

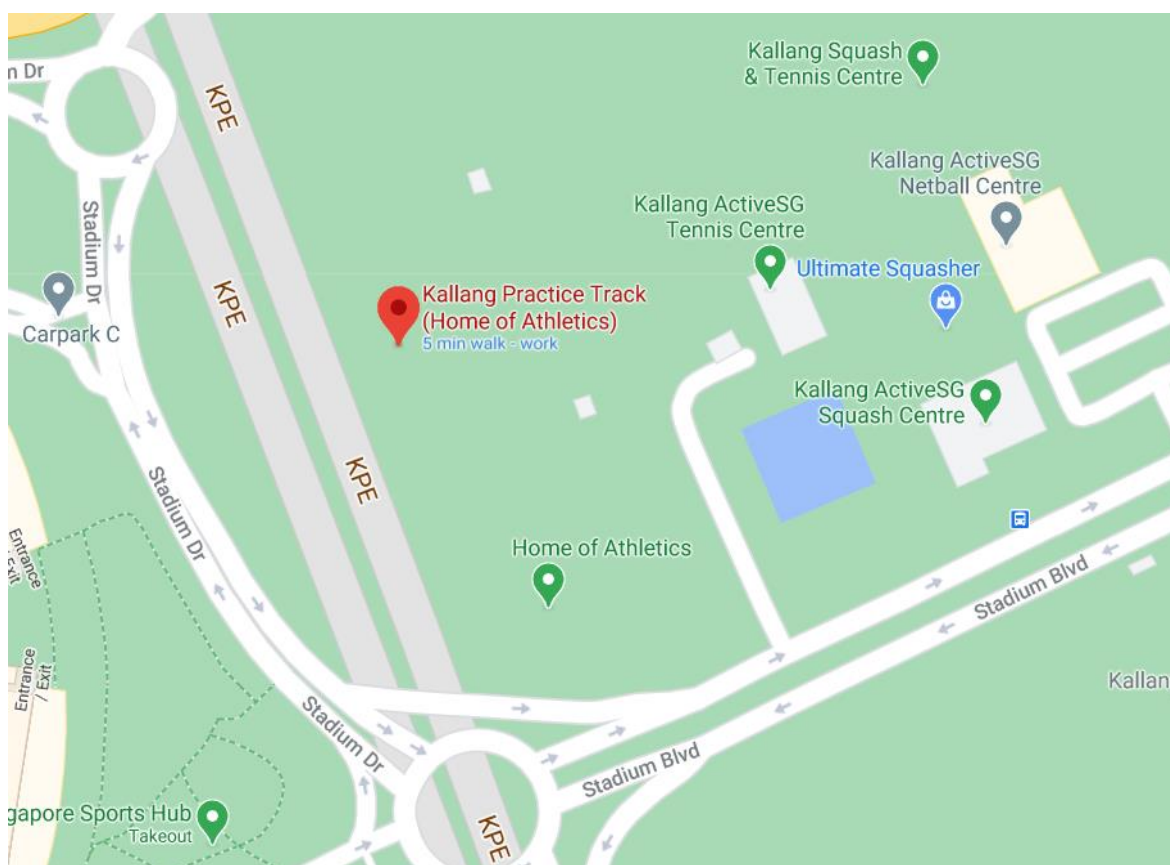
85th Singapore Open Track & Field Championships 2025

Date : Thursday and Friday, 24 - 25 Apr 2025

Time : 0830hrs

Venue : Singapore Sportshub & Home of Athletics

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>

Age eligibility	:	Minimum age – 16 (i.e. those born in 2009 & earlier), athlete need to meet qualifying mark in order to register.
Eligibility	:	Only SA full members, associate members and WA member federation sanctioned foreign athletes are allowed to participate
Participating events & local Qualifying Entry Mark	:	Please refer to Appendix A
Entry Fees	:	S\$12.00 (Affiliates) S\$15.00 (Associate Affiliates) USD\$15.00 (Foreigner)
Relay Fees	:	S\$48.00 (Affiliates) S\$60.00 (Associate Affiliates) USD\$60.00 (Foreigner)

(14 working days before the first day of event date, pending lanes and slots availability)

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

*Above charges are for per entry and per team only

Bib Replacement	:	S\$10.00 per set (will include in post event billing)
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Closing Date: Monday, 24 Mar 2025, 2359hrs

HOW TO REGISTER

1. Submission of entries can be done by Online: <https://form.jotform.com/250500307603442>
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 14 workings days of the event date
5. Strictly NO changing of category and event once the final start list is published
6. Upon successful entry submission you will received an automated email. 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 automated email 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 must be filled for seeding purpose
12. For a foreign athlete or team's participation, you 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 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
- For athletes from Foreign Country – SA will advice your payment method to make 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 throughout the duration of the competition.

