



*Everyone's  
a  
Champ!*

**9th Club ZOOM Kindred Spirit Series  
Track & Field Meetings**

*Gatherings of Kindred Spirits Celebrating  
Sportsmanship, Camaraderie & Athletic Prowess*



# 9<sup>th</sup> Kindred Spirit Series Track & Field Meeting 2022

25 – 26 Nov 2022

Venue: Kallang Practice Track (Home of Athletics)  
52 Stadium Rd, Singapore 397724



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# THEY CAME, THEY LAID CLAIM

9<sup>th</sup> Club ZOOM  
Kindred Spirit Series  
Track & Field Meeting

DATE: 25, 26 & 27 NOV 2022

VENUE: HOME OF ATHLETICS  
SINGAPORE

MEET SANCTIONED BY:



**BENIGO  
MARAYAG** 2014



**NUTHAPONG  
VEERAVONGRATANASIRI**  
2018



**MARC BRIAN  
LOUIS** 2021



**WANG WEN TANG**  
2012

# WHO WILL CLAIM THE NEXT CROWN? OUTSTANDING ATHLETE OF KINDRED SPIRIT IX

The OUTSTANDING ATHLETE OF KINDRED SPIRIT IX AWARD carries a prize purse of S\$388. It is awarded to the Best Male or Female Athlete who breaks a Kindred Spirit Series Meet record and/or scores the highest WA ranking points in their individual event in the Open Category.

# STRUT YOUR INNER RACER



ENTER CLUB ZOOM'S SIGNATURE RACE



*One Mile, Four Laps, A Feather In Your Cap!*

# KINDRED SPIRIT MILER

9<sup>th</sup> Club ZOOM  
Kindred Spirit Series  
Track & Field Meeting

DATE: 25 NOV 2022

CATEGORIES: MALE & FEMALE ATHLETES  
AGED 10 YEARS AND ABOVE

VENUE: HOME OF ATHLETICS  
SINGAPORE

MEET SANCTIONED BY:



#ChallengeYourself



#PushingThroughAdversity

**ROGER ROOSTER**

THE RED JUNGLEFOWL

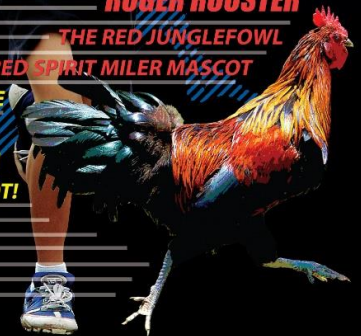
KINDRED SPIRIT MILER MASCOT

SINGAPORE NATIVE

A FEATHERED ENDURANCE ATHLETE

CAPABLE OF RUNNING AT 15-20KPH

AND A DANDY TO BOOT!



The OUTSTANDING ATHLETE OF KINDRED SPIRIT IX AWARD carries a prize purse of S\$388. It is awarded to the Best Male or Female Athlete who breaks a Kindred Spirit Series Meet record and/or scores the highest WA ranking points in their individual event in the Open Category.



# Kindred Spirit IX – Rising

The Kindred Spirit Series is Club ZOOM Track & Field’s annual signature event, now in its 9<sup>th</sup> edition. 'Kindred Spirit IX' continues the series' aspiration as an inclusive gathering of kindred spirits among athletes from home and abroad, celebrating sportsmanship, camaraderie and sporting prowess.

The Kindred Spirit Series' inclusive spirit is evidenced in the first six editions incorporating sports like dodgeball, tug-of-war, dance and kinball running side by side with traditional track & field events.

Its international appeal is evidenced by the enthusiastic participation of athletes from nations as diverse as Australia, Hongkong, India, Japan, Malaysia, Maldives, Pakistan, Philippines, Taiwan and Thailand. Indeed, over the years, Kindred Spirit has earned a regular place in the annual competition diaries of both Singapore and regional athletics organisations.


