

**2021 SA Allcomers Meet  
COMPETITION FORMAT**

Event (Track)	Category	Competition Format	Remarks	Qualifying Mark*
3000m	Men B Div	Cut Off Time	Cut off time will be implemented on start of last lap	13mins
3000m	Women A & B Div	Cut Off Time	Cut off time will be implemented on start of last lap	14mins
3000m Steeplechase	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	15mins
3000m Steeplechase	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	14mins
5000m	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	25mins
5000m	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	23mins
10000m	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	45mins
10000m	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	43mins
3000m Racewalk	Men B Div	Cut Off Time	Cut off time will be implemented on start of last lap	23mins
3000m Racewalk	Women A Div	Cut Off Time	Cut off time will be implemented on start of last lap	21mins
5000m Racewalk	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	37mins
5000m Racewalk	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	35mins
10000m Racewalk	Women Open	Cut Off Time	Cut off time will be implemented on start of last lap	75mins
10000m Racewalk	Men Open	Cut Off Time	Cut off time will be implemented on start of last lap	70mins

Event (FIELD)	Category	Competition Format	Remarks	Qualifying Mark*
<b>Shot Put</b>				
Shot Put (3kg)	Women B Div	3 + 3 trials	All Measured**	
Shot Put (4kg)	Women A Div/ Open	3 + 3 trials	All Measured**	
Shot Put (5kg)	Men A Div	3 + 3 trials	All Measured**	
Shot Put (5kg)	Men U 18/ B Div	3 + 3 trials	All Measured**	
Shot Put (6kg)	Men U 20	3 + 3 trials	All Measured**	
Shot Put (7.26kg)	Men Open	3 + 3 trials	All Measured**	
<b>Long Jump</b>				
Long Jump	Women All Categories	3 + 3 trials	All Measured**	
Long Jump	Men All Categories	3 + 3 trials	All Measured**	
<b>Javelin</b>				
Javelin (500g)	Women B Div	3 + 3 trials	All Measured**	
Javelin (700g)	Men A Div	3 + 3 trials	All Measured**	
Javelin (700g)	Men U18/ B Div	3 + 3 trials	All Measured**	
Javelin (800g)	Men U20	3 + 3 trials	All Measured**	
Javelin (600g)	Women A Div/ Open	3 + 3 trials	All Measured**	
Javelin (800g)	Men Open	3 + 3 trials	All Measured**	
<b>High Jump</b>				
High Jump	Women A & B Div	elimination after 3 consecutive failures	1.25m + 5cm, till 160m + 3cm, till 1.78m + 2cm thereafter, no jump off	Practice Height: 1.25m & 1.50m
High Jump	Women Open	elimination after 3 consecutive failures	1.40m + 5cm, till 160m + 3cm, till 1.78m + 2cm thereafter, no jump off	Practice Height: 1.40m & 1.60m
High Jump	Men A & B Div	elimination after 3 consecutive failures	1.60m, 1.65m, 1.70m, 1.75m, 1.78m, 1.81m, 1.84m, 1.87m + 2cm thereafter, no jump off	Practice Height: 1.75m & 2.06m
High Jump	Men Open	elimination after 3 consecutive failures	1.60m, 1.65m, 1.70m, 1.75m, 1.78m, 1.81m, 1.84m, 1.87m + 2cm thereafter, no jump off	Practice Height: 1.80m & 2.06m
<b>Pole Vault</b>				
Pole Vault	Women Div Open	elimination after 3 consecutive failures	1.65m, 1.90m, 2.10m, 2.30m, 2.45m, 2.60m, 2.70m, 2.80m, 2.85m, and thereafter, no jump off	Practice Height: 1.65m & 2.60m
Pole Vault	Women Open	elimination after 3 consecutive failures	2.53m + 20cm, till 3.13m + 10cm, till 3.93m + 5cm and thereafter, no jump off	Practice Height: 2.53m & 3.40m
Pole Vault	Men A & B Div	elimination after 3 consecutive failures	2.45m, 2.70m, 2.90m, 3.10m 3.25m, 3.40m, 3.50m, 3.60m, 3.65m, and thereafter, no jump off	Practice Height: 2.45m & 3.50m
Pole Vault	Men Open	elimination after 3 consecutive failures	3.00m + 20cm, till 4.60m + 10cm, till 4.90m + 5cm and thereafter, no jump off	Practice Height: 3.40m, 4.00m & 4.60m
<b>Triple Jump</b>				
Triple Jump	Women A & B Div	3 + 3 trials	8m & 9m Board, All Measured**	
Triple Jump	Women Open/ U20/U18	3 + 3 trials	8m & 9m Board, All Measured**	
Triple Jump	Men A & B Div	3 + 3 trials	9m & 11m Board, All Measured**	
Triple Jump	Men Open	3 + 3 trials	9m & 11m Board, All Measured**	
<b>Hammer</b>				
Hammer (3kg)	Women B Div	3 + 3 trials	All Measured**	
Hammer (4kg)	Women A Div/ Open	3 + 3 trials	All Measured**	
Hammer (5kg)	Boys U 18	3 + 3 trials	All Measured**	
Hammer (6kg)	Men U 20	3 + 3 trials	All Measured**	
Hammer (7.26kg)	Men Open	3 + 3 trials	All Measured**	
<b>Discus</b>				
Discus (1.5kg)	Men A Div	3 + 3 trials	All Measured**	
Discus (1.5kg)	Men U 18/ B Div	3 + 3 trials	All Measured**	
Discus (1.75kg)	Men U 20	3 + 3 trials	All Measured**	
Discus (1kg)	Women Open/ A & B Div	3 + 3 trials	All Measured**	
Discus (2kg)	Men Open	3 + 3 trials	All Measured**	

\* Please note that for field events (except vertical jumps) if 8 entries or less is received based on start list, all participants will have 6 trials.

\*\*Please note that for field events (except vertical jumps) if 12 entries or less is received based on start list, all participants will have 3+3 trials.

\*\*\* Please note that for field events (except vertical jumps) if 13 entries or more is received based on start list, all participants will have 2+2 trials.