

Club ZOOM Track & Field  
"True to the Spirit"

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



Web: [www.clubzoom.org.sg](http://www.clubzoom.org.sg)  
Email: [enquiries.clubzoom@gmail.com](mailto:enquiries.clubzoom@gmail.com)

## **Club ZOOM – ActiveSG 6th Kindred Spirit Series 2019**

- Date / Time / Venue** : **16<sup>th</sup> August, Friday**  
2pm – 8pm  
Kallang Practice Track (52 Stadium Rd, Singapore 397724 <https://goo.gl/maps/6yVmBXvHWrwLg4Ea7>)
- : **17<sup>th</sup> 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, 26<sup>th</sup> July 2019, 2359hrs**
- Registration Form** : Download and complete the Entry Form and submit in excel format to [enquiries.clubzoom@gmail.com](mailto: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 & Regulations (Last Updated 15 July 2019)**

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

**Age eligibility / Categories:**  
**(as of 31<sup>st</sup> 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.*

**: E-Invoice**

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

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](mailto:enquiries.clubzoom@gmail.com)
3. 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.
4. All proper entries and unattached entry fees must reach us **BEFORE** the stipulated closing date.
5. All late entries **WILL NOT** be entertained.
6. Strictly **NO** changing of category and event once final start list is published.
7. **No dual representation is allowed. A written release from Parent Club is required, especially in the forming of Relay Teams. No representation of Club if not ALL runners are from the same club. You can create your own team representation. Email us for a Team Code.**
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:**
  - 3<sup>rd</sup> August 2019 (3pm–7pm) at Home of Athletics (to be re-confirmed)
  - 16<sup>th</sup> August 2019 (1pm-6pm) at Home of Athletics
  - 17<sup>th</sup> August 2019 (7am–2pm) at Choa Chu Kang Stadium
15. **Technical Meeting for Team Managers:** Friday 16<sup>th</sup> August, 2019 @ 1830hrs at Singapore Athletics Office. (To be re-confirmed)
16. 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.
17. 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.
- **1500m Race Walk:** Cut-off time for U18 & Masters - 12 min; Cut-off time for Open - 10 min.

## 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	
<b>100m Hurdle</b>					X (girls)			
<b>110m Hurdle</b>					X (boys)			
<b>400m Hurdle</b>						X	X	



## Appendix C – Competition Format

Event	Category	Competition Format	Remarks
<b>Relays</b>			
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.	
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)	
<b>Hurdle Height</b>			
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	
<b>Long Jump</b>			
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)
<b>Shot Put</b>			
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)	
<b>High Jump</b>				
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	
<b>Discus</b>				<b>Qualifying Mark*</b>
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.