

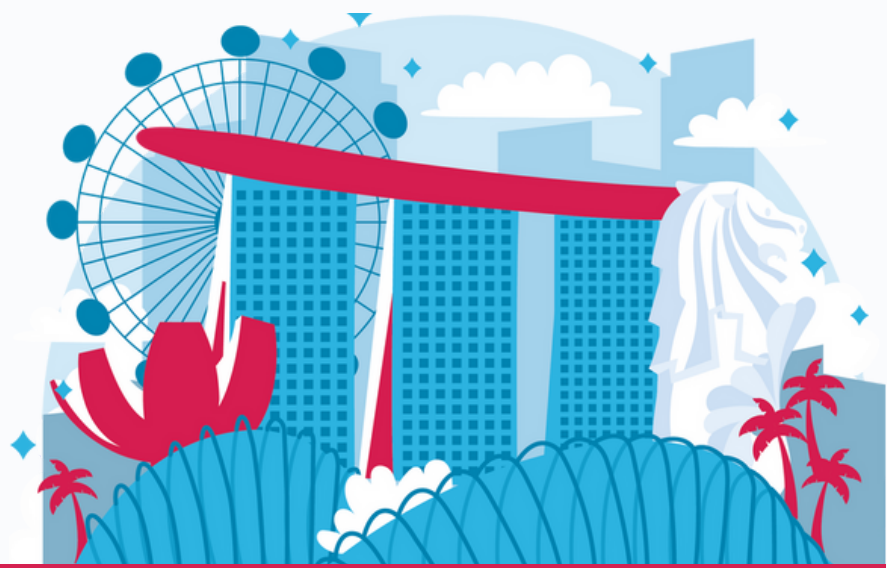


**DULWICH
OLYMPIAD**
SINGAPORE 2024

PROGRAMME

SPORTS





Message from our Director

We are so proud to be hosting the Dulwich Olympiad in Singapore this year. It is a unique opportunity for our **Sports** students across the world to come together and compete with and against each other over one week.

This year, the students will be participating in five sports across three age groups for girls and boys: **badminton, athletics, basketball, swimming** and **football**. There will be competitive festivals, open meets, canon relays and galas to look forward to.

For students from our High Schools in Suzhou and Zhuhai, the Dehong Schools, the Colleges in China, Korea and Singapore, as well as Dulwich College and James Allen's Girls' School, the opportunity to all compete together – sharing in the common euphoria that playing sport brings – will be unlike anything else they have experienced. It will create memories that will last a lifetime.

Sports at this year's Olympiad will provide an opportunity for students to challenge themselves and their peers to reach their personal bests, as well as make new connections and positive memories in a friendly, competitive environment focused on our core values of being Determined, Courageous, Skilful and Gracious.



KEVIN SHAW
DIRECTOR OF SPORTS

“
We are excited to welcome our visitors and hope to see students enjoying the sporting opportunities that are available to them throughout the week. A sporting week like no other for us all to enjoy!
”



FOLLOWING THE SPORT ACTION

Instagram: Follow us on our DCSG Sport Instagram @DCSG_sport for live updates and daily roundups!

This will also be a source for results and photos throughout the week.



Livestream: Never miss a beat – catch all the action on our livestream by clicking the Live button below or scanning the QR code:





WEEK OVERVIEW

Time	8am to 12pm	1pm to 4.30pm	6pm to 7.45pm
MONDAY	Arrival & Opening Ceremony	Swimming Gala Touch & Dodgeball	U19 Basketball U13 Badminton U15 Football
TUESDAY	U19 Basketball U13 Badminton U15 Football	U13 Basketball U15 Badminton U19 Football	U13 Basketball U15 Badminton U19 Football
WEDNESDAY	U13 Football U15 Basketball U19 Badminton	Return to hotels / classes	Excursion to MBS for visiting schools
THURSDAY	Athletics at Kallang Stadium		
FRIDAY	Finals U13 Football U15 Basketball U19 Basketball	Festival Sports & Closing Ceremony	Student Barbecue and Disco



DAILY SCHEDULE - DAY 1 (MONDAY)

Time	Event	Notes
9am to 11am	Opening Ceremony	All students
1pm to 4.30pm	Swimming Gala	Swimming students
	Touch & Dodgeball	All other Sports students, team-building opportunity
6pm to 7.45pm	U19 Basketball U13 Badminton U15 Football	Start of Competitive Teams



DAILY SCHEDULE - DAY 2 (TUESDAY)

Time	Event	Notes
8am to 12pm	U19 Basketball U13 Badminton U15 Football	Completion of this round of team sports. Basketball finals will be played on Friday morning
1 pm to 4pm	U13 Basketball U15 Badminton U19 Football	Round 2 of Competitive Sports
5pm to 7.45pm		



DAILY SCHEDULE - DAY 3 (WEDNESDAY)

Time	Event	Notes
8am to 12pm	U13 Football U15 Basketball U19 Badminton	Round 3 of Competitive Sports
1pm	Return to hotels	
4.30pm	Pick up from hotels and taken to MBS	Visit MBS and onto Gardens by the Bay for supper and a Gardens by the Bay light show
8.10pm	Collection from Gardens by the bay and return to hotels	Back to hotels by 8.30-9pm



DAILY SCHEDULE - DAY 4 (THURSDAY)

Time	Event	Notes
6.45am	Hotel pickup to Kallang Athletics Track	
7.15am	Arrive at Kallang Athletics Track for warm up	
8am	First Athletics Event start (1500m track)	
3pm	Athletics meet ends	Weather permitting, latest finishing time is 5pm
4pm	Back in hotel by evening time	



DAILY SCHEDULE - DAY 5 (FRIDAY)

Time	Event	Notes
8am to 12pm	Finals U13 Football U15 Basketball U19 Basketball	
1pm to 3pm	Festival Sports U15 Rugby Netball	Please let Sports Team know if you have any players keen to be involved in these festival sports.
3pm	Closing ceremony	All involved



ATHLETICS

Key Information

The Athletics events will take place at Kallang Stadium, “The Home of Athletics”.

