

**2023 SA Allcomers Meet**  
**COMPETITION FORMAT**

Event (Track)	Category	Competition Format	Remarks	Qualifying Mark*
<b>Middle &amp; Long Distance Race</b>				
5000m	Women Open	No Cut Off Time		
5000m	Men Open	No Cut Off Time		
10000m	Women Open	No Cut Off Time		
10000m	Men Open	No Cut Off Time		
<b>Racewalk</b>				
5000m Racewalk	Women Open	No Cut Off Time		
5000m Racewalk	Men Open	No Cut Off Time		
10000m Racewalk	Women Open	No Cut Off Time		
10000m Racewalk	Men Open	No Cut Off Time		
<b>Hurdles</b>				
80m Hurdles	Women C Div		0.762m	
100m Hurdles	Women B Div/ U18		0.762m	
100m Hurdles	Women Open/A Div/ U20		0.838m	
100m Hurdles	Men C Div		0.838m	
110m Hurdles	Men B Div/ U18		0.914m	
110m Hurdles	Men A Div/U20		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/ U20/ U18		0.762m	
400m Hurdles	Men B Div/ U18		0.838m	
400m Hurdles	Men A Div/ U20/ Open		0.914m	
<b>Steeplechase</b>				
2000m Steeplechase	Men B Div/ U18		0.838m	
2000m Steeplechase	Women A Div/ U20		0.762m	
3000m Steeplechase	Women Open		0.762m	
3000m Steeplechase	Men A Div/ U20/ Open		0.914m	

Event (FIELD)	Category	Competition Format	Remarks	Qualifying Mark*
<b>Shot Put</b>				
Shot Put (3kg)	Women B Div/ C Div/ U18	3 + 3 trials	All Measured**	
Shot Put (4kg)	Women A Div/ U20/ 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/ U18	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**	
<b>Long Jump</b>				
Long Jump	Women All Categories	3 + 3 trials	All Measured**	
Long Jump	Men All Categories	3 + 3 trials	All Measured**	
<b>Javelin</b>				
Javelin (500g)	Women B Div/ C Div/ U18	3 + 3 trials	All Measured**	
Javelin (600g)	Women A Div/ U20/ 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/ U18	3 + 3 trials	All Measured**	
Javelin (800g)	Men Open/ U20	3 + 3 trials	All Measured**	

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<b>High Jump</b>				
High Jump	Girls Novice 1.25m - 1.50m	elimination after 3 consecutive failures	1.25m + 5cm, till 1.60m + 2cm, no jump off.	Practice Height: 1.25m & 1.40m
High Jump	Boys Novice 1.40m - 175m	elimination after 3 consecutive failures	1.40m + 5cm, till 1.60m + 2cm, no jump off.	Practice Height: 1.40m & 1.60m
High Jump	Girls Intermediate 1.40m<	elimination after 3 consecutive failures	1.40m + 5cm, till 1.60m + 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 1.90m + 3cm, till 2.05m + 2cm thereafter , no jump off.	Practice Height: 1.65m, 1.85m and 2.00m
<b>Pole Vault</b>				
Pole Vault	Girls Novice 2.00m - 3.20m	elimination after 3 consecutive failures	2.00m + 20cm, till 2.80m + 10cm, no jump off	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	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	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	Practice Height: 3.80m, 4.40m & 4.80m
<b>Triple Jump</b>				
Triple Jump	Women C Div	3 + 3 trials	7m Board, All Measured**	
Triple Jump	Women U18/ U20/ Open/ A Div/ B Div	3 + 3 trials	8m & 9m Board, All Measured**	
Triple Jump	Men C Div/B Div/ U18	3 + 3 trials	8m & 9m Board, All Measured**	
Triple Jump	Men A Div/ U20/ Open	3 + 3 trials	9m, 11m & 12m Board, All Measured**	
<b>Hammer</b>				
Hammer (3kg)	Women B Div/ C Div/ U18	3 + 3 trials	All Measured**	
Hammer (4kg)	Women A Div/ U20/ 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/ U18	3 + 3 trials	All Measured**	
Hammer (6kg)	Men U20	3 + 3 trials	All Measured**	
Hammer (7.26kg)	Men Open/ U20	3 + 3 trials	All Measured**	
<b>Discus</b>				
Discus (1kg)	Women U18/ U20/ Open/ A Div/B Div/ C Div	3 + 3 trials	All Measured**	
Discus (1kg)	Men C Div	3 + 3 trials	All Measured**	
Discus (1.5kg)	Men B Div/ A Div/ U18	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 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.