Its constancy is such that even at the height of the COVID-19 pandemic, the 2020 edition - Kindred Spirit VII - carried on in a virtual format. Leveraging on the reach of the Internet, this virtual edition attracted participation from even farther afield - including the Bahamas, Nepal, and the USA. Our efforts to bring much-needed physical activity - and cheer - to quarantined populations through this innovative approach earned the attention and acknowledgement of World Athletics, which featured Kindred Spirit VII on its website.

Last year's Kindred Spirit VIII event was the first in-person track and field meet to be held just as the gradual normalization process had kicked in. Despite the strict COVID restrictions that prevented spectator presence and a "Singapore only" participation, athletes responded with evident glee and gusto - and a new Singapore national junior men's 100m record was set.

For its organization of Kindred Spirit VIII and introducing the Water Run Series of Road & Trail Runs by the Water, Club ZOOM received support and appreciation in the form of SportSG's Resilience Grant - the first track and field club to receive this accolade.

For 2022, with the full lifting of Covid restrictions and international travel once again possible, Kindred Spirit IX has attracted the participation of 1,688 athletes from four nations - including Australia, Japan and Malaysia. There are a total of 2,188 entries over eight age categories for 15 events, officiated by some 40 officials and 200 parents and volunteers.

For the first time, Kindred Spirit IX will be held over three days instead of one. The traditional track and field events will take place on the second day, while the first and third days are dedicated to Kindred Spirit Miler and Kids' Athletics events.



Past Kindred Spirit editions have provided elite athletes from Singapore and the region with opportunities to qualify for major Games. This year, we are honoured to host Australian Olympian and Oceania 400m champion Ian Halpin, who has a personal best of 46.2sec for the event, to compete at Kindred Spirit IX. Representing Athletics Australia and in consultation with his coach, the renowned Mike Hurst, he will be using the opportunity to try and qualify for the upcoming World Championships at our meet.

With Kindred Spirit IX, Club ZOOM is also giving special attention to our signature 1 Mile event that has been a Kindred Spirit highlight since the first edition. The Kindred Spirit Miler series now has its own day of competition, logo, tee-shirt, and certificates to validate performances of participants according to the National Physical Fitness Award (NAPFA) standards - a valuable reference for students seeking Direct School Admission entry to their preferred schools.

Since end-2021, Club ZOOM has been collaborating with Singapore Athletics to conduct Kids' Athletics (KA) programmes. Each term has culminated in a 'KA Fiesta' event, of which three have been successfully held. The third day of Kindred Spirit IX is dedicated to the finale KA Fiesta - the 1<sup>st</sup> Singapore Athletics-Club ZOOM Kids' Athletics Team Championships - which will cap a successful year of introducing children to running, throwing and jumping activities while having fun in the sun. A total of 33 teams of children will take part, including kids as young as kindergarteners.

In such ways, Kindred Spirit IX continues to set new records for quality and participation. And to offer service value to the athletics community. Club ZOOM is grateful for all the enthusiasm and support we have received in organizing Kindred Spirit IX, as well as through the years. Your support has enabled and extended the reach and popularity of the Kindred Spirit brand, helping us to achieve our mission of presenting athletics as a vehicle for the inculcation of life values on top of realizing one's athletic potential.

Club ZOOM wishes one and all a successful outing at Kindred Spirit IX.



# Quick Links

## Competition Schedule

<https://bit.ly/KS22SCHEDULE>



## Start List

<https://bit.ly/KS22STARTLIST>



## Live Result

<https://bit.ly/KS22RESULTLIVE>



## Live-Streaming

<https://bit.ly/CZYOUTUBE>



## Online Result (Facebook)

<https://bit.ly/KS22RESULT>



## Live-Streaming (2)

<https://bit.ly/CZFBOOK>



# Race BIB Collection

Date	Time	venue
24 Nov, Thursday	4pm – 8pm	Home of Athletics @ Kallang Practice Track (52 Stadium Rd, Singapore 397724)
25 Nov, Friday	3pm – 8pm	

# Technical Meeting

Date	Time	venue
24 Nov, Thursday	5pm	Zoom virtual meeting platform

RSVP: <https://form.jotform.com/213340931576051>

# Personal Implement

An athlete may use a personal starting block provided it is submitted to the Information Centre at least 1 hour before the event and to be collected after the event.

