

2018 SAA Track and Field Series 2**COMPETITION FORMAT**

Event (FIELD)	Category	Competition Format	Remarks	Qualifying Mark
Shot Put				
Shot Put (3kg)	Girls U 15	2 + 2 trials	All Measured**	
Shot Put (3kg)	Girls Youth	2 + 2 trials	All Measured**	
Shot Put (4kg)	Women Junior/ Open	2 + 2 trials	All Measured**	
Shot Put (4kg)	Boys U 15	2 + 2 trials	All Measured**	
Shot Put (5kg)	Boys Youth	2 + 2 trials	All Measured**	
Shot Put (6kg)	Men Junior	2 + 2 trials	All Measured**	
Shot Put (7.26kg)	Men Open	2 + 2 trials	All Measured**	
Long Jump				
Long Jump	Girls U 15	2 + 2 trials	All Measured**	
Long Jump	Boys U 15	2 + 2 trials	All Measured**	
Long Jump	Girls Youth	2 + 2 trials	All Measured**	
Long Jump	Boys Youth	2 + 2 trials	All Measured**	
Long Jump	Women Junior/ Open	2 + 2 trials	All Measured**	
Long Jump	Men Junior/ Open	2 + 2 trials	All Measured**	
Javelin				
Javelin (500g)	Girls U 15	2 + 2 trials	All Measured**	
Javelin (600g)	Boys U 15	2 + 2 trials	All Measured**	
Javelin (500g)	Girls Youth	2 + 2 trials	All Measured**	
Javelin (700g)	Boys Youth	2 + 2 trials	All Measured**	
Javelin (600g)	Women Junior/ Open	2 + 2 trials	All Measured**	
Javelin (800g)	Men Junior/ Open	2 + 2 trials	All Measured**	
High Jump				
High Jump	Girls Novice 1.25m	elimination after 3 consecutive failures	1.25m + 5cm (5 athletes and above), +3m (4 athletes and below)	Practice Height: 1.25m & 1.35m
High Jump	Boys Novice 1.40m	elimination after 3 consecutive failures	1.40m + 5cm (5 athletes and above), +3m (4 athletes and below)	Practice Height: 1.40m & 1.60m
High Jump	Girls Intermediate 1.40m <	elimination after 3 consecutive failures	1.40m + 5cm (5 athletes and above), +3m (4 athletes and below)	Practice Height: 1.40m & 1.50m & 1 additional height to be decided on the spot
High Jump	Boys Intermediate 1.70m <	elimination after 3 consecutive failures	1.70m + 5cm (5 athletes and above), +3m (4 athletes and below)	Practice Height: 1.65m & 1.80m & 1 additional height to be decided on the spot
Hammer				
Hammer (3kg)	Girls U 15	2 + 2 trials	All Measured**	
Hammer (3kg)	Girls Youth	2 + 2 trials	All Measured**	
Hammer (4kg)	Women Junior/ Open	2 + 2 trials	All Measured**	
Hammer (4kg)	Boys U 15	2 + 2 trials	All Measured**	
Hammer (5kg)	Boys Youth	2 + 2 trials	All Measured**	
Hammer (6kg)	Men Junior	2 + 2 trials	All Measured**	
Hammer (7.26kg)	Men Open	2 + 2 trials	All Measured**	
Triple Jump				
Triple Jump	Girls U 15	2 + 2 trials	7m & 8m Board, All Measured**	
Triple Jump	Boys U 15	2 + 2 trials	9m Board, All Measured**	
Triple Jump	Girls Youth	2 + 2 trials	8m & 9m Board, All Measured**	
Triple Jump	Boys Youth	2 + 2 trials	10m & 11m Board, All Measured**	
Triple Jump	Women Junior/ Open	2 + 2 trials	9m & 10m Board, All Measured**	
Triple Jump	Men Junior/ Open	2 + 2 trials	11m & 13m Board, All Measured**	
Discus				
Discus (1kg)	Girls U 15	2 + 2 trials	All Measured**	
Discus (1kg)	Boys U 15	2 + 2 trials	All Measured**	
Discus (1kg)	Girls Youth	2 + 2 trials	All Measured**	
Discus (1.5kg)	Boys Youth	2 + 2 trials	All Measured**	
Discus (1.75kg)	Men Junior	2 + 2 trials	All Measured**	
Discus (1kg)	Women Junior/ Open	2 + 2 trials	All Measured**	
Discus (2kg)	Men Open	2 + 2 trials	All Measured**	
Pole Vault				
Pole Vault	Girls Novice 2.00m - 3.00m	elimination after 3 consecutive failures	2.00m + 20cm, till 2.60m + 10cm, till 2.80m + 5cm and thereafter	Practice Height: 2.20m & 2.80m
Pole Vault	Women Intermediate 3.00m - 3.60m	elimination after 3 consecutive failures	3.00m + 20cm, till 3.40m + 10cm, till 3.80m + 5cm and thereafter	Practice Height: 3.00m & 3.40m
Pole Vault	Women Advance 3.60m <	elimination after 3 consecutive failures	3.60m + 20cm, till 4.00m + 10cm, till 4.20m + 5cm and thereafter	Practice Height: 3.60m & 4.00m
Pole Vault	Boys Novice 2.20m - 3.00m	elimination after 3 consecutive failures	2.20m + 20cm, till 2.60m + 10cm, till 2.80m + 5cm and thereafter	Practice Height: 2.20m & 2.80m
Pole Vault	Boys Intermediate 3.00m - 3.60m	elimination after 3 consecutive failures	3.00m + 20cm, till 3.40m + 10cm, till 3.80m + 5cm and thereafter	Practice Height: 3.00m & 3.40m
Pole Vault	Men Advance 3.60m <	elimination after 3 consecutive failures	3.60m + 20cm, till 4.00m + 10cm, till 4.20m + 5cm and thereafter	Practice Height: 3.60m, 4.00m & 4.40m

U15 = 13 & 14 Years Old

U18 = 15 - 17 Years old

U20 = 18 & 19 Years old