

MEDIA FACTSHEET
URBAN SPORTS AND FITNESS FESTIVAL 2024 EVENTS AND ACTIVITIES

Event / Activity	Background	Notes
Ngee Ann City		
<p>Event: PSA-02</p> <p>Type of Event: Bouldering Competition and Masterclasses</p> <p>Date: 24 - 25 August</p>	<p>Organised by Project Send, PSA-02 is a flagship anniversary event where overseas climbing athletes, coaches and route setters gather in Singapore for a unique boulder and wellness festival, attracting local and international climbers and fitness enthusiasts.</p> <p>Details on PSA-02 here.</p> <ul style="list-style-type: none"> ● Bouldering Competition Ngee Ann City <ul style="list-style-type: none"> ○ 24 - 25 August, 10am - 9.30pm <p>24 Aug <u>Meet and Greet with Athlete</u></p> <ul style="list-style-type: none"> ● 10.30am - 1pm: Yuji Hirayama <ul style="list-style-type: none"> ○ International Godfather of Sport Climbing ○ The North Face Global Athlete ○ First climber in the world to onsight a 5.14b route ○ Won multiple IFSC World Cups ○ Owns multiple Base Camp Climbing Gyms around Japan. ● 10.30am - 1pm: Futaba Ito <ul style="list-style-type: none"> ○ Japan Team National Climber ○ Youth Boulder World Cup Champion ○ 2-Time Asian Championship Champion ○ 2024 Paris Olympics Qualifier ● 5pm - 8pm: Kim Jain <ul style="list-style-type: none"> ○ Korean Team National Climber ○ 30-Time Lead World Cup Champion ○ 12-Time Asian Championship Champion ○ 2-Time World Championship Champion ○ Bouldering World Cup Champion ○ 2024 Paris Olympics Qualifier 	<p>Guest-of-Honour: Mr Edwin Tong, Minister for Culture, Community and Youth and Second Minister for Law</p> <ul style="list-style-type: none"> ● 24 August, 10.45am - 11.30am ● Minister Edwin Tong will be present at PSA-02 and Operation Broken Wing

<p>Event: Operation Broken Wing</p> <p>Type of Event: Charity Fitness Event</p> <p>Date: 24 - 25 August</p>	<p>Operation Broken Wing is a fitness charity movement and event dedicated to raising funds for at-risk youth in Singapore and the region. This platform allows fitness enthusiasts of all ages to give back to society by raising awareness of the challenges faced by at-risk youth and providing solutions to support them.</p> <p>Operation Broken Wing also serves as an engaging platform for at-risk youth, offering them a meaningful goal to work towards. This capstone event helps redirect their focus and energy both before and after the event.</p> <p>Details on Operation Broken Wing here.</p> <p>24 Aug</p> <p><u>Participant categories</u></p> <ul style="list-style-type: none"> • 11am to 1pm : Elderly participants • 1.30pm to 2.30pm : Youth participants • 3pm : Participants in wheelchairs 	<p>Guest-of-Honour: Mr Edwin Tong, Minister for Culture, Community and Youth and Second Minister for Law</p> <ul style="list-style-type: none"> • 24 August, 10.45am - 11.30am • Minister Edwin Tong will be present at PSA-02 and Operation Broken Wing
<p>SkatePark @ Lakeside Garden (Jurong Lake Gardens)</p>		
<p>Event: Lakeside BMX Jam</p> <p>Type of Event: BMX Competition</p> <p>Date: 24 - 25 August</p>	<p>As the inaugural edition, the Lakeside BMX Jam is a BMX Freestyle competition featuring beginner, intermediate and expert/open class competitions in the world-class covered skatepark at Jurong Lake Gardens. Legendary BMX pro, and Olympic Judge Brian Kachinsky will head up the judging panel at this first International BMX freestyle event to take place in Singapore in the last 5 years.</p> <p>Details on Lakeside BMX Jam here.</p> <p>24 Aug</p> <ul style="list-style-type: none"> • 12.30pm - 1pm: Beginner Street Competition • 2pm - 3.30pm: Intermediate Street Competition 	<p>Special Guest:</p> <p>Brian Kachinsky</p> <ul style="list-style-type: none"> • Head of the Lakeside BMX Jam judging panel. • Legendary BMX professional, and Olympic Judge.

