

HANDBOOK



All information was correct at the time of creating the document but may be subject to change afterwards. Please check our website for the latest version.

Updated On	Amendments
12 Sep 2022	<ul style="list-style-type: none"> Updated shoe compliance paragraph (Refer to page 15) Inserted Stadium Layout Inserted Organising Committee Chart
8 Sep 2022	<ul style="list-style-type: none"> Updated Age Categories (Refer to Page 4)

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1. Event Details

1.1 Dates

Dates: 24-25 Nov 2022 (Fri-Sat)

Venue: Home of Athletics (Kallang Practice Track), 52 Stadium Road. Singapore 397724

Registration Opens: Saturday 27 August 2022

Registration Closes: Sunday 16 October 2022, 2359hrs

1.2 Eligibility

Singaporeans and foreigners can take part in this competition. Clubs, schools and unattached/individual representations are allowed to participate.

1.3 Entry Fee

	Public	Club ZOOM Member
Per Event	SGD \$15	SGD \$12
Per relay Team of 4 pax	SGD \$30	SGD \$20

1.4 List of Events & Categories **(Calculate by Birth Year)**

	Girls U7	Boys U7	Girls U9	Boys U9	Girls U10 U11	Boys U10 U11	Girls U12 U13	Boys U12 U13	Girls U14 U15	Boys U14 U15	Girls U17	Boys U17	Women Open	Men Open	Women Masters	Men Masters
	Age 4-6		Age 7-8		Age 9-10		Age 11-12		Age 13-14		Age 15-16		Age 16 & above		(35) (45) (55)	
50m	X	X														
80m			X	X	X	X										
100m							X	X	X	X	X	X	X	X	X	X
400m									X	X	X	X	X	X	X	X
500m	X	X	X	X												
600m					X	X	X	X								
800m									X	X	X	X	X	X		
1 Mile					X	X	X	X	X	X	X	X	X	X	X	X
100m Hurdle (0.838m)													X			
110m Hurdle (1.067m)														X		
4x100m Relay					X	X	X	X	X	X	X	X	X	X	X	X
High Jump Scissor					X	X										
High Jump							X	X	X	X	X	X	X	X		
Long Jump					X	X	X	X	X	X	X	X	X	X		
Shot Put					X	X	X	X	X	X	X	X	X	X		

Note: Electronic Timing using the Photo Finish System

1.5 Competition Schedule

Follow this link to [download the latest](#).

Tentative events for AM and PM. We might shift some events depending on the number of entries received after closing date.

Day 1 Evening, 5pm 25 November 2022 (Friday)		
Session 1		
Event	Status	Category
High Jump	Final	Boys U15
High Jump	Final	Boys U17
High Jump Scissor	Final	Girls U11
High Jump Scissor	Final	Boys U11
Shot Put (2kg)	Final	Girls U11
Shot Put (2kg)	Final	Boys U11
Shot Put (2kg)	Final	Girls U13
Shot Put (2kg)	Final	Boys U13
500m	Timed Finals	Girls U7
500m	Timed Finals	Boys U7
500m	Timed Finals	Girls U9
500m	Timed Finals	Boys U9
1 Mile	Timed Finals	Girls U11
1 Mile	Timed Finals	Boys U11
1 Mile	Timed Finals	Girls U13
1 Mile	Timed Finals	Boys U13
1 Mile	Timed Finals	Girls U15
1 Mile	Timed Finals	Boys U15
1 Mile	Timed Finals	Girls U17
1 Mile	Timed Finals	Boys U17
1 Mile	Timed Finals	Women Masters (35) (45) (55)
1 Mile	Timed Finals	Men Masters (35) (45) (55)
1 Mile	Timed Finals	Women Open
1 Mile	Timed Finals	Men Open

Day 2 Morning, 8am 26 November 2022 (Saturday)		
AM Session 1		
Event	Status	Category
High Jump	Final	Girls U15
Shot Put (6kg)	Final	Women Open
Shot Put (7.26kg)	Final	Men Open
Long Jump	Final	Girl U13
Long Jump	Final	Boy U13

