



Appendix C
Club ZOOM – ActiveSG 6th Kindred Spirit Series 2019
16th & 17th Aug 2019
Competition Format

Event	Category	Competition Format	Remarks	
Relays				
4x50m SH (15cm) Shuttle	U7 Mixed	Runners R1 & R3 hurdle down in ODD lane, Runners R2 & R4 sprint back in EVEN lane. 5x Hurdles at 12m/6m/14m. 2m exchange zone. Hand tap (no baton exchange) at the exchange zone. (See note below)		
4x80m SH (30cm) Shuttle	U9 / U11 Mixed	Runners R1 & R3 hurdle down in ODD lane, Runners 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)		
Hurdle Height				
100mH	Girls U18	0.76m		
100mH	Women Open	0.84m		
110mH	Boys U18	0.91m		
110mH	Men Open	1.07m		
400mH	Girls U18 / Women Open	0.76m		
400mH	Boys U18	0.84m		
400mH	Men Open	0.91m		
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) - Rubber Ball	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.