

SAA 3rd ALLCOMERS MEET 2010

Saturday & Sunday, 27 & 28 February 2010

MEN		EVENTS	WOMEN	
Age Eligibility	Specifications		Age Eligibility	Specifications
Age 13 to 15		150m	Age 13 to 15	
Age 16 & 17		100m	Age 16 & 17	
Min age = 16		200m	Min age = 16	
Age 16 & 17		400m	Age 16 & 17	
Min age = 16		800m	Min age = 16	
Min age = 13		1000m	Min age = 13	
Age 16 & 17		2,000m SC	Age 16 & 17	
Min age = 16		3000m	Min age = 16	
Min age = 16		5000m	Min age = 16	
		100mH	Age 16 & 17	0.762m
Age 16 & 17	0.914m	110mH		
Age 16 & 17	0.840m	400mH	Min age = 16	0.762m
Min age = 18	0.914m			
Min age = 13		1600m Walk		
		1000m Walk	Min age = 13	
Min age = 13	Ht: 1.60m+ ..cm	High Jump	Age 16 & 17	Ht: 1.40m+ ...cm
	Ht: 1.40m+ ..cm			
Min age = 13		Long Jump	Age 16 & 17	
Age 13 to 17		Triple Jump	Min age = 13	
Min age = 13	< 3.30m	Pole Vault	Min age = 13	< 3.30m
	3.30 - 4.00m			3.30 - 4.00m
	> 4.00m			
		Shot Put	Age 13 to 15	3.00kg
Age 16 & 17	5.00kg		Min age = 16	4.00kg
Age 13 to 15	1.00kg	Discus	Age 16 & 17	1.00kg
Age 16 & 17	1.50kg			
Age 18 & 19	1.75kg			
Min age = 18	2.00kg			
Age 16 & 17	700g	Javelin	Min age = 13	600g

- Age is calculated as at 31 December 2010

Notes:

† Women 3,000m & 5,000m

- Athlete who is of age 16 – 19 is allowed to compete in either 3,000m **OR** 5,000m and **NOT BOTH.**

Men/ Women High Jump

- Athlete is to indicate his personal best performance in the entry form. Progression height will be determined after the closing date for submission of entries.