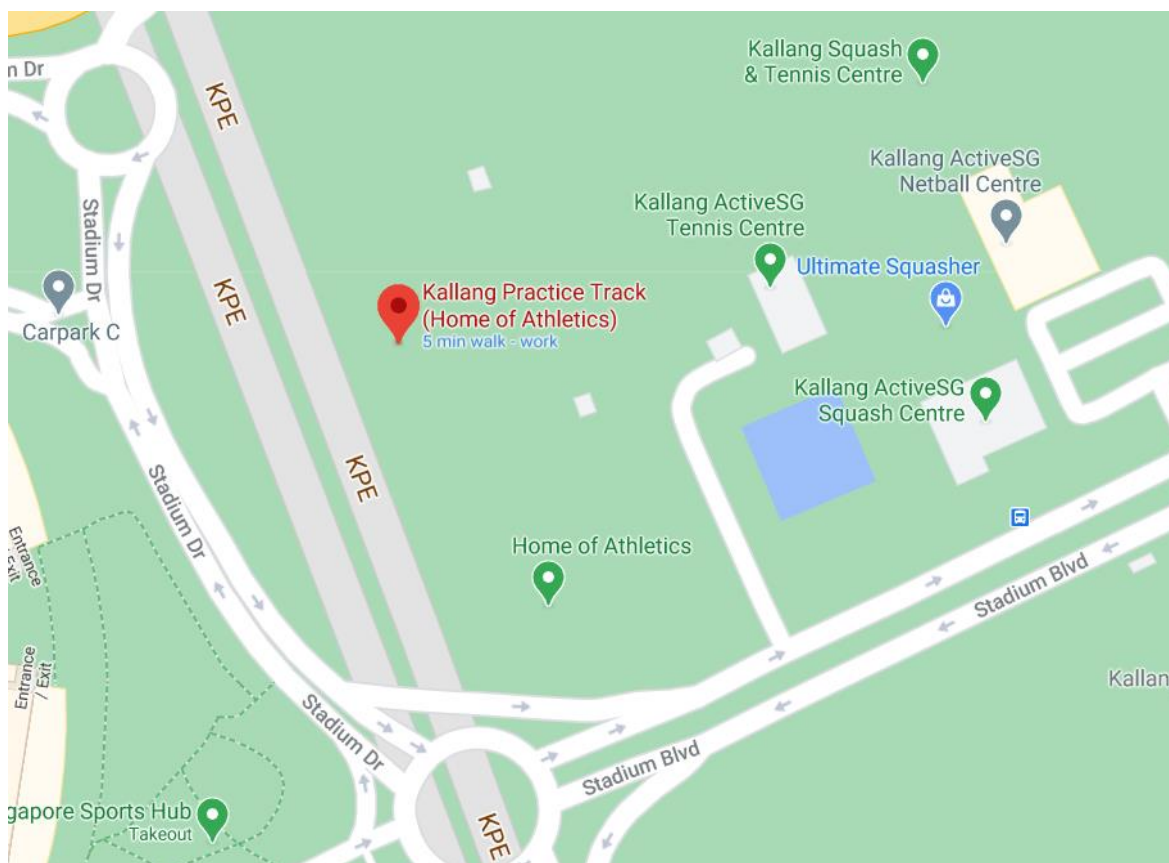


SA Combined Events Championships 2023

Date : Saturday, 19 Aug 2023
Time : (Saturday 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>**

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: (Minimum age: 20)
– those born in the year 2003 & below

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

Participating events :

Age Group	U15 Girls	U15 Boys	U18 Girls	U18 Boys	U20 Women	U20 Men	Open Women	Open Men
Events	Pentathlon	Pentathlon	Pentathlon	Pentathlon	Pentathlon	Pentathlon	Pentathlon	Pentathlon
100m	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓		✓		✓		✓	
1500m		✓		✓		✓		✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓

