

## Appendix B - Competition Schedule

### 2021 SA Allcomers Meet 4

**10, 11, 17, 18 July 2021**

**Home of Athletics**

Day 1, Saturday 10 July 2021											
Event	Category	Status	No.	Gate 6	Event Time	Gate 1B	Event	Category	Status	No.	
110m Hurdles (1.067m)	Men Open	Timed Final	H1	4	1220	1300	1220	Hammer Throw (7.26kg)	Men Open	Final	3
110m Hurdles (0.991m)	Men U20	Timed Final	H1	1	1235	1315					
100m Hurdles (0.838m)	Men U15	Timed Final	H1	4	1250	1330	1200	Pole Vault	Men Novice	Final	2
100m Hurdles (0.838m)	Women Open	Timed Final	H1	4	1305	1345					
80m Hurdles (0.762m)	Women U15	Timed Final	H1	2	1315	1400					
400m*	Women Open	Timed Final	H1	2	1350	1430	1350	Hammer Throw (4kg)	Women Open	Final	3
400m*	Men Open	Timed Final	H1	3	1400	1440					
400m*	Men Open	Timed Final	H2	3	1410	1450					
100m*	Men Open	Timed Final	H1	4	1450	1530					
100m*	Men Open	Timed Final	H2	4	1500	1540					
100m*	Women Open	Timed Final	H1	4	1510	1550	1420	Pole Vault	Men Intermediate	Final	3
						1630	1545	Long Jump*	Men Open	Final	7
3000m	Women U15	Timed Final	H1	3	1704	1745					
							1715	Long Jump*	Women Open	Final	3
3000m	Men U15	Timed Final	H1	1	1720	1800	1715	High Jump*	Men Intermediate	Final	2
1500m*	Women Open	Timed Final	H1	5	1820	1900					
1500m*	Men Open	Timed Final	H1	3	1920	2000					
			H2	4	1930	2010					

Day 2, Sunday, 11 July 2021											
Event	Category	Status	No.	Gate 6	Event Time	Gate 1B	Event	Category	Status	No.	
					1300	1215	Triple Jump	Men U15	Final	3	
					1400	1315	Javelin (500g)	Women U15	Final	1	
						1315	Javelin (600g)	Women Open	Final	1	
					1430	1345	Triple Jump	Men Open	Final	6	
200m	Women U15	Timed Final	H1	4	1420	1500					
200m	Women U15	Timed Final	H2	3	1425	1505					
200m	Women U15	Timed Final	H2	4	1430	1510					
200m	Men U15	Timed Final	H1	5	1440	1520					
						1545	1500	Triple Jump	Women Open	Final	3
200m	Women Open	Timed Final	H1	5	1505	1500	1500	Triple Jump	Women U15	Final	3
						1600	1515	Javelin (800g)	Men Open	Final	8
							1515	Javelin (600g)	Men U15	Final	3
200m	Men Open	Timed Final	H1	5	1530	1610					
			H2	5	1540	1620					
			H3	5	1550	1630					
			H4	5	1600	1640					
			H5	5	1610	1650					
			H6	5	1620	1700					

Day 3, Saturday, 17 July 2021										
Event	Category	Status	No.	Gate 6	Event Time	Gate 1B	Event	Category	Status	No.
					1300	1220	Discus (1kg)*	Women Open	Final	4
					1400	1230	Pole Vault	Women Intermediate	Final	1
					1400	1315	Discus (2kg)*	Men Open	Final	7
					1600	1515	Pole Vault	Men Advance	Final	4
					1630	1545	Shot Put (4kg)	Women Open	Final	1
					1630	1545	Shot Put (7.26kg)	Men Open	Final	1
					1630	1545	Shot Put (4kg) Para	Men Open	Final	1
800m	Women U15	Timed Final	H1	5	1720	1800				
800m	Men U15	Timed Final	H1	2	1725	1805				
800m	Women Open	Timed Final	H1	5	1730	1810				
800m	Women Open	Timed Final	H2	4	1735	1815				
800m	Men Open	Timed Final	H1	3	1740	1820				
800m	Men Open	Timed Final	H2	3	1745	1825				
10000m	Men Open	Timed Final	H1	3	1800	1840				
10000m	Men Open	Timed Final	H2	3	1840	1920				
5000m*	Women Open	Timed Final	H1	3	1920	2000				
5000m*	Men Open	Timed Final	H1	5	1950	2030				
4x100m	Men Open	Timed Final	H1		2035	2050				
4x100m	Women Open	Timed Final	H1		2040	2055				
4x100m	Men Open	Timed Final	H2		2105	2125				
4x100m	Women Open	Timed Final	H2		2110	2130				

Day 4, Sunday, 18 July 2021										
Event	Category	Status	No.	Gate 6	Event Time	Gate 1B	Event	Category	Status	No.
200m	Men Open	Timed Final	H1	5	1420	1500				
200m	Men Open	Timed Final	H2	4	1420	1510				
200m	Men Open	Timed Final	H3	4	1420	1520				
400m Hurdles (0.914m)	Men Open	Timed Final	H1	1	1550	1630				
400m Hurdles (0.762m)	Women Open	Timed Final	H1	5	1600	1640				
800m (SSP)	Women Open	Timed Final	H1	4	1620	1700				
800m (SSP)	Men Open	Timed Final	H1	3	1630	1710				