

**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 #	Event (TRACK)	Time
101	Women 100mH (0.762m)	9.00am
102	Men 110mH (0.914m)	9.10am
103W	Women 2,000m SC (0.762m)	9.20am
103M	Men 2,000m SC	9.30am
104M	Men 800m (<2:08.0s)	<b>9.40am</b>
105W	Women 800m (<2:32.0s) Women 800m (2:32.0-2:42.0s)	<b>9.45am</b>
105M	Men 800m (2:08.0-2:18.0s)	<b>9.50am</b>
106W	Women 800m (2:42.0-2:57.0s) Women 800m (>2:57.0s)	<b>10.00am</b>
106M	Men 800m (2:18.0-2:32.0s) Men 800m (>2:32.0s)	<b>10.10am</b>
<b>BREAK</b>		
201	Women 400mH (0.762m)	2.00pm
202	Men 400mH (0.840m)	<b>2.20pm</b>
203	Men 400mH (0.914m)	<b>2.30pm</b>
204W	Women 150m (<22.0s)	<b>2.40pm</b>
204M	Men 150m (<17.5s)	<b>2.50pm</b>
205W	Women 150m (22.0-23.0s)	<b>2.55pm</b>
205M	Men 150m (17.5-18.5s)	<b>3.10pm</b>
206W	Women 150m (>23.0s)	<b>3.25pm</b>
206M	Men 150m (>18.5s)	<b>3.45pm</b>
207M	Men 200m (<23.0s)	<b>4.15pm</b>
208W	Women 200m (<27.0s) Women 200m (27.0-28.0s)	<b>4.25pm</b>
208M	Men 200m (23.0-24.0s)	<b>4.30pm</b>
209W	Women 200m (28.0-29.0s)	<b>4.40pm</b>
209M	Men 200m (24.0-25.0s)	<b>4.50pm</b>
210W	Women 200m (29.0-30.0s)	<b>5.00pm</b>
210M	Men 200m (25.0-26.0s)	<b>5.05pm</b>
211W	Women 200m (>30.0s)	<b>5.15pm</b>
211M	Men 200m (>26.0s)	<b>5.20pm</b>
212W	Women 3,000m	<b>5.30pm</b>
212M	Men 3,000m	<b>5.50pm</b>

**Sunday - 28 February 2010**

Event #	Event (TRACK)	Time
	Men 100m (<11.0s)	<b>CANCELLED</b>
401M	Men 100m (11.0-11.3s) Men 100m (11.3-11.5s)	<b>2.00pm</b>
401W	Women 100m (<13.0s) Women 100m (13.0-13.5s)	<b>2.05pm</b>
402M	Men 100m (11.5-11.8s)	<b>2.10pm</b>
402W	Women 100m (13.5-14.0s) Women 100m (14.0-14.5s)	<b>2.15pm</b>
403M	Men 100m (11.8-12.0s)	<b>2.20pm</b>
403W	Women 100m (14.5-15.0s) Women 100m (>15.0s)	<b>2.25pm</b>
404M	Men 100m (>12.0s)	<b>2.30pm</b>
405M	Men 400m (<52.0s) Men 400m (52.0-54.0s)	<b>2.45pm</b>
405W	Women 400m (<62.0s) Women 400m (64.0-67.0s)	<b>2.50pm</b>
	Women 400m (62.0-64.0s)	<b>CANCELLED</b>
406M	Men 400m (54.0-56.0s) Men 400m (56.0-58.0s)	<b>2.55pm</b>
406W	Women 400m (67.0-70.0s) Women 400m (>70.0s)	<b>3.00pm</b>
407M	Men 400m (>58.0s)	<b>3.05pm</b>
408M	<b>Men 1,600m Walk</b>	<b>3.15pm</b>
408W	<b>Women 1,000m Walk</b>	<b>3.30pm</b>
409M	Men 1,000m (<3:00.0s)	<b>3.45pm</b>
409W	Women 1,000m (<3:20.0s) Women 1,000m (>3:20.0s)	<b>3.55pm</b>
410M	Men 1,000m (>3:00.0s)	<b>4.05pm</b>
411	Men/ Women 5,000m	<b>4.20pm</b>