Singapore National Track & Field Championships 2023 COMPETITION FORMAT

Event (Track)	Category	Competition Format	Remarks	Qualifying Mark*
		Hurdles		
80m Hurdles	Women U15		0.762m	
100m Hurdles	Women U18		0.762m	
100m Hurdles	Men U15		0.838m	
110m Hurdles	Men U18		0.914m	
110m Hurdles	Men U20		0.991m	
100m Hurdles	Women Open		0.838m	
110m Hurdles	Men Open		1.067m	
200m Hurdles	Women U15		0.762m	
200m Hurdles	Men U15		0.762m	
400m Hurdles	Women U20/ U18		0.762m	
400m Hurdles	Men U18		0.838m	
400m Hurdles	Men U20		0.914m	
400m Hurdles	Women Open		0.762m	
400m Hurdles	Men Open		0.914m	
	· · · ·	Middle & Long Distance Rad		<u> </u>
1500m	Women U15			
1500m	Men U15			
1500m	Women U18			
1500m	Men U18			
3000m	Women U15			
3000m	Men U15			
3000m	Women U18			
3000m	Men U18			
3000m	Women U20			
5000m	Men U20			
5000m	Women Open			
5000m	Men Open			
10000m	Women Open			
10000m	Men Open			
	1	Steeplechase		
2000m Steeplechase	Women U18	•	0.762m	
2000m Steeplechase	Women U20		0.762m	
2000m Steeplechase	Men U18		0.838m	
3000m Steeplechase	Men U20		0.914m	
3000m Steeplechase	Women Open		0.762m	
3000m Steeplechase	Men Open		0.914m	
·		Racewalk		<u> </u>
1500m Racewalk	Women U15			
1500m Racewalk	Men U15			
1500m Racewalk	Women U18			
3000m Racewalk	Men U18			
3000m Racewalk	Women U20			
5000m Racewalk	Men U20			
10000m Racewalk	Women Open			
10000m Racewalk	Men Open			

