

**Appendix B - Competition Schedule**

**2022 SA Allcomers Meet 1  
18, 19 & 20 Mar 2022  
Home of Athletics**

<b>(EV) Day 1, Friday 18 Mar 2022</b>													
No.	Event	Category	Status	G6	Time	G1B	No.	Event	Category	Status			
26	5	5000m	Men Open	Timed Final H1	1730	1800	1730	2	Hammer Throw (7.26kg)	Men Open	Final	F1	
	5	5000m	Men Open	Timed Final H2	1755	1825							
	4	5000m	Men Open	Timed Final H3	1820	1850							
						1900			3	Shot Put (7.26kg)	Men Open	Final	F1
									5	Shot Put (4kg)	Women Open/A Div	Final	F1
									3	Shot Put (3kg)	Women B Div/ C Div	Final	F1
	4	5000m	Men Open	Timed Final H4	1845	1915							
	4	5000m	Men Open	Timed Final H5	1905	1935							
	4	5000m	Men Open	Timed Final H6	1925	1955							
	<b>(AM) Day 2, Saturday 19 Mar 2022</b>												
No.	Event	Category	Status	G6	Time	G1B	No.	Event	Category	Status			
					800	730	13	Long Jump	Women B Div	Final	F1		
							1	Shot Put (4kg)	Men Open Para	Final	F1		
4	5000m Racewalk	Men Open	Timed Final H1	730			10	Shot Put (4kg)	Men C Div	Final	F1		
					830		745	10	High Jump	Women Novice/Intermediate	Final	F1	
4	3000m Racewalk	Men B Div	Timed Final H1	815	845								
3	3000m Racewalk	Women A Div	Timed Final H1	840	910								
2	1500m Racewalk	Men & Women C Div	Timed Final H1	910	940								
					945		915	2	Long Jump	Women Open	Final	F1	
								9	Long Jump	Women A Div	Final	F1	
								6	Shot Put (5kg)	Men B Div	Final	F1	
						7		Shot Put (5kg)	Men A Div	Final	F1		
3	1500m Racewalk	Women B Div	Timed Final H1	920	950								
4	100m	Women C Div	Timed Final H1		1020								
11	4	100m	Women C Div	Timed Final H2	950	1025							
	3	100m	Women C Div	Timed Final H3		1030							
12	4	100m	Women B Div	Timed Final H1		1035							
	4	100m	Women B Div	Timed Final H2	1005	1040							
	4	100m	Women B Div	Timed Final H3		1045							
15	5	100m	Women A Div	Timed Final H1		1050							
	5	100m	Women A Div	Timed Final H2	1030	1055							
28	5	100m	Women A Div	Timed Final H3		1100							
	5	100m	Men C Div	Timed Final H1		1105							
28	5	100m	Men C Div	Timed Final H2	1035	1110							
	5	100m	Men C Div	Timed Final H3		1115							
	5	100m	Men C Div	Timed Final H4		1120							
	4	100m	Men C Div	Timed Final H5	1050	1125							
	4	100m	Men C Div	Timed Final H6		1130							