# Relay Declaration Form

Collection of the relay declaration form is at the Information Centre. The declaration form is to be **completed** and handed in to **Gate 6 Call Room two (2) hours** before the relay event.





# Wet Weather & CAT 1 Lightning

Affected events will be cancelled if adverse weather (e.g. Cat 1 lightning risk) persist for an extended period of time. There will be no refund of entry fees for cancelled events.

## Venue Information

Home of Athletics (Kallang Practice Track)

52 Stadium Rd, Singapore 397724

<https://goo.gl/maps/WYG71UYkhKMKtegg8>

## Venue Access

Train – Circle Line Stadium MRT Exit B

Car – GPS <https://goo.gl/maps/kTxkAVWoNhiDyHSu7>

## Nearest Hospital

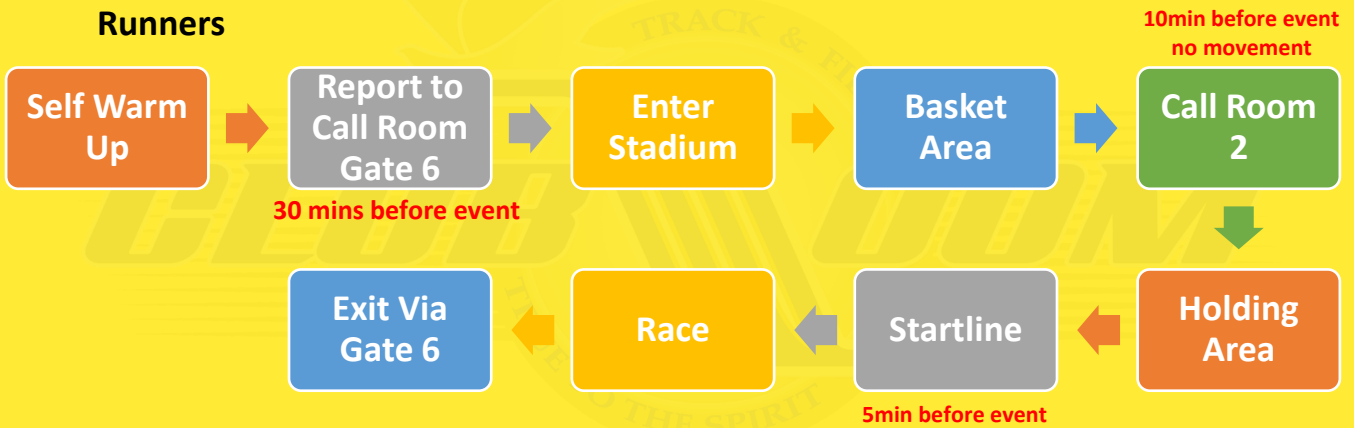
Tan Tock Seng Hospital - 11 Jln Tan Tock Seng, Singapore 308433

