

SA FESTIVAL OF ATHLETICS 2019

- Date : 1 – 24 NOV 2019
- Venue : Home of Athletics (Kallang Practice Track)
- Eligibility : Singapore Citizen and Permanent Resident Only**
Athletes and teams entering must be a member of SA Affiliated club or Associate member to be eligible to participate.
- Category :
- U14: 12 & 13 years old as at 31 Dec 2019
(Minimum age: 12; Maximum age: 13)
– those born in the year 2006 & 2007
 - U16: 13 to 15 years old as at 31 Dec 2019
(Minimum age: 13; Maximum age: 15)
– those born in the year 2004, 2005 & 2006
 - U18: 16 to 17 years old as at 31 Dec 2019
(Minimum age: 16; Maximum age: 17)
– those born in the year 2002 & 2003
 - U20: 16 to 19 years old as at 31 Dec 2019
(Minimum age: 16; Maximum age: 19)
– those born in the year 2000, 2001, 2002 & 2003
 - OPEN: 13 to 34 years old as at 31 Dec 2019
(Minimum age: 13; Maximum age: 34)
– those born in the year 2006 and after the year 1984
 - MASTERS: 35 years old and above by **01 Nov 2019**
(Minimum age: 35; Maximum age: 100+)
– those born on or before 01 Nov 1984

Category	Age Group
Masters	35 – 39 years old
	40 – 44 years old
	45 – 49 years old
	50 – 54 years old
	55 – 59 years old
	60 – 64 years old
	65 – 69 years old
	70 years old & above

Participating events	:	Please refer to Appendix A
Competition schedule	:	Please refer to Appendix B
Prize	:	Top 3 will be awarded with medals King/Queen of Jumps/Throws Trophy will be award to the Top performer who competed in all FOUR Jump/Throw disciplines
Registration	:	Registration Form
Entry Fees	:	\$10.00 per entry, \$20 per combined event
Bib Replacement	:	S\$5.00 per set

Closing date: Sunday, 20 Oct 2019

- Cheque should be made payable to:
“SINGAPORE ATHLETIC ASSOCIATION”
3 Stadium Drive, #01-33
Singapore 397630
- School and Institution can make payment via E-Invoice, kindly provide the following details:
 - Charge code
 - Department to bill
 - Person in charge

Inter-bank transfer details:

- **Bank Account No.:** 015-003582-0 (Current account)
- **Name of Account Holder:** SINGAPORE ATHLETIC ASSOCIATION
- **Name of Bank:** DBS Bank Ltd
- **Address of Bank:** 6 Shenton Way DBS Building, S(068809)
- **Please kindly provide a screenshot of the receipt upon successful transaction for Inter-Bank Transfer payment**

SA address for cash payment at our office:

- 3 Stadium Drive, #01-33, Singapore 397630
- **Nearest MRT:** CC6 Stadium, Exit A (Office is located underneath the escalator near Kallang Wave Mall New balance's entrance)
- **Driving:** Park your vehicle at OCBC Arena underground carpark Berth B12 take lift to Level 1 upon arrival, you may call SA Office at 63862721 to open the door for you.

SINGAPORE ATHLETIC ASSOCIATION

3 Stadium Drive #01-33, Singapore 397630

TEL: 6386-2721 FAX: 6386-7773 Website: www.singaporeathletics.org.sg

- All proper entries must reach us BEFORE the stipulated closing date
- There will be no refund of entry fees for any withdrawal/ no-show after the closing date
- There will be no refund if event is cancelled due to bad/ wet weather on event day itself
- Registration must **reach us** by the closing date stated above. Submission of registration may be made by e-mail: events@athletics.sg
- For enquiries, please call 6386 2721
- **All late entries NOT WILL be entertained**
- Only EXCEL (.XLS) file format entry form will be accepted
- Improper entry form data will not be accepted, e.g.:
 - Entry data only allow 1 event per athlete per row
 - If the athlete is taking 2 events, kindly enter 2 rows of entry data
- SAA deserved the rights to final decision on all matters pertaining to the event

