

**APPENDIX C - Competition Schedule (updated as at 13 May `08)**

**SAA 3rd Allcomers Meet FY`08**  
*(formerly known as SAA 4th Allcomers/ Progressive Meet 2008)*  
**18 May `08, SUNDAY**  
**SAA Centre of Excellence, Gombak Stadium**

<b>Event No</b>	<b>Event (FIELD)</b>	<b>Time</b>	<b>Competition Format</b>	<b>Remarks</b>
<b>WOMEN JAVELIN</b>				
201-A	Women Javelin 600g (>=22.00)	<b>9.00AM</b>	3 + 3 trials	measure if beyond 22.00m
201-B	Women Javelin 600g (<22.00)	<b>10.30AM</b>	3 trials only	measure if beyond 22.00m; otherwise record lower mark of performance zone
<b>MEN LONG JUMP</b>				
208-B	Men Long Jump (<6.00) - FLIGHT 1	<b>9.00AM</b>	3 trials only	measure if beyond 6.00m; otherwise record lower mark of performance zone
	Men Long Jump (<6.00) - FLIGHT 2	<b>9.00AM</b>		
	Men Long Jump (<6.00) - FLIGHT 3	<b>10.15AM</b>		
<b>WOMEN SHOT PUT</b>				
202-A	Women Shot Put 4kg (>=7.00m) - FLIGHT 1	1.30pm	3 + 3 trials	measure if beyond 7.00m
	Women Shot Put 4kg (>=7.00m) - FLIGHT 2	2.50pm	3 + 3 trials	
202-B	Women Shot Put 4kg (<7.00m)	4.20pm	3 trials only	measure if beyond 7.00m; otherwise record lower mark of performance zone
<b>WOMEN TRIPLE JUMP</b>				
203-A	Women Triple Jump (>=9.50m)	1.30pm	3 + 3 trials	measure if beyond 9.50m
203-B	Women Triple Jump (<9.50m)	3.00pm	3 trials only	measure if beyond 9.50m; otherwise record lower mark of performance zone
<b>MEN DISCUS</b>				
204-A	Men Discus 2.00kg (> 30.00)	1.30pm	3 + 3 trials	measure if beyond 30.00m
204-B	Men Discus 2.00kg (<= 30.00)		3 trials only	measure if beyond 30.00m; otherwise record lower mark of performance zone
205-A	Men Discus 1.00kg (> 30.00)	1.50pm	3 + 3 trials	measure if beyond 30.00m
205-B	Men Discus 1.00kg (<= 30.00)	2.40pm	3 trials only	measure if beyond 30.00m; otherwise record lower mark of performance zone
206-A	Men Discus 1.50kg (> 30.00)	3.15pm	3 + 3 trials	measure if beyond 30.00m
206-B	Men Discus 1.50kg (<= 30.00)	4.20pm	3 trials only	measure if beyond 30.00m; otherwise record lower mark of performance zone
207-A	Men Discus 1.75kg (> 30.00)	4.50pm	3 + 3 trials	measure if beyond 30.00m
207-B	Men Discus 1.75kg (<= 30.00)	5.30pm	3 trials only	measure if beyond 30.00m; otherwise record lower mark of performance zone
<b>MEN LONG JUMP</b>				
208-A	Men Long Jump (>6.00)	3.45pm	3 + 3 trials	measure if beyond 6.00m