

2023 SA Allcomers Meet
COMPETITION FORMAT

Event (Track)	Category	Competition Format	Remarks	Qualifying Mark*
Hurdles				
100m Hurdles	Women Open		0.838m	
110m Hurdles	Men U18		0.914m	
110m Hurdles	Men Open		1.067m	
400m Hurdles	Women Open		0.762m	
400m Hurdles	Men U18		0.838m	
400m Hurdles	Men Open		0.914m	

Event (FIELD)	Category	Competition Format	Remarks	Qualifying Mark*
Long Jump				
Long Jump	Women Open	3 + 3 trials	All Measured**	
Long Jump	Women Open	3 + 3 trials	All Measured**	
Javelin				
Javelin (800g)	Men Open	3 + 3 trials	All Measured**	

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High Jump				
High Jump	Women Open 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	Men Open 1.80m<	elimination after 3 consecutive failures	1.80m + 5cm, till 1.90m + 3cm, till 2.05m + 2cm thereafter, no jump off.	Practice Height: 1.80m and 2.00m
Pole Vault				
Pole Vault	Women Open 2.60m<	elimination after 3 consecutive failures	2.60m + 10cm, till 3.60m + 5cm and thereafter, no jump off	Practice Height: 2.60m, 3.20m & 3.60m
Pole Vault	Men Open 3.60m <	elimination after 3 consecutive failures	3.60m + 20cm, till 4.60m + 10cm, till 4.90m + 5cm and thereafter, no jump off	Practice Height: 3.60m, 4.20m & 5.00m

* 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 trials, top 8 +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 trials, top 8 +2 trials.