

## EVENT INFORMATION

### 1 **INTRODUCTION**

The Singapore Disability Sports Council (SDSC) invites associations, schools, clubs and individuals to participate in the National Athletics Championships 2019.

#### 1.1 **Objectives**

- Creating opportunities for persons with disability to compete
- Recruiting potential newcomers to the national or development squads
- Nominating athletes to represent Singapore at major/international competitions

#### 1.2 **This Entry Package contains**

- Event Information
- Event Entry Form
- Registration for Classification Form
- Programme Schedule
- Protest Form (For use during event day only)

### 2 **GENERAL INFORMATION**

**2.1 Venue:** National Stadium (Track & Long Jump Events)  
Home of Athletics (Field Events)

**2.2 Event Date/Time:** **Saturday, 16 March 2019**  
**8.30am to 1.00pm (Track & Long Jump Events)**  
**3.30pm to 6.00pm (Field Events)**

**2.3 Categories:** Open Division, Men and Women

- At least 15 years old as of 31 December 2019.
- With either Physical Impairment, Visual Impairment, Intellectual Impairment (World Para Athletics / INAS II2), Hearing Impairment.

Please see **Annex B** for the Sport Classes.

**2.4 Eligibility:** Singaporeans or Permanent Residents (PR)

- Holds an NRIC or Singapore birth certificate
- Holds a valid local or international classification<sup>1</sup> status (Participants who do not have a valid classification status are required to attend local classification or submit relevant documents. See **Point 2.7.**)
- Possesses the ability and skills required to compete proficiently and safely.

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<sup>1</sup> Classification References:

PI, VI, II - <https://www.paralympic.org/athletics/classification>

International Participants

- Holds a passport with at least 6 months' validity
- Holds a valid World Para Athletics Classification or internationally-recognised HI classification status.

A copy of the athlete's classification document must be submitted with entries. No classification would be provided for international participants.

**2.5 Entry Fees:**

**\$10.00 per participant**

(Invoice will be issued upon registration, with payment instructions.)

**2.6 Registration Deadline:**

**18 February 2019 (Monday)**

Email completed forms to [lohnk@sdsc.org.sg](mailto:lohnk@sdsc.org.sg)

Payments must also be made by the registration deadline.

Late entries will not be accepted, and changes to entries will not be allowed after the registration deadline. The Organiser reserves the right to cancel entries if payments are not received by registration deadline.

**2.7 Classification**

Participants of the National Athletics Championships 2019 must be at least locally classified or appear on the IPC World Para Athletics Classification Master list with a New (N), Review (R) or Confirm (C) status.

**(A) Please email [lohnk@sdsc.org.sg](mailto:lohnk@sdsc.org.sg) to register for a local classification slot, using the Registration for Classification Form, if you belong to the following groups and do not have a valid classification status.**

**Registration for local classification closes on 1 February 2019.**

**Classification slot will be published on [www.sdsc.org.sg](http://www.sdsc.org.sg) by 8 February 2019.**

(i) Intellectual Impairment (T20 / F20 / I12) Classification

Dates: \*11 February 2019 to 13 February 2019

Time: \*10am to 6pm (Each person would take about 30min to complete the tests)

Venue: SportSG Athlete Service Centre. Counselling Room 3 Stadium Drive S397630.

## 47<sup>th</sup> National Athletics Championships 2019

National Stadium (Track & Long Jump Events)

Home of Athletics (Field Events)

### (ii) Physical Impairment Classification

Dates: \*11 February 2019

Time: \*10am to 3pm (Each person would take about 30min to complete the tests)

Venue: SportSG NSA Meeting Room 4. 3 Stadium Drive S397630.

Do note that actual time slots will be allocated by SDSC.

\*Subject to change

**(B) Please submit the following documents with your entry form, if you belong to the following groups and do not have a valid classification status.**

### (i) Visual Impairment Classification

A Doctor's Memo to certify:

- reduced or no vision caused by damage to the eye structure, optical nerves or optical pathways or visual cortex of the brain

Must have at least one of the following impairments:

- . Impairment of the eye structure;
- . Impairment of the optical nerve/optic pathways; or
- . Impairment of visual cortex.