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Event (FIELD)	Category	Competition Format	Remarks	Qualifying Mark*			
Shot Put							
Shot Put (3kg)	Women U18/ U15	3 + 3 trials	All Measured**				
Shot Put (4kg)	Women U20	3 + 3 trials	All Measured**				
Shot Put (4kg)	Men U15	3 + 3 trials	All Measured**				
Shot Put (5kg)	Men U18	3 + 3 trials	All Measured**				
Shot Put (6kg)	Men U20	3 + 3 trials	All Measured**				
Shot Put (4kg)	Women Open	3 + 3 trials	All Measured**				
Shot Put (7.26kg)	Men Open	3 + 3 trials	All Measured**				
	1	Long Jum					
Long Jump	Women U20/U18/ U15	3 + 3 trials	All Measured**				
Long Jump	Men U20/U18/ U15	3 + 3 trials	All Measured**				
Long Jump	Women All Categories	3 + 3 trials	All Measured**				
	Men All Categories	3 + 3 trials	All Measured**				
Long Jump	Ivien All Categories	Javelin	All Measureu				
	h		Tanaa 144	I			
Javelin (500g)	Women U18/ U15	3 + 3 trials	All Measured**				
Javelin (600g)	Women U20	3 + 3 trials	All Measured**				
Javelin (600g)	Men U15	3 + 3 trials	All Measured**				
Javelin (700g)	Men U18	3 + 3 trials	All Measured**				
Javelin (800g)	Men U20	3 + 3 trials	All Measured**				
Javelin (800g)	Men Open	3 + 3 trials	All Measured**				
Javelin (600g)	Women Open	3 + 3 trials	All Measured**				
- (5/		High Jum					
		elimination after 3	1.15m + 5cm, till 145m + 2cm thereafter, got jump	Practice Height: 1.15m			
High Jump	Women U18/ U15	consecutive failures	off	& 1.40m			
i ngir ourip	W 0111011 0 10/ 0 13	elimination after 3		Practice Height: 1.25m			
High Jump	Women U20	consecutive failures	1.25m + 5cm, till 165m + 2cm, got jump off	& 1.65m			
r ngri Junip	WOITIGH UZU	consecutive fallules	1.20m + John, uii 100m + Zom, got jump on	X 1.00(II			
		elimination after 3	1 40m + Fam till 1 65m + 2am tharacter, get iumn	Practice Height: 1.40m,			
Lliab luma	Man 1149/1145	consecutive failures	1.40m + 5cm, till 1.65m + 2cm thereafter, got jump	1.60m & 1.75m			
High Jump	Men U18/ U15		off.				
		elimination after 3	4.05 5 (11.4.05 0 (1 (1 (1 (1	Practice Height: 1.65m,			
		consecutive failures	1.65m + 5cm, till 1.95m + 2cm thereafter, got jump	1.85m and 2.00m			
High Jump	Men U20		off.				
		elimination after 3		Practice Height: 1.40m,			
		consecutive failures	1.40m + 5cm, till 160m + 2cm thereafter, got jump	1.55m and 1.70m			
High Jump	Women Open		off.				
		elimination after 3		Practice Height: 1.75m,			
		consecutive failures	1.75m + 5cm, till 2.00m + 2cm thereafter, got jump	1.90m and 2.05m			
High Jump	Men Open		off.	1.50111 4114 2.00111			
		Pole Vaul	t				
Pole Vault		elimination after 3	2.15m + 20cm, till 2.80m + 10cm, got jump off	Practice Height: 2.15m			
role vault	Women U15	consecutive failures	2.1311 + 20011, till 2.8011 + 10011, got jump on	& 2.80m			
Pole Vault		elimination after 3	2.15m + 20cm, till 2.80m + 10cm, got jump off	Practice Height: 2.15m			
role vault	Women U18	consecutive failures	2.1311 + 20011, till 2.8011 + 10011, got julip on	& 2.80m			
Dala Mault		elimination after 3	0.45 00 +: 0.00 40 +:	Practice Height: 2.15m			
Pole Vault	Women U20	consecutive failures	2.15m + 20cm, till 2.80m + 10cm, got jump off	& 2.80m			
Dala Marili		elimination after 3	0.45	Practice Height: 2.15m			
Pole Vault	Men U15	consecutive failures	2.15m + 20cm, till 2.80m + 10cm, got jump off	& 2.80m			
		elimination after 3	3.00m + 20cm, till 3.80m + 10cm, till 4.00m + 5cm,	Practice Height: 3.00m			
Pole Vault	Men U18	consecutive failures	got jump off	& 3.80m			
		elimination after 3	3.40m + 20cm, till 4.60m + 10cm, till 4.90m + 5cm	Practice Height: 3.40m,			
Pole Vault	Men U20	consecutive failures	and thereafter, got jump off	4.40m & 4.80m			
			2.43m + 20cm, till 3.63m + 10cm, till 3.93m + 5cm				
Pole Vault		elimination after 3	and thereafter, got jump off	Practice Height: 2.43m,			
	Women Open	consecutive failures	and an action, got jump on	3.03m & 3.63m			
	Women open						
		elimination after 3	3.62m + 20cm, till 4.62m + 10cm, till 4.92m + 5cm	Practice Height: 3.62m,			
Pole Vault	Men Open	consecutive failures	and thereafter, got jump off	4.22m & 4.82m			
i die vault	IMELI OPELI	Triple Jum	un .	<u> </u>			
Triple luces	Momen 1145		•				
Triple Jump	Women U15	3 + 3 trials	6m,7m & 8m Board, All Measured**				
Triple Jump	Women U20 /U18	3 + 3 trials	7m,8m & 9m Board, All Measured**				
Triple Jump	Men U15/U18	3 + 3 trials	7m,8m & 9m Board, All Measured**				
Triple Jump	Men U20	3 + 3 trials	9m,10m & 11m Board, All Measured**				
Triple Jump	Women Open	3 + 3 trials	8m & 9m Board, All Measured**				
Triple Jump	Men Open	3 + 3 trials	10m, 11m & 12m Board, All Measured**				
Hammer							
Hammer (4kg)	Women Open	3 + 3 trials	All Measured**				
Hammer (7.26kg)	Men Open	3 + 3 trials	All Measured**				
	Treate a base	Discus	<u>'</u>				
Discus (1kg)	Women U20/U18/ U15	3 + 3 trials	All Measured**				
	Men U15	3 + 3 trials	All Measured**				
	INTELLUTA	0 ± 0 mais	All Measuled				
Discus (1kg)			A II M.A				
Discus (1.5kg)	Men U18	3 + 3 trials	All Measured**				
			All Measured** All Measured** All Measured**				

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ſ	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 9 entries or more is received based on start list, all participants will have 3+3 trials.