

APPENDIX C - Competition Format

3rd SAA U13 Track & Field Championships 2019

COMPETITION FORMAT - Version V4

Event (FIELD)	Category	Competition Format	Remarks
Shot Put			
Shot Put (2kg)	D Boys	3 trials	All Measured**
Shot Put (2kg)	D Girls	3 trials	All Measured**
Shot Put (2kg)	C Boys	2 + 2 trials	All Measured**
Shot Put (2kg)	C Girls	2 + 2 trials	All Measured**
Shot Put (3kg)	B Boys	2 + 2 trials	All Measured**
Shot Put (3kg)	B Girls	2 + 2 trials	All Measured**
Shot Put (3kg)	A Boys	2 + 2 trials	All Measured**
Shot Put (3kg)	A Girls	2 + 2 trials	All Measured**
Long Jump			
Long Jump	C Boys	2 + 2 trials	All Measured**
Long Jump	C Girls	2 + 2 trials	All Measured**
Long Jump	B Boys	2 + 2 trials	All Measured**
Long Jump	B Girls	2 + 2 trials	All Measured**
Long Jump	A Boys	2 + 2 trials	All Measured**
Long Jump	A Girls	2 + 2 trials	All Measured**
High Jump			
			Starting Height / Progression
High Jump (Scissor Jump)	D Boys		0.8m
High Jump (Scissor Jump)	D Girls		0.6m
High Jump	C Boys		1.12m / 3m
High Jump	C Girls		1.04m / 3m
High Jump	B Boys		1.18m / 3m
High Jump	B Girls		1.14m / 3m
High Jump	A Boys		1.07m / 3m
High Jump	A Girls		1.00m / 3m