

Appendix B - Competition Schedule

**2023 SA Allcomers Meet 1
13, 14 and 15 Jan 2023
Home of Athletics**

Day 1, Friday 13 Jan 2023								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				1800		Shot Put (4kg)	Men Para	Final
3	5000m Racewalk	Men Open	Timed Final	1800		Shot Put (7.26kg)	Men Open	Final
5	10000m	Men Open	Timed Final	1900		Long Jump	Men Open	Final
1	10000m	Women Open	Timed Final	1900				

Day 2, Saturday 14 Jan 2023 (AM)								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				830		Long Jump	Women B Div	Final
1	3000m Racewalk	Women A Div	Timed Final	830		Shot Put (4kg)	Men C Div	Final
1	3000m Racewalk	Men B Div	Timed Final	830		High Jump	Men Novice	Final
				850				
1	1500m Racewalk	Men C Div	Timed Final	850		High Jump	Women Novice	Final
				900				
1	100m	Men Open Decathlon	Timed Final	900				
14	100m	Women C Div	Timed Final	905				
21	100m	Women B Div	Timed Final	910				
5	100m	Women A Div	Timed Final	920				
16	100m	Men C Div	Timed Final	930				
25	100m	Men B Div	Timed Final	940				
14	100m	Men A Div	Timed Final	950				
				1000		Long Jump	Men A Div	Final
				1000		Long Jump	Men Open Decathlon	Final
				1000		Long Jump	Men Para	Final
9	100m	Women Open	Timed Final	1000		Shot Put (5kg)	Men B Div	Final
26	100m	Men Open	Timed Final	1005				
1	100m	Women Para	Timed Final	1020				
1	100m	Men Para	Timed Final	1020				
15	400m	Women C Div	Timed Final	1035				
19	400m	Women B Div	Timed Final	1040				
3	5	400m	Women Open/A Div	Timed Final	1050			
5	400m	Men C Div	Timed Final	1055				
				1100		Long Jump	Women Para	Final
				1100		Long Jump	Women Open	Final
				1100		Long Jump	Women A Div	Final
				1100		Long Jump	Women C Div	Final
19	400m	Men B Div	Timed Final	1100		High Jump	Men Intermediate	Final
10	400m	Men A Div	Timed Final	1110				
13	400m	Men Open	Timed Final	1115				
				1130		Shot Put (7.26kg)	Men Open Decathlon	Final

Appendix B - Competition Schedule

**2023 SA Allcomers Meet 1
13, 14 and 15 Jan 2023
Home of Athletics**

Day 2, Saturday 14 Jan 2023 (PM)								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				1400		Javelin (700g)	Men B Div	Final 18
				1400		Shot Put (5kg)	Men A Div	Final 6
				1400		Shot Put (6kg)	Men U20	Final 1
				1400		High Jump	Men Open Decathlon	Final 1
				1400		Long Jump	Men B Div	Final 14
				1530		Shot Put (3kg)	Women C Div	Final 6
				1530		Shot Put (4kg)	Women Open/A Div	Final 4
				1530		Javelin (500g)	Women B Div/ C Div	Final 7
				1530		Javelin (600g)	Women Open/A Div	Final 6
				1530		Long Jump	Men C Div	Final 8
4	1500m	Men B Div	Timed Final	1600				
2	1500m	Men A Div	Timed Final	1600				
6	1500m	Women C Div	Timed Final	1610				
16	1500m	Women B Div	Timed Final	1620				
1	1500m	Women A Div	Timed Final	1630				
7	1500m	Men Open	Timed Final	1640				
				1700		Javelin (600g)	Men C Div	Final 9
				1700		Shot Put (3kg)	Women B Div	Final 11
5	5000m	Women Open	Timed Final	1700				
11	5000m	Men Open	Timed Final	1730				
1	400m	Men Open Decathlon	Timed Final	1800				
				1830		Javelin (800g)	Men Open	Final 3
				1830		Javelin (700g)	Men A Div	Final 6

Appendix B - Competition Schedule

**2023 SA Allcomers Meet 1
13, 14 and 15 Jan 2023
Home of Athletics**

Day 3, Sunday 15 Jan 2023 (AM)								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				830		Triple Jump	Women B Div	Final
1	110m Hurdles (1.067m)	Men Decathlon	Timed Final	830		Discus (1kg)	Women Open/A Div/B Div/C Div	Final
4	110m Hurdles (1.067m)	Men Open	Timed Final	830				
5	110m Hurdles (0.991m)	Men A Div	Timed Final	840				
3	110m Hurdles (0.914m)	Men B Div	Timed Final	850				
				900		Pole Vault	Women Novice	Final
2	100m Hurdles (0.838m)	Men C Div	Timed Final	900		Pole Vault	Men Novice	Final
2	100m Hurdles (0.838m)	Women Open	Timed Final	910				
4	100m Hurdles (0.762m)	Women B Div	Timed Final	925				
5	80m Hurdles (0.762)	Women C Div	Timed Final	930				
2	3000m Steeplechase (0.914m)	Men Open/ A Div	Timed Final	945				
1	2000m Steeplechase (0.838m)	Men B Div	Timed Final	1000				
2	2000m Steeplechase (0.762m)	Women A Div	Timed Final	1015				
2	800m	Women Open	Timed Final	1020				
12	800m	Men Open	Timed Final	1025				
				1030		Triple Jump	Women A Div	Final
				1030		Triple Jump	Women C Div	Final
				1030		Discus (2kg)	Men Open Decathlon	Final
12	800m	Women B Div	Timed Final	1030		Discus (1.5kg)	Men B Div	Final
10	800m	Women C Div	Timed Final	1035				
7	800m	Men A Div	Timed Final	1045				
13	800m	Men B Div	Timed Final	1050				
				1130		Pole Vault	Men Open Decathlon	Final

Day 3, Sunday 15 Jan 2023 (PM)								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				1430		Pole Vault	Men Intermediate	Final
				1430		Pole Vault	Women Intermediate	Final
				1430		Discus (1kg)	Men C Div	Final
				1430		Triple Jump	Men B Div	Final
4	200m	Women Open	Timed Final	1430		Triple Jump	Men Open/A Div	Final
2	200m	Women A Div	Timed Final	1430				
13	200m	Women B Div	Timed Final	1445				
4	200m	Women C Div	Timed Final	1455				
16	200m	Men Open	Timed Final	1500				
14	200m	Men A Div	Timed Final	1510				
18	200m	Men B Div	Timed Final	1520				
5	200m	Men C Div	Timed Final	1530				
3	400m Hurdles (0.914m)	Men Open/A Div	Timed Final	1545				
1	400m Hurdles (0.838m)	Men B Div	Timed Final	1555				
3	400m Hurdles (0.762m)	Women Open	Timed Final	1600		Discus (2kg)	Men Open	Final
2	400m Hurdles (0.762m)	Women A Div	Timed Final	1600		Discus (1.5kg)	Men A Div	Final
				1600		Discus (1.5kg)	Men U20	Final
4	200m Hurdles (0.762m)	Men C Div	Timed Final	1610		Javelin (800g)	Men Open Decathlon	Final
1	200m Hurdles (0.762m)	Women C Div	Timed Final	1615				
2	3000m	Men C Div	Timed Final	1630		Pole Vault	Men Advance	Final
1	3000m	Women A Div	Timed Final	1700				
3	3000m	Women B Div	Timed Final	1700				
4	3000m	Women C Div	Timed Final	1700				
1	1500m	Men Open Decathlon	Timed Final	1720				