	<ul style="list-style-type: none"> • 4pm - 4.30pm: Awards Ceremony • 5pm - 6pm: High Bunny Hop Jam <p><u>BMX Bowl</u></p> <ul style="list-style-type: none"> • 6.30pm - 7pm: BMX Bowl Jam • 7.30pm - 8pm: BMX Bowl Awards Ceremony <p>25 Aug</p> <p><u>BMX Street</u></p> <ul style="list-style-type: none"> • 12pm - 1.30pm: Expert/Open Street Qualifying & Finals • 1.30pm - 2pm: Best Trick Jam • 2.30pm - 3pm: Awards Ceremony - BMX Expert/Open & Best Trick 	
<p>Event: One Flow Battle</p> <p>Type of Event: Parkour Competition</p> <p>Date: 24 - 25 August</p>	<p>One Flow Battle is a one-on-one parkour battle inspired by breaking and rap one-on-one battles. Athletes in three categories U14, U18, and 18+, will have 10 seconds to showcase their best movements.</p> <p>Categories</p> <ul style="list-style-type: none"> • Open (Division A; features the top athletes) • Open (Division B) • Open (Women's Division) • Under 16 <p>Details on One Flow Battle here.</p> <p>25 Aug</p> <ul style="list-style-type: none"> • 3pm - 6.30pm: Parkour Tournament (Qualifiers take place prior to this tournament) • 6.30pm - 7pm: Awards ceremony 	<p>Special Guest:</p> <p><u>Travis Verky (UK)</u></p> <ul style="list-style-type: none"> • Known for his amazing parkour videos • He was the first person to perform the Kong Double Gainer move outside of a gym. <p><u>Yurai Miyazaki (Japan)</u></p> <ul style="list-style-type: none"> • Placed second in the Parkour World Cup 2022.

<p>Event: MASS Singapore</p> <p>Type of Event: Skateboarding Event</p> <p>Date: 31 August - 1 September</p>	<p>MASS Singapore is an all-ages, all-skill levels street and park skateboarding contest coming to Singapore's JLG Lakeside skatepark. Men's and women's rookie and intermediate divisions will be competing for prizes while open division competitors will feature the region's top skaters competing for prize money</p> <p>Open division is the highest level of competition, open to professionals, sponsored riders, national team members and experienced skaters. Open division is competing for prize money.</p> <p>Intermediate division is open to experienced skateboarders that aren't at the highest level of competition.</p> <p>Rookie divisions are open to skaters that are new to skateboarding and skateboarding contests</p> <p>Details on MASS Singapore here.</p> <p>31 Aug <u>PARK Competition</u></p> <p>At the Small Bowl</p> <ul style="list-style-type: none"> ● 9am - 10.30am: Men's Rookie Competition followed by Award Ceremony ● 11am - 11.30am: Women's Rookie Competition followed by Award Ceremony ● 12pm - 12.30pm: Men's Intermediate Competition followed by Award Ceremony ● 1pm - 1.30pm: Women's Intermediate Competition followed by Award Ceremony ● 2.30pm - 4pm: Women's Open Competition followed by Award Ceremony <p>At the Big Bowl</p> <ul style="list-style-type: none"> ● 4.30pm - 6pm: Men's Open Park Competition followed by Award 	<p>Special Guest:</p> <p>Jason Rothmeyer</p> <ul style="list-style-type: none"> ● Head judge of MASS Singapore's judging panel. ● Jason has been the head judge for some of the biggest International events in skateboarding including X Games, CPH Pro, Tampa Pro and Vans Park Series.
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	<p style="text-align: center;">Ceremony</p> <p>1 Sep</p> <p><u>STREET Competition</u></p> <ul style="list-style-type: none"> ● 10am - 10.30am: Men's Rookie Competition Final Park ● 11.20am - 11.30am: Women's Rookie Competition Final ● 12.40pm - 1pm: Men's Intermediate Final ● 1.30pm - 2pm: Women's Intermediate Final ● 3.30pm - 4.30pm: Women's Open Final ● 5.30pm-7pm: Men's Open Semifinals Heat 1 and 2 ● 7pm - 8pm: Men's Open Final – Runs ● 8pm - 9pm: Men's Open Final – Tricks ● 9pm - 10pm: Award Ceremony 	
KA13 Obstacle Academy (Joo Chiat)		
<p>Event: Obstacle Laser Run</p> <p>Type of Event: Modern Pentathlon</p> <p>Date: 24 August</p>	<p>Obstacle Laser Run is a new format under Modern Pentathlon - an Olympic sport that seeks the ultimate athlete with a combination of brains and brawn.</p> <p>The obstacle laser run is a high-energy race that involves running, laser pistol shooting and navigating through obstacle courses. Athletes from different backgrounds and levels of experience will put their endurance and strength to the ultimate test as they repeat the sequence of running, shooting, and obstacles.</p> <p>Details on Obstacle Laser Run here.</p> <ul style="list-style-type: none"> ● 2pm to 3.30pm - Semi Finals and Finals 	<p>Special Guest: NA</p>

