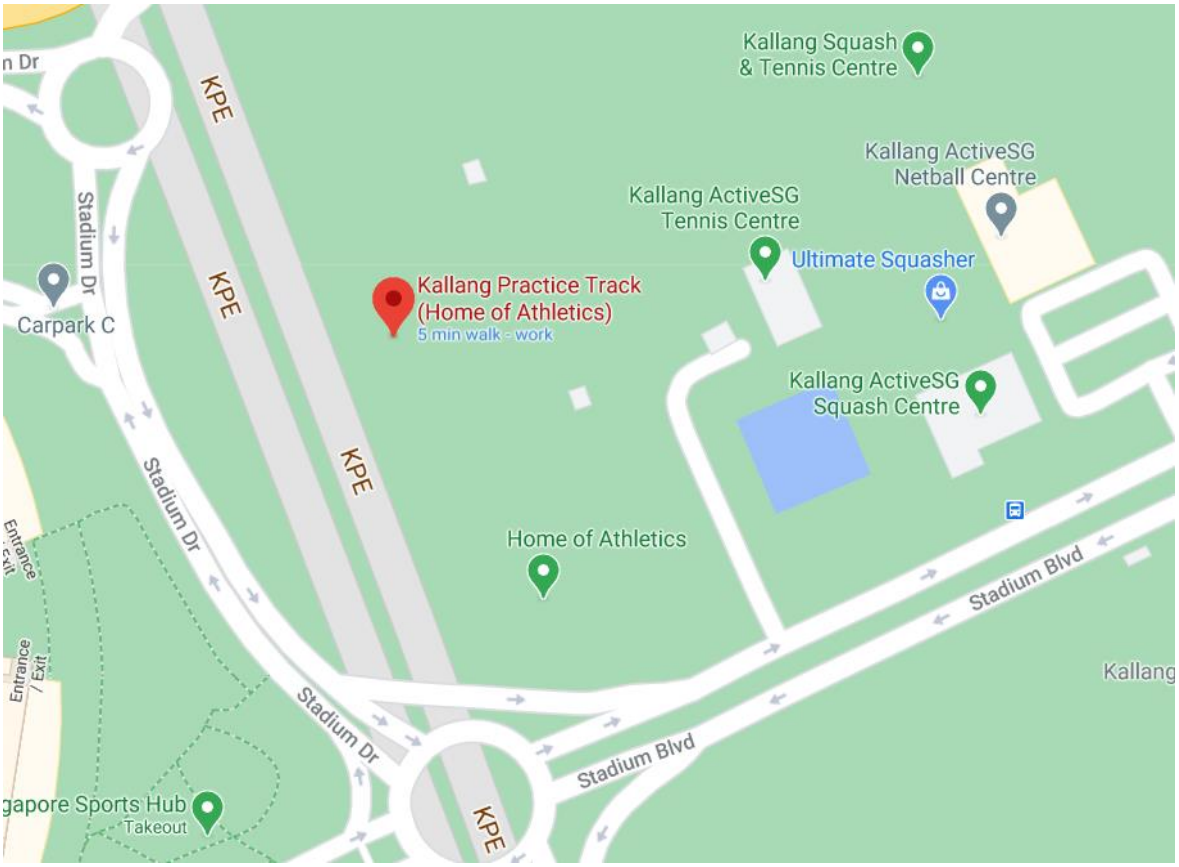
SINGAPORE ATHLETIC ASSOCIATION
3 STADIUM DRIVE, #01-33, SINGAPORE 397630
TEL: 6386-2721 FAX: 6386-7773 www.singaporeathletics.org.sg

Singapore National Track & Field Championships 2022

Date	:	Saturday & Sunday, 22 & 23 Jan 2022
Time	:	0800 hrs
Venue	:	Home of Athletics (Kallang Practice Track)
Address	:	52 Stadium Rd, Singapore 397724



How to get there : **Bus – 11 alight at Kallang Squash Centre**

Bus – 10, 14, 14A, 16, 16M, 70, 70A, 70M, 196 alight at National Stadium

Bus – 10, 11, 12, 14, 14M, 16, 16M, 31, 32, 33, 158, 158A, 196 alight at Mountbatten Road Opp. S.A. Deaf

Train – Circle Line Stadium MRT Exit B

Car – GPS https://goo.gl/maps/kTxkAVWoNhiDyHSu7

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Safe Management Measures for stadiums:

1. Venue capacity of 50 pax per zone at any one time
2. The athlete only allows entering based on their event reporting time
3. The athlete will need to leave the venue immediately upon completion of their event
4. Operating hours from 7 am to 9.30 pm
5. Temperature screening and access with SafeEntry. No entry to those with a temperature of 38 degrees and above
6. Toilets are open for use, exit immediately after use. Do not talk to the athlete at Call room 2. Users to observe safe distancing measures
7. If there is more than one group sharing a space, the groups must not interact and must always maintain a distance of 2m apart
8. No socialization, handshake, fist bump, hugging and patting of the body before and after activities

Category	:	OPEN:	(Minimum age: 16) – those born in the year 2006 & below

*Registration for Affiliates and Associate club only

Participating events	**:**	Please refer to Appendix A
Competition schedule:		Please refer to Appendix B
Entry Fees	**:**	**S$12.00 (Affiliates)**
		S$15.00 (Associate Affiliates)
Bib Replacement	**:**	**S$5.00 per set**
Eligibility	**:**	**Fully Vaccinated Singapore Citizen and Permanent Resident Only**

Closing date: Friday, 7 Jan 2022

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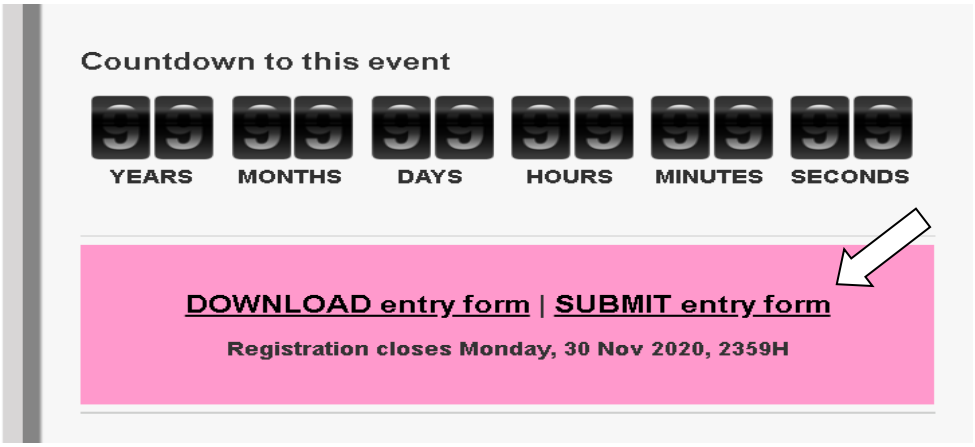
HOW TO REGISTER

Submission of entries can be done by**:**

1. **Online**:



2. Click the link above and upload your entry form for submission

3. All proper entries must reach us BEFORE the stipulated closing date

4. All late entries WILL NOT be entertained

5. Strictly NO changing of category and event once the final start list is published

6. SA will send an acknowledgement via email upon received of entries. Hence, please ensure that a valid email address is submitted in your entry form

7. Kindly inform SA immediately if you do not receive any confirmation within 3 WORKING DAYS of your submission of entries.

8. Only EXCEL (.XLS) file format entry form will be accepted

9. Improper entry form data will not be accepted

10. Entry data only allow 1 event per athlete per row

11. Personal best and season best filled for seeding purpose

12. For a foreign athlete or team's participation, will need to produce a sanction letter from your country athletics member federation and send it to events@athletics.sg

13. There will be no refund of entry fees for any withdrawal/ no-show/ poor weather condition after the closing date

14. SA reserved the rights to the final decision on all matters about the event

15. SA reserved the rights to invite athlete out of qualifying mark to fill up the number of participants for the event less than 3

PAYMENT

- **For athletes from SA affiliate & SA associate** – SA will invoice your respective affiliate and associate club for payment. Do not make a payment transfer to SA for your entry

CONDITIONS

1. Event with less than three (3) entries received at the closing date will be cancelled

2. The athlete must indicate his/her season & personal best performance in the entry form

3. The athlete is allowed to represent only 1 team for the event/events he/she participates in

4. Start list timing is to be used as a guide only, athletes and team manager are responsible to check the reporting timing of their event and report to the call room accordingly

5. Due to Covid19 Safe measurement practice, the schedule will be adjusted after registration closed to facilitate 50 pax capacity in HOA stadium

6. The start list can be download from http://www.singaporeathletics.org.sg/. Results can be view online at http://tnf.sg/

