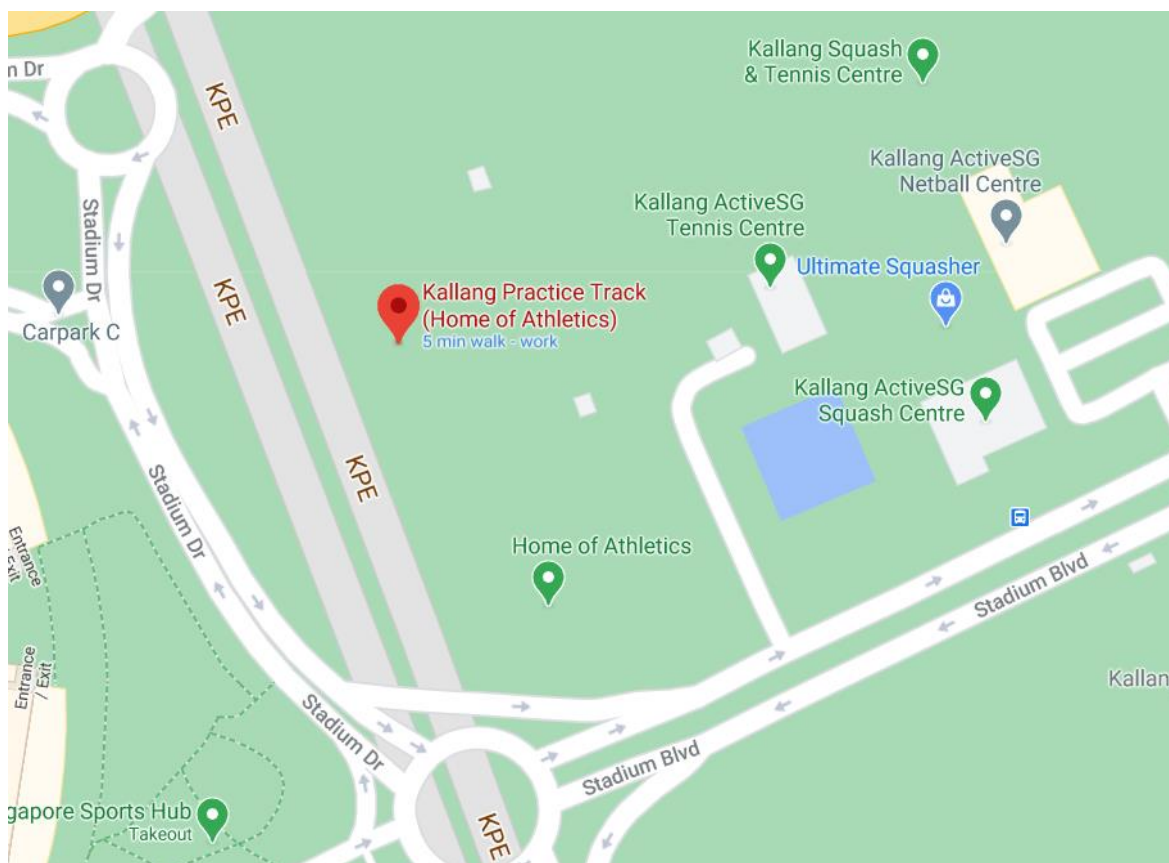


Singapore National Track & Field Championships 2023

Date : Friday, Saturday & Sunday, 17, 18, 19, 24, 25 & 26 Mar 2023
Time : Friday 1800hrs, Saturday & Sunday 0830hrs
Venue : Tentative 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>

Category	:	U15:	13 & 14 years old as of 31 Dec 2023
		U18:	15, 16 & 17 years old as of 31 Dec 2023
		U20:	18 & 19 years old as of 31 Dec 2023
		OPEN:	16 years old and above as of 31 Dec 2023

***Registration for Affiliates and Associate members only**

Events Formats	:	Please refer to Appendix A
Competition schedule:		Please refer to Appendix B
Entry Fees	:	S\$12.00 (Affiliates) S\$15.00 (Associate Affiliates)
Relay Fees	:	S\$48.00 (Affiliates) S\$60.00 (Associate Affiliates)

(7 working days before the first day of event date)

Late Per Entry Fees	:	S\$24.00 per entry (Full Member) S\$30.00 per entry (Associate Member)
Late Relay Fees	:	S\$96.00 (Affiliates) S\$120.00 (Associate Affiliates)

