

Appendix B - Competition Schedule

**2020 SA All-comers Meet 1
28 & 29/3/2020
Home of Athletics**

Day 1: PM										
No.	Event	Category	Status	Reporting time to Start line	Time	Reporting time to FOP	No.	Event	Category	Status
					1330hrs	Cancel		Pole Vault	Men Open	Final
								Hammer (6kg)	Men U20	Final
								Hammer (4kg)	Women Open	Final
102	400m	Women Open	Timed Final	H1 - 1355hrs H2 - 1400hrs	1400hrs	1330hrs	101	Hammer (7.26kg)	Men Open	Final
104	400m	Men Open	Timed Final	H1 - 1405hrs H2 - 1410hrs H3 - 1415hrs H3 - 1420hrs H4 - 1425hrs	1430hrs	1400hrs	103	Triple Jump	Women Open	Final
105	1500m	Women Open	Final	H1 - 1450hrs H2 - 1500hrs	1455hrs					
					1500hrs	Cancel		Discus (1.75kg)	Men U20	Final
						1430hrs	106	Discus (2kg)	Men Open	Final
107	1500m	Men Open	Final	1515hrs	1520hrs					
					1540hrs	Cancel		Pole Vault	Women Open	Final
108	5000m Race walk	Mixed Open	Final	1550hrs	1600hrs					
					1630hrs	1600hrs	109	Triple Jump	Men Open	Final
110	5000m	Women Open	Final	1635hrs	1640hrs					
111	5000m	Men Open	Final	1705hrs	1710hrs			Discus (1kg)	Women Open	Final

*Athletes are advise to leave the competition once they completed their event.

from 12pm - 4pm (140 athletes)

**Athletes are only allow to enter stadium by Gate 1B at630hrs (100m runner)

Day 1: PM					
No.	Event	Category	Status	Reporting time to Start line	Time
112	100m	Women Open	Timed Final	H1 - 1755hrs	1800hrs
			Timed Final	H2 - 1800hrs	
			Timed Final	H3 - 1805hrs	
			Timed Final	H4 - 1810hrs	
			Timed Final	H5 - 1815hrs	
113	100m	Men Open	Timed Final	H1 - 1820hrs	1825hrs
			Timed Final	H2 - 1825hrs	
			Timed Final	H3 - 1830hrs	
			Timed Final	H4 - 1835hrs	
			Timed Final	H5 - 1840hrs	
			Timed Final	H6 - 1845hrs	
			Timed Final	H7 - 1850hrs	
			Timed Final	H8 - 1855hrs	
			Timed Final	H9 - 1900hrs	
			Timed Final	H10 - 1905hrs	

from 4.30pm (149 athletes)

Appendix B - Competition Schedule

**2020 SA All-comers Meet 1
28 & 29/3/2020
Home of Athletics**

Day 2: PM										
No.	Event	Category	Status	Reporting time to Start line	Time	Reporting time to FOP	No.	Event	Category	Status
					1400hrs					
					1445hrs		Cancel	Shot Put (4kg)	Women Open	Final
	110m Hurdles (1.067m)	Men Open	Timed Final		1430hrs					
	110m Hurdles (0.991m)	Men U20	Timed Final		1445hrs					
					1500hrs	1430hrs	201	Javelin (800g)	Men Open	Final
					1530hrs	1430hrs	202	Long Jump	Women Open	Final
204	100m Hurdles (0.838m)	Women Open	Timed Final	1525hrs	1530hrs	1500hrs	203	High Jump	Women Open	Final
205	400m Hurdles (0.914m)	Men Open	Timed Final	1540hrs	1545hrs					
206	400m Hurdles (0.762m)	Women Open	Timed Final	1555hrs	1600hrs					
207	3000m Steeplchase	Men Open	Final	1610hrs	1615hrs					
208	3000m Steeplchase	Women Open	Final	1625hrs	1630hrs					
209	800m	Women Open	Timed Final	H1 - 1640hrs	1645hrs					
			Timed Final	H2 - 1645hrs						
210	800m	Men Open	Timed Final	H1 - 1655hrs		1630hrs	211	High Jump	Men Open	Final
			Timed Final	H2 - 1705hrs		1630hrs	212	Long Jump	Men Open	Final
					1700hrs	1630hrs	213	Shot Put (6kg)	Men U20	Final
						1630hrs	214	Shot Put (7.26kg)	Men Open	Final
215	10000m	Mixed Open	Final	1710hrs	1715hrs					
216	200m	Women Open	Timed Final	H1 - 1805hrs	1810hrs					
			Timed Final	H2 - 1810hrs						
			Timed Final	H1 - 1820hrs						
			Timed Final	H2 - 1825hrs						
			Timed Final	H3 - 1830hrs						
217	200m	Men Open	Timed Final	H4 - 1835hrs	1825hrs					
			Timed Final	H5 - 1840hrs						
			Timed Final	H6 - 1845hrs						
			Timed Final	H7 - 1850hrs						
			Timed Final	H8 - 1855hrs						

From 12pm - 6pm (165 athletes)