

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 Race				
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			
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				
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**	
Long Jump				
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**	
Long Jump	Men All Categories	3 + 3 trials	All Measured**	
Javelin				
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**	
High Jump				
High Jump	Women U18/ U15	elimination after 3 consecutive failures	1.15m + 5cm, till 145m + 2cm thereafter, got jump off	Practice Height: 1.15m & 1.40m
High Jump	Women U20	elimination after 3 consecutive failures	1.25m + 5cm, till 165m + 2cm, got jump off	Practice Height: 1.25m & 1.65m
High Jump	Men U18/ U15	elimination after 3 consecutive failures	1.40m + 5cm, till 1.65m + 2cm thereafter, got jump off.	Practice Height: 1.40m, 1.60m & 1.75m
High Jump	Men U20	elimination after 3 consecutive failures	1.65m + 5cm, till 1.95m + 2cm thereafter, got jump off.	Practice Height: 1.65m, 1.85m and 2.00m
High Jump	Women Open	elimination after 3 consecutive failures	1.40m + 5cm, till 160m + 2cm thereafter, got jump off.	Practice Height: 1.40m, 1.55m and 1.70m
High Jump	Men Open	elimination after 3 consecutive failures	1.75m + 5cm, till 2.00m + 2cm thereafter, got jump off.	Practice Height: 1.75m, 1.90m and 2.05m
Pole Vault				
Pole Vault	Women U15	elimination after 3 consecutive failures	2.15m + 20cm, till 2.80m + 10cm, got jump off	Practice Height: 2.15m & 2.80m
Pole Vault	Women U18	elimination after 3 consecutive failures	2.15m + 20cm, till 2.80m + 10cm, got jump off	Practice Height: 2.15m & 2.80m
Pole Vault	Women U20	elimination after 3 consecutive failures	2.15m + 20cm, till 2.80m + 10cm, got jump off	Practice Height: 2.15m & 2.80m
Pole Vault	Men U15	elimination after 3 consecutive failures	2.15m + 20cm, till 2.80m + 10cm, got jump off	Practice Height: 2.15m & 2.80m
Pole Vault	Men U18	elimination after 3 consecutive failures	3.00m + 20cm, till 3.80m + 10cm, till 4.00m + 5cm, got jump off	Practice Height: 3.00m & 3.80m
Pole Vault	Men U20	elimination after 3 consecutive failures	3.40m + 20cm, till 4.60m + 10cm, till 4.90m + 5cm and thereafter, got jump off	Practice Height: 3.40m, 4.40m & 4.80m
Pole Vault	Women Open	elimination after 3 consecutive failures	2.43m + 20cm, till 3.63m + 10cm, till 3.93m + 5cm and thereafter, got jump off	Practice Height: 2.43m, 3.03m & 3.63m
Pole Vault	Men Open	elimination after 3 consecutive failures	3.62m + 20cm, till 4.62m + 10cm, till 4.92m + 5cm and thereafter, got jump off	Practice Height: 3.62m, 4.22m & 4.82m
Triple Jump				
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**	
Discus				
Discus (1kg)	Women U20/U18/ U15	3 + 3 trials	All Measured**	
Discus (1kg)	Men U15	3 + 3 trials	All Measured**	
Discus (1.5kg)	Men U18	3 + 3 trials	All Measured**	
Discus (1.75kg)	Men U20	3 + 3 trials	All Measured**	
Discus (1kg)	Women Open	3 + 3 trials	All Measured**	

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Discus (2kg)	Men Open	3 + 3 trials	All Measured**	
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* 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.