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## HAW PAR JUNIOR & YOUTH ATHLETICS MEET 2021

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**Date** : 20 March 2021 (Saturday)  
**Time** : 08:00am – 06:00pm  
**Venue** : Kallang Practice Track (Home of Athletics)  
52 Stadium Rd, Singapore 397724

**Categories** :

<b>U9</b>	<b>Junior</b>	7 to 8 years old by 31 December 2021
<b>U11</b>		9 to 10 years old by 31 December 2021
<b>U13</b>		11 to 12 years old by 31 December 2021
<b>U15</b>	<b>Youth</b>	13 to 14 years old by 31 December 2021
<b>U17</b>		15 to 16 years old by 31 December 2021
<b>U20</b>		17 to 19 years old by 31 December 2021

**Entry Fees** : **\$10 per athlete** (1 track and 1 field event)

**Eligibility** : All SPED schools, organisations, and MOE mainstream schools that have students with:

- Intellectual Impairment (II)
- Vision Impairment (VI)
- Physical Impairment (PI) & multiple disabilities
- Deaf (D)

**Registration** : All entries must be submitted **online** via the following URL:

<https://para-athletics.org.sg/junior-youth-meet2021/>

*Note: Online registration will be active from 25 January 2021. If the URL is not accessible, please come back again and retry.*

**Closing Date** : Registration must be submitted by **26 February 2021 at 12:00pm**. **Late submission will not be accepted**. Payments must also be made by this date.

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## PAYMENT MODE & INSTRUCTIONS

Upon successful submission of your entries via online registration, an official invoice will be emailed to the main contact person. It is important to use the invoice number as the payment reference and choose either the following for a seamless mode of payment:

### FOR INTER-BANK TRANSFER OR GIRO:

DBS BANK ACCOUNT NUMBER	<b>PARA ATHLETICS (SINGAPORE)</b>
DBS BANK ACCOUNT NAME	<b>066-904206-0</b>
PAYMENT REFERENCE	<b>INV**** (refer to invoice received)</b>
PAYMENT VERIFICATION	Please notify us once payment has been made along with providing the transaction reference and email it to <b><a href="mailto:finance@para-athletics.org.sg">finance@para-athletics.org.sg</a></b>

### FOR PAYNOW:

UEN	<b>T19SS0081D</b>
QR CODE	
PAYMENT REFERENCE	<b>INV**** (refer to invoice received)</b>
PAYMENT VERIFICATION	Please provide a screenshot of successful payment displaying the transaction reference and email it to <b><a href="mailto:finance@para-athletics.org.sg">finance@para-athletics.org.sg</a></b>

Note: For those having issues with the above payment mode, please use the following contact information.

## GENERAL ENQUIRIES

Should you have any queries or require further clarification on any matters or having issues with the online registration or payment, please contact **Mr. Faisal Suptu** at **+65 84246901** or email to **[tech\\_subcom@para-athletics.org.sg](mailto:tech_subcom@para-athletics.org.sg)**

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## EVENT OVERVIEW

Para Athletics (Singapore) will hold its inaugural **Junior & Youth Athletics Meet** on **20 March 2021** from **08:00am to 06:00pm**. This event will be supported by Haw Par and Singapore Disability Sports Council (SDSC). It was originally scheduled on 6 March 2020 but was cancelled due to the pandemic. Nevertheless, Para Athletics (Singapore) has gotten positive responses from SPED schools who had indicated their keenness to participate via email back in November 2020. In view of the Safe Measures Management (SMM), the format had to be changed and the number of events reduced.

This meet will be the main platform for SPED community to get students to be involved, as well as encourage continual participation in athletics. We, at Para Athletics (Singapore), believe that participation in sports; organised or unstructured, can aid in their development both physically and mentally. The events are modified version of actual distances or technical movements. They are also aimed to inspire the love for athletics. In modifying these events, considerations have been made with regards to age-appropriateness, physical capacities, and impairments.

### 1. OBJECTIVES

It is hoped that this Junior & Youth Meet can be the equivalent of the National Schools Games (NSG) Track & Field by MOE meant for mainstream schools in future. The meet strives to:

- a) foster a safe and conducive environment for developmental athletics in SPED community, and
- b) provide quality competition experience to our junior para-athletes in supporting their character development.