Taxi drop off - Home of Athletics (formerly Kallang Practice Track) 10 Stadium Boulevard, SG 397804



Drop-off point

Spectator Areas

There will be a designated shaded area by the 100m stretch and around outside of the track. Adult toilets are in the tennis centre next to the track.

Results

Overall results will be shared at the end of the event. Medalists will be awarded following their events and updates will be shared via posts on the DCSG Sport Instagram.

Livestream

There will be a livestream of the track events and coverage of some field events. All livestream links can be found [here](#).



ATHLETICS

Schedule

Event lists with student names will be shared directly with coaches for safeguarding reasons.

TRACK					FIELD				
Time	Event	Age	Gender	Final/Heats	Time	Event	Age	Gender	Final
8-8.45am	1500m	U13	Boys	Final	8-8.45am	Shot	U13	Boys	Final
		U13	Girls	Final		Long Jump	U15	Girls	Final
		U15	Boys	Final		Discus	U15	Boys	Final
		U15	Girls	Final		High Jump	O15	Girls	Final
		O15	Boys	Final		Javelin	O15	Boys	Final
		O15	Girls	Final		Triple Jump	U13	Girls	Final
8.45-9.30am	100m	U13	Boys	Heats	8.45-9.30am	Shot	U13	Girls	Final
		U13	Girls	Heats		Long Jump	U13	Boys	Final
		U15	Boys	Heats		Discus	U15	Girls	Final
		U15	Girls	Heats		High Jump	U15	Boys	Final
		O15	Boys	Heats		Javelin	O15	Girls	Final
		O15	Girls	Heats		Triple Jump	O15	Boys	Final
9.30-10.15am	300m	U13	Boys	Heats	9.30-10.15am	Shot	O15	Boys	Final
		U13	Girls	Heats		Long Jump	U13	Girls	Final
		U15	Boys	Heats		Discus	U13	Boys	Final
		U15	Girls	Heats		High Jump	U15	Girls	Final
	400m	O15	Boys	Heats		Javelin	U15	Boys	Final
		O15	Girls	Heats		Triple Jump	O15	Girls	Final
10.15-11am	800m	U13	Boys	Heats	10.15-11am	Shot	O15	Girls	Final
		U13	Girls	Heats		Long Jump	O15	Boys	Final
		U15	Boys	Heats		Discus	U13	Girls	Final
		U15	Girls	Heats		High Jump	U13	Boys	Final
		O15	Boys	Heats		Javelin	U15	Girls	Final
		O15	Girls	Heats		Triple Jump	U15	Boys	Final
11-11.45am	200m	U13	Boys	Final	11-11.45am	Shot	U15	Boys	Final
		U13	Girls	Final		Long Jump	O15	Girls	Final
		U15	Boys	Final		Discus	O15	Boys	Final
		U15	Girls	Final		High Jump	U13	Girls	Final
		O15	Boys	Final		Javelin	U13	Boys	Final
		O15	Girls	Final		Triple Jump	U15	Girls	Final
LUNCH					LUNCH				
12.30-1pm	100m	U13	Boys	Final	12.30-1.15pm	Shot	U15	Girls	Final
		U13	Girls	Final		Long Jump	U15	Boys	Final
		U15	Boys	Final		Discus	O15	Girls	Final
		U15	Girls	Final		High Jump	O15	Boys	Final
		O15	Boys	Final		Javelin	U13	Girls	Final
		O15	Girls	Final		Triple Jump	U13	Boys	Final
1-1.30pm	300m	U13	Boys	Final					
		U13	Girls	Final					
		U15	Boys	Final					
		U15	Girls	Final					
	400m	O15	Boys	Final					
		O15	Girls	Final					
1.30-2pm	200m	U13	Boys	Final					
		U13	Girls	Final					
		U15	Boys	Final					
		U15	Girls	Final					
		O15	Boys	Final					
		O15	Girls	Final					
2-3pm	4 x 100m	U13	Boys	Final					
		U13	Girls	Final					
		U15	Boys	Final					
		U15	Girls	Final					
		O15	Boys	Final					
		O15	Girls	Final					
		U13	Mixed	Final					
		U15	Mixed	Final					
		O15	Mixed	Final					



BADMINTON

The Badminton tournaments will take place in our DCSG Basement Gym. Spectators will be able to support from the Bleachers.

Results will be shared on the courtside monitor and via posts on the DCSG Sport Instagram. Fixture schedules have been shared directly with coaches for safeguarding reasons.

Live Stream

Court 2 will be livestreamed. All livestream links can be found [here](#).

Competition Format

The first half of the tournament consists of a randomized Round Robin (RR) competition.

The second half of the tournament (called the Tiered Finals) will also be a RR format, against players who finished in the same position from the other courts upon completion of the RR stage.

Players will remain on the same court throughout the entire RR, & then again throughout the tiered finals.

All badminton played will be Doubles Format, usually playing with, and against different players from different schools.

Scoring

Matches will be **one set** played up to:

U13: 15 points
Sudden death at 14-14

U15: 21 points
Sudden death at 20-20

O15 Boys: 21 points
O15 Girls: 15 points*

Scoring differences vary by age group/gender due to the number of matches to be played & court availability.

*Extended to 21 in Finals, if time permits

A doubles pair will both receive one point for winning a match.



BADMINTON

Scoring

At the end of the RR Group Stage, players will be ranked within their RR based on their number of wins. In the event that players have the same number of wins, the player with the greater points difference will be ranked higher (points earned minus points lost).

Each player will enter into one of four RR Finals (tiers 1 – 4) where they will compete against similar achieving players from the other three groups. e.g The top 25% of players from each RR group will enter the Tier 1 Final.