4. The athlete is not allowed to give their race bib to another person. If caught or received feedback, the athletes will be scratched from ALL events and disciplinary action will be taken against the athlete/club/team.

General Information

Time	Event	Location
Tuesday, 22nd Apr		
All Day	Oversea Teams Arrival	
1500hrs - 1700hrs	Oversea Athletes' Training at the Stadium	Home of Athletics (HOA)
1800hrs	Deadline for Team Managers to submit questions for Technical Meeting	Email to events@athletics.sg
Tuesday, 22nd Apr		
0800hrs - 1000hrs	Oversea Athletes' Training at the Stadium	Home of Athletics (HOA)
1000hrs – 1130hrs	Technical Meeting & Venue Familiarisation	National Stadium (NST), Media Conference Room
1300hrs – 1800hrs	Technical Official and Workforce Briefing, Setup & Familiarisation	National Stadium (NST), Home of Athletics (HOA)
1500hrs - 1700hrs	Oversea Athletes' Training at the Stadium	Home of Athletics (HOA)
1500hrs - 1700hrs	Training with starters	National Stadium (NST)
Thursday, 24th Apr		
0830hrs – 1800hrs	Day 1 - Competition	National Stadium (NST) Home of Athletics (Throws) (HOA)
Friday, 25th Apr		
0830hrs – 1800hrs	Day 2 - Competition	National Stadium (NST) Home of Athletics (Throws) (HOA)
Saturday, 26th Apr		
All Day	Oversea Teams Departure	

Competition Information

The athletics competition shall be held in accordance with the current WA Rules.

Dates

The 85th Singapore Open Track & Field Championships 2025 will be held on April 24 – 25, 2025.

Competition Venue

All events except the Discus, the Javelin and the Shot Put will be held at Singapore National Stadium, 1 Stadium Dr, Singapore 397629.

The Discus, Javelin and Shot Put will be held at Home of Athletics (HOA), 52 Stadium Rd, Singapore 397724.

Venue Access

- Coaches, parents and family members are allowed to access the venue in HOA, but do not enter the D area and track lanes during competition
- Coaches, parents, and family members are not allowed to enter the call room
- Coaches, parents, and family members are prohibited from accessing the field of play at Sportshub. However, coaches with accreditation passes are permitted to access seating areas near the respective field events in Sportshub.
- Team Manager with TIC accreditation access is allowed to enter the TIC room in Sportshub.

Training and Warm-up venue (For Oversea Teams)

The training and warm-up venue is Home of Athletics (HOA), 52 Stadium Rd, Singapore 397724.

Implements, equipment's Hurdles and starting blocks will be available to athletes and coaches at the training venue. These can be obtained from the equipment store.

Training venue operating time

Date	Time	Event	Location
Tuesday, 22 nd April	1500hrs - 1700hrs	Athletes' Training at the Stadium	Home of Athletics (HOA)
Wednesday, 23 rd April	0800hrs - 1000hrs	Athletes' Training at the Stadium	Home of Athletics (HOA)
	1500hrs - 1700hrs	Athletes' Training at the Stadium	Home of Athletics (HOA)
	1500hrs - 1700hrs	Training with starters	National Stadium

Team Manager's Whatsapp Group

A WhatsApp group including all Team Managers will be created on site, to offer an additional platform to address instant messages and announcements. Major information of interest for all will be communicated to the teams by the TIC/Singapore Athletics via this group.

