

2021 SA Allcomers Meet
COMPETITION FORMAT

Event (Track)	Category	Competition Format	Remarks	Qualifying Mark*
Hurdles				
80m Hurdles	Women U15		0.762m	
100m Hurdles	Women Open/U20/U18		0.838m	
100m Hurdles	Men U15		0.838m	
110m Hurdles	Men U18		0.914m	
110m Hurdles	Men U20		0.991m	
110m Hurdles	Men Open		1.067m	
400m Hurdles	Women Open/U20/U18		0.762m	
400m Hurdles	Men U18 /U15		0.838m	
400m Hurdles	Men Open/U20		0.914m	
Middle & Long Distance Race				
3000m	Men U15	Cut Off Time	Cut off time will be implemented on start of last lap	13mins
3000m	Men U18	Cut Off Time	Cut off time will be implemented on start of last lap	13mins
3000m	Women U20, U18 & U15	Cut Off Time	Cut off time will be implemented on start of last lap	15mins
5000m	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	25mins
5000m	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	23mins
10000m	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	47mins
10000m	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	45mins
Steeplechase				
3000m Steeplechase	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	16mins
3000m Steeplechase	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	14mins
Racewalk				
3000m Racewalk	Men U18	Cut Off Time	Cut off time will be implemented on start of last lap	23mins
3000m Racewalk	Women U20	Cut Off Time	Cut off time will be implemented on start of last lap	21mins
5000m Racewalk	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	37mins
5000m Racewalk	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	35mins
10000m Racewalk	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	75mins
10000m Racewalk	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	70mins

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Event (FIELD)	Category	Competition Format	Remarks	Qualifying Mark*
Shot Put				
Shot Put (3kg)	Women U18/U15	3 + 3 trials	All Measured**	
Shot Put (4kg)	Women U20/ Open	3 + 3 trials	All Measured**	
Shot Put (4kg)	Men U15	3 + 3 trials	All Measured**	
Shot Put (5kg)	Men U18	3 + 3 trials	All Measured**	
Shot Put (6kg)	Men U20	3 + 3 trials	All Measured**	
Shot Put (7.26kg)	Men Open	3 + 3 trials	All Measured**	
Long Jump				
Long Jump	Women All Categories	3 + 3 trials	All Measured**	
Long Jump	Men All Categories	3 + 3 trials	All Measured**	
Javelin				
Javelin (500g)	Women U18/U15	3 + 3 trials	All Measured**	
Javelin (700g)	Men U20	3 + 3 trials	All Measured**	
Javelin (700g)	Men U18	3 + 3 trials	All Measured**	
Javelin (600g)	Men U15	3 + 3 trials	All Measured**	
Javelin (800g)	Men U20/ Open	3 + 3 trials	All Measured**	
Javelin (600g)	Women U20/ Open	3 + 3 trials	All Measured**	
High Jump				
High Jump	Girls Novice 1.25m - 1.50m	elimination after 3 consecutive failures	1.25m + 5cm, till 140m + 2cm, no jump off. 1st position can choose 1 height beyond 1.50m to jump before competition end	Practice Height: 1.25m & 1.40m
High Jump	Boys Novice 1.40m - 175m	elimination after 3 consecutive failures	1.40m + 5cm, till 165m + 2cm, no jump off. 1st position can choose 1 height beyond 1.75m to jump before competition end	Practice Height: 1.40m & 1.65m
High Jump	Girls Intermediate 1.45m<	elimination after 3 consecutive failures	1.40m + 5cm, till 160m + 2cm thereafter, no jump off.	Practice Height: 1.40m & 1.60m
High Jump	Boys Intermediate 1.65m<	elimination after 3 consecutive failures	1.65m + 5cm, till 180m + 3cm, till 1.95m + 2cm thereafter , no jump off.	Practice Height: 1.65m & 1.80m
Pole Vault				
Pole Vault	Girls Novice 2.00m - 3.20m	elimination after 3 consecutive failures	2.00m + 20cm, till 2.80m + 10cm, no jump off 1st position can choose 1 height beyond 3.20m to jump before competition end	Practice Height: 2.00m & 2.80m
Pole Vault	Women Intermediate 3.00m<	elimination after 3 consecutive failures	3.00m + 20cm, till 3.60m + 10cm, till 3.90m + 5cm, no jump off 1st position can choose 1 height beyond 3.20m to jump before competition end	Practice Height: 3.00m & 3.80m
Pole Vault	Boys Novice 2.00m - 3.20m	elimination after 3 consecutive failures	2.00m + 20cm, till 2.80m + 10cm, no jump off 1st position can choose 1 height beyond 3.20m to jump before competition end	Practice Height: 2.00m & 2.80m
Pole Vault	Boys Intermediate 3.00m - 4.20m	elimination after 3 consecutive failures	3.00m + 20cm, till 3.60m + 10cm, till 3.90m + 5cm, no jump off 1st position can choose 1 height beyond 4.20m to jump before competition end	Practice Height: 3.00m & 3.80m
Pole Vault	Men Advance 3.80m <	elimination after 3 consecutive failures	3.80m + 20cm, till 4.60m + 10cm, till 4.90m + 5cm and thereafter, no jump off 1st position can choose 1 height beyond 3.20m to jump before competition end	Practice Height: 3.80m, 4.40m & 4.80m
Triple Jump				
Triple Jump	Women U18/U15	3 + 3 trials	7m & 8m Board, All Measured**	
Triple Jump	Women Open/ U20/	3 + 3 trials	8m & 9m Board, All Measured**	
Triple Jump	Men U20/U18/U15	3 + 3 trials	9m & 11m Board, All Measured**	
Triple Jump	Men Open	3 + 3 trials	9m & 11m Board, All Measured**	
Hammer				
Hammer (3kg)	Women U18/U15	3 + 3 trials	All Measured**	
Hammer (4kg)	Women U20/ Open	3 + 3 trials	All Measured**	
Hammer (4kg)	Boys U15	3 + 3 trials	All Measured**	
Hammer (5kg)	Boys U18	3 + 3 trials	All Measured**	
Hammer (6kg)	Men U20	3 + 3 trials	All Measured**	
Hammer (7.26kg)	Men Open	3 + 3 trials	All Measured**	
Discus				
Discus (1kg)	Men U15	3 + 3 trials	All Measured**	
Discus (1.5kg)	Men U18	3 + 3 trials	All Measured**	
Discus (1.75kg)	Men U20	3 + 3 trials	All Measured**	
Discus (1kg)	Women Open/ U20/U18/U15	3 + 3 trials	All Measured**	
Discus (2kg)	Men Open	3 + 3 trials	All Measured**	

* Please note that for field events (except vertical jumps) if 8 entries or less is received based on start list, all participants will have 6 trials.

**Please note that for field events (except vertical jumps) if 12 entries or less is received based on start list, all participants will have 3+3 trials.

*** Please note that for field events (except vertical jumps) if 13 entries or more is received based on start list, all participants will have 2+2 trials.