***Above charges are for per entry and per team only**

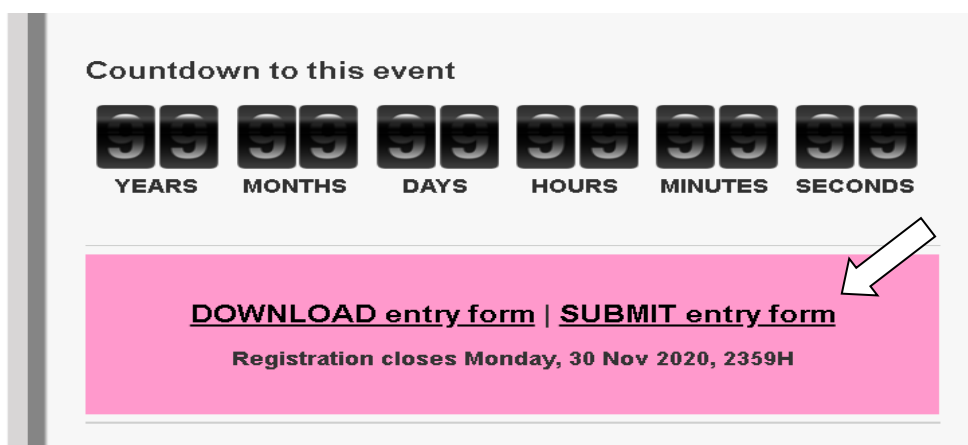
Bib Replacement	:	S\$10.00 per set (Will include in post event billing)
Eligibility	:	Singapore Citizen and Permanent Resident Only Every team maximum can send 3 athletes per event and 1 team relay per relay event

Closing date: Tuesday, 28 February 2023

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 be entertained before 7 workings days of the event date, the late entry fee will be charged
5. Strictly NO changing of category and event once the final start list is published
6. SA will send an acknowledgement via email upon received 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. If athlete have 2 events or relay please use another row for entry
11. Personal best and season best filled for seeding purpose for lane allocation
12. There will be no refund of entry fees for any withdrawal/ no-show/ poor weather condition after the closing date

13. Wet weather and lightning alert policy, event will be delay for 45mins for wet weather, after 45mins delayed the event will be cancelled
14. SA reserved the rights to the final decision on all matters about the event
15. If the event is postponed, SA will inform if re-registration will be required for the new event date

PAYMENT

- **For athletes from SA affiliate & SA associate** – SA will invoice your respective affiliate and associate club for payment. Do not make a payment transfer to SA for your entry
- **Bib Replacement fee of S\$10.00** per set will include in the post event billing to your respective affiliate and associate club

