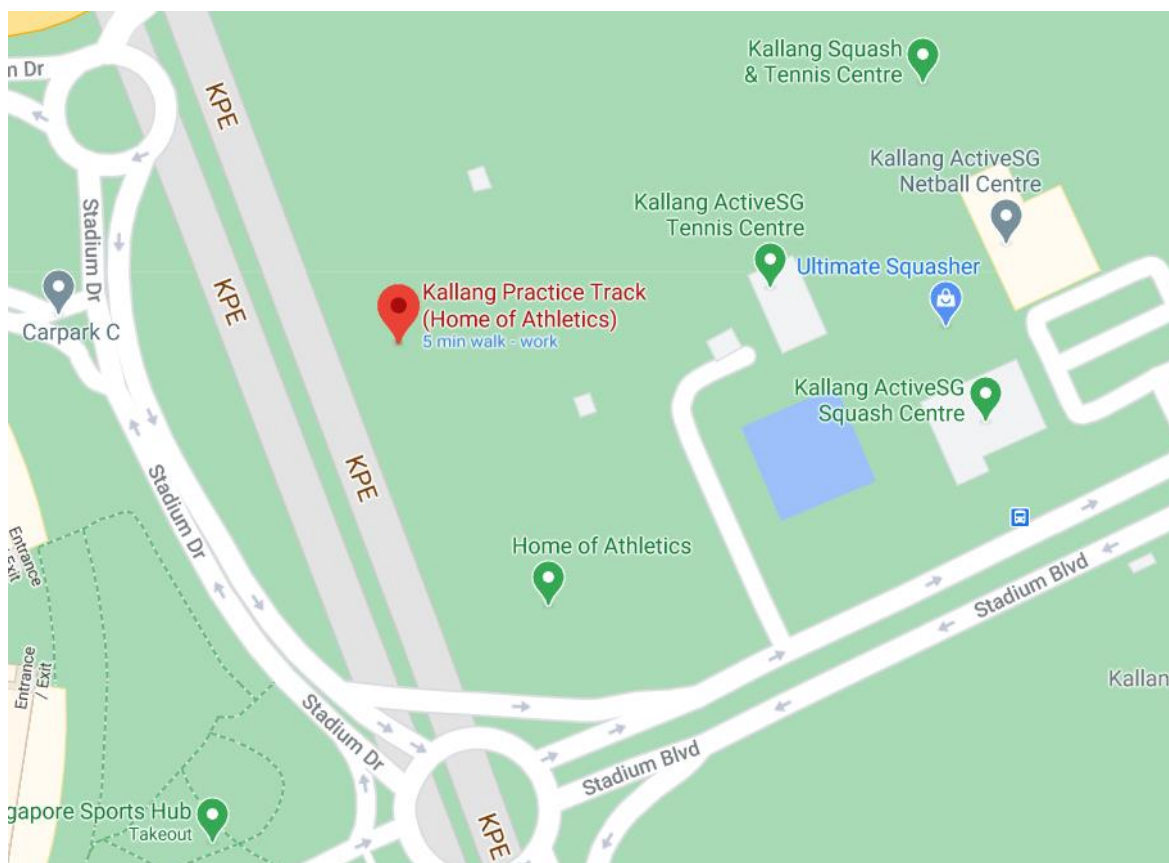


SA Allcomers Meet #2 2022

Date : Friday, Saturday & Sunday, 18, 19, and 20 Mar 2022
Time : (Friday 1800 hrs), (Saturday and Sunday 0800 hrs)
Venue : Home of Athletics (Kallang Practice Track)
Address : 52 Stadium Rd, Singapore 397724



How to get there : **Bus – 11 alight at Kallang Squash Centre**
Bus – 10, 14, 14A, 16, 16M, 70, 70A, 70M, 196 alight at National Stadium
Bus – 10, 11, 12, 14, 14M, 16, 16M, 31, 32, 33, 158, 158A, 196 alight at Mountbatten Road Opp. S.A. Deaf
Train – Circle Line Stadium MRT Exit B
Car – GPS <https://goo.gl/maps/kTxkAVWoNhiDyHSu7>

Safe Management Measures for stadiums:

1. Venue capacity of 50 pax per zone at any one time
2. The athlete only allows entering based on their event reporting time
3. The athlete will need to leave the venue immediately upon completion of their event
4. Operating hours from 7 am to 9.30 pm
5. Temperature screening and access with SafeEntry. No entry to those with a temperature of 38 degrees and above
6. Toilets are open for use, exit immediately after use. Do not talk to the athlete at Call room 2. Users to observe safe distancing measures
7. If there is more than one group sharing a space, the groups must not interact and must always
8. maintain a distance of 2m apart
9. No socialization, handshake, fist bump, hugging and patting of the body before and after activities