Combined Events	Women	Men
U15	Pentathlon (100m, 800m, Long Jump, High Jump, Shot Put 3kg)	Pentathlon (100m, 1500m, Long Jump, High Jump, Shot Put 4kg)
U18	Pentathlon (100m, 800m, Long Jump, High Jump, Shot Put 3kg)	Pentathlon (100m, 1500m, Long Jump, High Jump, Shot Put 5kg)
U20	Pentathlon (100m, 800m, Long Jump, High Jump, Shot Put 4kg)	Pentathlon (100m, 1500m, Long Jump, High Jump, Shot Put 6kg)
Open	Pentathlon (100m, 800m, Long Jump, High Jump, Shot Put 4kg)	Pentathlon (100m, 1500m, Long Jump, High Jump, Shot Put 7.26kg)

Competition schedule: Please refer to Appendix B

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

(Before 7 working days of the event date)

Late Entry Fees : **S\$48.00 per entry (Full Member)**
(Charges as per entry) S\$60.00 per entry (Associate Member)

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

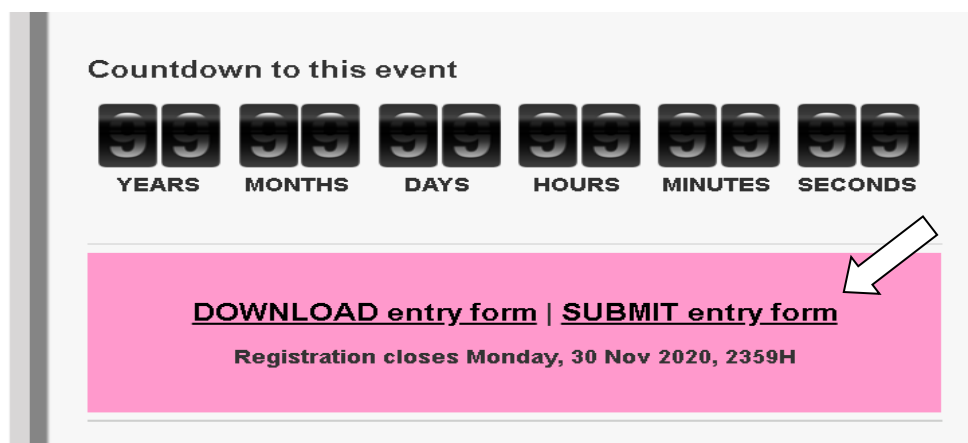
Eligibility : **All Singaporeans, permanent residents and visa holders residing in Singapore**

Closing date: Sunday, 31 Jul 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 working days of the event date
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
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 athlete 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
17. SA wet weather policy – The affected event will be delayed up to 45mins for lightning alert, after 45mins of delaying the event will be cancelled.

