



Appendix C
6th Club Zoom Kindred Spirit Series 2019
17-Aug-19
Competition Format

Event	Category	Competition Format	Remarks	
Relays				
6x50m SH (15cm) Shuttle	U7 Mixed	Runner R1, R3 & R5 hurdle down in ODD lane. Runner R2, R4 & R6 sprint back in EVEN lane. 5x Hurdles at 12m/6m/14m. 2m exchange zone. Baton exchange preferably with left hand. (See note below)		
4x80m SH (30cm) Shuttle	U9 / U11 Mixed	R1 & R3 hurdle down in ODD lane, R2 & R4 sprint back in EVEN lane. 8x Hurdles at 12m/7m/19m. 2m exchange zone. Baton exchange preferably with left hand. (See note below)		
Long Jump				
Long Jump	Girls / Boys U9 / U11 / U13	2 + 2 trials	All Measured	
Long Jump	Girls / Boys U18	3 + 3 trials	All Measured (See note below)	
Long Jump	Women/Men Open	3 + 3 trials	All Measured (See note below)	
Shot Put				
Medicine Ball Throw (1kg)	Boys / Girls U7	2 + 2 trials	All Measured	
Shot Put (2kg)	Boys / Girls U9 / U11 / U13	2 + 2 trials	All Measured	
Shot Put (3kg)	Girls U18	3 + 3 trials	All Measured (See note below)	
Shot Put (4kg)	Boys U16	3 + 3 trials	All Measured (See note below)	
Shot Put (5kg)	Boys U18	3 + 3 trials	All Measured (See note below)	
Shot Put (4kg)	Women Open	3 + 3 trials	All Measured (See note below)	
Shot Put (7.26kg)	Men Open	3 + 3 trials	All Measured (See note below)	
High Jump				
High Jump Scissor	Girls U9	elimination after 3 consecutive failures	0.50m + 3cm	
High Jump Scissor	Boys U9	elimination after 3 consecutive failures	0.60m + 3cm	
High Jump Scissor	Girls U11	elimination after 3 consecutive failures	0.70m + 3cm	
High Jump Scissor	Boys U11	elimination after 3 consecutive failures	0.80m + 3cm	
High Jump Scissor	Boys / Girls U13	elimination after 3 consecutive failures	1.00m + 3cm	
High Jump	Girls U18	elimination after 3 consecutive failures	1.25m + 3cm	
High Jump	Boys U18	elimination after 3 consecutive failures	1.40m + 3cm	
High Jump	Women Open	elimination after 3 consecutive failures	1.40m + 5cm, till 160m + 2cm thereafter	
High Jump	Men Open	elimination after 3 consecutive failures	1.60m + 5cm, till 180m + 3cm, till 1.95m + 2cm thereafter	
Discus				Qualifying Mark*
Discus (1kg)	Women Open	3 + 3 trials	All Measured (See note below)	26.00m
Discus (2kg)	Men Open	3 + 3 trials	All Measured (See note below)	32.00m

Note:

For the Long Jump & Shot Put: If more than 12 entries are received based on start list, all participants will have 2+2 trials

For the Discus: If more than 12 entries are received based on start list, qualifying mark will be implemented. Trial that did not cross the mark will not be measured.

Mixed Relays: Mixed team should consist of at least one of the opposite genders, as per previous editions of Kindred Spirit Series.