

Singapore National Track & Field Championships 2022
COMPETITION FORMAT

Event (Track)	Category	Competition Format	Remarks	Qualifying Mark*
Hurdles				
100m Hurdles	Women Open		0.838m	
110m Hurdles	Men Open		1.067m	
400m Hurdles	Women Open		0.762m	
400m Hurdles	Men Open		0.914m	
Middle & Long Distance Race				
5000m	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	25mins
5000m	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	23mins
10000m	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	47mins
10000m	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	45mins
Steeplechase				
3000m Steeplechase	Women Open		0.762m	
3000m Steeplechase	Men Open		0.914m	
Racewalk				
10000m Racewalk	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	75mins
10000m Racewalk	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	70mins

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Event (FIELD)	Category	Competition Format	Remarks	Qualifying Mark*
Shot Put				
Shot Put (4kg)	Women Open	3 + 3 trials	All Measured**	
Shot Put (7.26kg)	Men Open	3 + 3 trials	All Measured**	
Long Jump				
Long Jump	Women All Categories	3 + 3 trials	All Measured**	
Long Jump	Men All Categories	3 + 3 trials	All Measured**	
Javelin				
Javelin (800g)	Men Open	3 + 3 trials	All Measured**	
Javelin (600g)	Women Open	3 + 3 trials	All Measured**	
High Jump				
High Jump	Women Open	elimination after 3 consecutive failures	1.40m + 5cm, till 160m + 2cm thereafter	Practice Height: 1.40m onwards
High Jump	Men Open	elimination after 3 consecutive failures	1.75m + 5cm, till 1.95m + 2cm thereafter	Practice Height: 1.75m onwards
Pole Vault				
Pole Vault	Women Open	elimination after 3 consecutive failures	2.43m + 20cm, till 3.63m + 10cm, till 3.93m + 5cm	Practice Height: 2.43m onwards
Pole Vault	Men Open	elimination after 3 consecutive failures	3.62m + 20cm, till 4.62m + 10cm, till 4.92m + 5cm and thereafter	Practice Height: 3.62m onwards
Triple Jump				
Triple Jump	Women Open	3 + 3 trials	9m Board, All Measured**	
Triple Jump	Men Open	3 + 3 trials	11m Board, All Measured**	
Hammer				
Hammer (4kg)	Women Open	3 + 3 trials	All Measured**	
Hammer (7.26kg)	Men Open	3 + 3 trials	All Measured**	
Discus				
Discus (1kg)	Women Open	3 + 3 trials	All Measured**	
Discus (2kg)	Men Open	3 + 3 trials	All Measured**	

* Please note that for field events (except vertical jumps) if 8 entries or less is received based on start list, all participants will have 6 trials.

**Please note that for field events (except vertical jumps) if 12 entries or less is received based on start list, all participants will have 3+3 trials.

*** Please note that for field events (except vertical jumps) if 13 entries or more is received based on start list, all participants will have 2+2 trials.