(PM) Day 2, Saturday 19 Mar 2022												
No.	Event	Category	Status	G6	Time	G1B	No.	Event	Category	Status		
							16	Long Jump	Men C Div	Final F1		
					1330	1245	14	High Jump	Men Novice	Final F1		
						1300	4	Javelin (700g)	Men B Div	Final F1		
							6	Javelin (600g)	Men C Div	Final F1		
37	5	100m	Men B Div	Timed Final	H1							
	5	100m	Men B Div	Timed Final	H2					1335		
	5	100m	Men B Div	Timed Final	H3					1340		
	5	100m	Men B Div	Timed Final	H4	1300				1345		
	4	100m	Men B Div	Timed Final	H5					1350		
	5	100m	Men B Div	Timed Final	H6					1355		
	4	100m	Men B Div	Timed Final	H7					1400		
	4	100m	Men B Div	Timed Final	H8					1405		
29	5	100m	Men A Div	Timed Final	H1					1410		
	5	100m	Men A Div	Timed Final	H2					1415		
	5	100m	Men A Div	Timed Final	H3	1340				1420		
	4	100m	Men A Div	Timed Final	H4					1425		
	5	100m	Men A Div	Timed Final	H5					1430		
	5	100m	Men A Div	Timed Final	H6					1435		
17	5	100m	Women Open	Timed Final	H1					1440		
	4	100m	Women Open	Timed Final	H2	1410				1445		
	4	100m	Women Open	Timed Final	H3					1450		
	4	100m	Women Open	Timed Final	H4					1455		
						1500	1430	12	Long Jump	Women C Div		
							3	Javelin (500g)	Women B Div/ C Div	Final F1		
							8	Javelin (600g)	Women Open/A Div	Final F1		
36	5	100m	Men Open	Timed Final	H1							
	5	100m	Men Open	Timed Final	H2	1430				1505		
	5	100m	Men Open	Timed Final	H3					1510		
	5	100m	Men Open	Timed Final	H4					1515		
	4	100m	Men Open	Timed Final	H5					1520		
	4	100m	Men Open	Timed Final	H6	1450				1525		
	4	100m	Men Open	Timed Final	H7					1530		
	4	100m	Men Open	Timed Final	H8					1535		
4	4	400m	Women C Div	Timed Final	H1	1520				1550		
	5	400m	Women B Div	Timed Final	H1					1555		
19	5	400m	Women B Div	Timed Final	H2	1525				1600		
	5	400m	Women B Div	Timed Final	H3					1605		
	4	400m	Women B Div	Timed Final	H4					1610		
14	5	400m	Women Open/A Div	Timed Final	H1	1545				1615		
	5	400m	Women Open/A Div	Timed Final	H2					1620		
	4	400m	Women Open/A Div	Timed Final	H3					1625		
22	5	400m	Men B Div/ C Div	Timed Final	H1	1600				1630		
	5	400m	Men B Div/ C Div	Timed Final	H2					1635		
	4	400m	Men B Div/ C Div	Timed Final	H3					1640		
	4	400m	Men B Div/ C Div	Timed Final	H4					1645		
	4	400m	Men B Div/ C Div	Timed Final	H5					1650		
	4	400m	Men A Div	Timed Final	H1					1655		
7						1625	1700	1630	11	Long Jump	Men B Div	Final F1
									9	High Jump	Men Intermediate	Final F1
									4	Javelin (800g)	Men Open	Final F1
									6	Javelin (700g)	Men A Div	Final F1
	3	400m	Men A Div	Timed Final	H2							
15	5	400m	Men Open	Timed Final	H1	1635				1705		
	5	400m	Men Open	Timed Final	H2					1710		
	5	400m	Men Open	Timed Final	H3					1715		
4	4	1500m	Men C Div	Timed Final	H1	1700				1730		
14	5	1500m	Men B Div	Timed Final	H1	1710				1740		
	5	1500m	Men B Div	Timed Final	H2					1750		
	4	1500m	Men B Div	Timed Final	H3					1800		
(PM) Day 2, Saturday 19 Mar 2022												
No.	Event	Category	Status	G6	Time	G1B	No.	Event	Category	Status		
8	4	1500m	Men A Div	Timed Final	H1	1740				1810		
	4	1500m	Men A Div	Timed Final	H2					1815		
	4	1500m	Women C Div	Timed Final	H1					1820		
	5	1500m	Women B Div	Timed Final	H1	1750				1830		
	4	1500m	Women A Div	Timed Final	H1					1840		
10	5	1500m	Women Open	Timed Final	H1	1820	1810	12	Long Jump	Men Open	Final F1	
	5	1500m	Women Open	Timed Final	H2					1900		
	4	1500m	Men Open	Timed Final	H1					1910		
7	3	1500m	Men Open	Timed Final	H2	1840				1915		
7	4	5000m	Women Open	Timed Final	H1	1855				1925		
	3	5000m	Women Open	Timed Final	H2	1925				1955		

(AM) Day 3, Sunday 20 Mar 2022												
No.	Event	Category	Status	G6	Time	G1B	No.	Event	Category	Status	F1	
	5	3000m Steeplechase (0.914m)	Men Open/ A Div	Timed Final	H1	800	830	800	7	Triple Jump	Women B Div	Final F1
									2	Triple Jump	Women C Div	Final F1
7	4	2000m Steeplechase (0.838m)	Men B Div	Timed Final	H1	830	900	800	9	Pole Vault	Women Novice	Final F1
	3	2000m Steeplechase (0.838m)	Men B Div	Timed Final	H2	845	915		6	Pole Vault	Men Novice	Final F1
	5	800m	Women Open	Timed Final	H1	910	940					
	4	800m	Men Open	Timed Final	H1	915	945					
	5	800m	Women A Div	Timed Final	H1	920	950					
	5	800m	Women B Div	Timed Final	H1	925	955					
	4	800m	Women B Div	Timed Final	H2	930	1000	930	9	Triple Jump	Men B Div	Final F1
	4	800m	Women C Div	Timed Final	H1	935	1005		6	Triple Jump	Men C Div	Final F1
	4	800m	Men A Div	Timed Final	H1	940	1010					
	4	800m	Men A Div	Timed Final	H2	945	1015					
	5	800m	Men B Div	Timed Final	H1	950	1020					
	5	800m	Men B Div	Timed Final	H2	955	1025					
	5	800m	Men B Div	Timed Final	H3	1000	1030					
	5	800m	Men C Div	Timed Final	H1	1005	1035					
	1	110m Hurdles (1.067m)	Men Open	Timed Final	H1	1100	1100					
	2	110m Hurdles (0.991m)	Men A Div	Timed Final	H1	1030	1110					
	5	110m Hurdles (0.914m)	Men B Div	Timed Final	H1	1120	1120					
6	3	100m Hurdles (0.838m)	Men C Div	Timed Final	H1	1135	1135					
	3	100m Hurdles (0.838m)	Men C Div	Timed Final	H2	1100	1140					
	5	100m Hurdles (0.838m)	Women Open	Timed Final	H1	1145	1145					
6	3	100m Hurdles (0.838m)	Women A Div	Timed Final	H1	1150	1150					
	3	100m Hurdles (0.838m)	Women A Div	Timed Final	H2	1155	1155					
8	4	100m Hurdles (0.762m)	Women B Div	Timed Final	H1	1110	1210					
	4	100m Hurdles (0.762m)	Women B Div	Timed Final	H2	1215	1215					
	3	80m Hurdles (0.762m)	Women C Div	Timed Final	H1	1230	1230					

