



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



| Event | Category | Competition Format | Remarks | |
|-----------------------------|-----------------------------|--|---|--------------------------|
| Relays | | | | |
| 4x50m SH (6"/15cm) Shuttle | U7 Mixed | Runners R1 & R3 hurdle down in ODD lane, Runners R2 & R4 sprint back in EVEN lane. 5x Hurdles at 12m/8m/14m. 2m exchange zone. Hand tap (no baton exchange) at the exchange zone (See note below) | | |
| 4x80m SH (12"/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 | Overhead Throw |
| Shot Put (2kg) | Boys / Girls U9 / U11 / U13 | 2 + 2 trials | All Measured | Rubber Shots for U9 only |
| 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 + 5cm till 3 remaining, +2cm thereafter | |
| High Jump Scissor | Boys U11 | elimination after 3 consecutive failures | 0.80m + 5cm till 3 remaining, +2cm thereafter | |
| High Jump Scissor | Boys / Girls U13 | elimination after 3 consecutive failures | 1.00m + 5cm till 3 remaining, +2cm thereafter | |
| 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.