

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

Event (Track)	Category	Competition Format	Remarks	Qualifying Mark*
<b>Middle &amp; Long Distance Race</b>				
5000m Racewalk	Women Open	Cut Off Time		40:00.0
5000m Racewalk	Men Open	Cut Off Time		40:00.0
10000m	Women Open	Cut Off Time		50:00.0
10000m	Men Open	Cut Off Time		50:00.0
<b>Hurdles</b>				
200m Hurdles	Men U18		0.762m	
200m Hurdles	Women U18		0.762m	
<b>Event (FIELD)</b>				
<b>Long Jump</b>				
Triple Jump	Women Open/ U18	3 + 3 trials	All Measured**	
Triple Jump	Women Open/ U18	3 + 3 trials	All Measured**	
<b>Shot Put</b>				
Shot Put (3kg)	Women U18	3 + 3 trials	All Measured**	
Shot Put (4kg)	Women Open	3 + 3 trials	All Measured**	
Shot Put (5kg)	Men U18	3 + 3 trials	All Measured**	
Shot Put (7.26kg)	Men Open	3 + 3 trials	All Measured**	
<b>Discus</b>				
Discus (1kg)	Women Open/ U18	3 + 3 trials	All Measured**	
Discus (1.5kg)	Men U18	3 + 3 trials	All Measured**	
Discus (2kg)	Men Open	3 + 3 trials	All Measured**	
<b>High Jump</b>				
High Jump	Girls Novice 1.40m<	elimination after 3 consecutive failures	1.40m + 5cm, till 1.70m + 3cm, no jump off.	Practice Height: 1.40m & 1.75m
High Jump	Boys Novice 1.40m<	elimination after 3 consecutive failures	1.40m + 5cm, till 1.70m + 3cm, no jump off.	Practice Height: 1.40m & 1.75m

\* 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.