800m	Timed Finals	Girls U15
800m	Timed Finals	Boys U15
800m	Timed Finals	Girls U17
800m	Timed Finals	Boys U17
800m	Timed Finals	Women Open
800m	Timed Finals	Men Open
100m	Heats	Girls U15
100m	Heats	Boys U15
100m	Heats	Girls U17
100m	Heats	Boys U17
100m	Timed Finals	Women Masters (35) (45) (55)
100m	Timed Finals	Men Masters (35) (45) (55)
100m	Heats	Women Open
100m	Heats	Men Open
AM Session 2		
High Jump	Final	Girls U13
High Jump	Final	Boys U13
Long Jump	Final	Girls U15
Long Jump	Final	Boys U15
Long Jump	Final	Girls U11
Long Jump	Final	Boys U11
Shot Put (3kg)	Final	Girls U15
Shot Put (4kg)	Final	Boys U15
100m	Timed Finals	Girls U13
100m	Timed Finals	Boys U13
80m	Timed Finals	Girls U11
80m	Timed Finals	Boys U11
80m	Timed Finals	Girls U9
80m	Timed Finals	Boys U9
50m	Timed Finals	Girls U7
50m	Timed Finals	Boys U7
Lunch Break		

Day 2 Afternoon 26 November 2022 (Saturday)		
PM Session 1		
Event	Status	Category
High Jump	Final	Girls U17
High Jump	Final	Women Open
Long Jump	Final	Women Open
Long Jump	Final	Men Open
Shot Put (3kg)	Final	Girls U17
Shot Put (5kg)	Final	Boys U17
100m Hurdle (0.838m)	Timed Finals	Women Open

110m Hurdle (1.067m)	Timed Finals	Men Open
400m	Timed Finals	Girls U15
400m	Timed Finals	Boys U15
400m	Timed Finals	Girls U17
400m	Timed Finals	Boys U17
400m	Timed Finals	Women Masters (35) (45) (55)
400m	Timed Finals	Men Masters (35) (45) (55)
400m	Timed Finals	Women Open
400m	Timed Finals	Men Open
PM Session 2		
Long Jump	Final	Girls U17
Long Jump	Final	Boys U17
High Jump	Final	Men Open
100m	Final	Girls U15
100m	Final	Boys U15
100m	Final	Girls U17
100m	Final	Boys U17
100m	Final	Women Open
100m	Final	Men Open
600m	Timed Finals	Girls U11
600m	Timed Finals	Boys U11
600m	Timed Finals	Girls U13
600m	Timed Finals	Boys U13
4x100m	Timed Finals	Girls U15
4x100m	Timed Finals	Boys U15
4x100m	Timed Finals	Girls U17
4x100m	Timed Finals	Boys U17
4x100m	Timed Finals	Women Masters
4x100m	Timed Finals	Men Masters
4x100m	Timed Finals	Women Open
4x100m	Timed Finals	Men Open
4x100m	Timed Finals	Girls U11
4x100m	Timed Finals	Boys U11
4x100m	Timed Finals	Girls U13
4x100m	Timed Finals	Boys U13

1.6 Start List

Follow this link to [download the latest](#)

1.7 Result

Follow this link to [view the live result](#)

1.8 Venue Information

Kindred Spirit Series Track & Field Meeting will be held at Home of Athletics (Kallang Practice Track).