7. Please collect the number tags from the SAA Administration Counter at the competition venue at least 90 mins before the session

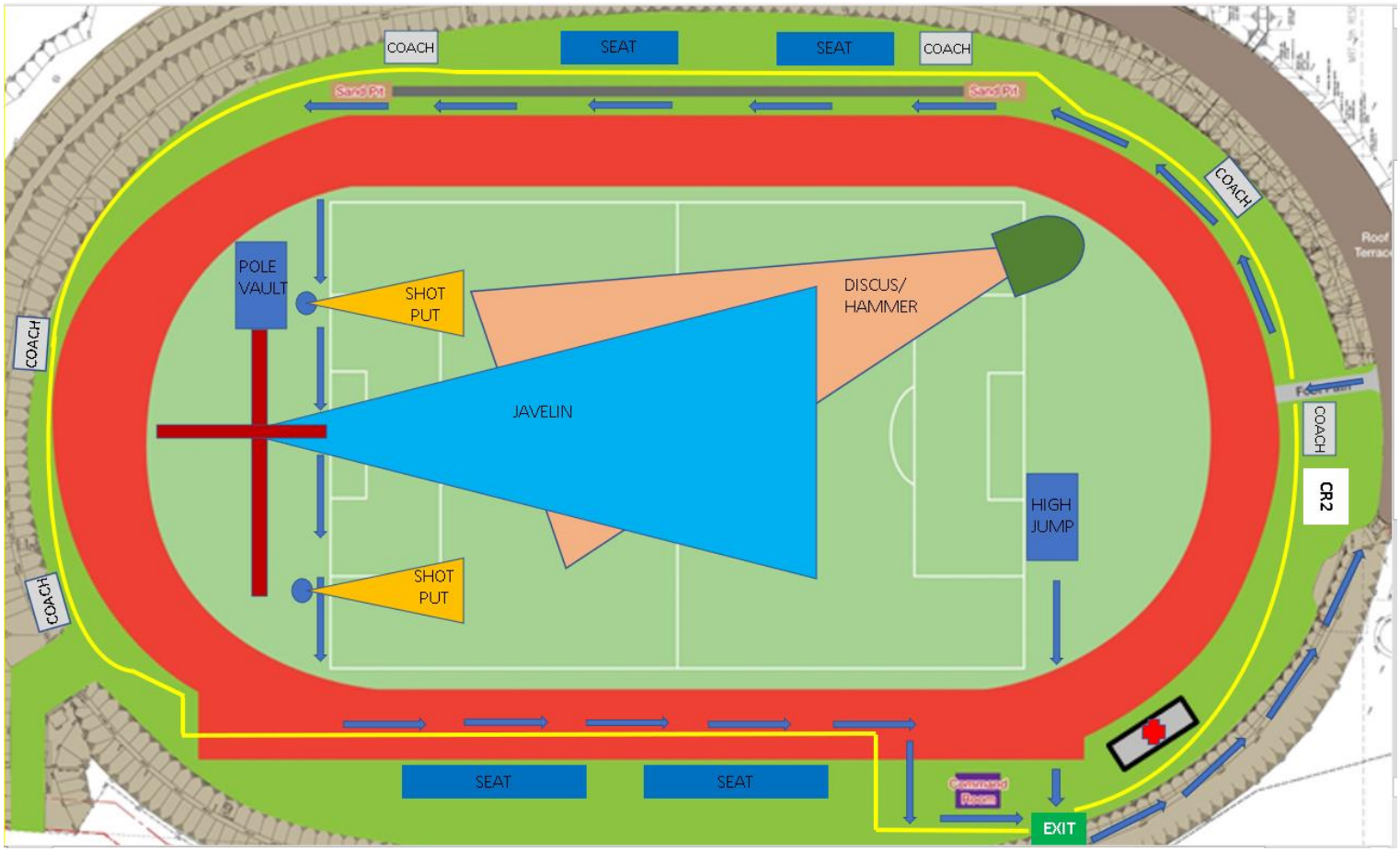
8. **PROTEST AND APPEAL**

    - Protest concerning the results or conduct of the event shall be made **30 MINS** within the official announcement/published of the result

    - Protest can be made orally to the referee by an athlete or team manager of the team

    - Appeal concerning the results or conduct of the event shall be made **30 MINS** within the official announcement/published of the result

