

SAA 3rd ALLCOMERS MEET 2010

Saturday & Sunday, 27 & 28 February 2010

MEN		FIELD EVENTS	WOMEN	
Performance Category	Competition Format		Performance Category	Competition Format
SH: 1.60m SH: 1.40m	<ul style="list-style-type: none"> Elimination if competitor recorded 3 consecutive failures 	High Jump	SH: 1.40m	<ul style="list-style-type: none"> Elimination if competitor recorded 3 consecutive failures
> 12.00m	<ul style="list-style-type: none"> 3 trials & the best 8 with a measured performance shall have another 3 additional trials Only performance beyond 12.00m will be measured 	Triple Jump	≥ 10.00m	<ul style="list-style-type: none"> 3 trials & the best 8 with a measured performance shall have another 3 additional trials Only performance 10.00m & beyond will be measured
< 12.00m	<ul style="list-style-type: none"> 3 trials only Only performance beyond 12.00m will be measured Performance will not be measured but will be recorded to the lower mark of the pre-marked performance zone† Performance less than pre-marked performance Zone 1 will not be recorded at all 		< 10.00m	<ul style="list-style-type: none"> 3 trials only Only performance 10.00m & beyond will be measured Performance will not be measured but will be recorded to the lower mark of the pre-marked performance zone† Performance less than pre-marked performance Zone 1 will not be recorded at all
> 6.00m	<ul style="list-style-type: none"> 3 trials & the best 8 with a measured performance shall have another 3 additional trials Only performance beyond 6.00m will be measured 	Long Jump	≥ 4.70m	<ul style="list-style-type: none"> 3 trials & the best 8 with a measured performance shall have another 3 additional trials Only performance 4.70m & beyond will be measured
< 6.00m	<ul style="list-style-type: none"> 3 trials only Only performance 6.00m & beyond will be measured Performance will not be measured but will be recorded to the lower mark of the pre-marked performance zone† Performance less than pre-marked performance Zone 1 will not be recorded at all 		< 4.70m	<ul style="list-style-type: none"> 3 trials only Only performance 4.70m & beyond will be measured Performance will not be measured but will be recorded to the lower mark of the pre-marked performance zone† Performance less than pre-marked performance Zone 1 will not be recorded at all

> 10.50m	<ul style="list-style-type: none"> ▪ 3 trials & the best 8 with a measured performance shall have another 3 additional trials ▪ Only performance beyond 10.50m will be measured 	Shot Put	≥ 8.00m	<ul style="list-style-type: none"> ▪ 3 trials & the best 8 with a measured performance shall have another 3 additional trials ▪ Only performance beyond 8.00m will be measured
≤ 10.50m	<ul style="list-style-type: none"> ▪ 3 trials only ▪ Only performance beyond 10.50m will be measured ▪ Performance will not be measured but will be recorded to the lower mark of the pre-marked performance zone† ▪ Performance less than pre-marked performance Zone 1 will not be recorded at all 		< 8.00m	<ul style="list-style-type: none"> ▪ 3 trials only ▪ Only performance 8.00m & beyond will be measured ▪ Performance will not be measured but will be recorded to the lower mark of the pre-marked performance zone† ▪ Performance less than pre-marked performance Zone 1 will not be recorded at all
> 30.00m(1kg, 1.75kg & 2kg) >32.00m(1.5kg)	<ul style="list-style-type: none"> ▪ 3 trials & the best 8 with a measured performance shall have another 3 additional trials ▪ Only performance beyond 30.00m / 32.00m will be measured 	Discus	> 25.00m	<ul style="list-style-type: none"> ▪ 3 trials & the best 8 with a measured performance shall have another 3 additional trials ▪ Only performance beyond 25.00m will be measured
≤ 30.00m(1kg, 1.75kg & 2kg) ≤ 32.00m (1.5kg)	<ul style="list-style-type: none"> ▪ 3 trials only ▪ Only performance 30.00m / 32.00m & beyond will be measured ▪ Performance will not be measured but will be recorded to the lower mark of the pre-marked performance zone† ▪ Performance less than pre-marked performance Zone 1 will not be recorded at all 		< 25.00m	<ul style="list-style-type: none"> ▪ 3 trials only ▪ Only performance beyond 25.00m will be measured ▪ Performance will not be measured but will be recorded to the lower mark of the pre-marked performance zone† ▪ Performance less than pre-marked performance Zone 1 will not be recorded at all
>37.00m(700g)	<ul style="list-style-type: none"> ▪ 3 trials & the best 8 with a measured performance shall have another 3 additional trials ▪ Only performance beyond 37.00m will be measured 	Javelin	≥ 25.00m	<ul style="list-style-type: none"> ▪ 3 trials & the best 8 with a measured performance shall have another 3 additional trials ▪ Only performance beyond 25.00m will be measured
≤37.00m(700g)	<ul style="list-style-type: none"> ▪ 3 trials only ▪ Only performance beyond 37.00m will be measured ▪ Performance will not be measured but will be recorded to the lower mark of the pre-marked performance zone† 		< 25.00m	<ul style="list-style-type: none"> ▪ 3 trials only ▪ Only performance 25.00m & beyond will be measured ▪ Performance will not be measured but will be recorded to the lower mark of the pre-marked performance zone†

	<ul style="list-style-type: none"> Performance less than pre-marked performance Zone 1 will not be recorded at all 			<ul style="list-style-type: none"> Performance less than pre-marked performance Zone 1 will not be recorded at all
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† **Pre-marked performance zone:**

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
WOMEN						
Shot Put	7.00m – 7.25m	7.25m – 7.50m	7.50m – 7.75m	7.75m – 8.00m	> 8.00m	
Javelin	12.00m – 15.00m	15.00m – 18.00m	18.00m – 21.00m	21.00m – 23.00m	23.00m – 25.00m	> 25.00m
Triple Jump	9.00m – 9.20m	9.20m – 9.40m	9.40m – 9.60m	9.60m – 9.80m	9.80m – 10.00m	> 10.00m
Discus	15.00m – 19.00m	19.00m – 21.00m	21.00m – 23.00m	23.00m – 25.00m	> 25.00m	
Long Jump	3.70m – 3.90m	3.90m – 4.10m	4.10m – 4.30m	4.30m – 4.50m	4.50m – 4.70m	> 4.70m
MEN						
Discus(30.00m)	20.00m – 22.00m	22.00m – 24.00m	24.00m – 26.00m	26.00m – 28.00m	28.00m – 30.00m	> 30.00m
Discus(32.00m)	22.00m – 24.00m	24.00m – 26.00m	26.00m – 28.00m	28.00m – 30.00m	30.00m – 32.00m	> 32.00m
Long Jump	5.00m – 5.20m	5.20m – 5.40m	5.40m – 5.60m	5.60m – 5.80m	5.80m – 6.00m	> 6.00m
Shot Put	9.25m – 9.50m	9.50m – 9.75m	9.75m – 10.00m	10.00m – 10.25m	10.25m – 10.50m	> 10.50m
Javelin (700g)	27.00m – 29.00m	29.00m – 31.00m	31.00m – 33.00m	33.00m – 35.00m	35.00m – 37.00m	> 37.00m
Triple Jump	11.00m – 11.20m	11.20m – 11.40m	11.40m – 11.60m	11.60m – 11.80m	11.80m – 12.00m	> 12.00m

Example: If performance for Women Shot Put is within Zone 1, the performance recorded will be 7.00m.