

APPENDIX C - Competition Schedule (as at 24 Feb `10)

SAA 3rd Allcomers Meet 2010
 Saturday & Sunday, 27-28 February 2010
 SAA Centre of Excellence, Gombak Stadium

REVISED COMPETITION SCHEDULE - Saturday, 27 February 2010

Event No	Event (FIELD)	Time	Remarks
MEN & WOMEN DISCUS (1KG)			
107A	Women Discus 1.00kg (>25.00m)	9.00am	
107B	Women Discus 1.00kg (<25.00m)		
108A	Men Discus 1.00kg (> 30.00m)	10.30am	
108B	Men Discus 1.00kg (<= 30.00m)		
MEN/ WOMEN POLE VAULT			
109	Men/ Women Pole Vault (<3.30m)	9.00am	2.20m, 2.40m, 2.60m, 2.80m, 3.00m, 3.15m, 3.30m (last height)
MEN TRIPLE JUMP			
110A	Men Triple Jump (>12m)	9.00am	
110B	Men Triple Jump (<12m)	10.00am	
WOMEN SHOT PUT			
213A	Women Shot Put 3kg (>=8.00m)	2.00pm	
213B	Women Shot Put 3kg (<8.00m)		
214A	Women Shot Put 4kg (>=8.00m)	4.00pm	
214B	Women Shot Put 4kg (<8.00m)		
MEN DISCUS			
215A	Men Discus 2.00kg (> 30.00m)	2.00pm	
216B	Men Discus 1.75kg (<= 30.00m)		
	Men Discus 1.75kg (> 30.00m)	CANCELLED	
217A	Men Discus 1.50kg (> 32.00m)	3.15pm	
217B	Men Discus 1.50kg (<= 32.00m)		
	Men Discus 2.00kg (<= 30.00m)	CANCELLED	
WOMEN TRIPLE JUMP			
218A	Women Triple Jump (>=10.00m)	2.00pm	
218B	Women Triple Jump (<10.00m)	4.00pm	
MEN/ WOMEN POLE VAULT			
219	Men/ Women Pole Vault (3.30m-4.00m)	2.00pm	3.30m, 3.50m, 3.70m, 3.85m, 4.00m (last height)

* schedule subject to change depending on the number of entries

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REVISED COMPETITION SCHEDULE - Sunday, 28 February 2010

Event No	Event (FIELD)	Time	Remarks
MEN SHOT PUT			
301A	Men Shot Put 5kg (>10.50m)	9.00am	
	Men Shot Put 5kg (<=10.50m)	CANCELLED	
WOMEN JAVELIN			
302A	Women Javelin 600g (>=25.00m)	9.00am	
302B	Women Javelin 600g (<25.00m)	10.30am	
WOMEN HIGH JUMP			
303	Women High Jump (SH: 1.40m)	9.00am	
MEN HIGH JUMP			
304	Men High Jump (SH: 1.60m)	10.00am	1.60m + 5cm; 1.70m + 3cm; 1.79m + 2cm...
WOMEN LONG JUMP			
305A	Women Long Jump (>=4.70m)	9.00am	
305B	Women Long Jump (<4.70m)	10.00am	
MEN POLE VAULT			
412	Men Pole Vault (>4.00m)	2.00pm	3.95m, 4.10m, 4.25m, 4.40m, 4.50m, 4.60m, 4.62m
MEN JAVELIN			
413A	Men Javelin 700g (>37.00m)	2.00pm	
413B	Men Javelin 700g (<=37.00m)	3.30pm	
MEN HIGH JUMP			
414	Men High Jump (SH: 1.40m)	2.00pm	1.40m + 5cm; 1.60m + 3cm; 1.66m + 2cm...
MEN LONG JUMP			
415A	Men Long Jump (>6.00)	2.00pm	
415B	Men Long Jump (<6.00) - FLIGHT 1	3.30pm	
	Men Long Jump (<6.00) - FLIGHT 2	4.15pm	

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