

**2021 SA Performance Trial**  
**COMPETITION FORMAT**

Event (FIELD)	Category	Competition Format	Remarks	Qualifying Mark*
<b>Shot Put</b>				
Shot Put (3kg)	Girls U 18	6 trials	All Measured**	
Shot Put (4kg)	Women U 20/ Open	6 trials	All Measured**	
Shot Put (5kg)	Men U 18	6 trials	All Measured**	
Shot Put (6kg)	Men U 20	6 trials	All Measured**	
Shot Put (7.26kg)	Men Open	6 trials	All Measured**	
<b>Long Jump</b>				
Long Jump	Women Open/ U20/U18	6 trials	All Measured**	
Long Jump	Men Open/ U20/ U18	6 trials	All Measured**	
<b>Javelin</b>				
Javelin (500g)	Girls U 18	6 trials	All Measured**	
Javelin (700g)	Men U18	6 trials	All Measured**	
Javelin (800g)	Men U20	6 trials	All Measured**	
Javelin (600g)	Women Open/ U20	6 trials	All Measured**	
Javelin (800g)	Men Open	6 trials	All Measured**	
<b>High Jump</b>				
High Jump	Women Open/ U20/U18	elimination after 3 consecutive failures	1.50m + 5cm, till 160m + 3cm, till 1.78m + 2cm thereafter, no jump off	Practice Height: 1.55m & 1.64m
High Jump	Men Open/ U20/ U18	elimination after 3 consecutive failures	1.85m + 3cm, till 194m + 3cm, till 2.15m + 2cm thereafter, no jump off	Practice Height: 1.90m & 2.06m
<b>Pole Vault</b>				
Pole Vault	Women Open	elimination after 3 consecutive failures	2.93m + 20cm, till 3.13m + 10cm, till 3.93m + 5cm and thereafter, no jump off	Practice Height: 2.80m & 3.60m
Pole Vault	Men Open	elimination after 3 consecutive failures	4.00m + 20cm, till 4.60m + 10cm, till 4.90m + 5cm and thereafter, no jump off	Practice Height: 4.00m & 4.60m
<b>Triple Jump</b>				
Triple Jump	Women Open/ U20/U18	6 trials	11m Board, All Measured**	
Triple Jump	Men Open/ U20/ U18	6 trials	13m Board, All Measured**	
<b>Hammer</b>				
Hammer (3kg)	Girls U 18	6 trials	All Measured**	
Hammer (4kg)	Women U 20/ Open	6 trials	All Measured**	
Hammer (5kg)	Boys U 18	6 trials	All Measured**	
Hammer (6kg)	Men U 20	6 trials	All Measured**	
Hammer (7.26kg)	Men Open	6 trials	All Measured**	
<b>Discus</b>				
Discus (1.5kg)	Men U 18	6 trials	All Measured**	
Discus (1.75kg)	Men U 20	6 trials	All Measured**	
Discus (1kg)	Women Open/ U20/U18	6 trials	All Measured**	
Discus (2kg)	Men Open	6 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 20 entries or less is received based on start list, all participants will have 4 trials.

\*\*\* Please note that for field events (except vertical jumps) if 21 entries or more is received based on start list, all participants will have 3 trials.

U20 = 18 & 19 Years old

## Height Progression Quaifying

1.90	<b>High Jump</b>	1.55	AYG
1.94	High Jump	1.63	AYA
2.06	<b>High Jump</b>	1.64	AUG
2.15	<b>High Jump</b>	1.78	SEA
2.16	High Jump	1.82	W20
2.23	High Jump	1.75	AAC
2.33	High Jump	1.96	OLY

4.20	<b>Pole Vault</b>	3.10	AYG
4.20	Pole Vault	3.13	AYA
4.60	<b>Pole Vault</b>	3.20	AUG
5.00	<b>Pole Vault</b>	4.00	SEA
5.10	Pole Vault	4.07	W20
5.51	Pole Vault	4.00	AAC
5.80	Pole Vault	4.70	OLY

14.11	<b>Triple Jump</b>	11.87	AYG
14.36	Triple Jump	11.47	AYA
15.60	Triple Jump	12.90	AUG
15.09	<b>Triple Jump</b>	11.78	SEA
16.16	Triple Jump	13.22	W20
16.21	<b>Triple Jump</b>	13.55	AAC
17.14	Triple Jump	14.32	OLY