### 2. EVENT FORMAT & DETAILS

- a) Participants will **compete** in one of the **four** classifications:
  - i. Intellectual Impairment (**II**)
  - ii. Vision Impairment (**VI**)
  - iii. Physical Impairment and multiple disabilities (**PI**)
  - iv. Deaf (**D**)
- a) It is encouraged that each participant will compete in **2** events (**1 track and 1 field**).
- b) Each school can submit a maximum of **2 names per event / age group**. Below is the summary of events.

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## JUNIOR (BOYS & GIRLS)

Events	Intellectual Impairment & Deaf	Physical Impairment	Vision Impairment
30m Dash	U9	U9	U9
Medicine ball throw (2kg)			
50m Dash	U11	U11	U11
Medicine ball throw (2kg)		U11	
Run, Step, Jump	U11		U11
50m Dash	U13	U13	U13
Medicine ball throw (3kg)		U13	
Run, Step, Jump	U13		U13

## YOUTH (BOYS & GIRLS)

Events	Intellectual Impairment & Deaf	Physical Impairment	Vision Impairment
80m Dash	U15	U15	U15
Shotput (G-3kg, B-4kg)			
100m Dash	U17	U17	U17
Shotput (G-4kg, B-5kg)	U17	U17	U17
100m Dash	U20	U20	U20
Shotput (G-4kg, B-5kg)	U20	U20	U20

c) For the “Run, Step, Jump”, Medicine ball throw and Shotput, participants will be given **3** attempts. Only the best attempt will be measured.

d) There will be **no refund** for “no shows” or cancellation of events due to inclement weather. No refund also applies for **withdrawal after** the closing date.

### 3. REPORTING TIME

Participants will proceed to the holding area after they have done their check-in and temperature checks at the entrance. It is advised to be at the venue **20** minutes before the start of your first event. No announcement will be made.

### 4. MEDALS

All participants will be placed 1<sup>st</sup> to 4<sup>th</sup> for each event and will receive medals.

## 5. PROTEST & APPEAL

Any protest with regards to the results and the conduct of the event should be made verbally to the Referee and **ONLY** by the school representatives. It shall be made within **30** minutes after the release of the results. No protest fee will be imposed. Decision made by the Referee shall be final.

## 6. TENTATIVE EVENT SCHEDULE

TIME	CAT	GENDER	EVENT	CAT	GENDER	EVENT
0800	P.I.	U9 Girls	30m	P.I.	U13 Girls	Medicine Ball
0805		U9 Boys	30m		U13 Boys	Medicine Ball
0810	D	U9 Girls	30m	D	U13 Girls	Medicine Ball
0815		U9 Boys	30m		U13 Boys	Medicine Ball
0820	I.I.	U9 Girls	30m	I.I.	U13 Girls	Medicine Ball
0825		U9 Boys	30m		U13 Boys	Medicine Ball
0830	V.I	U9 Girls	30m	V.I	U13 Girls	Medicine Ball
0835		U9 Boys	30m		U13 Boys	Medicine Ball
<b>INTERLUDE</b>						
0850	P.I.	U11 Girls	50m	P.I.	U9 Girls	Medicine Ball
0855		U11 Boys	50m		U9 Boys	Medicine Ball
0900	D	U11 Girls	50m	D	U9 Girls	Run, Step, Jump
0905		U11 Boys	50m		U9 Boys	Run, Step, Jump
0910	I.I.	U11 Girls	50m	I.I.	U9 Girls	Run, Step, Jump
0915		U11 Boys	50m		U9 Boys	Run, Step, Jump
0920	V.I.	U11 Girls	50m	V.I	U9 Girls	Run, Step, Jump
0925		U11 Boys	50m		U9 Boys	Run, Step, Jump
<b>INTERLUDE</b>						
0945	P.I.	U13 Girls	50m	P.I.	U11 Girls	Medicine Ball
0950		U13 Boys	50m		U11 Boys	Medicine Ball
0955	D	U13 Girls	50m	D	U11 Girls	Run, Step, Jump
1000		U13 Boys	50m		U11 Boys	Run, Step, Jump
1005	I.I.	U13 Girls	50m	I.I.	U11 Girls	Run, Step, Jump
1010		U13 Boys	50m		U11 Boys	Run, Step, Jump
1015	V.I.	U13 Girls	50m	V.I.	U11 Girls	Run, Step, Jump
1020		U13 Boys	50m		U11 Boys	Run, Step, Jump
<b>END OF AM SESSION</b>						