-Visual acuity of less than or equal to LogMAR 1.0 or a visual

field restricted to less than 40 degrees in diameter

**Indicate your class (T11, T12 or T13) in your entry form.**

### (ii) Hearing Impairment Classification (Open Division)

A memo from Deaf Sports Association certifying eligibility

Contact: [info@dsa.org.sg](mailto:info@dsa.org.sg)

## 2.8 For enquiries:

Please contact Mr Loh via email to [lohnk@sdsc.org.sg](mailto:lohnk@sdsc.org.sg) or call +65 6342 3564.

### 3 Event Offered & Minimum Qualifying Standards (MQS)

The MQS is provided as a guide to standards expected of participants in this national-level competition.

<b>Track Events</b>				
<b>Event</b>	<b>Class (Physical Impairment)</b>	<b>Class (Intellectual Impairment)</b>	<b>Class (Visual Impairment)</b>	<b>Class (Hearing Impairment)</b>
100m Men	T33, T34, T35, T36, T37, T38, T45/46/47, T51, T52, T53 T54	II2	T11-13	T D
MQS	T33-34: 35.00sec T35-38: 17.20sec T45-47: 15.27sec T51-54: 30.45sec	II2: Nil	T11-13: 15.51sec	T D: 15.51sec
100m Women	T34, T35, T36, T37, T38, T51/52, T53, T54	II2	T11-13	T D
MQS	T34: 40.00sec T35-38: 21.75sec T51-54: 36.78sec	II2: Nil	T11-13: 17.78sec	T D: 17.78sec
200m Men	T33, T34, T35, T36, T37, T38, T51, T52, T53, T54	II2		T D
MQS	T33-34: 1min 00sec T35-38: 35.86sec T51-54: 57.77sec	II2: Nil		T D: 31.86sec
200m Women	T34, T35, T36, T37, T38, T51/52, T53, T54	II2	T11-13	T D
MQS	T34: 1min 30sec T35-38: 45.21sec T51-54: 1min 16.04sec	II2: Nil	T11-13: 38.08sec	T D: 38.08sec

400m Men	T36, T37, T38, T45/46/47, T53, T54	T20, II2	T11-13	T D
MQS	T36-38: 1min 17.73sec T45-47: 1min 11.16sec T53-54: 1min 14.40sec	T20: 1min 10.50sec  II2: Nil	T11-13: 1min 12.79sec	T D: 1min 12.79sec
400m Women	T37, T38, T47, T53, T54	T20, II2	T11-13	T D
MQS	T37-38: 1min 37.51sec T47: 1min 26.66sec T53-54: 1min 31.70sec	T20: 1min 29.23sec  II2: Nil	T11-13: 1min 26.35sec	T D: 1min 26.35sec
800m Men	T33/34, T51/52, T53, T54	T20, II2		T D
MQS	T33-34: 3min 05.04sec T51-52: 4min 29.82sec T53-54: 2min 30.13sec	T20: 2min 34.02sec  II2: Nil		T D: 2min 41.65sec
800m Women	T34, T53, T54	T20, II2		T D
MQS	T34: 3min 26.80sec T53-54: 3min 08.52sec	T20: 3min 35.31sec  II2: Nil		T D: 3min 52.78sec
1500m Men	T37, 38, T46, T53/54	T20, II2	T11-13	T D
MQS	T37-38: 5min 41.51sec T46: 5min 21.61sec	T20: 5min 25.62sec  II2: Nil	T11-13: 5min 39.43sec	T D: 5min 39.43sec
1500 Women	T53/54	T20, II2	T11-13	T D

MQS	T53-54: 5min 57.83sec	T20: 6min 31.02sec  II2: Nil	T11-13: 6min 56.04sec	T D: 6min 56.04sec
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**Field (Throws) & Long Jump Events**