A Gold, Silver & Bronze winner will be declared for each of the Tiered Finals

All 4 players due to compete next on a court are responsible for scoring the current game using the courtside flip scoreboard.

Be ready for your match

In the event a player is absent, the player in need of a partner may select any team mate to replace their absent doubles partner from within their Round Robin.

New shuttlecocks will be handed out to courts periodically. If a court believe their shuttlecock to be flying inappropriately due to damage, they must swap their old with a new at the control desk.

Warm-up: Each court may have three rallies before they must begin their match.

To decide which pair serves first, a player must place the shuttle cock on top of the net & let it fall to the ground. Whichever team the shuttlecock points towards when stationary may choose to serve or receive.

All other official badminton doubles rules apply.

The winning pair are responsible for writing the match score onto the scoresheet which is to remain next to the net post of their court at all times.

All 4 players that are next to play on a court must sit courtside at their court. All other players must be seated in the bleachers.



BADMINTON

BASEMENT GYM

SCORING TABLE

COURT 6

COURT 5

COURT 4

COURT 3

COURT 2

COURT 1

EXIT

EXIT

To Field

EXIT

EXIT

SPECTATOR AREA



BASKETBALL

All schedules and results can be found on the Olympiad Microsite for Basketball, [here](#).

Live Stream

Court 2 will be livestreamed. All livestream links can be found [here](#).

Format			
U13	Boys	2 x pools	Rank order straight Finals A v B
	Girls	1 x pool	Rank order cross over Semi and Finals
U15	Boys	2 x pools	Semi Finals A v B; Cup and Plate place games
	Girls	1 x pool	Rank order Finals
O15	Boys	1 x pool	Rank order Finals
	Girls	1 x pool	Rank order Finals



BASKETBALL

Rules

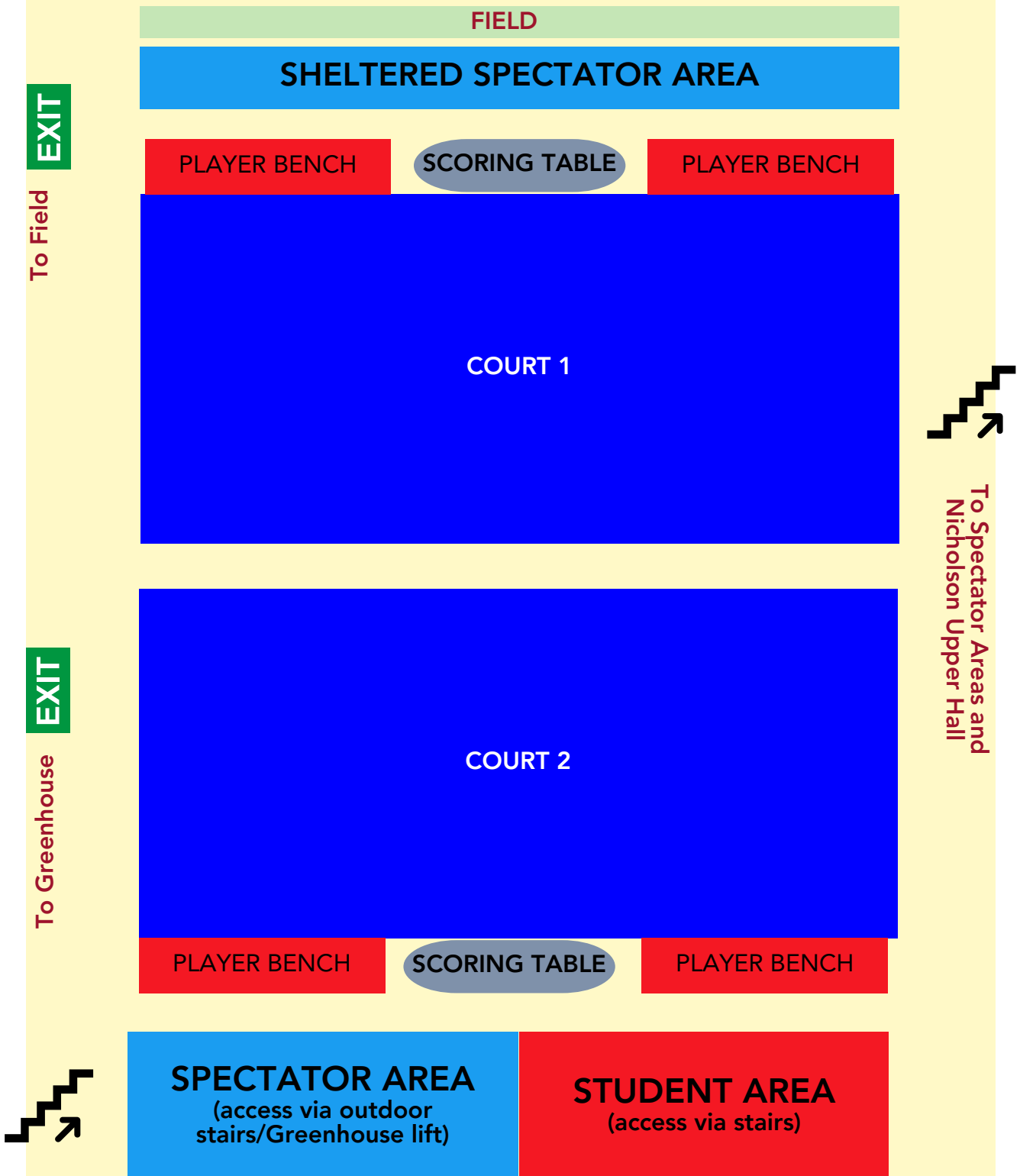
General FIBA Rules will apply.