TIME	CAT	GENDER	EVENT	CAT	GENDER	EVENT
1340	P.I.	U20 Girls	100m	P.I.	U17 Girls	Shotput
1345		U20 Boys	100m		U17 Boys	Shotput
1350	D	U20 Girls	100m	D	U17 Girls	Shotput
1355		U20 Boys	100m		U17 Boys	Shotput
1400	I.I.	U20 Girls	100m	I.I.	U17 Girls	Shotput
1405		U20 Boys	100m		U17 Boys	Shotput
1410	V.I	U20 Girls	100m	V.I	U17 Girls	Shotput
1415		U20 Boys	100m		U17 Boys	Shotput

INTERLUDE						
1435	P.I.	U15 Girls	80m	P.I.	U20 Girls	Shotput
1440		U15 Boys	80m		U20 Boys	Shotput
1445	D	U15 Girls	80m	D	U20 Girls	Shotput
1450		U15 Boys	80m		U20 Boys	Shotput
1455	I.I.	U15 Girls	80m	I.I.	U20 Girls	Shotput
1500		U15 Boys	80m		U20 Boys	Shotput
1505	V.I.	U15 Girls	80m	V.I.	U20 Girls	Shotput
1510		U15 Boys	80m		U20 Boys	Shotput
INTERLUDE						
1530	P.I.	U17 Girls	100m	P.I.	U15 Girls	Shotput
1535		U17 Boys	100m		U15 Boys	Shotput
1540	D	U17 Girls	100m	D	U15 Girls	Shotput
1545		U17 Boys	100m		U15 Boys	Shotput
1550	I.I.	U17 Girls	100m	I.I.	U15 Girls	Shotput
1555		U17 Boys	100m		U15 Boys	Shotput
1600	V.I.	U17 Girls	100m	V.I.	U15 Girls	Shotput
1615		U17 Boys	100m		U15 Boys	Shotput
END OF PM SESSION						

## 7. FINAL SCHEDULE

A mandatory technical meeting with all schools' representatives will be held on **12 March 2021** (time and place to be advised) on the final schedule, number of events, reporting time and to address any issues, queries or concerns along with the rules and regulations of the meet.

## 8. SAFE MANAGEMENT MEASURES (SMM)

We have appointed a Safety Management Officer (SMO) for the event to oversee the required standard operating procedure (SOP).

The following are our Safe Measures Management plan in line with Phase 3. We have considered all aspects pertaining necessary for para-athletes to return to activities. The key consideration is on '**cohorting**' participants according to age group into different time slots.

- i. Entry into the venue will be by **TraceTogether** token and mandatory **temperature screening**. The entrance will be the current one, however, we would like to request for the gate leading to the underpass (refer to layout plan below) to be opened from 0900h onwards as this will be our exit point. It will be manned by a **designated** staff and crew to coordinate dismissal.
- ii. **Separate time slots** to ensure that up to a **maximum of 50 pax per zone** at any one time. The venue is divided into **two** zones – field and track. Though participants are taking part in both, the time spent at each is no more than 30 minutes. Staff, officials, and crews are deployed either in the field OR at track i.e., no cross deployment. **Schools are also encouraged to leave the venue once all their events are completed.**



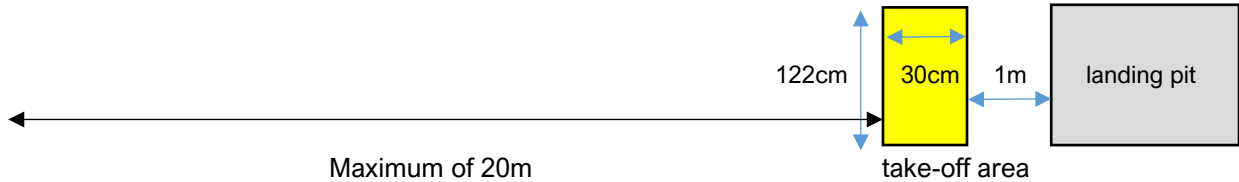
- i. **Wearing of mask** is a default for everyone. Participants may take off their masks only when competing.
- ii. Adhere to **2m** distance between each other as a default and wherever possible. Schools are also allocated holding area that is for a maximum of 8 people. Depending on their group size, they may be given more than one area. This will be their waiting area to and from events. **Designated crews** will assist participants in their movement from event to event.
- iii. Only **four (4)** lanes will be used – 1, 3, 5 and 7. A maximum of only **four (4)** runners per event per age-group category.
- iv. At the end of each time slot, equipment will be **disinfected** and **wiped down**. Hand sanitizers will also be made available at different locations around the venue.