NOTES

1. Events with less than three (3) confirmed entries by closing date will be cancelled.
2. Athletes are allowed to compete only in **1** category only for the event/events he/she participate.
3. Athletes are allowed to represent only in **1** team only for the event/events he/she participate, except national team selection.
4. Athletes need to keep their number bib should they compete in multiple festival weekends.
5. **IAAF Rule 142.4 (b) & (c) will not apply for this event.**
6. No change of athletes will be entertained upon submission of registrations.
7. Acknowledgement will be sent via email upon receipt of entries. Hence, please ensure that a valid email address is submitted in your entry form. Kindly inform SAA immediately if you do not receive any confirmation within 3 working days of your submission of entries.
8. Start list timing is to be used as guide only, athletes and team managers are responsible to check the reporting timing of their event and report to the call room accordingly.
9. Start list is only available on first come first serve basis. It can be download from <http://www.singaporeathletics.org.sg/>. Results can be view online on <http://tnf.sg/>
10. Please kindly collect the number tags from the SAA Administration Counter at the competition venue at least 60mins before the session.
11. Protest concerning the results or conduct of the event shall be made **30 MINS** within the official announcement/published of the result.
12. Protest can be made orally to the referee by an athlete or team manager of the team.
13. Appeal concerning the results or conduct of the event shall be made **30 MINS** within the official announcement/published of the result.
14. Appeal shall be in writing, signed by team manager or in charge accompanied by a deposit of **SGD\$150.00** or equivalent, which will be forfeited if appeal is not allowed. If the appeal is upheld the deposit will be returned in full.
15. **TRACK EVENTS**
 - All competitors shall report to the Call Room Judges **30** minutes before the Start of each event
 - The competitor **will not** be allowed to compete if he/ she reports to the Starter directly without first reporting to the Call Room Judges
 - Sprint Medley Relay: 100m, 200m, 300m and 400m shall be ran in such order.
 - 2x2x400m: Each team will be composed **one man and one woman**. The running order is **free choice** and will be decide by the team upon the Final Declaration. Each athlete must run **two separate legs**. The exchange zone will be the same as 4x400m

- Shuttle Hurdle Relay: Each team will composed two men and two women. The running order will be woman – man – woman – man.
- Shuttle hurdle relay will be run in straight without baton exchange. There will not be handover, athlete must be in the block and start using their judgement once the incoming athlete crossed the exchange line.
- Shuttle hurdle relay woman will run extra 10m to cross the exchange line (except U14).

16. FIELD EVENTS

Throwing & Horizontal Jumps events

- Competitors shall be given two (2) warm up trials before commencement of the event.
- **Horizontal Jumps** and **Throws** competitors shall report to the Field Judge at the arena of their respective event **45** minutes before the Start of each event Competitors shall be given two (2) trials for the event, best 8 performances after initial 2 trials will be award additional two (2) trials

Vertical Jumps events

- **High Jump** and **Pole Vault** competitors shall report to the Field Judge at the arena of their respective event **90** minutes before the Start of each event

17. COMBINED EVENTS

- U14 & U16: 100m, Long Jump and Shot Put
- U18, U20 & Open Male: Long Jump, Javelin Throw, 200m, Discus Throw, 1500m (two sessions)
- U18, U20 & Open Female: 100m, High Jump, Shot Put, Long Jump, 800m (two sessions)
- Masters Men: Long Jump, Javelin Throw, 200m, Discus Throw, 1500m (two sessions)
- Masters Women: Short Hurdles, High Jump, Shot Put, Long Jump, 800m (two sessions)

Hurdle Heights & Distances

Category	Distance	No. of hurdles	Hurdle height	Distance to 1 st hurdle	Distance between hurdles	Distance from last hurdle to finish
Girls U14	80m	8	0.686m	12.00m	8.00m	12.00m
Boys U14	80m	8	0.762m	12.00m	8.00m	12.00m
Girls U16 & U18	100m	10	0.762m	13.00m	8.50m	10.50m
Boys U16	100m	10	0.838m	13.00m	8.50m	10.50m
Girls U20 & Open	100m	10	0.838m	13.00m	8.50m	10.50m
Boys U18	110m	10	0.914m	13.72m	9.14m	14.02m
Boys U20	110m	10	0.991m	13.72m	9.14m	14.02m
Men Open	110m	10	1.067m	13.72m	9.14m	14.02m

Girls U14	300m	7	0.686m	50.00m	35.00m	40.00m
Boys U14	300m	7	0.762m	50.00m	35.00m	40.00m
Girls U16	400	10	0.686m	45.00m	35.00m	40.00m
Girls U18, U20 & Women Open	400	10	0.762m	45.00m	35.00m	40.00m
Boys U16 & U18	400	10	0.838m	45.00m	35.00m	40.00m
Boys U20 & Men Open	400	10	0.914m	45.00m	35.00m	40.00m