	U13	U15	O15
Basketball Size	Size 6	Boys Size 7 Girls Size 6	Boys Size 7 Girls Size 6
Duration	2 x 8 min halves 1 min break	4 x 8 min quarters 1 min break	4 x 8 min quarters 1 min breaks
Stoppages	During: <ul style="list-style-type: none"> • Time out • Free throw 	During: <ul style="list-style-type: none"> • Time out • Free throw 	During: <ul style="list-style-type: none"> • Time out • Free throw
Timing	Running clock	Running clock	Running clock
Timeouts	1 per half 30 seconds	1 per quarter 2 in final quarter 30 seconds	1 per quarter 2 in final quarter 30 seconds
Defence	Man to man half court	Man to man half court	No restrictions
Inbound Pass	No full court pressure	No full court pressure	No full court pressure
Overtime	Draw acceptable	3 minutes	3 minutes
Mercy Rule	20 points	30 points	40 points
Tournament Tie Break	Head to head competition result Highest points scored amongst tied teams Lowest points against amongst tied teams Once tie break has been resolved, further ties will be resolved in same format and sequence beginning with head to head result		



BASKETBALL

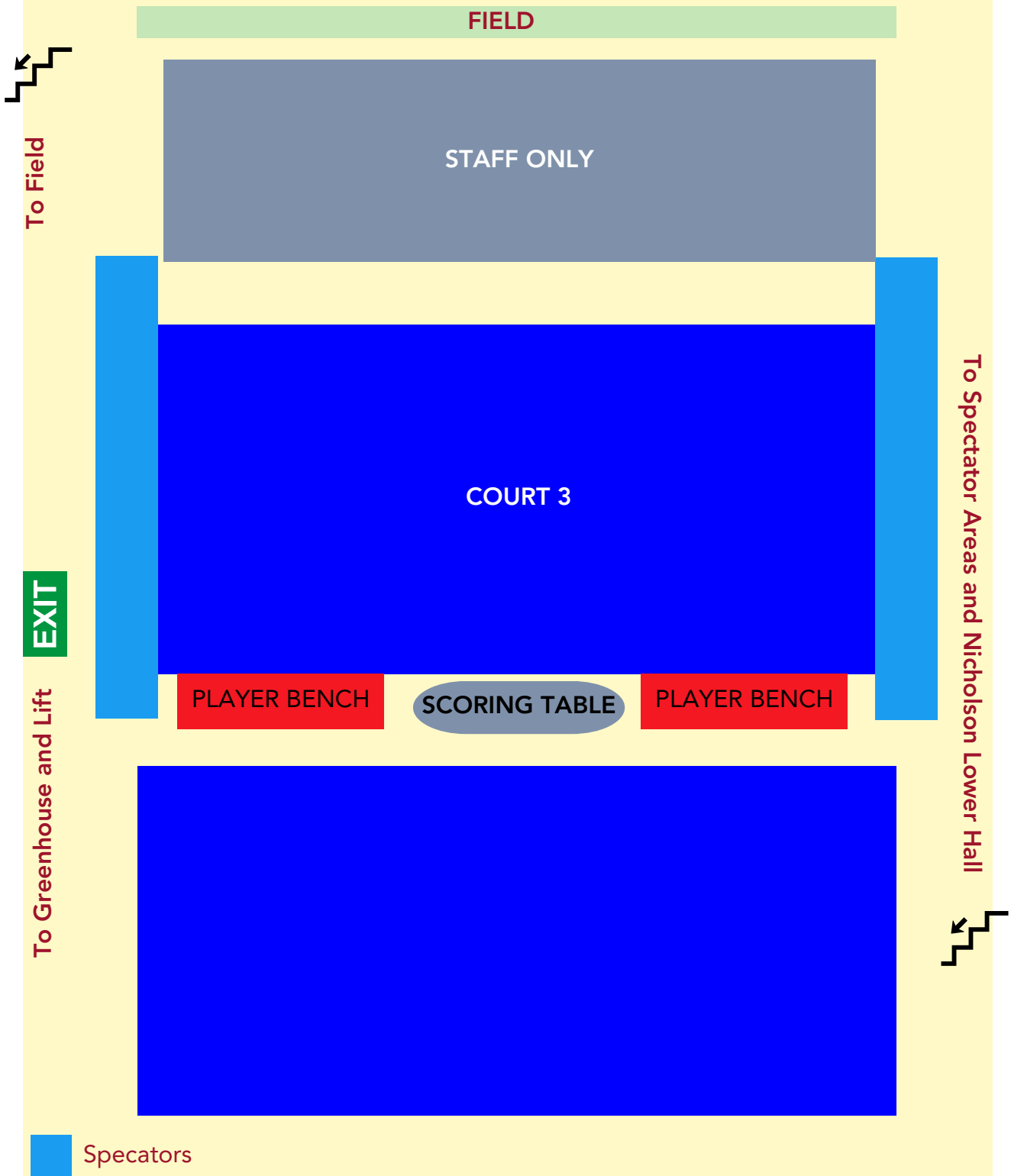
NICHOLSON SPORTS HALL





BASKETBALL

NICHOLSON SPORTS HALL - UPPER





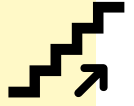
BASKETBALL

BASEMENT GYM

PLAYER BENCH

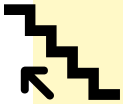
SCORING TABLE

PLAYER BENCH



EXIT

COURT 2



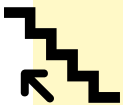
EXIT

PLAYER BENCH

SCORING TABLE

PLAYER BENCH

To Field



EXIT

COURT 1



EXIT

SPECTATOR AREA



FOOTBALL

The Football tournaments will take place on our DCSG 4G Astro-pitch. Spectators will be able to support from shaded areas on either end of the field, the Parent Village, and the Boulevard.

All schedules and results can be found on the Olympiad Microsite for Football, [here](#).

Live Stream

Pitch 1 will be livestreamed.

All livestream links can be found [here](#).