Technical Meeting

The Technical Meeting will be held on 23rd April 2025 at 1000hrs at the National Stadium, Media Conference Room. All written questions are to be submitted by Tuesday 22 April 1800hrs to events@athletics.sg

The Technical Meeting will provide updates and information which is not already mentioned in this team manual and will include: -

- Timetable amendments (if any)
- Qualifying procedures for races
- Starting heights and raising of the bar for the vertical jumps
- Answers to written questions

Competition Rules – Track Event

- Athlete will be provided with two bibs which shall be worn visibly on the front of the torso and on the back.
- Relay teams are requested to submit the relay declaration form when their team report to Call Room 1. Any late submission will not be accepted and the team will be disqualified.
- Personal starting blocks will not be accepted.
- Failure to participate TR 4.4 will strictly apply.
- All athletes are to adhere to the Call Room Reporting Time schedule.
- Athletes of the same relay team shall wear their representing nation, club or school vests with identical colour during competition.
- Cut-off times for the following events

Event	Men	Women
5000m	22:00	25:00
10000m	40:00	50:00
10000m Racewalk	1:11:00	1:17:00

- Selection and advancement to final (Track events). Final arrangement will be confirmed at the Technical Meeting.

No. of Entry	100m/ 200m/ 400m/ 800m/ 100mH/ 110mH/ 400mH
8 or less	Only final will be held
9 - 16	Two heats will be held, the first 3 in each heat and the next 2 fastest will be advanced to the final. 3 (P) + 2 (T)
17 - 24	Three heats will be held, the first 2 in each heat and the next 2 fastest will be advanced to the final. 2 (P) + 2 (T)

25 - 32	Four heats will be held, the first in each heat and the next 4 fastest will be advanced to the final. 1 (P) + 4 (T)
33 - 40	Five heats will be held, the first in each heat and the next 3 fastest will be advanced to the final. 1 (P) + 3 (T)

1500m, 5000m, 10000m, 3000m steeplechase, 4x100m and 4x400m will be held as straight final

Competition Rules – Field Event

- Personal implements will be allowed. Kindly refer to the submission schedule.
- Failure to participate TR 4.4 will strictly apply.
- All athletes are to adhere to the Call Room Reporting Time schedule.
- Refer to the Competition Formats for the High Jump and Pole Vault height progression.

Technical Information Centre (TIC)

The main function of the Centre is to ensure a smooth liaison between each Team Delegation, the Local Organising Committee, and the Competition Management of the Championships regarding technical matters.

The TIC will open on all competition days, from 2 hours before the start of the first event of the day until 60 minutes after the end of the last event of the day.

The TIC is responsible for, but not limited to, the following: -

- Display on the relevant notice board of official communications to the teams, including start lists, results and Call Room reporting times.
- Distribution of urgent notices to the delegations from the Competition Management via the pigeon boxes. It is the Team Manager's duty to collect this kind of information in due time.
- Liaison points concerning technical matters between Team Delegate(s) and LOC.
- Settlement of technical enquiries from delegations.
- Receipt of Final Confirmations.
- Distribution and receipt of Relay Order Confirmation forms.
- Distribution of items confiscated at the Call Room.
- Managing national record doping control requests.
- Receipt of withdrawal forms.
- Receipt of Appeals.

Call Room Reporting Times

The athletes have to report to the Gathering Point (Call Room1) at Home of Athletics, according to the schedule below. The athletes would then be escorted to the Call Room 2 (except for the Discus, Javelin and Shot Put). The athletes will not be allowed to go directly to the Call Room 2.

All times below are prior to the actual starting time of the event.

	Gathering Point OPENING Time (Call Room 1)	Gathering Point CLOSING Time (Call Room 1)
Track Events	55 minutes	40 minutes

Field Events	65 minutes	50 minutes
Pole Vault	105 minutes	90 minutes
High Jump	75 minutes	60 minutes

A dedicated call room reporting schedule will be issued and displayed at the Warm-up Area. It will indicate the following: -

- Call Room 1 Opening Time
- Call Room 1 Closing Time
- Arrival at competition
- Start time of the event

Athletes competing in Track Events will be required to leave the Call Room 2 'ready to compete'. Their personal belongings, including bags and track suits, will be taken directly from the Call Room 2 to the kit collection room at the end of the Mixed Zone for collection after the race. Water and toilets will be available next to the Call Room 2.

Field event Athletes will only be permitted to take a backpack or similar sized bag with them into the competition arena. Athletes are requested not to take with them to the competitions area bulky items or other inappropriate items.

Athletes who fail to report on time to the Gathering Point without valid reason will not be permitted to participate.

Should the athlete feel uncomfortable after warming up, he/she should inform Call Room Judge immediately to withdraw from the event

Submission of personal Implements

Submission to be done one day earlier to the Technical Manager at HOA store.