    - An appeal shall be in writing, signed by the athlete and the team manager or in charge accompanied by a deposit of **$150.00SGD** or equivalent, which will be forfeited if an appeal is not successful. If the appeal is upheld the deposit will be returned in full



9. **VENUE ACCESS**
   - Coaches and spectator are not allowed to access
   - Lawn access is permitted for coaches
   - Field coaches are not allowed to access the venue, except pole vault coaches, do not enter the D area or track lanes during competition

10. **TRACK EVENTS**

- All athletes shall report to the Call Room 1 Judges **30 MINS** before the Start of each event
- Should the athlete feel uncomfortable after warming up, he/she should inform Call Room Judge immediately to withdraw from the event
- The athlete **will not** be allowed to compete if he/ she reports to the Starter directly without first reporting to the Call Room Judge
- The athlete can choose to use a personal starting block if they do not want to use the starting block provided, they will need to submit it to the Technical Manager 1 hour before the event and collect it back after the event
- **Progression**:
    - Due to Covid19 SMM, track event progression will be using 15 highest ranked athletes from heats to progress to Semi-finals
    - There will be 3 heats of 5 participants in the Semi-finals
    - Track event progression will be using 5 highest ranked athletes from Semi-finals to progress to the final
    - There will be 1 Final of 5 participants
    - Should there be entries lower than 15 participants, the will event will progress to Semi-finals or Final directly
- Cut off time for distance event, cut off time will be implemented on the start of the last lap:
    - 5000m
        i. Girls – 25 mins
        ii. Boys – 23 mins

    - 10000m
        i. Girls – 47 mins
        ii. Boys – 45 mins

    - 10000m Racewalk
        i. Girls – 75 mins
        ii. Boys – 70 mins

11. **FIELD EVENTS**

- **Horizontal Jumps** and **Throws** competitors shall report to the Field Judges **40 MINS** before the Start of each event
- Personal throw implement must submit to Technical Manager for inspection 1 hour before the event start
- **Pole Vault** competitors shall report to the Field Judges **85 MINS** before the Start of each event
- **High Jump** competitors shall report to the Field Judges **55 MINS** before the Start of each event

12. SHOES

- The ruling applies to all events across all age groups, the practical difficulties in checking shoes at many events make it probable that detailed checks will only be carried out where Technical Officials or event organizers have doubts about the compliance of the footwear of an athlete, or where such reasonable doubts are brought to their attention.

- Primary responsibility for conformity lies with the athlete. Spot checks may be carried out.

- The list of currently approved shoes can be found at: https://www.worldathletics.org/download/download?filename=e2b37940-5923-484d-8436-a1bc297c4d0d.pdf&urlslug=World%20Athletics%20Shoe%20Compliance%20List%20(as%20at%208%20October%202021)

- The Referee and Technical Officials on duty at the event will be responsible for applying the rule. This may be through observation, spot checking, checking through a Call Room or by protest from other competitors.

- At events where a Call Room is being operated then all checks will be conducted in the Call Room. At other events the Referee and other Technical Officials will take the responsibility to conduct checks, largely determined by observation and protest lodged by other competitors.

- The first check will be to see if the model in question is included on the WA lists of compliant and non-compliant shoes. If that does not resolve the check then it will be necessary to examine the shoe and measure the thickness of the sole.

- The table below shows the thickness of sole currently allowed across the complete range of athletics events.

- To ensure that the most up to date guidance and rulings are followed then check the WA website at: https://www.worldathletics.org/download/download?filename=8728ad5a-61ee-4b04-9156-af26378d17e2.pdf&urlslug=C2.1%20-%20Technical%20Rules%20(amended%20on%2031%20January%202020)

Event	Max thickness of the sole	Further rule requirements
Field events (except triple jump)	20mm	Applies to all throwing events and vertical and horizontal jumping events, except triple jump. For all field events the sole at the centre of athlete's forefoot must not be higher than the sole at the centre of the athlete's heel
Triple jump	25mm	The sole at the centre of the athlete's forefoot must not be higher than the sole at the centre of the athlete's heel
Track events (including Hurdles events) up to but not including 800m	20mm	For relays the rule applies to the distance of the leg being run by each athlete
Track events from 800m and	25mm	For relays the rule applies to the distance of the leg run

above (including steeplechase events)		by each athlete. For race walking events the maximum thickness of the sole is the same as that for road events
Road events (Running and Race Walking events)	40mm	
Cross country	25mm	