

APPENDIX C - Competition Format
5th Club Zoom Kindred Spirit Series 2018
18 August 2018, Bishan Stadium

Event (FIELD)	Category	Competition Format	Remarks
Pole Vault			
			Starting Height / Progression
Pole Vault	Women U20	elimination after 3 consecutive failures	2.60m + 20cm, till 3.40m + 10cm, till 3.50m + 5cm and thereafter
Pole Vault	Men U20	elimination after 3 consecutive failures	3.60m + 20cm, till 3.80m + 10cm, till 3.90m + 5cm and thereafter
Pole Vault	Women Open	elimination after 3 consecutive failures	3.50m + 20cm, till 3.70m + 10cm, till 3.90m + 5cm and thereafter
Pole Vault	Men Open	elimination after 3 consecutive failures	4.50m + 20cm, till 4.70m + 10cm, till 4.80m + 5cm and thereafter
Long Jump			
Long Jump	Girls U11/U13	3 + 3 trials	All Measured*
Long Jump	Boys U11/U13	3 + 3 trials	All Measured*
Long Jump	Girls U16/Masters	3 + 3 trials	All Measured*
Long Jump	Boys U16/Masters	3 + 3 trials	All Measured*
Long Jump	Women U20/Open	3 + 3 trials	All Measured*
Long Jump	Men U20/Open	3 + 3 trials	All Measured*
High Jump			
			Starting Height / Progression
High Jump Scissor	Girls U11/U13	elimination after 3 consecutive failures	0.60m **
High Jump Scissor	Boys U11/U13	elimination after 3 consecutive failures	0.80m **
High Jump	Girls U16/Masters	elimination after 3 consecutive failures	1.00m **
High Jump	Boys U16/Masters	elimination after 3 consecutive failures	1.30m **
High Jump	Women U20	elimination after 3 consecutive failures	1.20m **
High Jump	Women Open	elimination after 3 consecutive failures	1.25m **
High Jump	Men U20	elimination after 3 consecutive failures	1.40m **
High Jump	Men U20	elimination after 3 consecutive failures	1.40m **
High Jump	Men Open	elimination after 3 consecutive failures	1.50m **

* For the Long Jump: If more than 12 entries are received based on start list, all participants will have 2+2 trials

** For the High Jump: Increase by 5cm. After the third height, increments of 3cm. If there are 3 athletes left, increments of 2cm

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Event (TRACK)	Category	Competition Format				
Sprint Hurdles						
		Hurdles Height	# of Hurdles	Start to H1	Between Hurdles	Last H to Finish
50mH / 4x50m SH	Girls/Boys U7	30 cm	5	12m	6m	14m
60mH / 4x60m SH	Girls/Boys U9	45 cm	6	12m	7m	13m
60mH	Girls U11	45 cm	6	12m	7m	13m
60mH	Boys U11	52 cm	6	12m	7m	13m
60mH	Girls U13	52 cm	6	12m	7m	13m
60mH	Boys U13	60 cm	6	12m	7m	13m
80mH	Girls U16	68 cm	8	12m	8m	12m
80mH	Boys U16	76 cm	8	12m	8m	12m
100mH	Girls U18	76 cm	10	13m	8.5m	10.5m
100mH	Women U20	84 cm	10	13m	8.5m	10.5m
100mH	Women Open	84 cm	10	13m	8.5m	10.5m
110mH	Boys U18	91 cm	10	13.72m	9.14m	14.02m
110mH	Men U20	99 cm	10	13.72m	9.14m	14.02m
110mH	Men Open	107 cm	10	13.72m	9.14m	14.02m
Relays						
4x50m SH Shuttle	U7 Mixed	R1 & R3 hurdle down in Odd lane, R2 & R4 sprint back. 2m takeover zone. Baton exchange with left hand.				
4x60m SH Shuttle	U9 Mixed	R1 & R3 hurdle down in Odd lane, R2 & R4 sprint back. 2m takeover zone. Baton exchange with left hand.				
4x50m	U11/U13 Mixed	Start at 200m mark. Takeover zones at 40m-60m, 90m-110m & 140m-160m. Outgoing runner starts in the zone.				
Medley	U16 Mixed	100m-200m-300m-400m. 1st & 2nd takeover zone 30m. 3rd takeover zone 20m. R3 cuts in after break line.				
4x100m	U16/U20/Open	Takeover zones 30m. Outgoing runner starts in the zone.				
4x100m	Masters Mixed	Takeover zones 30m. Outgoing runner starts in the zone. At least 1 man/woman in a team.				

* For mixed events: at least one member to be from the opposite gender. i.e. 3 boys + 1 girl, 2 boys + 2 girls or 1 boys + 3 girls. A team of 4 girls is permitted.