Vertical Jumps Heights

Events	Practice (P) & Starting (S) Heights (Metres)					
	Girls U14 & U16	Boys U14 & U16	Girls U18	Boys U18	Girls U20 & Open	Boys U20 & Open
High Jump	P: 1.25 1.40 S: 1.25 1.25 + 5cm 1.45 + 3cm 1.54 + 2cm...	P: 1.45 1.73 S: 1.45 1.45 + 5cm 1.75 + 3cm 1.81 + 2cm...	P: 1.30 1.50 S: 1.30 1.30 + 5cm 1.50 + 3cm 1.62 + 2cm...	P: 1.60 1.80 S: 1.60 1.60 + 5cm 1.80 + 3cm 1.89 + 2cm...	P: 1.30 1.50 S: 1.25 1.30 + 5cm 1.50 + 3cm 1.62 + 2cm...	P: 1.60 1.80 S: 1.60 1.60 + 5cm 1.85 + 3cm 1.91 + 2cm...
Pole Vault	P: 1.60 2.00/ 2.40 S: 1.60 Ht increase 10cm till 3 left 5cm thereafter	P: 2.20 2.60/ 3.00 S: 2.20 Ht increase 10cm till 3 left 5cm thereafter	P: 1.60 2.20/ 2.80 S: 1.60 Ht increase 20cm till 3 left 10cm thereafter	P: 2.60 3.20/ 3.80 S: 2.60 Ht increase 20cm till 3 left 10cm thereafter	P: 1.80 2.40/ 3.00 S: 1.80 Ht increase 20cm till 3 left 10cm thereafter	P: 2.80 3.60/ 4.20 S: 2.80 Ht increase 20cm till 3 left 10cm thereafter

Throws Specifications

Implement	Girls U14, U16 & U18	U20 & Women Open	Boys U14	Boys U16	Boys U18	Boys U20	Men Open
Shot Put	3.0kg	4.0kg	3.0kg	4.0kg	5.0kg	6.0kg	7.26kg
Discus	1.0kg	1.0kg	1.0kg	1.0kg	1.5kg	1.75kg	2.0kg
Hammer	3.0kg	4.0kg	3.0kg	4.0kg	5.0kg	6.0kg	7.26kg
Javelin	500g	600g	500g	600g	700g	800g	800g

Masters Hurdles Height & Distances

Gender	Category	Event	Age Group	Number of Hurdles	Height	Distance to First Hurdle	Distance Between Hurdles	Distance to Finish
Men	Short	110mH	M35-M45	10	0.991m	13.72m	9.14m	14.02m
		100mH	M50-M55	10	0.914m	13.00m	8.50m	10.50m
		100mH	M60-M65	10	0.838m	12.00m	8.00m	16.00m
		80mH	M70+	8	0.762m	12.00m	7.00m	19.00m
	Long	400mH	M35-M45	10	0.914m	45.00m	35.00m	40.00m
		400mH	M50-M55	10	0.838m	45.00m	35.00m	40.00m
		300mH	M60-M65	7	0.762m	50.00m	35.00m	40.00m
		300mH	M70+	7	0.686m	50.00m	35.00m	40.00m
Women	Short	100mH	W35	10	0.838m	13.00m	8.50m	10.50m
		80mH	W40-W45	8	0.762m	12.00m	8.00m	12.00m
		80mH	W50-W55	8	0.762m	12.00m	7.00m	19.00m
		80mH	W60+	8	0.686m	12.00m	7.00m	19.00m
	Long	400mH	W35-W45	10	0.762m	45.00m	35.00m	40.00m
		300mH	W50-W55	7	0.762m	50.00m	35.00m	40.00m
		300mH	W60-W65	7	0.686m	50.00m	35.00m	40.00m
		200mH	W70+	5	0.686m	20.00m	35.00m	40.00m

Masters High Jump Heights

Men	Age Group	Practice	Starting	Progression
High Jump	M35	1.35m	1.35m	5cm
	M40-M45	1.25m	1.25m	
	M50	1.20m	1.20m	
	M55	1.10m	1.10m	
	M60-M65	1.00m	1.00m	
	M70	0.95m	0.95m	
	M75-M80	0.85m	0.85m	
	M85+	0.75m	0.80m	

High Jump	W35	1.10m	1.15m	3cm
	W40	0.95m	1.00m	
	W45-W50	0.85m	0.90m	
	W55-W60	0.80m	0.85m	
	W65-W75	0.70m	0.72m	
	W80+	0.60m	0.62m	

Masters Pole Vault

Men	Age Group	Practice	Starting	Progression
Pole Vault	M35	2.60m	2.70m	10cm
	M40	2.40m	2.50m	
	M45	2.30m	2.40m	
	M50	2.10m	2.20m	
	M55	1.90m	2.00m	
	M60	1.70m	1.80m	
	M65	1.60m	1.70m	
	M70	1.50m	1.60m	
	M75	1.40m	1.50m	
	M80+	1.40m	1.50m	
Pole Vault	W35	1.60m	1.70m	10cm
	W40	1.50m	1.60m	
	W45-W50	1.40m	1.30m	
	W55-W60	1.30m	1.40m	
	W65-W75	1.20m	1.30m	5cm

Masters Throws

Gender	Age Group	Shot Put/Hammer	Discus	Javelin
Men	M35 – M45	7.26kg	2.0kg	800g
	M50 – M55	6.0kg	1.5kg	700g
	M60 – M65	5.0kg	1.0kg	600g
	M70+	4.0kg		500g
Women	W35 – W45	4.0kg	1.0kg	600g
	W50 – W70	3.0kg		500g
	W75+	2.0kg	0.75kg	400g