Jurong West Stadium

Event: SCF Track Series 3

Type of Event:
Track-based cycling event

Date: 25 August

The SCF Track Series presented by [ASCENT](#) is a race series organised by the Singapore Cycling Federation (SCF). It is aimed at promoting track cycling in Singapore, providing a platform for cyclists to explore the discipline of track cycling.

The Track Series is an exciting cycling event that consists of sprint and endurance events, mass starts, and individual and team events. It is a thrilling and fast-paced event that tests participants' cycling speed, power, and stamina.

Details on SCF Track Series 3 [here](#).

25 Aug

- 6.30am - 1.00pm: Heart Starter, Points, Scratch & Team Pursuit Events

Special Guest: NA

Singapore Sports Hub

Event: Jr. Pink Warriors 3x3 Camp

Type of Event: 3x3 Skills Camp

Date: 24 - 25 August

Venue: Singapore Sports Hub (Hardcourts)

The Junior Pink Warriors 3x3 Camp offers young basketball enthusiasts aged 8-14 a fun and engaging environment that promotes the development of 3x3 basketball skills, teamwork, and sportsmanship.

The event spans two days, featuring skill development drills, scrimmage games, and educational sessions:

- Day 1 – Skill Tests and selection of top 30 boys and 30 girls
- Day 2 – Intensive Training/ Scrimmage Games

Activations available:

- Wheelchair Basketball
- Shoes Painting
- Fun Fair Hoop Shot

Special Guest: NA

	<ul style="list-style-type: none"> • NBA2K challenge • Facebody Painting <p>Details on Jr. Pink Warriors 3x3 Camp here.</p>	
Singapore Expo Hall 2		
<p>Event: LES MILLS LIVE Singapore</p> <p>Type of Event: Fitness Festival</p> <p>Date: 31 August - 1 September</p>	<p>LES MILLS LIVE Singapore is an international training festival powered by Adidas and supported by Sport Singapore, where participants get to choose how they want to move and prepare for moments of fitness magic, sweaty success, and personal performance breakthroughs!</p> <p>At LES MILLS LIVE Singapore, participants can also be among the first in Southeast Asia to celebrate and experience the 100th Release of BODYCOMBAT, with the actual creators of the programme!</p> <p>Details on LES MILLS LIVE Singapore here.</p> <ul style="list-style-type: none"> • Expo Hall 2 <ul style="list-style-type: none"> ◦ 9am - 6pm 	<p>Special Guest:</p> <p>Attendees will experience world-class workouts led by the Les Mills Asia Pacific Trainer and Presenter team, alongside international Les Mills Programme Directors and Ambassadors such as:</p> <ul style="list-style-type: none"> • Rachael Newsham (BODYCOMBAT) • Dan Cohen (BODYCOMBAT) • Marlon Woods (BODYPUMP, BODYCOMBAT) • Reagan Kang (BODYCOMBAT, BODYPUMP) • Gandalf Archer Mills (BODYJAM, LES MILLS DANCE) • Kaylah-Blayr (KB) Fitzsimons-Nu'u (BODYPUMP, LES MILLS DANCE) • Summer Bradley (LES MILLS DANCE, BODYBALANCE) • House Chaalane (BODYCOMBAT, BODYBALANCE)

Singapore Expo Hall 3 & 4

Event: HYROX

Type of Event: Fitness Racing Competition

Date: 31 August - 1 September

The world's biggest indoor fitness racing competition, HYROX combines both running & functional workout stations, where participants run 1km, followed by 1 functional workout station, repeated eight times. Participants can choose to enter solo, team up for the doubles division, or take part as a relay team of four. Accommodating both professional athletes, and everyday fitness enthusiasts looking to take their training to the next level, HYROX is the sport for everybody.

Details on HYROX Singapore [here](#).

