

AKIRA SWIFT TAN SOO LIAT MEMORIAL
AGE GROUP ROAD RELAY CHAMPIONSHIPS 2018
RULES AND REGULATIONS

1. AGE GROUPS AGE LIMIT AS OF 31 DEC 2018

The Championships shall be run in the following categories :

<u>Age Category</u>	<u>Distance</u>	<u>Race Time</u>
Boys & Girls U11	4x1km	1400hrs
Boys & Girls U12	4x1km	1400hrs
Boys& Girls U10	4x500m	1430hrs
Boys& Girls U 9	4x500m	1430hrs
Boys U-14	4x3.7km	1530hrs
Girls U-14	4x3.7km	1530hrs
Girls U-17	4x3.7km	1545hrs
Boys U-17	4x3.7km	1545hrs
Men Open No Age Limit	4x 3.7km	1600hrs
Women Open No Age Limit	4x3.7km	1600hrs

2. ENTRIES

2.1. Each school/club shall be allowed to submit as many teams as they want.

Each team must comprise of 4 members to run.

** Members of each team must be from the SAME school/college/institution/club

** All athletes have to familiarise themselves with their own race route map which will be posted on the Swift website 2 weeks before the competition if there are any changes.

** Route and distance may vary due to weather conditions during competition day

** All athletes must run in their own age category

** Event shall be cancelled if there are less than 3 teams per category and they will be included in the next age group E.g. U10 will be included in U11 age group

3. ASSISTANCE

3.1. No competitor is allowed to receive assistance from any person, other than Officials, during the progress of the races.

4. COMPETITON

4.1. Competitors must adhere strictly to the designated route and direction of run.
Refer to Route Map 1km/500m/3.7km.

4.2. The distance for the **Under 14/17 and Open Category** is 3.7 km and the **U11-12** - Primary schools age category will run 1km.

U9-10 - The 4 runners x 500m dash will start at the loop. Please see attached map

5. ATTIRE

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

6. COMPETITOR'S TAGS AND NUMBERS

6.1. Only the Official number issued by the Organising Committee shall be used and it is the responsibility of the competitors and the teacher in-charge to ensure that these are securely worn throughout the competition.

6.2. Competitors who start and/or finish the race **without** the official number will be disqualified.

7. REGISTRATION

7.1. Number tags will be issued on the competition day at the Bedok Reservoir Park on Saturday **10 February 2018** from **1230hrs for Primary and 1300hrs for Secondary / Open Category.**

8. REPORTING TIME AND AREA

8.1. All team 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 mins before the scheduled start of the race.

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

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

9. RESULTS AND PROTEST

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

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

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

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

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

10. INCLEMENT WEATHER

10.1. In the event of inclement weather, and in the interest of safety, the Referee / Meet Manager will make a decision whether to continue or cancel the event. His/her decision shall be final. **Payment is due to our Association incase of cancellation of event due to inclement weather**

11. REFRESHMENT

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

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

12. SAFETY

- 12.1. 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.
- 12.2. 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.

13. OTHER MATTERS

- 13.1. 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/cancellation due to inclement weather condition after the closing date

Entries must reach us BEFORE the stipulated closing date

All late entries WILL NOT be entertained

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