



Day 1 - 16th August 2019 (Friday)

Venue: Home Of Athletics

Event #	Track Event	Category	TIME	Event #	Field Event	Category	#Flight
			1530	109	Shot Put (3kg) (3+3) - Pit 1	Girls U18	
				110	Shot Put (4kg, 5kg) (3+3) - Pit 2	Boys U18	
Victory Ceremony : Shot Put Girls U18, Boys U18							
			1630	103	Shot Put (2kg) Rubber Ball (2+2) - Pit 3	Girls U9	
				104	Shot Put (2kg) Rubber Ball (2+2) - Pit 3	Boys U9	
			1645	105	Shot Put (2kg) (2+2) - Pit 1 & 2	Girls U11	2
			1730	106	Shot Put (2kg) (2+2) - Pit 2	Boys U11	
Victory Ceremony : Shot Put Girls U9, Boys U9							
			1745	107	Shot Put (2kg) (2+2) - Pit 1	Girls U13	
Victory Ceremony : Shot Put Girls U11, Boys U11							
			1815	108	Shot Put (2kg) (2+2) - Pit 2	Boys U13	
Victory Ceremony : Shot Put Girls U13, Boys U13							
			1830	101	Discus (3+3)	Women Open	
				102	Discus (3+3)	Men Open	
			1915	111	Shot Put (4kg) - Ex - Pit 1	Women Open	
				112	Shot Put (7.26kg) (3+3) - Pit 1	Men Open	
Victory Ceremony : Discus Open and Shot Put Open							

Day 2 - 17th August 2019 (Saturday)

