2022 SA Allcomers Meet 2 COMPETITION FORMAT

Middle & Long Distance Race								
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				
		Racewal	lk					
5000m Racewalk	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	45mins				
5000m Racewalk	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	40mins				

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				
200m Hurdles	Women C Div		0.762m				
200m Hurdles	Men C Div		0.762m				
400m Hurdles	Women Open/A Div/ B Div		0.762m				
400m Hurdles	Men 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)	Category	Competition Format Shot Put	Remarks	Qualifying Mark*
Shot Put (3kg)	Women B Div/ C Div	3 + 3 trials	All Measured**	I
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**	
Shot Fut (7.20kg)	INIER OPER	Long Jump		
Long Jump	Women All Categories	3 + 3 trials	All Measured**	
Long Jump	Men All Categories	3 + 3 trials	All Measured**	
Long Camp	mon , in Catagories	Javelin		<u> </u>
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**	
	Men A Div	3 + 3 trials	All Measured**	
Javelin (700g)		3 + 3 trials	All Measured**	1
Javelin (800g)	Men Open	3 + 3 mais High Jump		
	1	nigii Juliip		1
		elimination after 3	1.25m + 5cm, till 140m + 2cm, no jump off.	Practice Height: 1.25m
High Jump	Cirlo Novice 1 25m 1 50m	consecutive failures	1st position can choose 1 height beyond 1.50m to	& 1.40m
High Jump	Girls Novice 1.25m - 1.50m		jump before competition end 1.40m + 5cm, till 165m + 2cm, no jump off.	
		elimination after 3		Practice Height: 1.40m
Ultrada di conse	Davis Navias 4 40ss 475ss	consecutive failures	1st position can choose 1 height beyond 1.75m to	& 1.65m
High Jump	Boys Novice 1.40m - 175m		jump before competition end	
		elimination after 3	4 40 5 (11 4 05 0 (1	Practice Height: 1.40m,
L.C. ada . L. come	Oid-Internal district	consecutive failures	1.40m + 5cm, till 1.65m + 2cm thereafter, no jump	1.60m & 1.75m
High Jump	Girls Intermediate 1.40m<		off.	
		elimination after 3	4.05	Practice Height: 1.65m,
	B 1. 5. 4.05	consecutive failures	1.65m + 5cm, till 190m + 3cm, till 2.005m + 2cm	1.85m and 2.00m
High Jump	Boys Intermediate 1.65m<	Pole Vault	thereafter , no jump off.	
	1	Pole vauit		1
Dala Mault	Girls Novice 2.00m - 3.20m	elimination after 3	2.00m + 20cm, till 2.80m + 10cm, no jump off 1st position can choose 1 height beyond 3.20m to	Practice Height: 2.00m
Pole Vault	GITIS NOVICE 2.00111 - 3.20111	consecutive failures	jump before competition end	& 2.80m
		elimination after 3	2.80m + 20cm, till 3.40m + 10cm, till 3.90m + 5cm,	Practice Height: 3.00m
Pole Vault	Women Intermediate 2.80m<	consecutive failures	no jump off	& 3.80m
		consecutive failules	2.00m + 20cm, till 2.80m + 10cm, no jump off	
Pole Vault	Boys Novice 2.00m - 3.20m	elimination after 3	1st position can choose 1 height beyond 3.20m to	Practice Height: 2.00m
i die vauit	Boys Novice 2.00111 - 3.20111	consecutive failures	jump before competition end	& 2.80m
			3.00m + 20cm, till 3.80m + 10cm, till 4.00m + 5cm,	
		elimination after 3	no jump off	Practice Height: 3.00m
		consecutive failures	1st position can choose 1 height beyond 4.20m to	& 3.80m
Pole Vault	Boys Intermediate 3.00m - 4.20m	consecutive failules	jump before competition end	Q 3.00111
l ole vault	Doys intermediate 3.00m - 4.20m		3.80m + 20cm, till 4.60m + 10cm, till 4.90m + 5cm	
		elimination after 3	and thereafter, no jump off	Practice Height: 3.80m,
	Men Advance	consecutive failures	1st position can choose 1 height beyond 3.20m to	4.40m & 4.80m
Pole Vault	3.80m <	consecutive failules	jump before competition end	4.40m & 4.00m
1 010 Tuult	0.00111 4	Triple Jum		<u> </u>
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**	
Triple Julip	Well A DIV/ Open	Hammer	om a Tim Board, 7th Mododrod	
Hammer (3kg)	Women B Div/ C Div	3 + 3 trials	All Measured**	1
Hammer (4kg)	Women A Div/ Open	3 + 3 trials	All Measured**	
Hammer (4kg)				
	Men C Div	3 + 3 trials 3 + 3 trials	All Measured** All Measured**	1
Hammer (5kg)	Men B Div	3 + 3 trials	All Measured**	1
Hammer (5kg)	Men A Div		All Measured**	1
Hammer (7.26kg)	Men Open	3 + 3 trials Discus	All Micabuleu	
		DISCUS		
	W O (A D: /D D: /O D:	2 . 2!-!-	All Managements	1
Diagram (41)	Women Open/ A Div/B Div/ C Div	3 + 3 trials	All Measured**	+
Discus (1kg)				
Discus (1kg)	Men C Div	0 - 0 - 1	All Management of the second o	
		3 + 3 trials 3 + 3 trials	All Measured** 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.