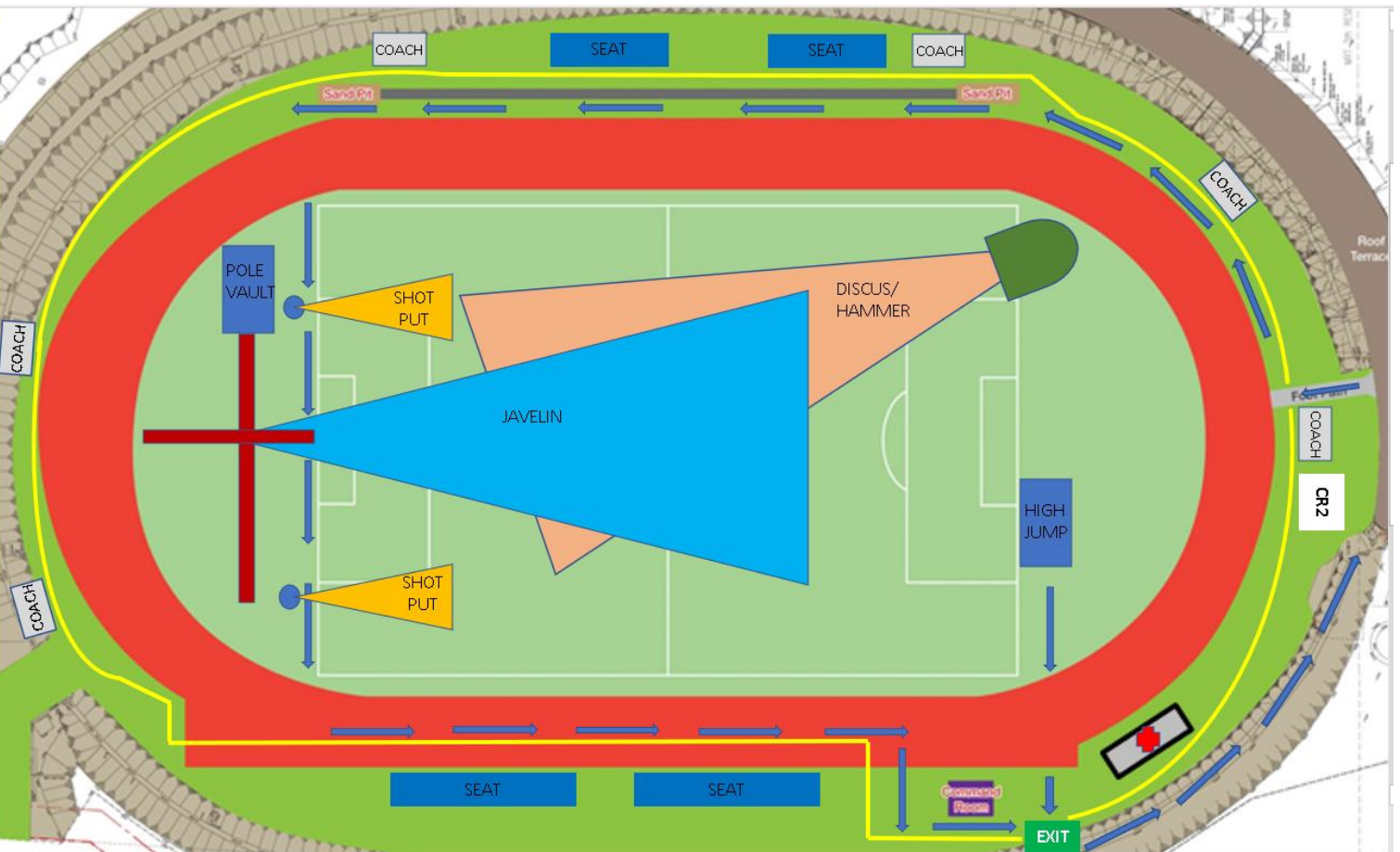
CONDITIONS

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 manager are responsible to check the reporting timing of their event and report to the call room accordingly
5. The start list can be download from <http://www.singaporeathletics.org.sg/>. Results can be view online at <http://tnf.sg/>
6. Please collect the number tags from the SAA Administration Counter at the competition venue at least 90 mins before the session

7. 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

8. VENUE ACCESS



- Coaches are allowed to access the venue, but do not enter the D area, track lanes during competition, call room and warm up area at the home stretch
- Parents and family members are not allowed to access the call room, enter the D area or track lanes during competition

9. 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 warm 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
- Athletes who report late to the call room will not be allowed to participate in the event
- 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
- Failure to participate TR 4.4 will be strictly applied, affected athlete will not be able to participate in the rest of the competition event including relay:
 - An athlete qualified in any Qualification Round of an event for further participation in that event but then failed to participate further
 - An athlete failed to compete honestly with bona fide effort
 - A medical certificate, provided by and based on an examination of the athlete on the day by the doctor is required for the athlete to participate in their next event

10. 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
- Athlete who reports late to the field of play will not be allowed to participate in the event
- Athlete can choose to use personal implements will need to submit them to the Technical Manager 1 hour before the event and collect it back after the event. Personal implement will be shared among the athletes during the event.
- Refer to **Competition format** for height progression
- Failure to participate TR 4.4 will be strictly applied, affected athlete will not be able to participate in the rest of the competition event including relay:
 - An athlete qualified in any Qualification Round of an event for further participation in that event but then failed to participate further
 - An athlete failed to compete honestly with bona fide effort
 - A medical certificate, provided by and based on an examination of the athlete on the day by the doctor is required for the athlete to participate in their next event

11. 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=d881cb47-abe6-4607-93c6-1e5419ba21c3.pdf&urlslug=World%20Athletics%20Approved%20Shoe%20List%20\(as%20at%2010%20February%202023\)](https://www.worldathletics.org/download/download?filename=d881cb47-abe6-4607-93c6-1e5419ba21c3.pdf&urlslug=World%20Athletics%20Approved%20Shoe%20List%20(as%20at%2010%20February%202023))

- 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 protest 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=d881cb47-abe6-4607-93c6-1e5419ba21c3.pdf&urlslug=World%20Athletics%20Approved%20Shoe%20List%20\(as%20at%2010%20February%202023\)](https://www.worldathletics.org/download/download?filename=d881cb47-abe6-4607-93c6-1e5419ba21c3.pdf&urlslug=World%20Athletics%20Approved%20Shoe%20List%20(as%20at%2010%20February%202023))

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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 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	