

**Appendix B - Competition Schedule**

**2023 SA Allcomers Meet 3**  
**24 and 25 Jun 2023**  
**Home of Athletics**

**Updated as of 20 06 2023**

Day 1, Saturday 24 Jun 2023								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				8:30AM		High Jump	Girls Novice	Final
7	10000m	Mixed Open	Timed Final	8:30AM		High Jump	Boys Novice	Final
4	2000m Steeplechase	Boys U18	Timed Final	9:20AM				
2	3000m Steeplechase	Men Open	Timed Final	9:30AM				
3	3000m Steeplechase	Women Open	Timed Final	9:50AM				
				10:00AM		Shot Put (7.26kg)	Men Open	Final
				10:00AM		Shot Put (5kg)	Boys U18	Final
				10:00AM		Shot Put (3kg)	Girls U18	Final
4	100m	Girls U18	Timed Final	10:10AM				
15	100m	Boys U18	Timed Final	10:20AM				
10	100m	Women Open	Timed Final	10:25AM				
42	100m	Men Open	Timed Final	10:30AM				

Day 2, Sunday 25 Jun 2023								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				8:30AM		Discus (1kg)	Girls U18	Final
				8:30AM		Discus (2kg)	Men Open	Final
1	5000m Racewalk	Mixed Open	Timed Final	8:30AM		Discus (1.5kg)	Boys U18	Final
6	1500m	Women Open	Timed Final	9:00AM				
11	1500m	Girls U18	Timed Final	9:10AM				
23	1500m	Men Open	Timed Final	9:20AM				
11	400m	Women Open	Timed Final	9:40AM				
9	400m	Boys U18	Timed Final	9:50AM				
				10:00AM		Triple Jump	Women Open	Final
13	400m	Men Open	Timed Final	10:00AM		Triple Jump	Men Open	Final
7	200m Hurdles	Boys U18	Timed Final	10:20AM				
1	200m Hurdles	Girls U18	Timed Final	10:20AM				
2	110m hurdles	Men Open	Timed Final	10:50AM				
1	4x100m	Women Open	Final	11:10AM				
1	4x100m	Men Open	Final	11:15AM				