Format

U13 Size 4	Boys	2 x pools	20 minutes, one-way	Group Stage followed by Knockout
	Girls	1 x pool		
U15 Size 5	Boys	2 x pools	15 minutes, one-way	
	Girls	1 x pool		
U19 Size 5	Boys	1 x pool	20 minutes, one-way	
	Girls	1 x pool		



FOOTBALL

Rules

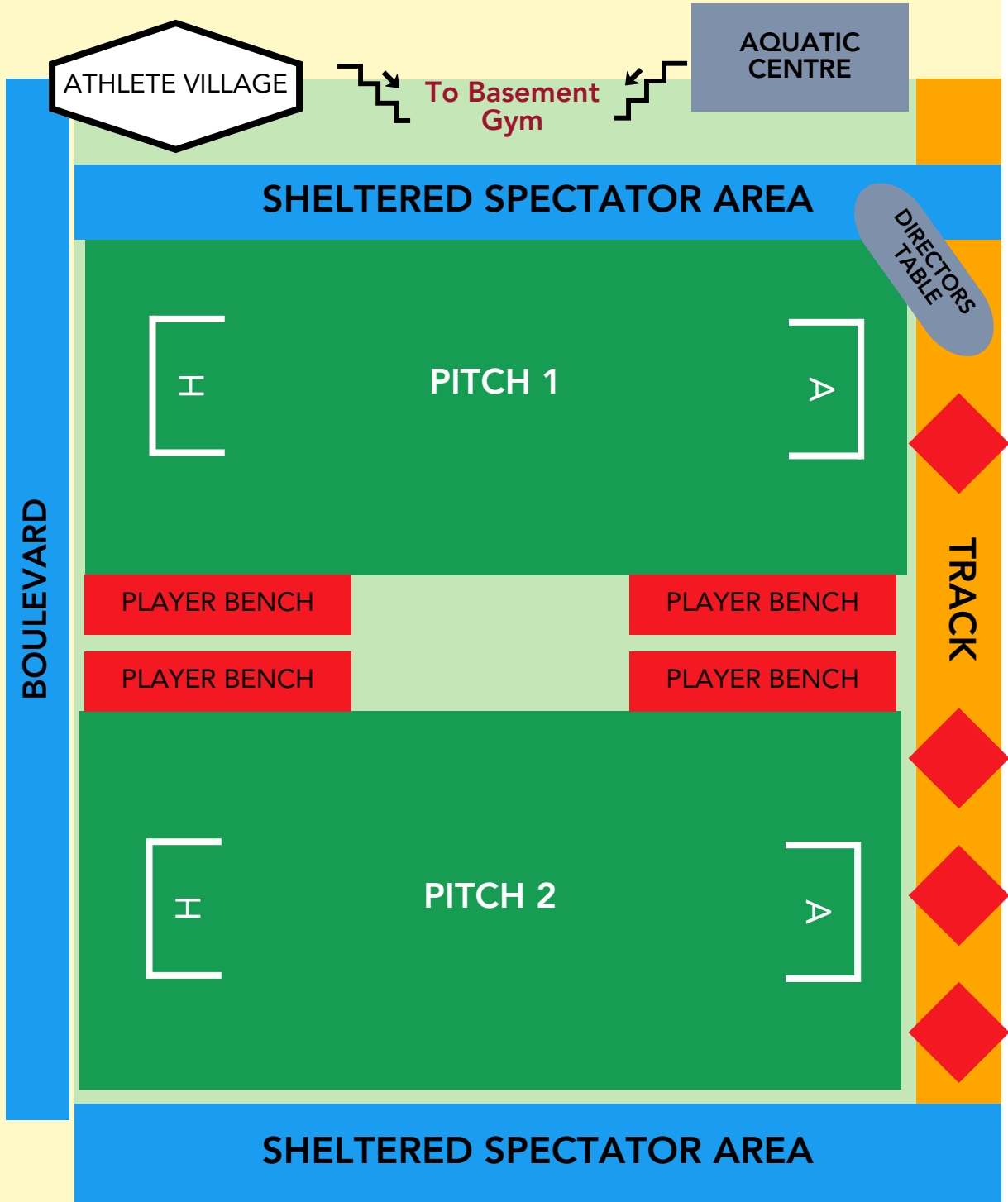
1. The tournament will be played to FIFA laws (with no offside) unless stated otherwise.

Substitutions	<ul style="list-style-type: none"> Rolling substitutions, no limit on substitutions.
Start of Play	<ul style="list-style-type: none"> Captains play 'rock, paper, scissors' to decide kick off. <ul style="list-style-type: none"> The first named Team must start at the HOME end. The second named Team must start at the AWAY end.
Ball Out of Play	<ul style="list-style-type: none"> Freekicks are direct. All opponents must be at least 5 meters away from the ball.
Scoring	<ul style="list-style-type: none"> Points will be allocated according to win, draw or loss. <ul style="list-style-type: none"> 3 points for win, 1 point for a draw, 0 points for a loss In the case of a points tie in the pool, the order will be decided by: <ol style="list-style-type: none"> Head-to-head result Goal difference Goals for Penalties
Knockout Rounds	<ul style="list-style-type: none"> In the case of a draw at the end of full time in a knockout match, the match will be decided by a penalty shootout. <ol style="list-style-type: none"> The best of three penalties will be taken If after three penalties there is a draw, sudden death will apply Only the seven players that finished the match can take a penalty. Substitutions are not permitted.
Suspension	<ul style="list-style-type: none"> Red cards will result in a one match suspension. Two yellow cards in consecutive games will result in a one match suspension.



