13M,8.50M,10.50M)	100MH (B) / 80M H(G)	0.762m (12M,8M,12M)
1600m walk	Walks	1000m walk
	High Jump	
	Long Jump	
	Triple Jump	
	Pole Vault	
4kg	Shot Put	3kg
1kg	Discus	1kg
600g	Javelin	600g

Under 18 Competitions (YOG Events)

BOYS	Event	GIRLS
	100M	
	200M	
	400M	
	1000M	
	3000M	
91.4cm(13.72M,9.14M,14.02M)	110MH (B) / 100M H (G)	76.2cm (13M,8.50M,10.50M)
84.0cm(45M,35M,40M)	400M Hurdles	76.2cm(45M,35M,40M)
91.4cm	2000M SC	76.2cm
10000m walk	Walks	5000m walk
	High Jump	
	Long Jump	
	Triple Jump	
	Pole Vault	
5kg	Shot Put	4kg
1.5kg	Discus	1kg
700g	Javelin	600g

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Annex 2

Under 20 Competitions (Asian Juniors & World Juniors)

Men	Event	Women
	100M	
	200M	
	400M	
	800M	
	1500M	
	5000M / 3000M	
	10000M	NA
99.0cm(13.72M,9.14M,14.02M)	110MH(M) / 100M H (W)	84.0cm (13M,8.50M,10.50M)
91.4cm(45M,35M,40M)	400M Hurdles	76.2cm(45M,35M,40M)
91.4cm	3000M SC	76.2cm
	10000M walk	
	High Jump	
	Long Jump	
	Triple Jump	
	Pole Vault	
6kg	Shot Put	4kg
1.75kg	Discus	1kg
800g	Javelin	600g