Category	:	C Div:	13 & 14 years old as of 31 Dec 2022
		B Div:	15, 16, & 17 years old as of 31 Dec 2022
		A Div:	17, 18, 19 & 20 years old as of 31 Dec 2022
		OPEN:	(Minimum age: 16) – those born in the year 2006 & below
		Novice:	Vertical jump only by height standard (refer to format)
		Intermediate:	Vertical jump only by height standard (refer to format)
		Advance:	Vertical jump only by height standard (refer to format)

***Registration for Full Member and Associate Member only**

Participating events : Please refer to Appendix A

Competition schedule: Please refer to Appendix B

Entry Fees : **S\$12.00 (Full Member)**
S\$15.00 (Associate Member)

(Before 5 working day of the event date)

Late Entry Fees : **S\$24.00 (Full Member)**
S\$30.00 (Associate Member)

Bib Replacement : **S\$5.00 per set**

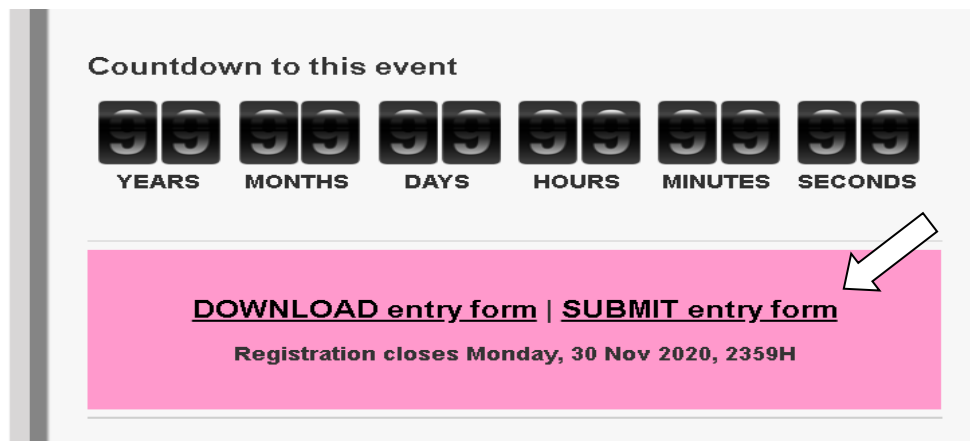
Eligibility : **All Singaporeans, permanent residents and visa holders residing in Singapore**

Closing date: Sunday, 6 Mar 2022

HOW TO REGISTER

Submission of entries can be done by:

1. **Online:**



2. Click the link above and upload your entry form for submission
3. All proper entries must reach us BEFORE the stipulated closing date
4. All late entries WILL NOT be entertained
5. Strictly NO changing of category and event once the final start list is published
6. SA will send an acknowledgement via email upon receiving of entries. Hence, please ensure that a valid email address is submitted in your entry form
7. Kindly inform SA immediately if you do not receive any confirmation within 3 WORKING DAYS of your submission of entries.
8. Only EXCEL (.XLS) file format entry form will be accepted
9. Improper entry form data will not be accepted
10. Entry data only allow 1 event per athlete per row
11. Personal best and season best filled for seeding purpose
12. For a foreign athlete or team's participation, will need to produce a sanction letter from your country athletics member federation and send it to events@athletics.sg

13. There will be no refund of entry fees for any withdrawal/ no-show/ poor weather condition after the closing date
14. SA reserved the rights to the final decision on all matters about the event
15. SA reserved the rights to invite athletes out of qualifying mark to fill up the number of participants for the event less than 3
16. If the event is postponed, re-registration will be required for the new event date

PAYMENT

- **For athletes from Full Member & Associate Member** – SA will invoice your respective affiliate and associate club for payment. Do not make a payment transfer to SA for your entry