Venue: Choa Chu Kang Stadium

Event #	Track Event	Category	TIME	Event #	Field Event	Category	#Flight
262	1500m SEAG Para-Athletics Trial	Open	0735				
			0745	117	Long Jump (Pit 1)	Women Open	
256	1500m Race Walk	Men Open		118	Long Jump (Pit 3)	Men Open	
			0800	113	Scissor Jump (0.7m)	Girls U11	1
				114	Scissor Jump (0.8m)	Boys U11	1
201	600m Timed Finals	Girls U18					
202	600m Timed Finals	Boys U18	0810				
203	600m Timed Finals	Girls U13	0820				
204	600m Timed Finals	Boys U13					
			0830	119	Medicine Ball Throw (1kg) (SP Area)	Girls U7	
				120	Medicine Ball Throw (1kg) (SP Area)	Boys U7	
			0840	115	Long Jump (Pit 1 & 2)	Girls U18	2
205	300m Timed Finals	Girls U9	0845				
206	300m Timed Finals	Boys U9	0855				
207	300m Timed Finals	Girls U11	0905				
208	300m Timed Finals	Boys U11	0915	116	Long Jump (Pit 3 & 4)	Boys U18	2
			0930	121	Scissor Jump (0.5m)	Girls U9	
209	50m Timed Finals	Girls U7		122	Scissor Jump (0.6m)	Boys U9	
210	50m Timed Finals	Boys U7	0940				
Victory Ceremony : 1500m RW Men Open							
Victory Ceremony : 600m Girls & Boys U18, Long Jump Girls U18							
Victory Ceremony : 600m Girls & Boys U13							
Victory Ceremony : Scissor Jump Girls & Boys U11							
Victory Ceremony : Long Jump Women & Men Open							
			1000	123	Standing Long Jump (PV D-Zone)	Girls U7	
				124	Standing Long Jump (PV D-Zone)	Boys U7	
				125	Long Jump (Pit 1 & 2)	Girls U11	2
211	100m Heats	Women Open					
212	100m Heats	Men Open	1015				
			1030	126	Long Jump (Pit 3 & 4)	Boys U11	2
213	100m Heats	Girls U18		127	Scissor Jump (1.0m)	Girls U13	
214	100m Heats	Boys U18	1045	128	Scissor Jump (1.0m)	Boys U13	
215	80m Timed Finals	Girls U9	1100				
216	80m Timed Finals	Boys U9	1115				
234	4x50m Sprint Hurdle Shuttle Timed Finals	Mixed U7	1130				
Victory Ceremony : Long Jump Boys U18							
Victory Ceremony : MBT Girls & Boys U7, 50m Girls & Boys U7, SLJ Girls & Boys U7							
Victory Ceremony : 300m Girls & Boys U9, Scissor Jump Girls & Boys U9, 60m Girls & Boys U9							
Victory Ceremony : 300m Girls & Boys U11, Long Jump Girls & Boys U11							
Victory Ceremony : Scissor Jump Girls & Boys U13							
Victory Ceremony : Mixed Relay 4x50m U7							
LUNCH BREAK							
245	100mH Timed Finals (0.76m)	Girls U18	1300				
247	110mH Timed Finals (0.91m) (1.07m Exhibition L1)	Boys U18	1310				
250	400mH Timed Finals (0.76m)	Women Open	1320				
251	400mH Timed Finals (0.84m) (0.91m Exhibition L1, 2)	Boys U18	1330				
			1330	129	High Jump (1.25m)	Girls U18	
				131	Long Jump (Pit 1)	Girls U9	
				132	Long Jump (Pit 3 & 4)	Boys U9	2
219	80m Timed Finals	Girls U11	1345				
220	80m Timed Finals	Boys U11	1400				
221	100m Timed Finals	Girls U13	1425				
222	100m Timed Finals	Boys U13	1440				
213	100m Finals	Girls U18	1455				
214	100m Finals	Boys U18	1500				
225	100m Timed Finals	Women Masters	1505				
228	100m Timed Finals	Men Masters	1510				
211	100m Finals B	Women Open	1515				
212	100m Finals B	Men Open					
			1525	135	Long Jump (Pit 1 & 2)	Girls U13	2
				136	Long Jump (Pit 3 & 4)	Boys U13	2
Victory Ceremony : High Jump Girls U18, Long Jump U9, 80m U11, 100m U13							
1530hrs - Start of GOH Hour							
GOH & 100m A Finalists March Out							
211	100m Finals A	Women Open	1540	130	High Jump (1.40m)	Boys U18	
212	100m Finals A	Men Open		134	High Jump (1.60m)	Men Open	
232	Bannister 4-Minute Mile Challenge	Men Open	1550				
231	800m Timed Finals	Women Open	1600				
217	400m Timed Finals	Women Open	1605				
218	400m Timed Finals	Men Open	1610				
259	4x100m SEAG Trials	Mixed	1620				
1630hrs - End of GOH Hour							
Victory Ceremony : 100m Women & Men Open							
Victory Ceremony : 100mH Girls U18, 110mH Boys U18							
Victory Ceremony : 400mH Women Open, 400mH Boys U18							
Victory Ceremony : 100m Girls U18, 100m Boys U18, 100m Women Masters, 100m Men Masters							
Victory Ceremony : 1 Mile Men Open, 800m Women Open, 400m Open							
235	4x80m Sprint Hurdle Shuttle Timed Finals	Mixed U9	1645				
236	4x80m Sprint Hurdle Shuttle Timed Finals	Mixed U11					
237	4x100m Relay Timed Finals	Girls U13	1700				
238	4x100m Relay Timed Finals	Boys U13					
239	4x100m Relay Timed Finals	Girls U18	1715				
240	4x100m Relay Timed Finals	Boys U18					
241	4x100m Relay Timed Finals	Women Masters	1730				
242	4x100m Relay Timed Finals	Men Masters					
244	4x100m Relay Timed Finals	Men Open	1735				
260	4x400m Relay SEAG Trial	Men Open	1745				
261	100m SEAG Para-Athletics Trial	Men Open	1800				
END & PRIZE PRESENTATION							

*The schedule may change according to the number of athletes in each event after final confirmations of entries

Reporting

- All competitors shall report to the call room. Competitors are not allowed to report directly to the Start or Field Event Pit.
- The reporting time for all track events shall be 30 minutes before the scheduled time of the event.
- The reporting time for all relay events shall be 45 minutes.
- The reporting time for all field events shall be 45 minutes.
- Late comers will not be accepted.

The 6th Kindred Spirit is set to redefine her own limits and will go Live on Facebook to bring the events closer to you (especially the track event)! The results will also be posted online with commentators to inform you of the meet's progress! Bookmark our Facebook link now [FB.com/ClubZOOM](https://www.facebook.com/ClubZOOM) for an exciting athletic experience come this Saturday, August 17th! #truetothespirt