



Founded 1947

# AKIRA

## Updated on 25 Feb 2018

### EVENT INFORMATION / RULES AND REGULATION

#### AKIRA/SWIFT GOH TECK PHUAN MEMORIAL

#### AGE GROUP CROSS COUNTRY CHAMPIONSHIPS 2018

Our Annual Akira/Swift Goh Teck Phuan Memorial Age Group Country Championships,

**Date /Time Saturday 03 March 2018** at 1400hrs

**Venue :Bedok Reservoir Park (Park Vista/ Water Venture)**

#### FLAG OFF TIME AKIRA SWIFT AA CROSS COUNTRY 2018

Division	Number Range	Tag Color	Distance	Flag Off Start Number/Flag-off time
Boys U11	1101 to 1150 / 1181-1183	L.GREEN	1 Km	Start No:1/14:00
Girls U11	1151 to 1175	L.GREEN	1 Km	Start No:2/ 14:10
Boys U12	1201 to 1245	Light Red	1 Km	Start No:3/14:20
Girls U12	1251 to 1282	L. Red	1 Km	Start No:4/14:30
Boys U9	0901 to 916	WHITE	500m	Start No:5/14:40
Girls U9	0951 to 956	WHITE	500m	Start No:6/14:45
Boys U10	1001 to 1035	L.ORANGE	500m	Start No:7/14:50
Girls U10	1051 to 1075	L. ORANGE	500m	Start No:8/14:55
Boys U8	0801 to 0816	L. Blue	300m	Start No:9/15:00
Girls U8	0851 to 0864	L. Blue	300m	Start No:10/15:00
Boys U14	4001 to 4100 /961 TO 990	L.YELLOW AND WHITE	3.7Km	Start No:11/15:00
Girls U14	4501 to 4575	L.YELLOW	3.7Km	Start No: 12/15:15
Girls U17	7501 to 7583	L. CYAN	3.7Km	Start No:13/15:30
Boys U17	7001 to 7100/241-300/1288	L. CYAN / L.RED	4.5Km	Start No:14/15:45
Men Open	0101 to 0149	WHITE	4.5Km	Start No:15/16:00
Women Open	0201 to 0233	L. Red	4.5Km	Start No:16/16:10

**Prizes: Individual**

**-1st -6th Positions (U14/U17/MEN /WOMEN)**

**1<sup>st</sup>-10<sup>th</sup> Positions ( U8 TO U12)**

**: Team**

**-1st – 3rd Teams (U14/U17/ MEN/WOMEN Open Categories)**

**Lucky Draw : AKIRA electronic products like Cookers, Oven, Fans, DVD Players will be given away**

**Number Tag Collection: Primary School at 1pm / Open & Secondary at 2pm**

**Reporting Time at Start : 1 hour before start of event**

**Prize Giving: Primary at 4pm and Secondary and Open Category at 5.30pm**

## **RULES AND REGULATIONS**

Entry forms/Wiver form to be email to: [swifta1947@gmail.com](mailto:swifta1947@gmail.com); Files [to be saved as School/Club/Indivial name](#)

### **1. AGE GROUPS**

The Championships shall be run in the following categories:

#### **AGE LIMIT AS OF 31 DEC 2018**

Age Category (Boys/Girls) Distance –Individual –Distance

U11/ U12 Boys & Girls - 1km

#### **Kids Dash-Individual**

Boys& Girls U10 **500m Dash**

Boys& Girls U 9 **500m Dash**

Boys & Girls U8 **300M Dash**

#### **TEAM/ INDIVIDUAL/Distance**

U-14 BOYS AND GIRLS 3.7km

U-17 GIRLS 3.7km

U-17 Boys 4.5km

Men/ Women Open 4.5km

### **2. ENTRIES**

2.1. Each school/club shall be allowed to submit as many teams as they want. Each team shall comprise of 6 members to run with **best 4** to count for team placing. Each team must have minimum 4 runners.