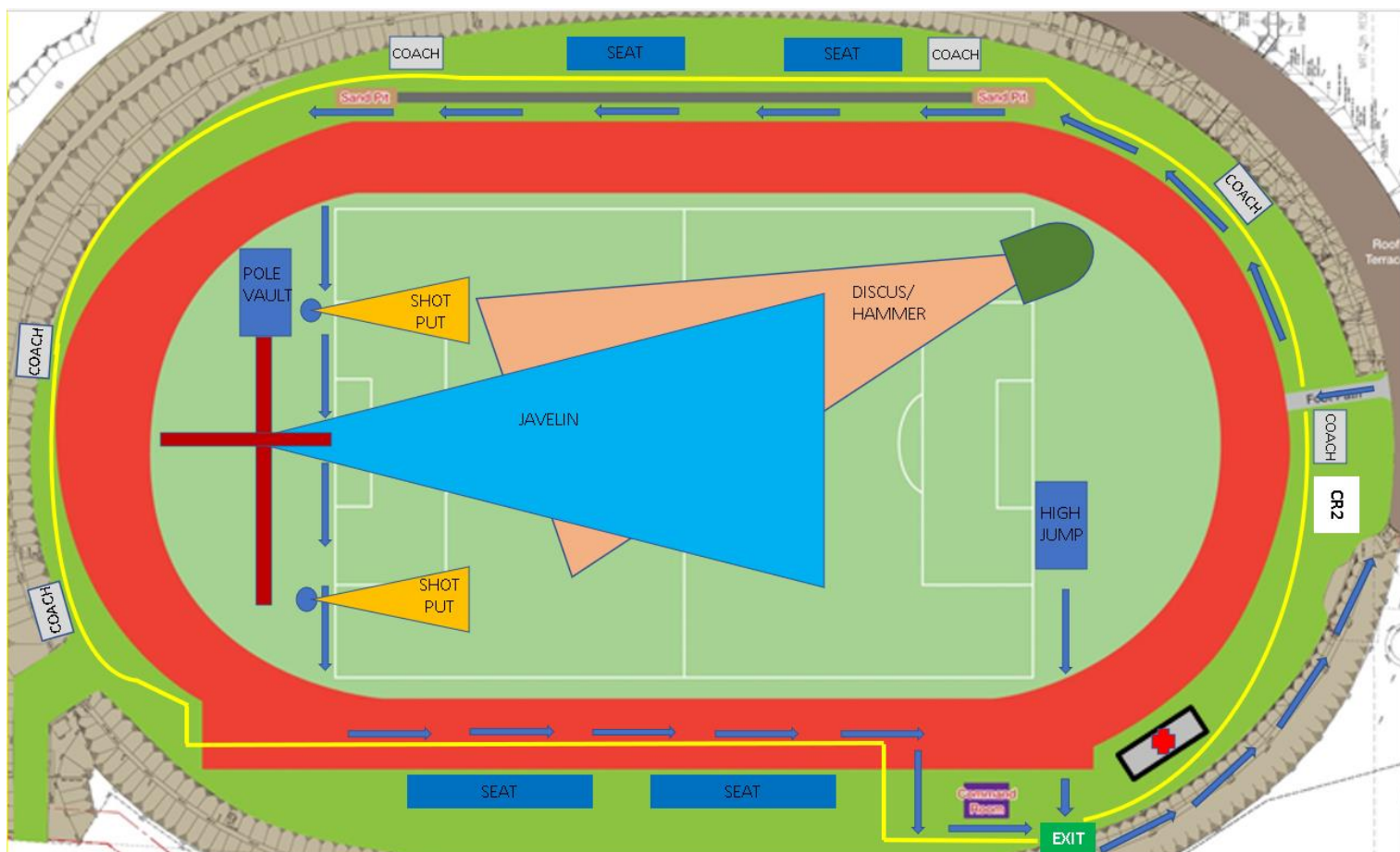
CONDITIONS

1. Event with less than three (3) entries received at the closing date will be cancelled
2. The athlete must indicate his/her season & personal best performance in the entry form
3. The athlete is allowed to represent only 1 team for the event/events he/she participates in
4. Start list timing is to be used as a guide only, athletes and team managers are responsible to check the reporting timing of their event and report to the call room accordingly
5. Due to Covid19 Safe measurement practice, the schedule will be adjusted after registration closed to facilitate 50 pax capacity in the HOA stadium
6. The start list can be downloaded from <http://www.singaporeathletics.org.sg/>. Results can be viewed online.
7. Please collect the number tags from the SAA Administration Counter at the competition venue at least 90 mins before the session

8. PROTEST AND APPEAL

- Protest concerning the results or conduct of the event shall be made **30 MINS** within the official announcement/published of the result
- Protest can be made orally to the referee by an athlete or team manager of the team
- Appeal concerning the results or conduct of the event shall be made **30 MINS** within the official announcement/published of the result

