

**2023 SA Allcomers Meet**  
**COMPETITION FORMAT**

| Event (Track)                          | Category                          | Competition Format | Remarks | Qualifying Mark* |
|----------------------------------------|-----------------------------------|--------------------|---------|------------------|
| <b>Middle &amp; Long Distance Race</b> |                                   |                    |         |                  |
| 5000m                                  | Women Open                        | No Cut Off Time    |         |                  |
| 5000m                                  | Men Open                          | No Cut Off Time    |         |                  |
| 10000m                                 | Women Open                        | No Cut Off Time    |         |                  |
| 10000m                                 | Men Open                          | No Cut Off Time    |         |                  |
| <b>Racewalk</b>                        |                                   |                    |         |                  |
| 5000m Racewalk                         | Women Open                        | No Cut Off Time    |         |                  |
| 5000m Racewalk                         | Men Open                          | No Cut Off Time    |         |                  |
| 10000m Racewalk                        | Women Open                        | No Cut Off Time    |         |                  |
| 10000m Racewalk                        | Men Open                          | No Cut Off Time    |         |                  |
| <b>Hurdles</b>                         |                                   |                    |         |                  |
| 80m Hurdles                            | Women C Div                       |                    | 0.762m  |                  |
| 100m Hurdles                           | Women B Div/ U18                  |                    | 0.762m  |                  |
| 100m Hurdles                           | Women Open/A Div/ U20             |                    | 0.838m  |                  |
| 100m Hurdles                           | Men C Div                         |                    | 0.838m  |                  |
| 110m Hurdles                           | Men B Div/ U18                    |                    | 0.914m  |                  |
| 110m Hurdles                           | Men A Div/U20                     |                    | 0.991m  |                  |
| 110m Hurdles                           | Men Open                          |                    | 1.067m  |                  |
| 200m Hurdles                           | Women C Div                       |                    | 0.762m  |                  |
| 200m Hurdles                           | Men C Div                         |                    | 0.762m  |                  |
| 400m Hurdles                           | Women Open/A Div/ B Div/ U20/ U18 |                    | 0.762m  |                  |
| 400m Hurdles                           | Men B Div/ U18                    |                    | 0.838m  |                  |
| 400m Hurdles                           | Men A Div/ U20/ Open              |                    | 0.914m  |                  |
| <b>Steeplechase</b>                    |                                   |                    |         |                  |
| 2000m Steeplechase                     | Men B Div/ U18                    |                    | 0.838m  |                  |
| 2000m Steeplechase                     | Women A Div/ U20                  |                    | 0.762m  |                  |
| 3000m Steeplechase                     | Women Open                        |                    | 0.762m  |                  |
| 3000m Steeplechase                     | Men A Div/ U20/ Open              |                    | 0.914m  |                  |

| Event (FIELD)     | Category                | Competition Format | Remarks        | Qualifying Mark* |
|-------------------|-------------------------|--------------------|----------------|------------------|
| <b>Shot Put</b>   |                         |                    |                |                  |
| Shot Put (3kg)    | Women B Div/ C Div/ U18 | 3 + 3 trials       | All Measured** |                  |
| Shot Put (4kg)    | Women A Div/ U20/ Open  | 3 + 3 trials       | All Measured** |                  |
| Shot Put (4kg)    | Men C Div               | 3 + 3 trials       | All Measured** |                  |
| Shot Put (5kg)    | Men B Div               | 3 + 3 trials       | All Measured** |                  |
| Shot Put (5kg)    | Men A Div/ U18          | 3 + 3 trials       | All Measured** |                  |
| Shot Put (6kg)    | Men U20                 | 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/ C Div/ U18 | 3 + 3 trials       | All Measured** |                  |
| Javelin (600g)    | Women A Div/ U20/ Open  | 3 + 3 trials       | All Measured** |                  |
| Javelin (600g)    | Men C Div               | 3 + 3 trials       | All Measured** |                  |
| Javelin (700g)    | Men B Div               | 3 + 3 trials       | All Measured** |                  |
| Javelin (700g)    | Men A Div/ U18          | 3 + 3 trials       | All Measured** |                  |
| Javelin (800g)    | Men Open/ U20           | 3 + 3 trials       | All Measured** |                  |