- Expo Hall 3 and 4

31 Aug

- 10am - Women Doubles
- 12.20pm – Women Pro
- 12.40pm – Women Doubles Pro
- 1.10pm – Men Open
- 5.30pm – Men Pro
- 7.10pm – Men Rely

1 Sep

- 10am – Men Doubles
- 1pm – Mixed Doubles
- 3.40pm – Women Open
- 6.10pm – Mixed Relay
- 7.05pm – Women Relay

Special Guest: NA

Event: Fitness Wellness Expo (FWE)

Type of Event: Fitness & Wellness

Date: 31 August - 1 September

Building on its success in Hong Kong, the renowned fitness and wellness event, FWE, is set to make its debut in Singapore. As Asia's leading event in the fitness and wellness sectors, FWE is celebrated for its dynamic stage classes and programmes, world-class competitions and showcases of the latest industry trends and immersive experiences. As such, participants can expect the following:

Featured Brands and Partners:

- HYROX Singapore
- Les Mills
- PURE

Highlights

- HYROX
- First-Ever Singapore Dodgeball Championships 2024
- Immersive VR Boxing Experience
- Wave of Lacrosse
- Dynamic Yoga Program
- Groove & Move Dance Program

Key Offerings

- 50 classes led by top instructors
- 100 brands showcasing the latest products

Details on FWE Singapore [here](#).

Special Guest: NA

Singapore Expo Hall 5

Event: PS x SBD Novice Classic

Type of Event: Novice Powerlifting

Date: 31 August - 1 September

Venue: Singapore Expo Hall 5

PS x SBD Novice Classic will be hosted by Powerlifting Singapore, who is dedicated to promoting the sport of powerlifting in Singapore by offering training, competitions, and resources for athletes of all levels.

PS x SBD Novice Classic will feature a Deadlift Clinic for Beginners, offering short sessions for expo visitors to learn safe and proper deadlift techniques. A half-height partition will provide participants a sneak peek into the warm-up room, giving attendees a behind-the-scenes look at lifters preparing for competition.

This aims to create a welcoming experience for novice lifters, with a special meet designed for first-timers to compete without the pressure of experienced competitors. By tailoring education and training specifically for new lifters, the event seeks to expand the pool of participants, contributing to the long-term development of the sport in both performance and participation.

Details on PS x SBD Novice Classic [here](#).

31 Aug

Day 1 Session 1 @ 10am

- Men's U83

Day 1 Session 2 @ 245pm

- Men's U74
- Men's U105

1 Sep

Day 2 Session 1 @ 10am

- Men's U66
- Men's U93
- Men's U120
- Men's 120+

Special Guest: NA

	<p><u>Day 2 Session 2 @ 245pm</u></p> <ul style="list-style-type: none"> • All Women's • Men's U53 • Men's U59 	
<p>Event: Unlock Your Bodyweight Strength</p> <p>Type of Event: Calisthenic competition and tryouts.</p> <p>Date: 31 August - 1 September</p>	<p>Unlock Your Bodyweight Strength is a social enterprise dedicated to improving fitness and community well-being. They offer fitness programs specialising in bodyweight movements including Callisthenics, Yoga, Handstands and Reformer Pilates.</p> <p>Unlock Your Bodyweight Strength be having tryout booths and will also host Calisthenic competitions in the Individual and Group category.</p> <p>Details on Unlock Your Bodyweight Strength here.</p>	<p>Special Guest: NA</p>
<p>Event: Otter Kettlebell Club Open</p> <p>Type of Event: Competitive kettlebell sport tryouts and competition</p> <p>Date: 31 August - 1 September</p>	<p>The event will include a diverse programme including competition, workshops, challenges and try-outs. The competition will adopt a short 5-minute cycle format, designed to provide first timers with a less intense introduction to competitive kettlebell sport, as opposed to the standard 10-minute event.</p> <p>In addition, there will also be workshops educating participants about fundamental movements, while fun challenges will offer opportunities for kettlebell sport enthusiasts to connect, workout together and provide newcomers with a chance to explore the kettlebell sport.</p> <p>KB Workshop: Swings & Cleans, Snatch and Jerk</p> <p>KB Challenges:</p> <ul style="list-style-type: none"> • AMRAP – KB Press • Max KB Swings • Tic-Tac-Toe 	<p>Special Guest: NA</p>