Event	Class (Physical Impairment)	Class (Intellectual Impairment)	Class (Visual Impairment)	Class (Hearing Impairment)
Long Jump Men		T20, II2	T11-13	T D
MQS		T20: 3.75m II2: Nil	T11-13: 3.42m	T D: 3.42m
Long Jump Women		T20, II2	T11-13	T D
MQS		T20: 3.00m II2: Nil	T11-13: 2.60m	T D: 2.60m
Shot Put Men	F32 (2kg) F34 (4kg) F35-38 (5kg) F40-41 (4kg) F52-57 (4kg)	F20 (7.26kg) II2 (4kg)	F11-13 (7.26kg)	F D (7.26kg)
MQS	F32: 2.64m F34: 3.15m F35-38: 5.03m F40-41: 3.84m F52-57: 2.21m	F20: 5.60m II2: Nil	F11-13: 4.24m	F D: 4.24m
Shot Put Women	F52-57 (3kg)	F20 (4kg) II2: 3kg	F11-13 (4kg)	F D (4kg)
MQS	F52-57: 1.23m	F20: 3.55m II2: Nil	F11-13: 3.05m	F D: 3.05m
Javelin Men	F31-34 (600g) F35-38 (600g) F40-41 (600g) F52-57 (600g)		F11-13 (800g)	F D (800g)

MQS	F31-34: 4.08m F35-38: 8.42m F40-41: 7.11m F52-57: 3.05m		F11-13: 10.05m	F D: 10.05m
Javelin Women	F52-57 (600g)		F11-13 (600g)	F D (600g)
MQS	F52-57: 2.16m		F11-13: 2.45m	F D: 2.45m
Club Throw Men	F32			
MQS	F32: 4.23m			

**Notes:**

1. If your classification/event is not stated in the table, please inform SDSC. Implementing a new/additional classification/event will be subjected to approval and up to SDSC's discretion.

2. The MQS is adapted from the IPC World Para Athletics 2017 Point System.

#### **4. Event Regulations**

##### **1. Organiser**

SDSC, as the championship organiser, shall have jurisdiction over all matters.

##### **2. General Information**

2.1 Minimum age for all competitors is **15 years (born in the year of 2004)**.

2.2 The Championship shall be run under the latest IAAF RULES, except, where appropriate, international technical INAS, IWAS, CP-ISRA, IBSA, Deaflympics and IPC rules shall apply.

2.3 The Organiser reserves the right to combine events dependent on the number of entries.

2.4 Please refer to Events and MQS for the complete series of events offered.

2.5 The Schedule shall be prepared after the close of entries, based strictly on the number of events and competitors. It shall be available \*3 days before the Championships and will be emailed to the appointed representative.

\*Subject to changes

##### **3. Rules Governing Entries**

3.1 Only events stated in the official Event Information will be offered.

3.2 Each participant is allowed to participate in a maximum of **3 individual events** and can represent one organisation only.

3.3 The closing date for all entries shall be on **18 February 2019**.

3.4 All entries must be submitted via the email address provided.

3.5 SDSC reserves the authority to combine classes depending on entries and/or cancel an event due to low entries.

##### **4. Procedure on Reporting to the Competitors' Stewards**

4.1 Appointed representatives are responsible for marshalling the competitors to the competitors' stewards / Call Area.

4.2 Competitors must report immediately to the competitors' steward or Call Area without delay once their events are due to be called.



- 4.3 Competitors of each event will be called to report to Call Room before their scheduled event commence. All liaison officers and appointed representatives may refer to the event notice board for the event that is being called.
- 4.4 Competitors who do not report after **3** repeated calls for an event would be excluded from the event and shall be indicated as **DNS** (did not start). Competitors who report after the next event is called will not be allowed to compete unless they are involved in another event or in prize giving when the event is announced.
- 4.5 Appointed representatives must inform the competitor steward if their athletes are involved in another event or prize giving when their names are called.

## **5. The Start**

- 5.1 No competitor shall report directly to the starter.
- 5.2 Footwear will be subjected to clearance before competition.