# Venue Map

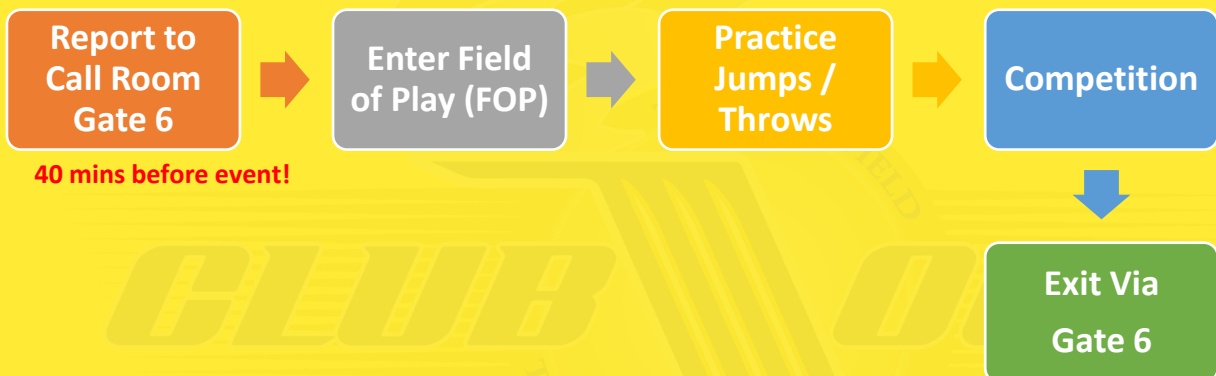
- 2 3 Call Room
- Gate 6 Enter & Exit (Home Straight)
- Gate LG Enter & Exit (Long Jump & Lawn)
- Gate 1B Enter & Exit (Victory Ceremony)
- 1 Information Centre
- 4 5 Shot Put Area
- 6 High Jump Area
- 7 8 9 Long Jump Area
- S Spectator Zone
- B Merchandise Booth
- V R Victory Ceremony Area  
Result Board
- + Medics
- Only Athletes Zone
- Coaches Box
- Demarcation
- T Track Judges
- ▲ Gazebo



# Arrival At Venue



## Shot Putters, Long Jumpers & High Jumpers



# Reporting At Call Room

## Call Room Procedures

- Report to the Call Room according to the scheduled reporting times
- Athletes competing in Track events shall report at Call Room at GATE 6
- Athletes competing in Field events shall report at Call room at GATE 6
- Arrive dressed and ready to compete - Number bibs must be correctly displayed.
- Team leaders/managers are not allowed to enter the Call Room.

	Reporting Times to Call Room
<b>Track Athletes</b>	30 mins before the start of the event (Gate 6)
<b>Field Athletes</b>	40 mins before the start of the event (Gate 6)

## BIB Number Display

On chest and back with the exception of those athletes competing in the Jumping events, for which each athlete may wear the bib on either the chest or back.

## Hip Number Display

Athletes competing in track events will also be issued with two adhesive hip numbers which must be secured to BOTH\_side of the athlete's shorts/legs.

# Reporting At Call Room

## **The procedures in the Call Room (Track) will be as follows:**

- Confirmation of the identification of athletes by means of their bib number. Proof of identification may be requested by the officials.
- Track event athletes will be required to place their tracksuits, warm-up shoes and other personal belongings into baskets. Do not bring valuables. The organiser will not be held responsible for lost of items.
- Athletes will be directed to allocated bays.
- Athletes will spend about 15 minutes at the call room and will be allowed to use the Warm Up lanes.
- Any athletes who are not present in call room, or who withdraw after going through call room, will be entered as Did Not Start (DNS) in the call room.
- Team Leaders must inform all their athletes about the relevant reporting times and ensure that all their athletes comply with the above before entering the Call Room. After completion of these procedures, athletes must follow the instructions given by the officials at the Call Room before being taken onto the Field of Play.



# Post Race

## Exit Procedures from the Field of Play

At the conclusion of each event, all athletes must leave the Field of Play.

### Exit Procedures from the Field Of Play

- Track Events: immediately after race finish via GATE 6.
- Field Events: at the end of the competition via GATE 6.
- High Jump: competitors may leave the field of play as soon as they are excluded from further participation in the competition except for medallists, who shall leave together.

# Protests & Appeals

Athletes who wish to protest competition results must do so within 30 minutes of the official result announcement and publication. Any protest shall be made orally to the Referee by an athlete, by someone acting on his/her behalf, or by an official representative of a team. Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates.

