

2022 SA Allcomers Meet 1
COMPETITION FORMAT

Event (Track)	Category	Competition Format	Remarks	Qualifying Mark*
Hurdles				
80m Hurdles	Women C Div		0.762m	
100m Hurdles	Women B Div		0.762m	
100m Hurdles	Women Open/A Div		0.838m	
100m Hurdles	Men C Div		0.838m	
110m Hurdles	Men B Div		0.914m	
110m Hurdles	Men A Div		0.991m	
110m Hurdles	Men Open		1.067m	
400m Hurdles	Women Open/A Div/ B Div		0.762m	
400m Hurdles	Men C Div/B Div		0.838m	
400m Hurdles	Men A Div/ Open		0.914m	
Steeplechase				
2000m Steeplechase	Men B Div		0.838m	
2000m Steeplechase	Women A Div		0.762m	
3000m Steeplechase	Women Open		0.762m	
3000m Steeplechase	Men A Div/ Open		0.914m	
Event (FIELD)				
Shot Put				
Shot Put (3kg)	Women B Div/ C Div	3 + 3 trials	All Measured**	
Shot Put (4kg)	Women A Div/ Open	3 + 3 trials	All Measured**	
Shot Put (4kg)	Men C Div	3 + 3 trials	All Measured**	
Shot Put (5kg)	Men B Div	3 + 3 trials	All Measured**	
Shot Put (5kg)	Men A Div	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 B Div/ C Div	3 + 3 trials	All Measured**	
Javelin (600g)	Women A Div/ Open	3 + 3 trials	All Measured**	
Javelin (600g)	Men C Div	3 + 3 trials	All Measured**	
Javelin (700g)	Men B Div	3 + 3 trials	All Measured**	
Javelin (700g)	Men A Div	3 + 3 trials	All Measured**	
Javelin (800g)	Men 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 1.40m<	elimination after 3 consecutive failures	1.40m + 5cm, till 1.65m + 2cm thereafter, no jump off.	Practice Height: 1.40m, 1.60m & 1.75m
High Jump	Boys Intermediate 1.65m<	elimination after 3 consecutive failures	1.65m + 5cm, till 190m + 3cm, till 2.005m + 2cm thereafter , no jump off.	Practice Height: 1.65m, 1.85m and 2.00m
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 2.80m<	elimination after 3 consecutive failures	2.80m + 20cm, till 3.40m + 10cm, till 3.90m + 5cm, no jump off	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 3.80m + 10cm, till 4.00m + 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 C Div	3 + 3 trials	7m Board, All Measured**	
Triple Jump	Women Open/A Div/B Div	3 + 3 trials	8m & 9m Board, All Measured**	
Triple Jump	Men C Div/B Div	3 + 3 trials	8m & 9m Board, All Measured**	
Triple Jump	Men A Div/ Open	3 + 3 trials	9m & 11m Board, All Measured**	
Hammer				
Hammer (3kg)	Women B Div/ C Div	3 + 3 trials	All Measured**	
Hammer (4kg)	Women A Div/ Open	3 + 3 trials	All Measured**	
Hammer (4kg)	Men C Div	3 + 3 trials	All Measured**	
Hammer (5kg)	Men B Div	3 + 3 trials	All Measured**	
Hammer (5kg)	Men A Div	3 + 3 trials	All Measured**	
Hammer (7.26kg)	Men Open	3 + 3 trials	All Measured**	
Discus				
Discus (1kg)	Women Open/ A Div/B Div/ C Div	3 + 3 trials	All Measured**	
Discus (1kg)	Men C Div			
Discus (1.5kg)	Men B Div/ A Div	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.