FOOTBALL

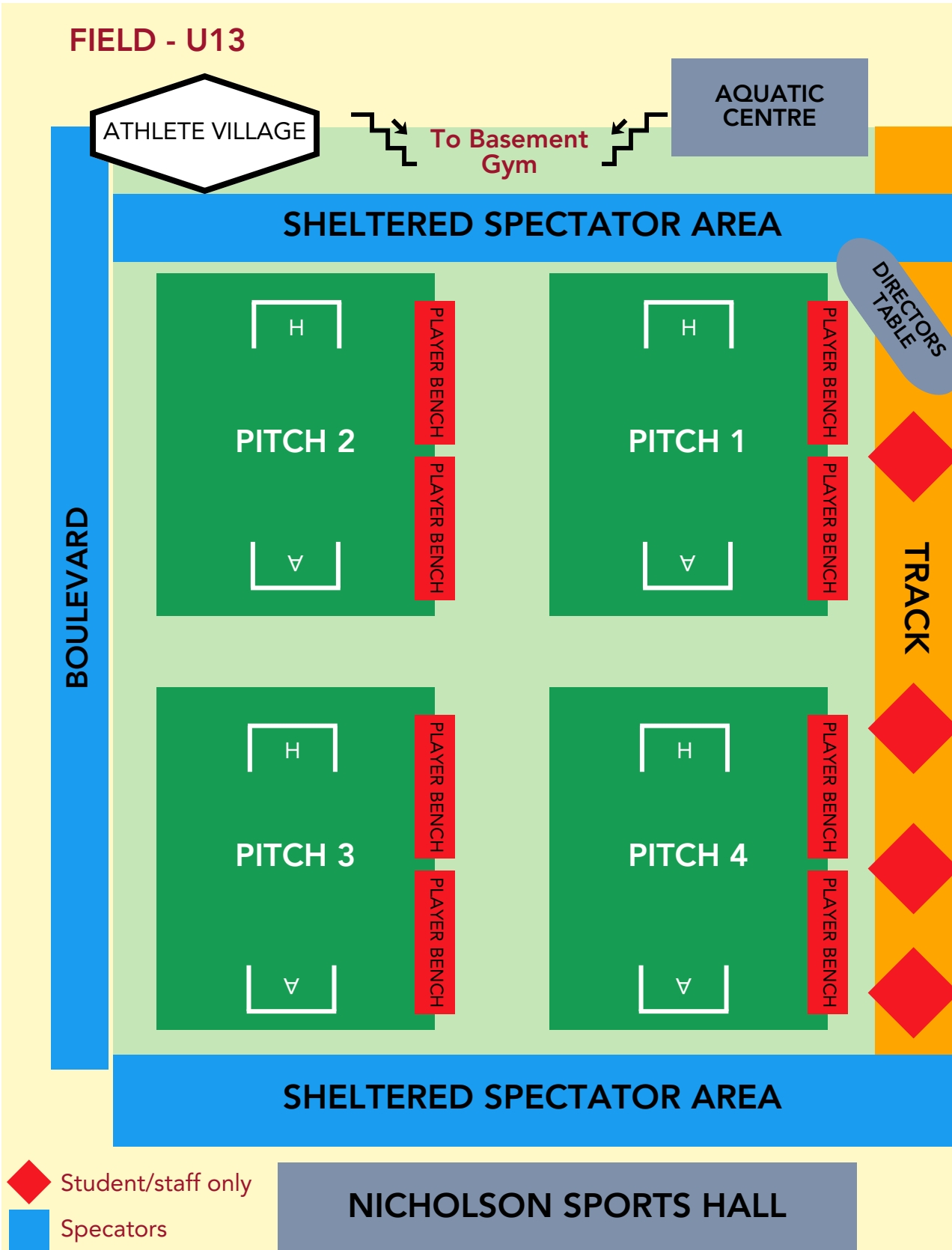
FIELD - U19 & U15



- ◆ Student/staff only
- Specators



FOOTBALL





SWIMMING

Spectator Areas

Aquatic Centre bleachers

Livestream

There will be a livestream of the swimming events. All livestream links can be found [here](#).

Order of Events

Event Name	Event #	Event Name
1 Mixed 13 & Under 200 Medley Relay	31	Boys 13 & Under 200 Freestyle Relay
2 Mixed 15 & Under 200 Medley Relay	32	Boys 15 & Under 200 Freestyle Relay
3 Mixed 19 & Under 200 Medley Relay	33	Boys 19 & Under 200 Freestyle Relay
4 Girls 13 & Under 50 Freestyle	34	Girls 19 & Under 100 IM
5 Girls 15 & Under 50 Freestyle	35	Boys 19 & Under 100 IM
6 Girls 19 & Under 50 Freestyle	36	Boys 13 & Under 100 Freestyle
7 Boys 13 & Under 50 Freestyle	37	Boys 15 & Under 100 Freestyle
8 Boys 15 & Under 50 Freestyle	38	Boys 19 & Under 100 Freestyle
9 Boys 19 & Under 50 Freestyle	39	Girls 13 & Under 100 Freestyle
10 Girls 13 & Under 50 Backstroke	40	Girls 15 & Under 100 Freestyle
11 Girls 15 & Under 50 Backstroke	41	Girls 19 & Under 100 Freestyle
12 Girls 19 & Under 50 Backstroke	42	Boys 13 & Under 100 Backstroke
13 Boys 13 & Under 50 Backstroke	43	Boys 15 & Under 100 Backstroke
14 Boys 15 & Under 50 Backstroke	44	Boys 19 & Under 100 Backstroke
15 Boys 19 & Under 50 Backstroke	45	Girls 13 & Under 100 Backstroke
16 Girls 13 & Under 50 Breaststroke	46	Girls 15 & Under 100 Backstroke
17 Girls 15 & Under 50 Breaststroke	47	Girls 19 & Under 100 Backstroke
18 Girls 19 & Under 50 Breaststroke	48	Boys 13 & Under 100 Breaststroke
19 Boys 13 & Under 50 Breaststroke	49	Boys 15 & Under 100 Breaststroke
20 Boys 15 & Under 50 Breaststroke	50	Boys 19 & Under 100 Breaststroke
21 Boys 19 & Under 50 Breaststroke	51	Girls 13 & Under 100 Breaststroke
22 Girls 13 & Under 50 Butterfly	52	Girls 15 & Under 100 Breaststroke
23 Girls 15 & Under 50 Butterfly	53	Girls 19 & Under 100 Breaststroke
24 Girls 19 & Under 50 Butterfly	54	Boys 13 & Under 100 Butterfly
25 Boys 13 & Under 50 Butterfly	55	Boys 15 & Under 100 Butterfly
26 Boys 15 & Under 50 Butterfly	56	Boys 19 & Under 100 Butterfly
27 Boys 19 & Under 50 Butterfly	57	Girls 13 & Under 100 Butterfly
28 Girls 13 & Under 200 Freestyle Relay	58	Girls 15 & Under 100 Butterfly
29 Girls 15 & Under 200 Freestyle Relay	59	Girls 19 & Under 100 Butterfly
30 Girls 19 & Under 200 Freestyle Relay	60	Mixed 400 Freestyle Relay Canon Relay (8x50)