If an athlete or team leader is dissatisfied with the referee's decision, they have the right to appeal. The appeal form is available at the Information Centre.

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.

# Victory Ceremony



Victory ceremony will be conducted approximately 35mins after the end of the last final of that category

## Runners Entitlement

Medals will be awarded in each event of the competition as follows:

1st Place: Gold medal

2nd Place: Silver medal

3rd Place: Bronze medal

4th Place (for U7, U9, U11 and U13 categories): Bronze medal

A bronze, silver and gold achievement certificate will be issued to Kindred Miler participants (U7 to U13) who meet the timing. Collection will be at the Information Centre.

# Competition Format

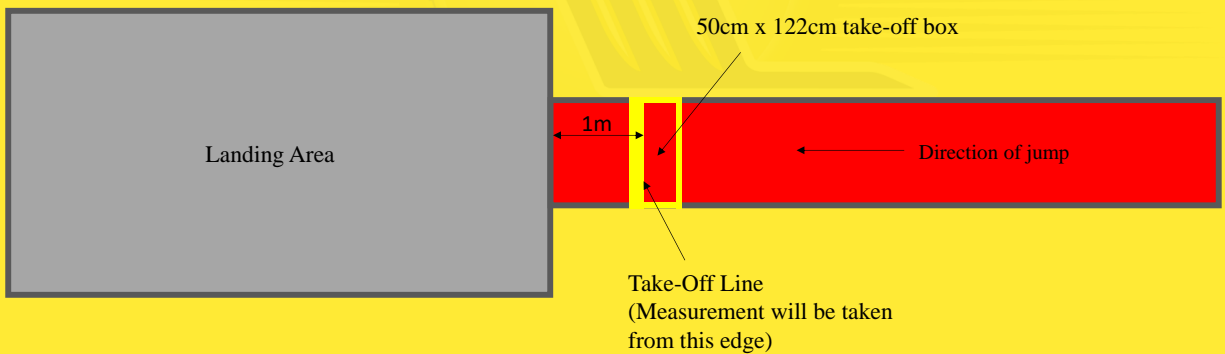
Track Events		
50m	U7	Optional – Crouch start & starting blocks
80m	U9 & U11	Optional – Crouch start & starting blocks
100m	U13 & Masters	Optional – Crouch start & starting blocks
100m, 400m	U15, U17 & Open	Compulsory – Crouch start & starting blocks
500m	U7 & U9	No spike shoes
600m	U11 & U13	No spike shoes
100mH	Women Open	0.838m hurdle height
110mH	Men Open	1.067m hurdle height
Long Jump		
Long Jump	Girls U11 & U13	3 trials
Long Jump	Boys U11 & U13	3 trials
Long Jump	Girls U15 & U17	3 trials
Long Jump	Boys U15 & U17	3 trials
Long Jump	Women Open	3 + 3 trials
Long Jump	Men Open	3 + 3 trials
Shot Put		
Shot Put (2kg)	Girls U11 & U13	3 trials
Shot Put (3kg)	Girls U15 & U17	3 trials
Shot Put (4kg)	Women Open	3 trials
Shot Put (2kg)	Boys U11 & U13	3 trials
Shot Put (4kg)	Boys U15	3 trials
Shot Put (5kg)	Boys U17	3 trials
Shot Put (7.26kg)	Men Open	3 trials
High Jump Scissor		
High Jump Scissor	Girls U11	0.8m +5cm till 3 athletes remaining, thereafter +2cm
High Jump Scissor	Boys U11	0.9m +5cm till 3 athletes remaining, thereafter +2cm
High Jump		
High Jump	Girls U13	0.9m +5cm till 3 athletes remaining, thereafter +2cm
High Jump	Girls U15	1.15m +5cm till 3 athletes remaining, thereafter +2cm
High Jump	Girls U17	1.20m +5cm till 3 athletes remaining, thereafter +2cm
High Jump	Women Open	1.30m +5cm till 3 athletes remaining, thereafter +2cm
High Jump	Boys U13	1.0m +5cm till 3 athletes remaining, thereafter +2cm
High Jump	Boys U15	1.35m +5cm till 3 athletes remaining, thereafter +2cm
High Jump	Boys U17	1.40m +5cm till 3 athletes remain, thereafter +2cm
High Jump	Men Open	1.60m +5cm till 3 athletes remaining, thereafter +2cm



