

Club ZOOM Track & Field
"True to the Spirit"

Registered: 18 June 2011
ROS Reg No: UEN: T11SS0115C



Web: www.clubzoom.org.sg
Email: enquiries.clubzoom@gmail.com

6th Club Zoom Kindred Spirit Series 2019

- Date / Time / Venue** : **16th August, Friday**
2pm – 8pm
Kallang Practice Track (52 Stadium Rd, Singapore 397724 <https://goo.gl/maps/6yVmBXvHWrwLg4Ea7>)
- : **17th August, Saturday**
8am to 7pm
Choa Chu Kang Stadium (1 Choa Chu Kang Street 53, Singapore 689236 <https://goo.gl/maps/VxXeMhZPjAdvFm6QA>)
- Closing Date** : **Friday, 26th July 2019, 2359hrs**
- Registration Form** : Download and complete the Entry Form and submit in excel format to enquiries.clubzoom@gmail.com
- Participating events** : Please refer to **Appendix A**
- Competition schedule** : Please refer to **Appendix B** (Tentative schedule – subject to changes)
- Competition Format** : Please refer to **Appendix C**

Rules & Regulation

Age eligibility

: Minimum age is 5 years old **as of 31st Dec 2019** (i.e. those born in 2014 & earlier)

Age eligibility / Categories: (as of 31st Dec 2019)

U7: 5 & 6 years old (born in 2014 & 2013)

U9: 7 & 8 years old (born in 2012 & 2011)

U11: 9 & 10 years old (born in 2010 & 2009)

U13: 11 & 12 years old (born in 2008 & 2007)

U18: 13, 14, 15, 16 & 17 years old (born in 2006, 2005, 2004, 2003 & 2002)

Open: 18 to 34 years old (born between 1985 & 2001)

Masters (35): 35 - 44 years old (born between 1975 to 1984)

Masters (45): 45 - 54 years old (born between 1965 to 1974)

Masters (55): 55 years old & above (born before 1964)

Entry Fees

: U7, U9, U11, U13 & Masters (55) Categories - \$10 per event, \$25 per relay team

U18, Open, Masters (35) & Masters (45) Categories - \$15 per event, \$40 per relay team

Payment via

: Inter-Bank Transfer

Bank Code: 7171

Branch Code: 018

Name of Account Holder: Club Zoom

DBS Current Account: 018-902752-0

or PayNow/PayLah!



Kindly provide a screenshot of the receipt upon successful transaction for Inter-Bank Transfer payment or PayNow/PayLah! when you submit your entry form.

For more information, please visit <http://clubzoom.org.sg>

1. The 2019 IAAF Rules apply for ZOOM Meet unless otherwise stated below.
2. Submission of entries can be done by: E-mail: enquiries.clubzoom@gmail.com
3. School and Institution can make payment via E-Invoice, kindly provide the following details:
 - a. Charge code
 - b. Department to bill
 - c. Person in charge
4. Please note that should your organisation have overdue fees from previous Kindred Spirit Series Meets still outstanding, we will only accept your entries this year once we've received your overdue fees IN FULL.
5. All proper entries and unattached entry fees must reach us **BEFORE** the stipulated closing date.
6. All late entries **WILL NOT** be entertained.
7. Strictly **NO** changing of category and event once final start list is published.
8. Club Zoom will send an acknowledgement via email upon receiving of entries. Hence, please ensure that a valid email address is indicated in your entry form. Kindly inform Club Zoom immediately if you do not receive any confirmation of your entries within **3 WORKING DAYS** of your submission of entries.
9. Only entries made using the official **EXCEL (.XLS)** file format entry form will be accepted
Improper entry form data will not be accepted, e.g.:
 - i. Entry data only allow 1 event per athlete per row
 - ii. If the athlete is taking 2 events, kindly enter 2 rows of entry data
10. There will be no refund of entry fees for any withdrawal/ no-show/ poor weather condition after the closing date.

11. Club Zoom reserves the rights to make final decision on all matters pertaining to the event.
12. Event with less than four (4) entries received at closing date will be cancelled.
13. 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.
14. **Collection of number tags dates:**
 - 3rd August 2019 (3pm–7pm) at Home of Athletics (to be re-confirmed)
 - 16th August 2019 (1pm-6pm) at Home of Athletics
 - 17th August 2019 (7am–2pm) at Choa Chu Kang Stadium
15. Athletes are responsible for their own well-being and organisers **are not liable to any damages** if participants are found to be unwell that day. The organiser reserves the rights to refuse any participants who are deemed unwell at the call room or field of play.
16. Prize: Top 4 in U7, U9, U11 and U13 category will be awarded with a medal and certificate
Top 3 in U18, Open and Masters category will be awarded with a medal and certificate

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;
- Top 16 in the 100m heats by electronic timing for Open will qualify to Finals A & Finals B.
- Top 8 in the 100m heats by electronic timing for U18 category will qualify to the Finals. All other events will be run as Time Finals.
- In the event where electronic equipment fails, hand timing will be used to 0.1 decimal place.
- Submission of relay declaration form to be done 1 hour before the commencement of the relay event.
- Spike shoes are not allowed for the 600m run.
- **Mixed Relays:** Mixed team should consist of at least one of the opposite genders, as per previous editions of Kindred Spirit Series.

FIELD EVENTS

- **High/Long Jumps/Throws** competitors shall report to the Call Room Judges **45** minutes before the Start of each event;
- **Maximum of 32 participants** for all field events per category
- **Scissor Jump** competitors will compete using the 'scissors' technique only. They must land in the mat on their feet. All other techniques are NOT allowed.
- **Shot Put** – The weight implement for Boys U16 & U18 will be 4kg and 5kg respectively.

Appendix A – Events Contested

Event	U7 (5-6)	U9 (7-8)	U11 (9-10)	U13 (11-12)	U18 (13-17)	Women Open	Men Open	Masters (35 – 99)
50m	X							
80m		X	X					
100m				X	X	X	X	X
300m		X	X					
400m						X	X	
600m				X	X			
800m						X		
1 Mile						X	X	
6x50m Sprint/Hurdles Shuttle Relay (Mixed)	X							
4x80m Sprint/Hurdles Shuttle Relay (Mixed)		X	X					
4x100m Relay				X	X	X	X	X
Medicine Ball Throw (1kg)	X							
Standing Long Jump	X							
Scissor Jump		X	X	X				
High Jump					X	X	X	
Long Jump		X	X	X	X	X	X	
Shot Put		X	X	X	X	X	X	
Discus						X	X	

Appendix C – 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 (4kg)	Boys U16	3 + 3 trials	All Measured (See note below)
Shot Put (3kg)	Girls U18	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	26.00m (See note below)
Discus (2kg)	Men Open	3 + 3 trials	32.00m (See note below)

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.