



3 Stadium Drive, Singapore Sports Hub, #01-33. SINGAPORE 397630  
TEL: 6386-2721 FAX: 6386-7773 Website: www.singaporeathletics.org.sg

## Event Invitation

### Kids' Athletics Festival (Combined Events)

In an effort to foster the learning of athletics skills in a fun and dynamic environment, Singapore Athletics would like to invite you to participate in the Kids' Athletics Festival (Combined Events).

This event is meant to help prevent early specialization and supports the multi-varied approach to the development of athleticism. It promotes bonding and having fun through sports among the pupils. Through the event, we also endeavour to inculcate an interest for athletics among the students.

The Kids' Athletics Festival will consist of several events that will be tailored to four age groups:

Age Groups	Year
1) 5 to 6 years old	2014/2013
2) 7 to 8 years old	2012/2011
3) 9 to 10 years old	2010/2009
4) 11 to 12 years old	2008/2007

Here are the following instructions for the Kids' Athletics Festival:

- 1) Each Participant is required to try out **at least 2 stations** from each **Event Group of Run, Jump and Throw**. Total of 6 stations. Participants will be given a scorecard.
- 2) For the Running event, only one trial will be allowed. For the Throwing and Jumping event, two trials will be allowed.
- 3) Since this will be a 'Try Out Session', spike shoes (with or without spike nails) are **not** allowed.
- 4) There will be an official stationed at every station. Subsequently, upon completion of the stations, the officials will sign the scorecards of the participants.
- 5) Thereafter, participants will be given a souvenir upon completion of the six stations from each **Event Group**.
- 6) Each participant is only entitled to ONE souvenir upon completion as stated above.
- 7) Participants will **ONLY** be allowed to try all stations from each event group should there be lesser participants on the event date.

Please be reminded that this event is a 'Try Out Session' and **not** a competition.

Alternatively, we would like to extend our invitation to participants who are unable to attend the event on the dates listed open to schools. They may attend the sessions open to the public/Clubs instead (as shown in the table below).

Attached in this email are further details about the Kids' Athletics disciplinary expectations for your perusal. Thank you and we look forward to a favourable reply.

Further details of the Kids' Athletics Festival is as shown in the table below:



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The Kids' Athletics Festival comprises of three different event groups: **Sprinting/running, Jumping** and **Throwing**. Please refer to the table below for details of the activities included in each event

EVENT GROUPS	AGE GROUPS			
AGE (in years)	I	II	III	IV
	5 - 6	7 - 8	9 - 10	11 - 12
<b>Sprinting/Running Event Group</b>				
Sprints - 40m	X	X	X	
Sprints - 60m			X	X
Hurdles - 40m	X	X		
Hurdles - 60m			X	X
"Formula-one" (Sprint, Hurdles and Slalom Running)	X	X	X	X
<b>Jumping Event Group</b>				
Cross Hopping	X	X	X	X
Ladder Running	X	X	X	
Standing Long Jump	X	X	X	X
Long Jumping with 80cm take off zone			X	X
Triple Jumping within a limited area(Hop, Step, Jump)				X
<b>Throwing Event Group</b>				
Target Throwing		X	X	X
Overhand Beanbag Throw (dominant and non-dominant hand)	X	X	X	
KIDS Javelin Throwing (soft Javelin)	X	X		
KIDS Javelin Throwing (Turbo Javelin)			X	X
Medicine Ball Throwing (1kg)			X	X
<b>Total events</b>	<b>8</b>	<b>9</b>	<b>12</b>	<b>10</b>

### Kids' Athletics Festival Schedule 2019

Venue	Events	Dates	Category	Time	Age Group
Kallang Practice Track (Home of Athletics)	<b>Combined Events:</b> Running, Jumping & Throwing	Friday, 1 <sup>st</sup> November	Schools	2pm to 6pm	9 – 10 years old
Kallang Practice Track (Home of Athletics)	<b>Combined Events:</b> Running, Jumping & Throwing	Saturday, 2 <sup>nd</sup> November	Open to public/Clubs	2pm to 6pm	9 – 10 years old
Kallang Practice Track (Home of Athletics)	<b>Combined Events:</b> Running, Jumping & Throwing	Friday, 8 <sup>th</sup> November	Schools	2pm to 6pm	11 – 12 years old
Kallang Practice Track (Home of Athletics)	<b>Combined Events:</b> Running, Jumping & Throwing	Sunday, 10 <sup>th</sup> November	Open to public/Clubs	8am to 12pm	11 – 12 years old
Kallang Practice Track (Home of Athletics)	<b>Combined Events:</b> Running, Jumping & Throwing	Friday, 22 <sup>nd</sup> November	Schools	2pm to 6pm	7 – 8 years old
Kallang Practice Track (Home of Athletics)	<b>Combined Events:</b> Running, Jumping & Throwing	Sunday, 24 <sup>th</sup> November	Open to public/Clubs	8am to 12pm	7-8 years old 5 – 6 years old