# Competition Format

## Long Jump U11 and U13

- 50cm x 122cm take-off box (tape around to form the shape of a box)
- Distance between take-off line and nearest edge of landing area = 1m
- Athletes must step on the take-off box but before the take-off line
- Measurement will be taken from the take-off line



# Kindred Spirit Miler T-Shirt



**\$28 per piece**

Special Kindred Spirit Miler T-Shirt for sale from 25-27 Nov. Visit Club ZOOM Merchandise Booth!



# Merchandise Booth

Do drop by the merchandise booth located **outside Gate 1B** next to the carpark!

- **CLUB ZOOM**
  - T-Shirt sale
  - Kids Athletics Information
- **SUPER PENYET & THE COOKIE WORKSHOP.SG**
  - Fresh Finger Food (Super Penyet)
    - Croissants, Curry puff, Chicken nuggets, French Fries, Filled Buns (Red bean etc.), Macaroni and Noodles
  - Pre-packed food (The Cookie Workshop)
    - Cookies, Brownies, Cake in a tub
- **WELLNESS, FITNESS AND SPORTS SYNERGY**
  - Healthy snacks (packaged food, not homemade)
  - Holistic Fitness Program for children and adults
  - Sports Clothing for Muslim women
- **INTERNATIONAL SPORTS ACADEMY**
  - Promoting Sports and fitness-based education programmes; including Sports Coaching for Kids, Sports Diplomas, Massage Classes, etc.
- **SEA1ST**
  - Medical-grade socks and compression
- **AMAC TAEKWONDO**
  - Free Registration Fee
  - Free Target Mitt. Worth \$80



# Merchandise Booth

- **NOBLE WEALTH GROUP- FINANCIAL ADVISORY, INSURANCE**
  - Financial Advisory Services
  - Goody bag with Banana, Starbalm etc.
- **LESSONPLAN**
  - Promoting classes on LessonPlan
- **XBL ENTERPRISE**
  - Launch of new Soft Bicycle
  - Entertainment Services that promote a healthy lifestyle

# Our Appreciations

Club ZOOM Parent Volunteers  
Singapore Athletics Staffs and Technical Officials  
All Volunteers  
All local and overseas participants from Australia, Japan, Malaysia and Singapore  
All Partners and Supporters  
Zeste Singapore

## 10th Kindred Spirit Series 2023

Till we reunite again...

See you at our 10th Kindred Spirit Series 2023 Nov 24-26!

## Contact Us

**Club ZOOM Track & Field**  
**"True to the Spirit"**

Registered: 18 June 2011

UEN Number: T11SS0115C

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Facebook: [www.facebook.com/clubzoomsg](http://www.facebook.com/clubzoomsg)

YouTube: <https://www.youtube.com/clubzoomsg>

Instagram: <https://www.instagram.com/clubzoomsg>

Tik Tok: <https://www.tiktok.com/@clubzoomsg>

# Zeste



Zeste is Singapore's natural fruit-infused flavoured water brand. No sugar, no calories, no nonsense. Just pure natural goodness. Created out of love as a healthy alternative to sugary beverages, Zeste hopes to inspire you to live your best and live the Zeste life.

[zesteg.com](http://zesteg.com) | <https://zeste.sg>



# KINDRED SPIRITS

.3 10.2 10.1 10.0 9.9 9.8 9.7 9.6 9.5 9.4



# ENABLING ASPIRATIONS