## **6. The False Start**

- 6.1 See Annex A, False Start.

## **7. Competition Arena**

- 7.1 Only competitors who are scheduled for a particular event shall be allowed to enter the competition arena.
- 7.2 Only officials on duty shall be allowed to remain in the arena.

## **8. Results of the meet**

- 8.1 The final competition results shall be time-based. Hence, there shall be no heats for all track events.
- 8.2 There shall be six throws/jumps for field events.

## **9. Prizes**

- 9.1 Prizes will be awarded to the first three placings.
- 9.2 In the event of a tie for second placing, no prizes will be awarded for the third placing.
- 9.3 In the event of a tie for the third placing, prizes will be awarded for all winners.

- 9.4 Prizes for each completed event will be presented soon upon completion of the last event for the day. All medallists are requested to report to the Victory Ceremony holding area immediately after being advised by officers-in-charge or victory ceremony officials. If competitors are unable to report to the victory ceremony officials, a representative shall collect the prize on behalf of the competitor.

## **10. Protest**

- 10.1 Any technical protest or objection by a competitor or team against the conduct, eligibility or placing of another competitor or team, shall be made to the SDSC within thirty [30] minutes following the conclusion of the respective event together with a deposit of **one hundred Singapore dollars [\$100.00]**. Only the appointed representative shall lodge the protest. A Jury Panel, Sport Technical Official of SDSC and Singapore Athletics (SA) Technical Adviser shall resolve such protests, and its decision shall be final.

**ANNEX A**

**IAAF COMPETITION RULES 2018-2019**  
**FALSE START**

- Rule 162.7 An athlete, after assuming a full and final starting position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter (including under Rule 129.6), he does so any earlier, it shall be a false start. Note (i): Any motion by an athlete that does not include or result in the athlete's foot / feet losing contact with the foot plate(s) of the starting blocks, or the athlete's hand / hands losing contact with the ground, shall not be considered to be the commencement of his start. Such instances may, if applicable, be subject to a disciplinary warning or disqualification. However, if the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of his start, it shall be a false start. Note (ii): As athletes starting races in a standing position are more prone to over-balance, if such a movement is considered to be accidental, the start should be regarded as "unsteady". If an athlete is pushed or jostled over the line before the start, he should not be penalised. Any athlete causing such interference may be subject to a disciplinary warning or disqualification.
- Rule 200.8(c) In the Track Events, 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.

**ANNEX B**
**Classification**

<b>Description</b>	<b>Class</b>
Hearing Impairment	T/F D
Visual Impairment	T/F 11 - 13
Intellectual Impairment	T/F 20 (includes Athletes with Mosaic Down Syndrome)
	II2 (Other types of Down Syndrome)
<b>Physical Impairment</b>	
• Cerebral Palsy (Sitting)	T/F 31 - 34
• Cerebral Palsy (Standing)	T/F 35 - 38
• Short Stature	F40 - 41
• Lower Limb Deficiencies	T/F 42 - 44
• Limb Deficiencies / Arm Amputations	T/F 45 – F46/T47
• Lower Limb Deficiencies / Leg Amputations	T/F 61 - 64
• Wheelchair Racing	T51 - 54
• Seated	F51 - 57

**Classes are based on World Para Athletics 2017 & 2018 Classification, and INAS II2 Description.**

The sport class consists of a prefix "T" for Track & Long Jump and "F" for Field events.

**For the details of classes**

PI, VI, II - <https://www.paralympic.org/athletics/classification>

II2 - <https://inas.org/about-us/athlete-eligibility/about-eligible-groups>

II2 is limited to athletes with Down Syndrome, as defined by WHO. Based upon this definition, the criteria for athletes with Down Syndrome is:

1. A formal diagnosis of Down syndrome, and;
2. A statement that the athlete is clear of symptomatic Atlantoaxial Instability (AAI) – a common orthopaedic, problem that affects the cervical spine. Strenuous exercise can result in a degeneration of function and pain.

Note: Athletes with Mosaic Down Syndrome will compete in the T20/F20 category.