Event lists with student names will be shared directly with coaches for safeguarding reasons.



SWIMMING

Warm-Ups

12-12:15

Dulwich College Beijing

Dulwich College Shanghai Pudong

Dehong Xi'an

Dehong Beijing

Dehong Shanghai International Chinese School

12:15-12:30

Dulwich College London

Dulwich College Seoul

Dulwich College Shanghai Puxi

Dulwich International High School Zhuhai

James Allen's Girls' School

12:30-12:45

Dulwich College Singapore

Dulwich College Suzhou

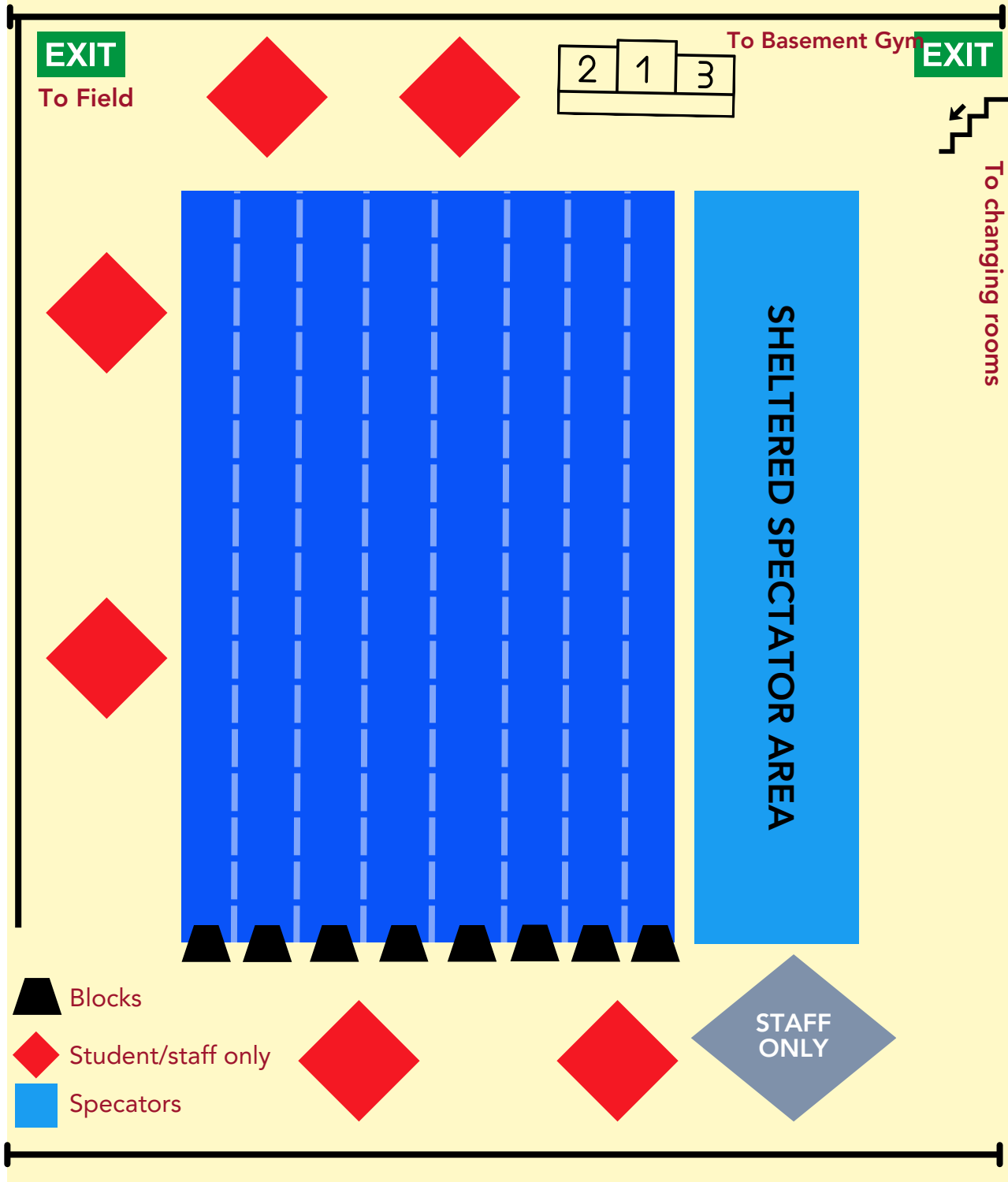
Dulwich High School Suzhou

Lane 8 is strictly for dive starts only during warm-ups.



SWIMMING

AQUATIC CENTRE





Dealing with Singapore weather

Stay hydrated: Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid sugary drinks as they can dehydrate you.



Dress appropriately: Wear light-coloured, loose-fitting clothing that allows air to circulate around your body. Avoid dark colors as they absorb more heat.

Take breaks in the shade: Take frequent breaks in shaded areas or indoors to cool down. If you are outside, look for places with shade, such as trees or canopies.



