2022 SA Allcomers Meet 2 COMPETITION FORMAT

Event (Track)	Category	COMPETITION FO Competition Format	Remarks	Qualifying Mark*
Event (Track)	- Category	Middle & Long Dista		Qualifying mark
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
		Racewalk		
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
		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	
2000 0: 1 1	I. 5 5:	Steeplechas		
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	<u> </u>
Event (FIELD)	Category	Competition Format	Remarks	Qualifying Mark*
LVEIIL (FIELD)	Category	Shot Put	Remarks	wuamying wark
Shot Put (3kg)	Women B Div/ C Div	3 + 3 trials	All Measured**	
Shot Put (3kg)	Women A Div/ Open	3 + 3 trials	All Measured**	
Shot Put (4kg) Shot Put (4kg)	Men C Div	3 + 3 trials	All Measured**	
Shot Put (4kg) Shot Put (5kg)	Men B Div	3 + 3 trials	All Measured**	
Shot Put (5kg)	Men A Div	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**	
Officer de (7.20kg)	Well Open	Long Jump		
Long Jump	Women All Categories	3 + 3 trials	All Measured**	
Long Jump	Men All Categories	3 + 3 trials	All Measured**	
Long Gamp	Will 7 th Categories	Javelin	7 III Modelarea	
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/ U20	3 + 3 trials	All Measured**	
		High Jump		
		elimination after 3		Practice Height: 1.25r
High Jump	Girls Novice 1.25m - 1.50m	consecutive failures	1.25m + 5cm, till 1.40m + 2cm, no jump off.	& 1.40m
		elimination after 3		Practice Height: 1.40r
High Jump	Boys Novice 1.40m - 175m	consecutive failures	1.40m + 5cm, till 1.65m + 2cm, no jump off.	& 1.65m
		elimination after 3		Practice Height: 1.40r
LPade Leave	Cirls Intones adiata 4 40 ss	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	1.65m + 5cm, till 1.90m + 3cm, till 2.05m + 2cm	Practice Height: 1.65r
High Jump	Boys Intermediate 1.65m<	consecutive failures	thereafter, no jump off.	1.85m and 2.00m
gri odnip	25yo memodiate 1.00m	Pole Vault	Tales sanot, no jump on.	
		elimination after 3	2.00m + 20cm, till 2.80m + 10cm, no jump off	Practice Height: 2.00r
Pole Vault	Girls Novice 2.00m - 3.20m	consecutive failures		& 2.80m
Dala Mault	Warran Internal Pate C 22	elimination after 3	2.80m + 20cm, till 3.40m + 10cm, till 3.90m + 5cm,	Practice Height: 3.00r
Pole Vault	Women Intermediate 2.80m<	consecutive failures	no jump off	& 3.80m
Pole Vault	Boys Novice 2.00m - 3.20m	elimination after 3	2.00m + 20cm, till 2.80m + 10cm, no jump off	Practice Height: 2.00r
ı ole vault	Doys Novice 2.00III - 3.20III	consecutive failures	, , ,	& 2.80m
		elimination after 3	3.00m + 20cm, till 3.80m + 10cm, till 4.00m + 5cm,	Practice Height: 3.00r
Pole Vault	Boys Intermediate 3.00m - 4.20m	consecutive failures	no jump off	& 3.80m
	Man Advance	elimination after 3	3.80m + 20cm, till 4.60m + 10cm, till 4.90m + 5cm	Practice Height: 3.80r
Pole Vault	Men Advance	consecutive failures	and thereafter, no jump off	4.40m & 4.80m
Pole Vault	3.80m <	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**	
	Men A Div/ Open	3 + 3 trials	9m, 11m & 12m Board, All Measured**	
Triple Jump			The state of the s	
Triple Jump	The state of the s	панинег		
		Hammer 3 + 3 trials	All Measured**	
Hammer (3kg)	Women B Div/ C Div	3 + 3 trials	All Measured** All Measured**	
Hammer (3kg) Hammer (4kg)	Women B Div/ C Div Women A Div/ Open	3 + 3 trials 3 + 3 trials	All Measured**	
Hammer (3kg) Hammer (4kg) Hammer (4kg)	Women B Div/ C Div Women A Div/ Open Men C Div	3 + 3 trials 3 + 3 trials 3 + 3 trials	All Measured** All Measured**	
Hammer (3kg) Hammer (4kg) Hammer (4kg) Hammer (5kg)	Women B Div/ C Div Women A Div/ Open Men C Div Men B Div	3 + 3 trials 3 + 3 trials 3 + 3 trials 3 + 3 trials	All Measured** All Measured** All Measured**	
Hammer (3kg) Hammer (4kg) Hammer (4kg) Hammer (5kg) Hammer (5kg)	Women B Div/ C Div Women A Div/ Open Men C Div Men B Div Men A Div	3 + 3 trials 3 + 3 trials 3 + 3 trials 3 + 3 trials 3 + 3 trials	All Measured** All Measured** All Measured** All Measured** All Measured**	
Hammer (3kg) Hammer (4kg) Hammer (4kg) Hammer (5kg) Hammer (5kg) Hammer (6kg) Hammer (7.26kg)	Women B Div/ C Div Women A Div/ Open Men C Div Men B Div Men A Div Men U20	3 + 3 trials	All Measured** All Measured** All Measured** All Measured** All Measured** All Measured**	
Hammer (3kg) Hammer (4kg) Hammer (4kg) Hammer (5kg) Hammer (5kg)	Women B Div/ C Div Women A Div/ Open Men C Div Men B Div Men A Div	3 + 3 trials 3 + 3 trials 3 + 3 trials 3 + 3 trials 3 + 3 trials	All Measured** All Measured** All Measured** All Measured** All Measured**	
Hammer (3kg) Hammer (4kg) Hammer (4kg) Hammer (5kg) Hammer (5kg) Hammer (6kg)	Women B Div/ C Div Women A Div/ Open Men C Div Men B Div Men A Div Men U20	3 + 3 trials	All Measured** All Measured** All Measured** All Measured** All Measured** All Measured**	
Hammer (3kg) Hammer (4kg) Hammer (4kg) Hammer (5kg) Hammer (5kg) Hammer (6kg)	Women B Div/ C Div Women A Div/ Open Men C Div Men B Div Men A Div Men U20	3 + 3 trials	All Measured** All Measured** All Measured** All Measured** All Measured** All Measured**	

Discus (1.5kg)	Men B Div/ A Div	3 + 3 trials	All Measured**	
Discus (1.75kg)	Men U20	3 + 3 trials	All Measured**	
Discus (2kg)	Men Open	3 + 3 trials	All Measured**	

^{*} 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 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.