- An appeal shall be in writing, signed by the athlete and the team manager or in charge accompanied by a deposit of **\$150.00SGD** or equivalent, which will be forfeited if an appeal is not successful. If the appeal is upheld the deposit will be returned in full



9. VENUE ACCESS

- Coaches and spectators are not allowed to access
- Lawn access is not permitted for coaches
- Coaches are not allowed to access the venue, except the below coaches can enter during the event reporting time. Do not enter the D area or track lanes during competition
- Pole Vault
 - David Yeo
 - Ng Kean Mun
 - Chan Chin Wah
- National Relay Coach
 - Luis Cunha
 - Lee Cheng Wei
 - Asmah Hanim

10. TRACK EVENTS

- All athletes shall report to the Call Room 1 Judges **30 MINS** before the Start of each event
- Should the athlete feel uncomfortable after warming up, he/she should inform Call Room Judge immediately to withdraw from the event
- The athlete **will not** be allowed to compete if he/ she reports to the Starter directly without first reporting to the Call Room Judge
- The athlete can choose to use a personal starting block if they do not want to use the starting block provided, they will need to submit it to the Technical Manager 1 hour before the event and collect it back after the event

11. FIELD EVENTS

- **Horizontal Jumps** and **Throws** competitors shall report to the Field Judges **40 MINS** before the Start of each event
- Personal throw implement must submit to Technical Manager for inspection 1 hour before the event start
- **Pole Vault** competitors shall report to the Field Judges **85 MINS** before the Start of each event
- **High Jump** competitors shall report to the Field Judges **55 MINS** before the Start of each event

12. SHOES

- The ruling applies to all events across all age groups, the practical difficulties in checking shoes at many events make it probable that detailed checks will only be carried out where Technical Officials or event organizers have doubts about the compliance of the footwear of an athlete, or where such reasonable doubts are brought to their attention.
- Primary responsibility for conformity lies with the athlete. Spot checks may be carried out.
- The list of currently approved shoes can be found at:
[https://www.worldathletics.org/download/download?filename=e2b37940-5923-484d-8436-a1bc297c4d0d.pdf&urlslug=World%20Athletics%20Shoe%20Compliance%20List%20\(as%20at%208%20October%202021\)](https://www.worldathletics.org/download/download?filename=e2b37940-5923-484d-8436-a1bc297c4d0d.pdf&urlslug=World%20Athletics%20Shoe%20Compliance%20List%20(as%20at%208%20October%202021))
- The Referee and Technical Officials on duty at the event will be responsible for applying the rule. This may be through observation, spot checking, checking through a Call Room or by protest from other competitors.
- At events where a Call Room is being operated then all checks will be conducted in the Call Room. At other events, the Referee and other Technical Officials will take the responsibility to conduct checks, largely determined by observation and protests lodged by other competitors.

- The first check will be to see if the model in question is included on the WA lists of compliant and non-compliant shoes. If that does not resolve the check then it will be necessary to examine the shoe and measure the thickness of the sole.
- The table below shows the thickness of sole currently allowed across the complete range of athletics events.
- To ensure that the most up to date guidance and rulings are followed then check the WA website at: [https://www.worldathletics.org/download/download?filename=8728ad5a-61ee-4b04-9156-af26378d17e2.pdf&urlslug=C2.1%20-%20Technical%20Rules%20\(amended%20on%2031%20January%202020\)](https://www.worldathletics.org/download/download?filename=8728ad5a-61ee-4b04-9156-af26378d17e2.pdf&urlslug=C2.1%20-%20Technical%20Rules%20(amended%20on%2031%20January%202020))
- Ensure self-checking of shoe guidelines, should there be protest after the competition and found valid infringement, disqualification will be given.

Event	Max thickness of the sole	Further rule requirements
Field events (except triple jump)	20mm	Applies to all throwing events and vertical and horizontal jumping events, except triple jump. For all field events, the sole at the centre of the athlete's forefoot must not be higher than the sole at the centre of the athlete's heel
Triple jump	25mm	The sole at the centre of the athlete's forefoot must not be higher than the sole at the centre of the athlete's heel
Track events (including Hurdles events) up to but not including 800m	20mm	For relays, the rule applies to the distance of the leg being run by each athlete
Track events from 800m and above (including steeplechase events)	25mm	For relays, the rule applies to the distance of the leg run by each athlete. For race walking events the maximum thickness of the sole is the same as that for road events
Road events (Running and Race Walking events)	40mm	
Cross country	25mm	