Avoid the sun during peak hours: Try to stay indoors or in shaded areas during the hottest parts of the day, usually between 11am and 3pm.

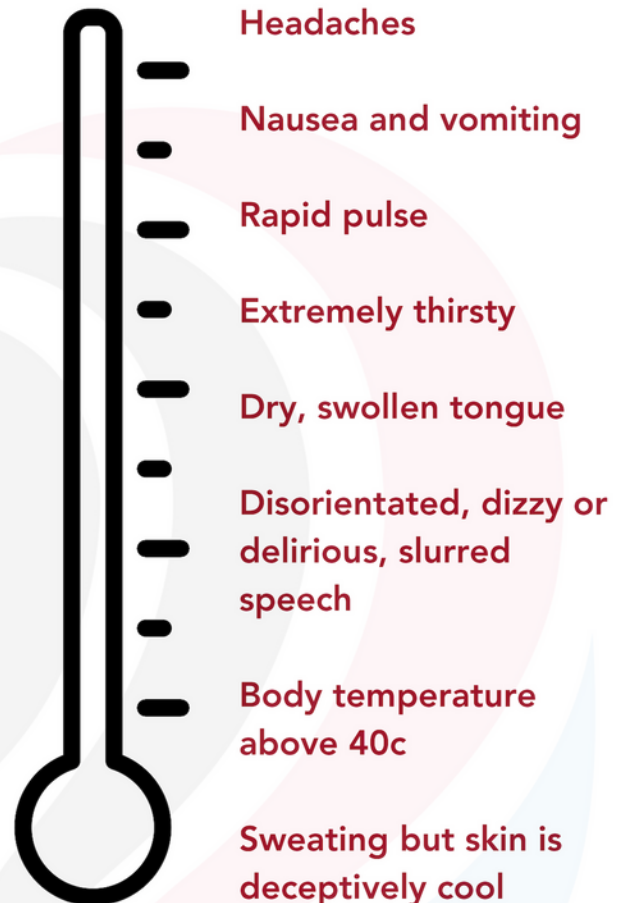
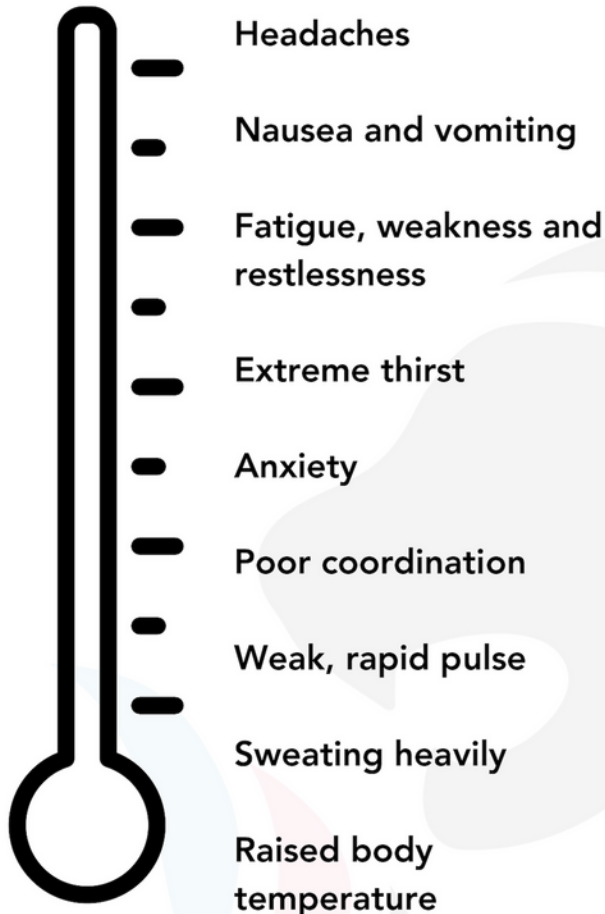
Use sunscreen: Apply sunscreen with at least SPF 50 to protect your skin from the harmful effects of the sun. Reapply at regular intervals.





Know the Signs

Heat Exhaustion vs Heat Stroke



WHAT TO DO

- Lie down in shade or air conditioning
- Drink water
- Cold compress or tea towel
- Cool shower or bath




WHAT TO DO

- **Call 995 immediately for ambulance**
- Reduce temperature until ambulance arrives



Health Facilities and Services

HOSPITAL EMERGENCY SERVICES

Alexandra Hospital	+65 6379 3162 (A&E) +65 6379 3840 (Admission Enquiries)
Changi General Hospital	+65 6788 8833 (24-hr General Enquiries) +65 6222 2322 (A&E)
 Parkway East Hospital (formerly East Shore Hospital)	+65 6340 8666 (A&E) +65 6340 8688 (24-hr Information)
Gleneagles Hospital	+65 6470 5688 (24-hr A&E Department)
Institute of Mental Health	+65 6389 2222
KK Women's And Children's Hospital	+65 6293 4044 (24-hr General Line) +65 6394 1199 (Women's 24-hr Clinic) +65 6394 1177 (Children's A&E)
Mount Alvernia Hospital	+65 6347 6210
 Mount Elizabeth Hospital, Orchard	+65 6731 2218 +65 6731 2219 (A&E) +65 6473 2222 (Ambulance Services)
National University Hospital	+65 6779 5555 (24-hr General Line) +65 6772 5000
Raffles Hospital	+65 6311 1111 (24-hr General Line) +65 6311 1555 (A&E)
 Singapore General Hospital	+65 6321 4103 +65 6321 4311 (A&E)
Tan Tock Seng Hospital	+65 6256 6011 (24-hr General Information) +65 6357 8866 / 8766
Thomson Medical Centre	+65 6350 8812 (24-hr Clinic)
Gleneagles (near Orchard Road)	+65 6473 7222



DULWICH OLYMPIAD

SINGAPORE 2024

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