

APPENDIX C - Competition Format

2nd SAA U13 Track & Field Championships 2018

COMPETITION FORMAT

Event (FIELD)	Category	Competition Format	Remarks
Shot Put			
Shot Put (2kg)	Boys U10	2 + 2 trials	All Measured**
Shot Put (2kg)	Girls U10	2 + 2 trials	All Measured**
Shot Put (2kg)	Boys U11	2 + 2 trials	All Measured**
Shot Put (2kg)	Girls U11	2 + 2 trials	All Measured**
Shot Put (2kg)	Boys U12	2 + 2 trials	All Measured**
Shot Put (2kg)	Girls U12	2 + 2 trials	All Measured**
Shot Put (3kg)	Boys U13	2 + 2 trials	All Measured**
Shot Put (3kg)	Girls U13	2 + 2 trials	All Measured**
Long Jump			
Long Jump	Boys U10	2 + 2 trials	All Measured**
Long Jump	Girls U10	2 + 2 trials	All Measured**
Long Jump	Boys U11	2 + 2 trials	All Measured**
Long Jump	Girls U11	2 + 2 trials	All Measured**
Long Jump	Boys U12	2 + 2 trials	All Measured**
Long Jump	Girls U12	2 + 2 trials	All Measured**
Long Jump	Boys U13	2 + 2 trials	All Measured**
Long Jump	Girls U13	2 + 2 trials	All Measured**
High Jump			
			Starting Height / Progression
High Jump	Boys U10	elimination after 3 consecutive failures	0.85m
High Jump	Girls U10	elimination after 3 consecutive failures	0.85m
High Jump	Boys U11	elimination after 3 consecutive failures	0.90m
High Jump	Girls U11	elimination after 3 consecutive failures	0.90m
High Jump	Boys U12	elimination after 3 consecutive failures	1.10m
High Jump	Girls U12	elimination after 3 consecutive failures	1.05m
High Jump	Boys U13	elimination after 3 consecutive failures	1.20m
High Jump	Girls U13	elimination after 3 consecutive failures	1.10m

* 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.

** For the High Jump: Increase by 5cm. After the third height, increments of 3cm. If there are 3 athletes left, increments of 3cm