Personal starting blocks will not be allowed.

Submission Date	Submission Time	Venue	Remarks
23 rd April	7am – 11am 1pm – 5pm	HOA store	For Events happening on 24 th April
24 th April	7am – 11am 1pm – 5pm	HOA store	For Events happening on 25 th April

Competition Shoes

All the competition shoes must comply with World Athletics TR5, including the sole and/or heel, and the spikes dimensions. It is the athletes' responsibility to make sure that the shoes to be used

for competition are on the current list of approved shoes models by the World Athletics. In case of no compliance with the TR5 or the list of approved shoes, an athlete may not be allowed to compete or disqualified after the competition with the result being void. Athletes should check their shoes from <https://certcheck.worldathletics.org>

Post Event Area

After the race, athletes will leave though the Mixed Zone immediately. The Athletes will be then taken to the kit collection room behind the Mixed zone.

Medal Ceremony

The first three athletes in each individual event and the first three teams in each relay race will be presented with a gold, silver or bronze medal respectively. The medal presentations will usually take place and as soon as possible after the conclusion of the event.

LOC staff will be responsible to gather the first three athletes or relay teams and escort them to the ceremony waiting area where they will prepare for the ceremony. The athletes must wear their delegation's official uniform at Medal Ceremonies.

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. Where the Referee is not accessible or available, the protest should be made to him through the Technical Information Centre.
- An appeal to the Jury of Appeal must be made within **30 MINS**: (a) of the official announcement of the amended result of an event arising from the decision made by the Referee; or (b) of the advice being given to those making the protest, where there is no amendment of any 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

Competition Formats

High Jump *

Men	
Practice Height	1.80m, 2.10m & 2.30m

Start Height	1.80m
Competition heights	1.80m, 1.85m, 1.90m, 1.95m, 2.00m, 2.02m, 2.04m, + 2cm thereafter, have jump off
Women	
Practice Height	1.45m, 1.65m & 1.75m
Start Height	1.45m
Competition heights	1.45m, 1.50m, 1.55m, 1.60m, 1.63m, 1.65m, 1.67m, + 2cm thereafter, have jump off

Pole Vault *

Men	
Practice Height	4.20m, 4.80m & 5.20m
Start Height	4.20m
Competition heights	4.20m, 4.40m, 4.60m, 4.80m, 4.90m, 5.00m + 5cm thereafter, have jump off
Women	
Practice Height	2.50m, 3.10m & 3.50m
Start Height	2.50m
Competition heights	2.50m, 2.70m, 2.90m, 3.10m, 3.30m, 3.40m, 3.45m, + 5cm thereafter, have jump off

Shot Put, Discus & Javelin	
Competition formats	3 + 3 Trials
Long Jump & Triple Jump	
Board	Men: 13.00m Women: 11.00m
Competition formats	3 + 3 Trials

*Final arrangement will be confirmed at the Technical Meeting

Appendix A – Participating Events & Local Qualifying Entry

Men	Qualifying Mark	Women	Qualifying Mark
100m	11.10	100m	13.00
200m	23.00	200m	27.50
400m	52.50	400m	1:05.00
800m	2:04.00	800m	2:33.00
1500m	4:18.00	1500m	5:16.00
5000m	16:36.00	5000m	21:00.00
10000m	36:00.00	10000m	47:00.00
110m Hurdles	18.40	100m Hurdles	17.45
400m Hurdles	1:00.00	400m Hurdles	1:12.50
3000m Steeplechase (0.914m)	11:00.00	3000m Steeplechase (0.762m)	16:00.00
10000m Race Walk	1:08.00	10000m Race Walk	1:15.00
Pole Vault	4.40	Pole Vault	2.80
High Jump	1.90	High Jump	1.50
Long Jump	6.65	Long Jump	5.25
Triple Jump (13m)	13.30	Triple Jump (11m)	11.30
Shot Put	10.50	Shot Put	8.90
Discus	31.50	Discus	29.00
Hammer Throw		Hammer Throw	
Javelin	41.00	Javelin	30.00
4x100m		4x100m	
4x400m		4x400m	
4 x 400m Mixed			

***Reference from SA Rankings**

****Qualifying window starts from 1 Jan 2024 to 24 Mar 2025, the result must be attained from SAA sanctioned event and oversea sanctioned competition**