

2023 SA Combined Events Championships
COMPETITION FORMAT

Event (FIELD)	Category	Competition Format	Remarks	Description*
Long Jump				
Long Jump	Women U15/U18/U20/Open	3 trials	All Measured**	
Long Jump	Men U15/U18/U20/Open	3 trials	All Measured**	
Shot Put				
Shot Put (3kg)	Women U15/U18	3 trials	All Measured**	
Shot Put (4kg)	Women U20/Open	3 trials	All Measured**	
Shot Put (4kg)	Men U15	3 trials	All Measured**	
Shot Put (5kg)	Men U18	3 trials	All Measured**	
Shot Put (6kg)	Men U20	3 trials	All Measured**	
Shot Put (7.26kg)	Men Open	3 trials	All Measured**	
High Jump				
High Jump	Women U15/U18/U20/Open	elimination after 3 consecutive failures	1.20m + 3cm, no jump off.	Practice Height: 1.20m & 1.40m
High Jump	Men U15/U18/U20/Open	elimination after 3 consecutive failures	1.30m + 3cm, no jump off.	Practice Height: 1.30m & 1.50m

* 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.