Address

Home of Athletics (Kallang Practice Track)

Stadium Rd, Singapore 397724

<https://goo.gl/maps/WYG71UYkhKMKteqg8>



How to get there

Nearest MRT – Circle Line Stadium MRT Exit B

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

Nearest Hospital from Home of Athletics

Tan Tock Seng Hospital - 11 Jln Tan Tock Seng, Singapore 308433

2. Registration

2.1. How to Register

- Register via the [Registration Portal](#) before the closing date (16 Oct 2022, 2359hrs)
- For bulk registration (submission of more than 10 entries), download the [entry form template](#) (xls format) and submit via the [Registration Portal](#)
- You will receive a copy of your registration submission (please check your spam folder as well) immediately after successful form submission and an acknowledgement email of your registration within 3 working days. Email us at czkindredreg@gmail.com if you did not receive any acknowledgement email from us.
- Incomplete registration will not be accepted if we did not receive any payment and screenshot of the payment advice.
- If you are experiencing any issue with the registration, kindly email to czkindredreg@gmail.com

2.2. Payment Information

We accept the following forms of payment.

- PayNow to Club ZOOM UEN: T11SS0115C
- Bank / ATM transfer to

Club ZOOM DBS Current Account: 018-902752-0
Bank Code: 7171
Branch Code: 018
- Credit Card (International teams who are unable to do bank transfer from oversea, we will issue you a payment link)

2.3. Number Bib Collection

Date	24 & 25 Nov 2022 (Thu & Fri)
Venue	Home of Athletics
Time	4pm to 8pm

2.4. Technical Meeting

Date	24 Nov 2022 (Thu)
Venue	Online & Physical (venue TBC)
Time	5pm (TBC)

Please [RSVP](#) if you are attending the Technical Meeting.

Who can attend: Team leader, Manager, Coach, Parent, Officials, Athletes representing themselves.

The Meet Director will provide updates and new information, which is not already mentioned in the Handbook, on:

- Schedule amendments (if any)
- Starting heights and raising of the bar for vertical jumps
- Protests and Appeals
- Answers to written questions

3. Track Events

3.1. Competition Format

The 9th Kindred Track & Field Meeting is delivered in accordance with the current World Athletics Competition and Technical Rules, unless otherwise stated.

3.2. 50m, 80m, 100m, 400m

The 50m, 80m, 100m (U11/U13/Masters) and 400m will be run as timed finals where the final ranking is decided by the timings.

The 100m U15, U17 and Open will have heats to select athletes for the final. From the heats, the 8 fastest athletes by timing will qualify for the final.

A crouch start and the use of starting blocks is optional for U7, U9, U11, U13 and Masters category.

A crouch start and the use of starting blocks is compulsory for U15, U17 and Open Category.

3.3. 600m, 800m

Will be run as timed finals where the final ranking is decided by the timings.

NO spike shoes allowed for the 600m.

3.4. 4x100m Relay

The 4 x 100m relay shall be run according to WA Rules 2022.

The 4 x 100m relay Masters Category shall run in this format:

4x100m Masters	<p>Total age of four participating athletes:</p> <p>140-159, 160-199, 200-239</p> <p>A team composed of 4 athletes from the same gender in each category shall apply</p>
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3.5. 500m, 1 Mile

Scheduled for Friday 25th November 2022 evening.

NO spike shoes allowed for the 500m.

For the U7, U9, U11, U13 – A bronze, silver and gold achievement certificate will be issued to participants who meet the timing below, based on their age.

S/N	Distance	Category	Age	Gold		Silver		Bronze	
				Boy	Girl	Boy	Girl	Boy	Girl
1	500m	U7	4	< 3:50	< 4:00	< 4:20	< 4:30	< 4:50	< 5:10
2			5	< 3:30	< 3:40	< 4:00	< 4:10	< 4:30	< 4:50
3			6	< 3:10	< 3:20	< 3:40	< 3:50	< 4:10	< 4:20
4		U9	7	< 2:50	< 3:00	< 3:20	< 3:30	< 3:50	< 4:00
5			8	< 2:35	< 2:45	< 3:05	< 3:15	< 3:35	< 3:45
6	1 Mile	U11	9	< 9:40	< 10:40	< 10:40	< 11:40	< 11:40	< 12:50
7			10	< 9:30	< 10:30	< 10:30	< 11:25	< 11:40	< 12:30
8		U13	11	< 8:50	< 10:20	< 10:00	< 11:10	< 11:10	< 12:10
9			12	< 8:40	< 10:10	< 9:40	< 11:00	< 10:40	< 12:00

4. Field Events

4.1. Competition Format

For all field events (except the high jump and the Long Jump Open Category), competitors will be given 3 trials and all valid trials will be measured. The order of trial is by start list unless otherwise decided by the Referee.