	Details on Otter Kettlebell Club Open here	
<p>Event: Parkour</p> <p>Type of Event: Parkour demonstrations and tryouts</p> <p>Date: 31 August - 1 September</p>	<p>Parkour Showcase and Workshops for the public.</p> <p>31 Aug</p> <ul style="list-style-type: none"> ● 2pm: Parkour Showcase/Demo/Public Tryouts ● 4pm: Parkour Showcase/Demo/Public Tryouts ● 6pm: Adult Skills Competition <p>1 Sep</p> <ul style="list-style-type: none"> ● 1pm: Parkour Showcase/Demo/Public Tryouts ● 2pm: Kids Skills Competition 	Special Guest: NA
<p>Event: HYROX Young Stars</p> <p>Type of Event: Fitness Racing</p> <p>Date: 31 August - 1 September</p>	<p>HYROX will be hosting Asia's inaugural HYROX YOUNGSTARS CHALLENGE to cater for and introduce young athletes into the fitness racing sport. The HYROX YOUNGSTARS CHALLENGE is structured around six (ages 8 to 11) and eight (ages 12 to 15) bespoke engineered workouts, executed in groups and led by a coach. This format ensures a focused and engaging environment as participants move through each challenge one after the other, with each participant's time taken to complete each workout station taken throughout. The HYROX YOUNGSTARS CHALLENGE will be free for young athletes between the ages of 8 to 15.</p> <p>8 - 9 year olds - 6 stations</p> <ol style="list-style-type: none"> 1. Ski erg - 200 metres at dampener setting number 2 2. Shuttle Run - 8 x 25 metres 3. Frogger jump - 25 metres 4. Rowing - 200 metres dampener setting number 2 5. Slalom Shuttle Run - 8 x 25 metres 6. Farmers carry with 4kg kettlebells - 50 metres <p>10 - 11 year olds - 6 stations</p> <ol style="list-style-type: none"> 1. Ski erg - 400 metres at dampener setting number 3 	Special Guest: NA

2. Shuttle Run - 8 x 25 metres
3. Burpee Broad Jumps - 25 metres
4. Rowing - 300 metres dampener setting number 3
5. Slalom Shuttle Run - 8 x 25 metres
6. Farmers carry with 6kg kettlebells - 100 metres

12 – 13 year olds - 8 stations

1. Ski erg - 500 metres
2. Shuttle Run - 12 x 25 metres
3. Burpee Broad Jumps - 25 metres
4. Rowing - 400 metres
5. Slalom Shuttle Run - 8 x 25 metres
6. Farmers carry with 14kg kettlebells - 150 metres
7. Sled Pull – 25 metres
8. Sled Push – 25 metres

14 – 15 year olds - 8 stations

1. Ski erg - 600 metres
2. Shuttle Run - 16 x 25 metres
3. Burpee Broad Jumps - 50 metres
4. Rowing - 500 metres
5. Slalom Shuttle Run - 16 x 25 metres
6. Farmers carry with kettlebells - 200 metres
7. Sled Pull – 25 metres
8. Sled Push – 25 metres

Details on HYROX Young Stars [here](#).

<p>Event: Hado AR Dodgeball</p> <p>Type of Event: Augmented Reality, Dodgeball</p> <p>Date: 31 Aug, 1 Sep</p>	<p>Hado AR Dodgeball blends augmented reality with sports, where players engage in fast-paced, competitive games using motion sensors and AR technology. This innovative approach to sports promotes fitness and entertainment, making it accessible and exciting for all ages.</p> <p>Each 3v3 game lasts 80 seconds, and players get three chances to showcase their skills in this dynamic blend of fitness and entertainment, running from 9am to 8pm.</p> <p>Details on Hado AR Dodgeball here</p>	<p>Special Guest: NA</p>
<p>Event: DanceXhibit & Jam Skating</p> <p>Type of Event: Street Dance Performances, Master Classes</p> <p>Date: 31 August - 1 September</p> <p>Venue: Singapore Expo Hall 5</p>	<p>DanceXhibit, organised by Recognize! Studios, is the culmination of the top street dance crews around the world coming together for a week of dance intensive which ends with a concert performance on the last day.</p> <p>This dynamic event will host workshops and street dance performances from various studios and dance crews across Southeast Asia.</p> <p>Bada Lee, an internationally renowned dancer and choreographer from Street Woman Fighter 2, will also be auditioning and selecting 30 dancers who will undergo intensive training, leading up into a performance piece during the festival. Dancers can anticipate an exciting series of captivating performances and enriching master classes from seasoned dancers in the scene.</p> <p>Details on DanceXhibit here.</p> <p>Auditions for DanceXhibit are will also be held at the SCAPE Gateway Studio from 26 - 30 August.</p>	<p>Special Guest: NA</p>