(PM) Day 3, Sunday 20 Mar 2022												
No.	Event	Category	Status	G6	Time	G1B	No.	Event	Category	Status	F1	
					1330	1300	6	Discus (1.5kg)	Men B Div	Final	F1	
							8	Discus (1.5kg)	Men A Div	Final	F1	
					1345	1300	5	Triple Jump	Women Open	Final	F1	
							6	Triple Jump	Women A Div	Final	F1	
					1400	1300	11	Pole Vault	Men Intermediate	Final	F1	
							4	Pole Vault	Women Intermediate	Final	F1	
4	4	200m	Women Open	Timed Final		1330	1405					
	4	200m	Women A Div	Timed Final	H1	1410	1410					
12	4	200m	Women A Div	Timed Final	H2	1415	1415					
	4	200m	Women A Div	Timed Final	H3	1420	1420					
	5	200m	Women B Div	Timed Final	H1	1425	1425					
19	5	200m	Women B Div	Timed Final	H2	1430	1430					
	5	200m	Women B Div	Timed Final	H3	1435	1435					
	4	200m	Women B Div	Timed Final	H4	1440	1440					
10	5	200m	Women C Div	Timed Final	H1	1410	1445					
	5	200m	Women C Div	Timed Final	H2	1450	1455					
	5	200m	Men Open	Timed Final	H1	1420	1500	1430	12	Discus (1kg)	Men C Div	Final F1
19	5	200m	Men Open	Timed Final	H2	1505	1505					
	5	200m	Men Open	Timed Final	H3	1510	1510					
	4	200m	Men Open	Timed Final	H4	1515	1515	1445	6	Triple Jump	Men Open/A Div	Final F1
11	4	200m	Men A Div	Timed Final	H2	1520	1520					
	3	200m	Men A Div	Timed Final	H3	1525	1525					
	5	200m	Men B Div	Timed Final	H1	1530	1530					
	5	200m	Men B Div	Timed Final	H2	1535	1535					
	5	200m	Men B Div	Timed Final	H3	1540	1540					
44	5	200m	Men B Div	Timed Final	H4	1545	1545					
	5	200m	Men B Div	Timed Final	H5	1550	1550					
	5	200m	Men B Div	Timed Final	H6	1555	1555					
	5	200m	Men B Div	Timed Final	H7	1600	1600					
	5	200m	Men B Div	Timed Final	H8	1605	1605					
	4	200m	Men B Div	Timed Final	H9	1610	1610					
	5	200m	Men C Div	Timed Final	H1	1540	1615					
18	5	200m	Men C Div	Timed Final	H2	1620	1620					
	4	200m	Men C Div	Timed Final	H3	1625	1625					
	4	200m	Men C Div	Timed Final	H4	1630	1630	1540	7	Pole Vault	Men Advance	Final F1
	4	400m Hurdles (0.914m)	Men Open/A Div	Timed Final	H1	1650	1700	1630	5	Discus (2kg)	Men Open	Final F1
									7	Discus (1kg)	Women Open/A Div/B Div/C Div	Final F1
15	1	400m Hurdles (0.838m)	Men B Div	Timed Final	H1	1710	1710					
	5	400m Hurdles (0.762m)	Women Open/A Div/B Div	Timed Final	H1	1630	1715					
	5	400m Hurdles (0.762m)	Women Open/A Div/B Div	Timed Final	H2	1720	1720					
	5	400m Hurdles (0.762m)	Women Open/A Div/B Div	Timed Final	H3	1735	1735					
	2	200m Hurdles (0.762m)	Men C Div	Timed Final	H1	1640	1740					
	3	200m Hurdles (0.762m)	Women C Div	Timed Final	H1	1730	1800					
	4	3000m	Men B Div	Timed Final	H1	1745	1815					
7	4	3000m	Men C Div	Timed Final	H1	1800	1830					
	3	3000m	Men C Div	Timed Final	H2	1815	1845					
8	4	3000m	Women A Div/B Div/ C Div	Timed Final	H1	1830	1900					
	4	3000m	Women A Div/B Div/ C Div	Timed Final	H2	1845	1900					