### **3. INDIVIDUAL AND TEAM CHAMPIONSHIPS**

3.1. The first 6 individuals (All categories) and the first 3 teams (excluding Primary Schools) in each category shall receive prizes. There shall be 4 prizes per team.

### **4. SCORING**

4.1. The first runner to finish shall score 1 point, the second runner shall score 2 points, and the third runner shall score 3 points and so on. At the conclusion of the race, the **first 4** runners from a school having the lowest aggregate shall be declared the first winning team. The team's four runners, with the next lowest aggregate shall be declared the second winning team and so on.

4.2. In the event that a team has less than 4 finishers, the team will not be awarded any position.

4.3. In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer the first place.

### **5. COMPETITON**

5.1. Competitors must adhere strictly to the designated route and direction of run.

5.2. The distance for the competition is stated above.

### **6. ATTIRE**

6.1. **Suitable footwear without spikes is compulsory.** No competitor shall be permitted to run barefooted.

### **7. COMPETITOR'S TAGS AND NUMBERS**

7.1. Only the Official number and/or electronic tags or chips issued by the Organising Committee shall be used and it is the responsibility of the competitors and the teacher's in-charge to ensure that these are securely worn throughout the competition.

7.2. Competitors who start and/or finish the race without the official number and/or electronic tags or chips attached as instructed will be disqualified.

7.3. Schools/clubs must undertake to return, if required, all the electronic tags or chips issued to them at the designated Collection Centre before they leave the competition site after the event.

7.4. A charge will be levied on the school for each unreturned or for any replacement electronic tag or chip.

**7.5. All participants are NOT to walk/run thru or around the start/finish (I Gantry) Zone, as the BIB/No tag may cause an electronic reading which will affect the accuracy of the results. Competitors may pass through the I-Gantry only at the start and end of their respective race to ensure accurate results.**

### **8. REGISTRATION/NO TAG ISSUE**

8.2. Number tags will be issued on the competition day at the Bedok Reservoir Park from 1pm.

## 9. REPORTING TIME AND AREA

9.1. All teams must report to the registration table and collect their number tags and again at the start line upon announcement to do so at least 15 min before the scheduled start of the race for final checking of runners/bibs etc.

9.2. Once the team has been cleared by the marshals, they are to remain in the marshalling area until starting time.

9.3. Any runner who does not present himself/herself at the start shall be deemed to have withdrawn from the race.

9.4 **NO Pacing is allowed throughout the race, the Team will be disqualified if anyone pace the athlete during the race**

## 10. RESULTS AND PROTEST

10.1. Provisional results will be announced and posted at an indicated location.

10.2. Results will be finalised **20 minutes** after the posting.

10.3. Any protest to the result must be made, **within this 20 minute period** to the Meet Manager.

10.4. The Protest Committee shall comprise of the Meet Manager and Referee.

**11. INCLEMENT WEATHER** 11.1. In the event of inclement weather, and in the interest of safety, the Referee / Meet Manager will decide if the event will continue or be cancelled. This decision shall be final.

Payment is due to our Association incase of cancellation of event due to inclement weather

## 12. REFRESHMENT

12.1. It is the responsibility of the participating schools to ensure that their runners are well hydrated before and after the race

12.2. Runners should be encouraged to drink about 400 to 500 ml of fluids 30 minutes before the start of the competition.

## 13. SAFETY

13.1. Each team must be accompanied by a teacher or coach who shall remain with the team or be at the designated areas throughout the competition.

13.2. Championship Officials reserve the right to stop competitors momentarily or from competing further should they detect signs of danger, heat stroke, heat exhaustion or indications that the competitor is physically unable to continue with the competition.

## 14. OTHER MATTERS

14.1. The Organising Committee shall deal with all matters not provided for under these rules and its decision shall be final.

### NOTE

There will be no refund of entry fees for any withdrawal/no-show after the closing date

Entries must reach us BEFORE the stipulated closing date

All late entries WILL NOT be entertained

## ORGANISING COMMITTEE

SWIFT ATHLETES ASSOCIATION

WWW.SWIFTAA.ORG

EMAIL ID:swiftaa1947@gmail.com

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