In the **Long Jump Open** category, each competitor will be allowed 3 trials, and the 8 competitors with the best valid performances will be allowed 3 additional trials in the reverse order to the ranking of their performances recorded in the first 3 trials.

If an athlete is entered in both a track event and a field event, or in more than one field event taking place simultaneously, the referee may allow the athlete to take his trial in an order different from that is decided upon prior to the start of the competition.

If an athlete misses his/her turn in a field event, he/she will not be permitted to take the trial so missed.

4.2. High Jump (Scissor)

The jumper must contact the mattress with the lower half of the body first. Failure to do so will render the jump invalid.

The starting height, practice height and progression will be re-confirmed during the Technical Meeting.

Category	Height Progression	Practice Height
Girls U11 (scissor)	0.8m +5cm till 3 athletes remaining, thereafter +2cm	
Boys U11 (scissor)	0.9m +5cm till 3 athletes remaining, thereafter +2cm	

4.3. High Jump

The starting height, practice height and progression will be re-confirmed during the Technical Meeting.

Category	Height Progression*	Practice Height*
Girls U13	0.9m +5cm till 3 athletes remaining, thereafter +2cm	
Girls U15	1.15m +5cm till 3 athletes remaining, thereafter +2cm	

Girls U17	1.20m +5cm till 3 athletes remaining, thereafter +2cm	
Women Open	1.30m +5cm till 3 athletes remaining, thereafter +2cm	
Boys U13	1.0m +5cm till 3 athletes remaining, thereafter +2cm	
Boys U15	1.35m +5cm till 3 athletes remaining, thereafter +2cm	
Boys U17	1.40m +5cm till 3 athletes remain, thereafter +2cm	
Men Open	1.60m +5cm till 3 athletes remaining, thereafter +2cm	

4.4. Shot Put

Category	Weight
Girls U11	2kg
Girls U13	2kg
Girls U15	3kg
Women Open	6kg
Girls U11	2kg
Boys U13	2kg
Boys U15	4kg
Boys U17	5kg
Men Open	7.26kg

5. Competition Procedures

5.1. Athletes' Number Bibs

Each athlete will be provided with two bibs and supporting pins for individual events. The bibs will be distributed prior to the event. Refer to the BIB Collection Details from the Event Details section of this handbook.

Athletes should note the following regulations:

- Bibs must not be cut, folded or obscured in any way.
- Each athlete must use the same bibs, regardless of the number of events in which he/she competes.
- Each athlete must display the bibs on his/her chest and back with the exception of those athletes competing in the Jumping events, for which each athlete may wear the bib on either the chest or back.

5.2. Shoes

- Spike shoes are optional.
- **NO** spike shoes allowed for the **500m U7/U9** and **600m U11/U13**.
- The shoe ruling applies to all events across all age groups (unless specified otherwise in this handbook), 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 (as at 9 Sep 2022) can be found at [https://www.worldathletics.org/download/download?filename=55456937-e187-4b41-9dbc-a678e4bb4236.pdf&urlslug=World%20Athletics%20Approved%20Shoe%20List%20\(as%20at%209%20September%202022\)](https://www.worldathletics.org/download/download?filename=55456937-e187-4b41-9dbc-a678e4bb4236.pdf&urlslug=World%20Athletics%20Approved%20Shoe%20List%20(as%20at%209%20September%202022))
- 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 protests 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=b723c6b6-7d1f-40ad-8b27-1d3f956c6c99.pdf&urlslug=C2.1A%20%E2%80%93%20Athletics%20Shoe%20Regulations%20\(effective%20from%2001%20January%202022\)](https://www.worldathletics.org/download/download?filename=b723c6b6-7d1f-40ad-8b27-1d3f956c6c99.pdf&urlslug=C2.1A%20%E2%80%93%20Athletics%20Shoe%20Regulations%20(effective%20from%2001%20January%202022))
- Ensure self-checking of shoe guidelines, should there be protest after the competition and found valid infringement, disqualification will be given.

