

Appendix B - Competition Schedule

**2022 SA Allcomers Meet 3
10 & 11 Dec 2022
Home of Athletics**

Day 1, Saturday 10 Dec 2022									
No.	Event	Category	Status	Time	No.	Event	Category	Status	
					1300	1	Long Jump	Men C Div	Final
						2	Long Jump	Men Para	Final
						3	Shot Put (4kg)	Women Open/A Div	Final
					1400	1	Shot Put (3kg)	Women C Div	Final
						3	High Jump	Men Novice	Final
						2	High Jump	Women Novice	Final
4	100m	Women C Div	Timed Final	1400					
2	100m	Women B Div	Timed Final	1405					
2	100m	Women A Div	Timed Final	1405					
4	100m	Men C Div	Timed Final	1410					
3	100m	Men B Div	Timed Final	1410					
					1415	3	Long Jump	Women Open	Final
						2	Long Jump	Women C Div	Final
						3	Shot Put (4kg)	Men C Div	Final
						3	Shot Put (5kg)	Men B Div	Final
						1	Shot Put (5kg)	Men A Div	Final
						1	Shot Put (6kg)	Men U20	Final
8	100m	Men A Div	Timed Final	1415	7	Shot Put (7.26kg)	Men Open	Final	
14	100m	Women Open	Timed Final	1420					
37	100m	Men Open	Timed Final	1430					
1	100m	Women Para	Timed Final	1450					
7	100m	Men Para	Timed Final	1455					
2	400m	Women C Div	Timed Final	1515					
7	400m	Women Open/A Div	Timed Final	1520					
2	400m	Men C Div	Timed Final	1525					
1	400m	Men B Div	Timed Final	1525					
1	400m	Men A Div	Timed Final	1525					
16	400m	Men Open	Timed Final	1530	4	High Jump	Men Advance	Final	
1	3000m Racewalk	Women A Div	Timed Final						
4	5000m Racewalk	Men Open	Timed Final	1600					
3	5000m Racewalk	Women Open	Timed Final	1600					
					1630	2	Javelin (600g)	Men C Div	Final
						5	Javelin (700g)	Men B Div	Final
						2	Javelin (700g)	Men A Div	Final
						1	Javelin (600g)	Women Open	Final
						13	Long Jump	Men Open	Final
2	1500m	Men B Div	Timed Final	1640					
1	1500m	Men A Div	Timed Final	1640					
2	1500m	Women C Div	Timed Final	1650					
2	1500m	Women B Div	Timed Final	1650					
8	1500m	Women Open	Timed Final	1650					
15	1500m	Men Open	Timed Final	1700					
5	5000m	Women Open	Timed Final	1710					
31	16	5000m	Men Open	Timed Final 1	1740				
15	15	5000m	Men Open	Timed Final 2	1805				

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Day 2, Sunday 11 Dec 2022								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				830	2	Hammer Throw (7.26kg)	Men Open	Final
				830	1	Pole Vault	Men Novice	Final
				830	5	Pole Vault	Men Intermediate	Final
				830	4	Triple Jump	Women Open	Final
				945	6	Triple Jump	Men Open	Final
				1045	4	Javelin (800g)	Men Open	Final

Day 2, Sunday 11 Dec 2022								
No.	Event	Category	Status	Time	No.	Event	Category	Status
				1330	7	Pole Vault	Women Intermediate	Final
					2	Discus (1kg)	Men C Div	Final
				1400	5	Discus (1.5kg)	Men B Div	Final
					1	Discus (1.5kg)	Men A Div	Final
3	110m Hurdles (1.067m)	Men Open	Timed Final					
1	110m Hurdles (0.991m)	Men A Div	Timed Final	1410				
1	110m Hurdles (0.914m)	Men B Div	Timed Final	1420				
1	100m Hurdles (0.838m)	Men C Div	Timed Final	1430				
3	100m Hurdles (0.838m)	Women Open	Timed Final	1435				
2	80m Hurdles (0.762m)	Women C Div	Timed Final	1445				
5	200m	Women Open	Timed Final	1500				
1	200m	Women A Div	Timed Final	1500				
1	200m	Women B Div	Timed Final	1500				
4	200m	Women C Div	Timed Final	1505				
22	200m	Men Open	Timed Final	1510				
4	200m	Men A Div	Timed Final	1525				
				1530	1	Discus (1.75kg)	Men U20	Final
5	200m	Men B Div	Timed Final	1530	6	Discus (2kg)	Men Open	Final
2	200m	Men C Div	Timed Final	1535				
4	400m Hurdles (0.914m)	Men Open	Timed Final	1600	7	Pole Vault	Men Advance	Final
3	400m Hurdles (0.762m)	Women Open	Timed Final	1610				
1	200m Hurdles (0.762m)	Men C Div	Timed Final	1625				
2	200m Hurdles (0.762m)	Women C Div	Timed Final	1630				
2	800m	Women A Div	Timed Final	1645				
1	800m	Women B Div	Timed Final	1645				
2	800m	Men A Div	Timed Final	1650				
2	800m	Men B Div	Timed Final	1650				
8	800m	Women Open	Timed Final	1655				
19	800m	Men Open	Timed Final	1700	5	Discus (1kg)	Women Open/A Div	Final
2	3000m	Men B Div	Timed Final	1720				
3	3000m	Women A Div	Timed Final	1735				
1	3000m	Women B Div	Timed Final	1735				
1	3000m	Women C Div	Timed Final	1735				
6	3000m Steeplechase (0.914m)	Men Open/ A Div	Timed Final	1800				