



Appendix A
Club ZOOM – ActiveSG 6th Kindred Spirit Series 2019
16 & 17 Aug 2019
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	
100m Hurdle					X (girls)			
110m Hurdle					X (boys)			
400m Hurdle						X	X	
1500m Race Walk					X	X	X	X
4x50m 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							
Long Jump		X	X	X	X	X	X	
Scissor Jump		X	X	X				
High Jump					X	X	X	
Shot Put		X	X	X	X	X	X	
Discus						X	X	