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 the 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 above (including steeplechase events)	25mm	For relays, the rule applies to the distance of the leg run 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	

5.3. Warm-up

Athletes are to warm up outside the stadium.

5.4. Reporting Times to Call Room

Report to the Call Room according to the scheduled reporting times below

Arrive dressed and ready to compete - Number bibs must be correctly displayed.

Team leaders/managers are not allowed to enter the Call Room.

	Reporting Times to Call Room	Proceed to Start Line or Field
Track Athletes	30 mins before the start of the event	5 mins before the start of the event
Field Athletes	30 mins before the start of the event	25 mins before the start of the event

The procedures in the Call Room will be as follows:

- Confirmation of the identification of athletes by means of their bib number.

- Athletes competing in track events will receive two adhesive hip numbers in the Call Room before entering the FOP. The hip numbers must be secured to both sides of the athlete's shorts.
- Track event athletes will be required to place their tracksuits, warm-up shoes and other personal belongings into baskets. The basket will be organised by heat/group. Athletes will only be permitted to take a backpack or similar sized bag with them into the Call Room.
- Athletes will be directed to allocated bays.
- Athletes will spend about 15 minutes at the call room and will be allowed to use the Warm-Up lanes and starting blocks.
- Any athletes who are not present in call room, or who withdraw after going through call room, will be entered as Did Not Start (DNS) in the call room.
- Team Leaders must inform all their athletes about the relevant reporting times and ensure that all their athletes comply with the above before entering the Call Room. After completion of these procedures, athletes must follow the instructions given by the officials at the Call Room before being taken onto the Field of Play.

5.5. Entering the Field of Play

Athletes in track events should leave the call room ready to run.

Field event athletes will be guided by an athlete steward to their event arena.

5.6. Leaving the field of play during competition

During an event, no athlete may leave the competition area without permission from the chief judge. In cases where an athlete must leave the field of play, the athlete will be guided by an official or a steward.

5.7. Exit Procedures from the Field of Play

At the conclusion of each event, all athletes must leave the Field of Play. High Jump competitors may leave the field of play as soon as they are excluded from further participation in the competition except for medallists, who shall leave together.

5.8. Protests & Appeals

Athletes who wish to protest competition results must do so within 30 minutes of the official result announcement and publication. Any protest shall be made orally to the Referee by an athlete or team leader. Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates.

If an athlete or team leader is dissatisfied with the referee's decision, they have the right to appeal. The appeal form is available at the Information Centre and requires a fee of USD 100.

5.9. Victory ceremonies

Victory ceremony will be conducted approximately 35mins after the end of the last final of that category.

5.10. Prizes / Medals

Medals will be awarded in each event of the competition as follows:

Position	Medal	Remarks
1st	Gold	
2nd	Silver	
3rd	Bronze	
4th	Bronze	For U7, U9, U11 and U13 only

500m and 1 Mile: A bronze, silver and gold achievement certificate will be issued to participants in the U7, U9, U11 and U13.

5.11. Coaches and Spectators Zone

Only Officials on duty and competitors competing will be allowed on the competition arena. Spectators & Coaches are to remain within their allocated spaces. All athletes must leave the competition arena upon completion of their events.

6. Terms and Conditions

6.1. Indemnity & Release Declaration

Whilst reasonable precaution will be taken by the Organizers to ensure the Participants' safety, Participants take part in Club ZOOM Kindred Spirit Series 2021/22 at their own risk and the Organizers will not be responsible or held liable for any injury or death howsoever arising from training for or during participation in Club ZOOM Kindred Spirit Series 2021/22. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.