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# EVENT MANUAL

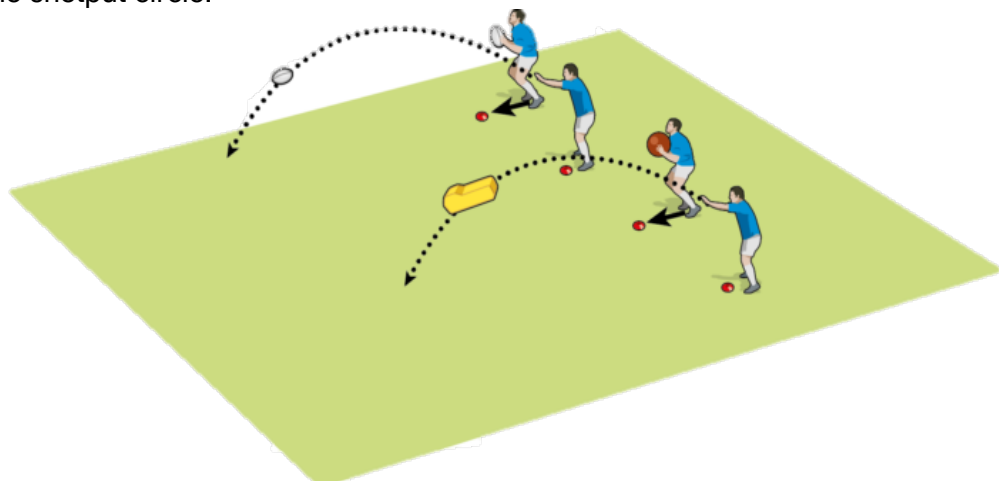
## RUN, STEP, JUMP

In the “Run, Step, Jump”, participant will start to run from maximum 20m from the take-off area. The take-off area measures 122cm x 30cm. One foot **must** step inside the take-off area before jumping into the landing pit. An attempt will **not be counted** if any part of the foot lies outside the take-off area. This event will be carried out at the long jump pit.



## MEDICINE BALL THROW

Participant will throw using both hands; an upward thrust chest pass with palms facing outwards. Upon the release of the ball, **no part of the feet (if standing) must step outside the circle**. This event will be carried out at the shotput circle.



EVENTS	U9		U11		U13		REMARKS
Gender	Boys	Girls	Boys	Girls	Boys	Girls	
Medicine ball throw	1kg	1kg	2kg	2kg	3kg	3kg	Best of 3 throws
EVENTS	U15		U17		U20		REMARKS
Gender	Boys	Girls	Boys	Girls	Boys	Girls	
Shotput	4kg	3kg	5kg	4kg	5kg	4kg	Best of 3 throws

## DASH

Starting blocks will **NOT** be used for the U9 to U13 events, but **MANDATORY** for U15 to U20. Participants in the Physical Impairment category are not affected by this rule. The command for the start is “On your marks... Set... (Gunshot)”



# SUMMARY OF EVENTS

## PHYSICAL IMPAIRMENT

JUNIOR	U9	30m		Medicine Ball Throw		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U11	50m		Medicine Ball Throw		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U13	50m		Medicine Ball Throw		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
YOUTH	U15	80m		Shotput		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U17	100m		Shotput		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U20	100m		Shotput		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
<b>Total events</b>						<b>24</b>
<b>Total medals</b>						<b>96</b>

## VISION IMPAIRMENT

JUNIOR	U9	30m		Medicine Ball Throw		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U11	50m		Run, Step Jump		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U13	50m		Run, Step, Jump		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
YOUTH	U15	80m		Shotput		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U17	100m		Shotput		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U20	100m		Shotput		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
<b>Total events</b>						<b>24</b>
<b>Total medals</b>						<b>96</b>

## INTELLECTUAL IMPAIRMENT

JUNIOR	U9	30m		Medicine Ball Throw		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U11	50m		Run, Step Jump		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U13	50m		Run, Step, Jump		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
YOUTH	U15	80m		Shotput		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U17	100m		Shotput		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U20	100m		Shotput		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
<b>Total events</b>						<b>24</b>
<b>Total medals</b>						<b>96</b>

## DEAF

JUNIOR	U9	30m		Medicine Ball Throw		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U11	50m		Run, Step Jump		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U13	50m		Run, Step, Jump		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
YOUTH	U15	80m		Shotput		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U17	100m		Shotput		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
	U20	100m		Shotput		No of events
		Boys	Girls	Boys	Girls	
		✓	✓	✓	✓	4
<b>Total events</b>						<b>24</b>
<b>Total medals</b>						<b>96</b>