

RULES GOVERNING ENTRIES 2019

- 1) The age limit for the following Divisions are as follows:
 - a) D-Div (Primary 4) Boys and Girls under 11 as of 31 Dec 2019
(Born in 2009)
 - b) C-Div (Primary 5) Boys and Girls under 12 as of 31 Dec 2019
(Born in 2008)
 - c) B-Div (Primary 6) Boys and Girls under 13 as of 31 Dec 2019
(Born in 2007)
- 2) Each school may enter ONLY ONE TEAM for each relay race.
- 3) All runners in the team for each relay race must be from the same age group as stipulated in Rule 1.
- 4) Closing date of entries is **Wednesday, 30 Jan 2019**. All entries are to be submitted by email to jonathan@rjcat.com and please put me in the loop.
- 5) All events will be run as time finals. Prizes will be awarded to the 4 highest placed finishers after the ranking.
- 6) Each competitor shall be allowed to enter a **maximum of 2 individual events**. (excluding the relay event)
- 7) Each school shall be allowed to enter a maximum of **TWO COMPETITORS** per event.
- 8) The colour of number tags for each division are :
 - a) B Division – Red
 - b) C Division – Green
 - c) D Division – Blue
- 9) Replacement of number tags will be charged at \$3.00 per set.
- 10) A registration fee of \$10 per competitor is required to participate in this meet. Cash / Cheque should be made payable to “RJCAT Consultancy”.
- 11) Payment MUST be made at least one week prior to the start of the competition. Failure to comply will result in non-participation.
- 12) The Baseline Safety Standard Form must be submitted when collecting the number tags.
- 13) For the Long Jump and Shot Putt events, one (01) practice attempt will be given to all competitors. Two (02) attempts will be given during the preliminary rounds to determine the top 12 qualifiers. The top 12 finalists will then be given another three (03) attempts. All 5 attempts will count towards determining the overall winners.
- 14) For Long jump the take-off board will be a 60cm zone for all categories.
- 15) For High Jump, P4 competitors will compete using the ‘**scissors**’ technique only. They must land in the mat on their feet. All other techniques are **NOT** allowed.



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IMPLEMENTS

SPECIFICATION FOR SHOT PUT:

Boys	
B Division	3.00 Kg
C Division	2.00 Kg
D Division	2.00 Kg

Girls	
B Division	3.00 kg
C Division	2.00 kg
D Division	2.00 kg

SPECIFICATION FOR HURDLES:

Boys	Hurdles	Distance	Height	Start to 1st Hurdle	Distance Between Hurdles	Last Hurdle to Finish
B Division	6	60m	60.0cm	13m	7.5m	9.5m
C Division	6	60m	60.0cm	12m	6.5m	15.5m
D Division	5	50m	50.0cm	12m	6.0m	14m

Girls	Hurdles	Distance	Height	Start to 1st Hurdle	Distance Between Hurdles	Last Hurdle to Finish
B Division	6	60m	60.0cm	12m	7.0m	13m
C Division	6	50m	60.0cm	12m	6.5m	15.5m
D Division	5	50m	50.0cm	12m	6.0m	14m



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Events to be contested

Event	D Boys	D Girls	C Boys	C Girls	B Boys	B Girls
50m	X	X				
60m			X	X	X	X
50m Hurdles	X	X				
60m Hurdles			X	X	X	X
Long Jump	X	X	X	X	X	X
High Jump	X	X	X	X	X	X
Shot Put	X	X	X	X	X	X
8 x50m Relay	X	X	X	X	X	X
TOTAL	5	5	6	6	6	6