6.2. Notice of Consent

I agree that Club ZOOM may collect, use and disclose your personal data, as provided in this form or any forms of documents that is approved by the Club, obtained for the purpose of participating in our event, in accordance with the Personal Data Protection Act 2012. Club ZOOM reserves the right to use any type of digital media - whether photographic, audio, or video in nature - captured in connection with the event and regardless of ownership of the capturing device, for its marketing and promotional purposes. I also give consent to Club ZOOM and Club ZOOM's third party service providers and agents ("Representatives") to send marketing, advertising and promotional materials to me. My participation includes, I consent to any personal information I provide in entering the prize draw being used by Club ZOOM for the purposes of administering the prize draw.

6.3. Cancellation/Postponement

Club ZOOM reserves the right to cancel an event should there be insufficient entries received at the closing date. We will contact the participants and provide the option to select the next available event or receive a full refund.

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

No late / erroneous entries will be accepted once the start list has been published.

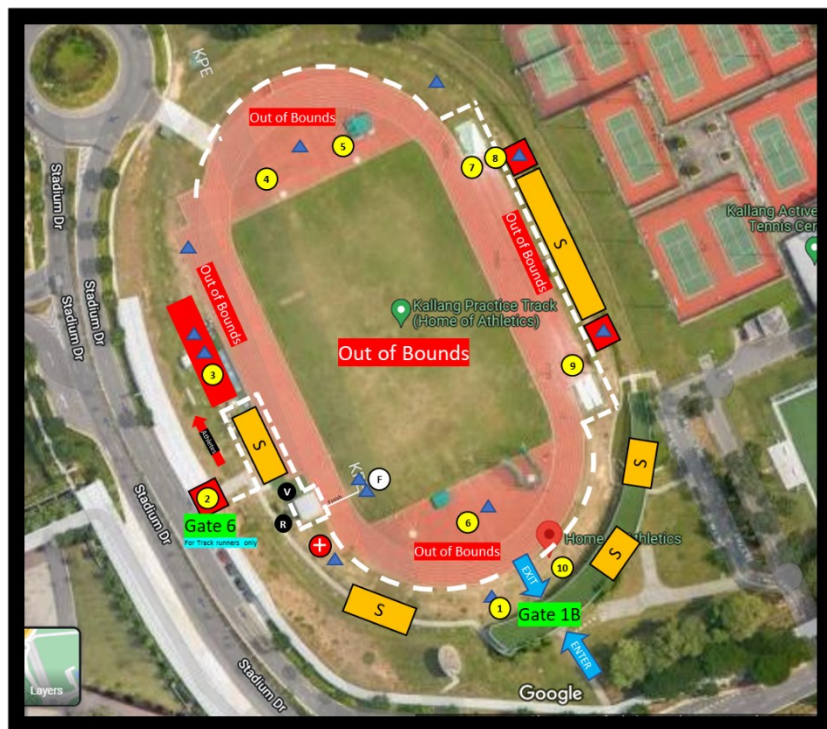
Club ZOOM shall, at their discretion, decide to cancel the event if the conditions are unfit for competition, or for any other valid reasons.

In the event of inclement weather, the event will be cancelled if the weather remains unfit for activity for an extended period of time and there will be no refund of entry fees.