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

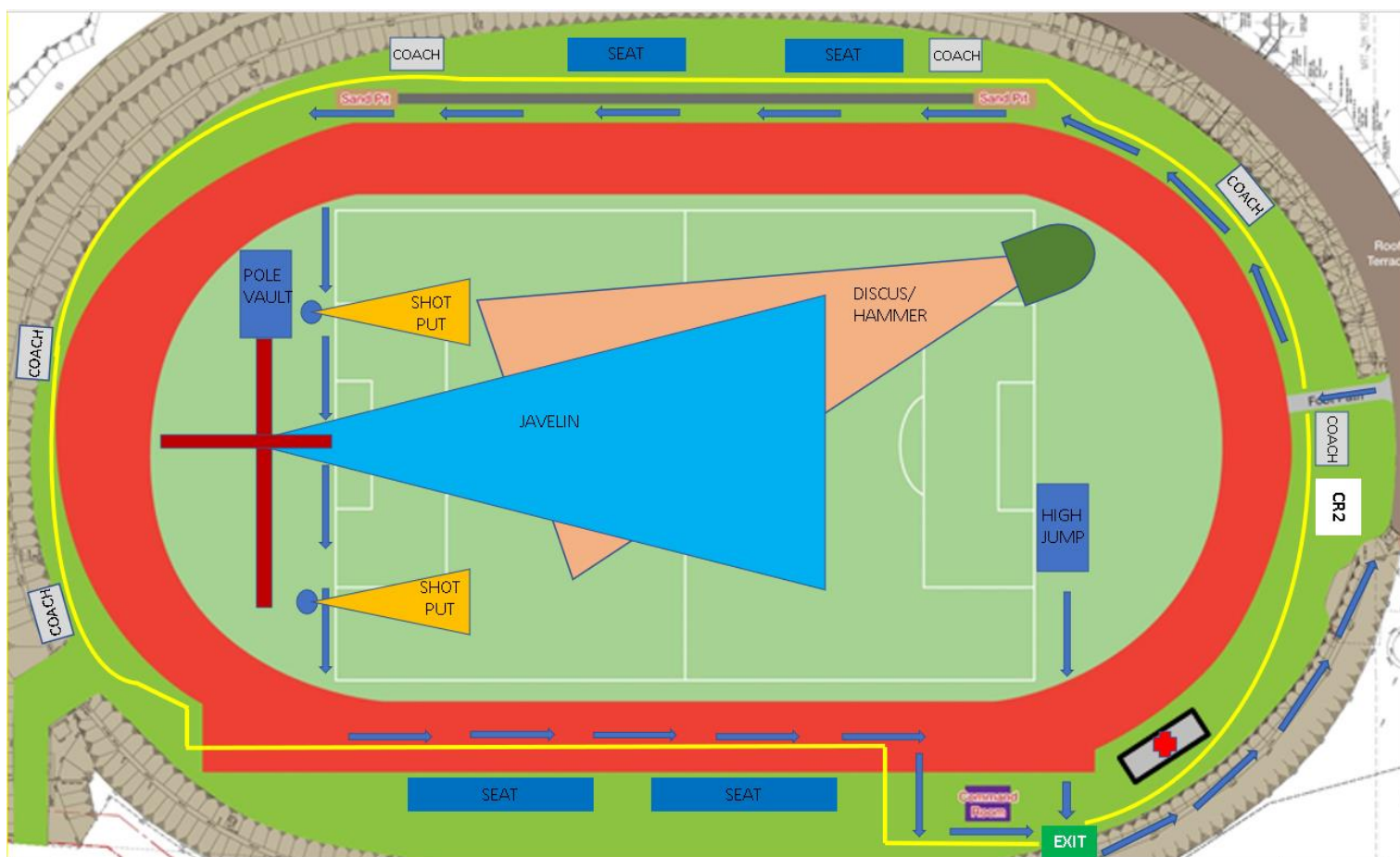
1. The athlete must indicate his/her season & personal best performance in the entry form
2. The athlete is allowed to represent only 1 team for the event/events he/she participates in
3. Start list timing is to be used as a guide only, athletes and team manager are responsible to check the reporting timing of their event and report to the call room accordingly
4. The start list can be download from <http://www.singaporeathletics.org.sg/>. Results can be view online at <http://tnf.sg/>
5. Please collect the number tags from the SAA Administration Counter at the competition venue at least 90 mins before the session

6. PROTEST AND APPEAL

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

7. 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



8. 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
- only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified by the Starter

- Lane Infringement - In Combined Events, an athlete should only be disqualified for more than one infringement, if it occurs during the same race. There is no carry-forward of the infringement to subsequent races within that Combined Event.
- Any athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition.

9. FIELD EVENTS

- **Jumps** and **Throws** competitors shall report to the Combined event rest area **30 MINS** before the Start of each event
- **3 trials** for all jumps and throw events except vertical jump
- Personal throw implement must submit to Technical Manager for inspection 1 hour before the event start
- Refer to **Competition format** for vertical jump height progression
- Any athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition.

10. 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=b435e089-8529-4a10-9989-34854edc79aa.pdf&urlslug=World%20Athletics%20Approved%20Shoe%20List%20\(as%20at%2028%20October%202022\)](https://www.worldathletics.org/download/download?filename=b435e089-8529-4a10-9989-34854edc79aa.pdf&urlslug=World%20Athletics%20Approved%20Shoe%20List%20(as%20at%2028%20October%202022))
- 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=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))

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	