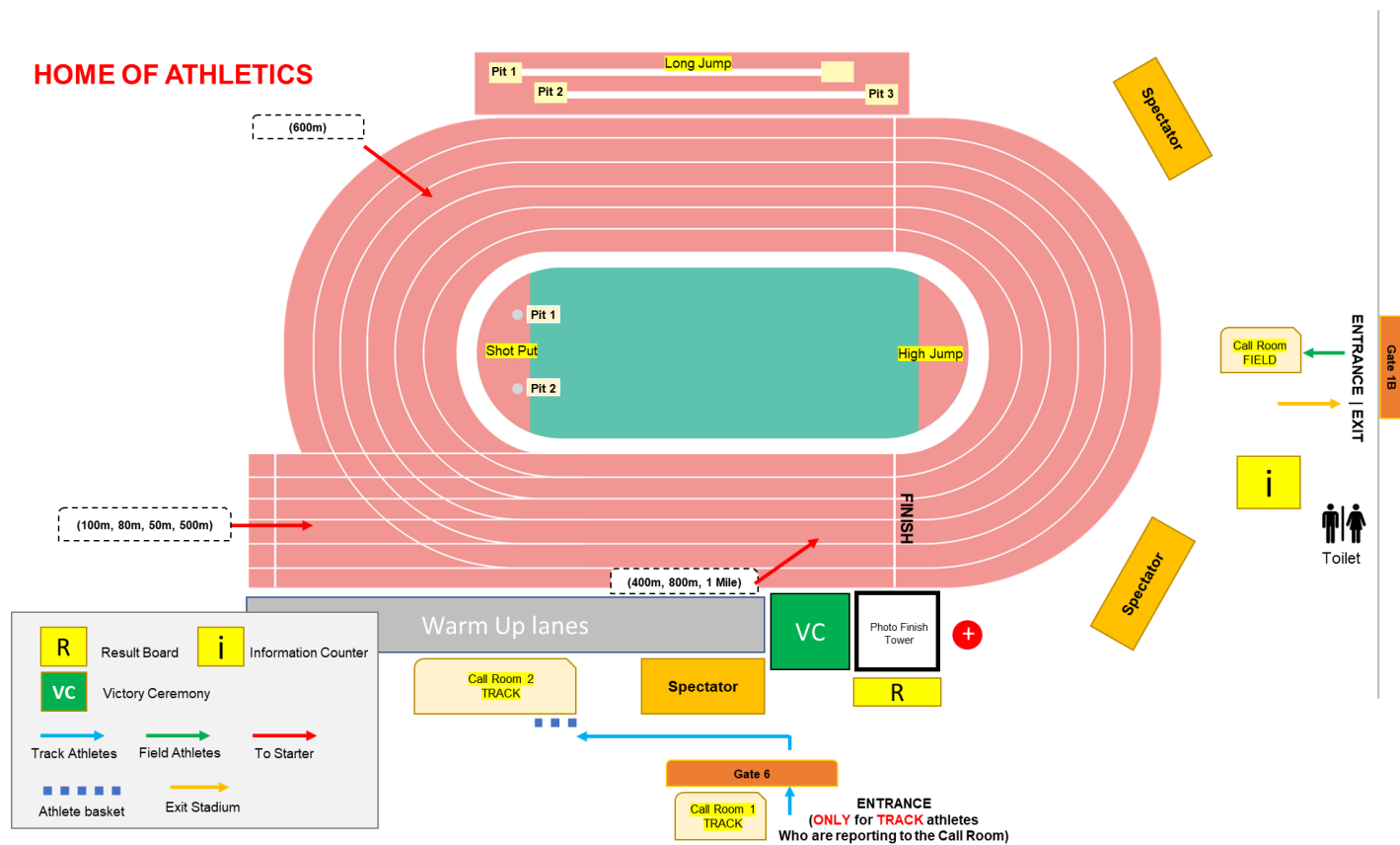
If inclement weather is resolved, the event will be continued based on the schedule and the event affected during the weather alert will be cancelled.

Club ZOOM reserves the rights to make final decision on all matters pertaining to the event.

7. Stadium Layout



Gate 1B	Enter & Exit Stadium
Gate 6 2 3	Call Room (Track Events)
10	Call Room (Field Events)
1	Information Counter
4 5	Shot Put Area
6	High Jump Area
7 8 9	Long Jump Area
S	Spectators & Coaches Zone
V R	Victory Ceremony Area Result Board
M	Medics
[Red Box]	Only Athletes Zone
---	Demarcation
F	Track Judges
▲	Gazebo



8. Organising Committee Chart