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| High Jump       |                                          |                                          |                                                                               |                                         |
|-----------------|------------------------------------------|------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------|
| High Jump       | Girls Novice 1.25m - 1.50m               | elimination after 3 consecutive failures | 1.25m + 5cm, till 1.60m + 2cm, no jump off.                                   | Practice Height: 1.25m & 1.40m          |
| High Jump       | Boys Novice 1.40m - 175m                 | elimination after 3 consecutive failures | 1.40m + 5cm, till 1.60m + 2cm, no jump off.                                   | Practice Height: 1.40m & 1.60m          |
| High Jump       | Girls Intermediate 1.40m<                | elimination after 3 consecutive failures | 1.40m + 5cm, till 1.60m + 2cm thereafter, no jump off.                        | Practice Height: 1.40m, 1.60m & 1.75m   |
| High Jump       | Boys Intermediate 1.65m<                 | elimination after 3 consecutive failures | 1.65m + 5cm, till 1.90m + 3cm, till 2.05m + 2cm thereafter, no jump off.      | Practice Height: 1.65m, 1.85m and 2.00m |
| Pole Vault      |                                          |                                          |                                                                               |                                         |
| Pole Vault      | Girls Novice 2.00m - 3.20m               | elimination after 3 consecutive failures | 2.00m + 20cm, till 2.80m + 10cm, no jump off                                  | Practice Height: 2.00m & 2.80m          |
| Pole Vault      | Women Intermediate 2.80m<                | elimination after 3 consecutive failures | 2.80m + 20cm, till 3.40m + 10cm, till 3.90m + 5cm, no jump off                | Practice Height: 3.00m & 3.80m          |
| Pole Vault      | Women Advance 3.60m<                     | elimination after 3 consecutive failures | 3.60m + 20cm, till 3.80m + 10cm, till 4.00m + 5cm and thereafter, no jump off | Practice Height: 3.60m & 4.00m          |
| Pole Vault      | Boys Novice 2.00m - 3.20m                | elimination after 3 consecutive failures | 2.00m + 20cm, till 2.80m + 10cm, no jump off                                  | Practice Height: 2.00m & 2.80m          |
| Pole Vault      | Boys Intermediate 3.00m - 4.20m          | elimination after 3 consecutive failures | 3.00m + 20cm, till 3.80m + 10cm, till 4.00m + 5cm, no jump off                | Practice Height: 3.00m & 3.80m          |
| Pole Vault      | Men Advance 3.80m <                      | elimination after 3 consecutive failures | 3.80m + 20cm, till 4.60m + 10cm, till 4.90m + 5cm and thereafter, no jump off | Practice Height: 3.80m, 4.40m & 4.80m   |
| Triple Jump     |                                          |                                          |                                                                               |                                         |
| Triple Jump     | Women C Div                              | 3 + 3 trials                             | 6m, 7m, 8m Board, All Measured**                                              |                                         |
| Triple Jump     | Women U18/ U20/ A Div/ B Div             | 3 + 3 trials                             | 7m, 8m & 9m Board, All Measured**                                             |                                         |
| Triple Jump     | Women Open                               | 3 + 3 trials                             | 9m, 10m & 11m Board, All Measured**                                           |                                         |
| Triple Jump     | Men C Div                                | 3 + 3 trials                             | 7m, 8m & 9m Board, All Measured**                                             |                                         |
| Triple Jump     | Men B Div/ U18                           | 3 + 3 trials                             | 9m, 10m & 11m Board, All Measured**                                           |                                         |
| Triple Jump     | Men A Div/ U20/ Open                     | 3 + 3 trials                             | 9m, 11m & 12m Board, All Measured**                                           |                                         |
| Hammer          |                                          |                                          |                                                                               |                                         |
| Hammer (3kg)    | Women B Div/ C Div/ U18                  | 3 + 3 trials                             | All Measured**                                                                |                                         |
| Hammer (4kg)    | Women A Div/ U20/ Open                   | 3 + 3 trials                             | All Measured**                                                                |                                         |
| Hammer (4kg)    | Men C Div                                | 3 + 3 trials                             | All Measured**                                                                |                                         |
| Hammer (5kg)    | Men B Div                                | 3 + 3 trials                             | All Measured**                                                                |                                         |
| Hammer (5kg)    | Men A Div/ U18                           | 3 + 3 trials                             | All Measured**                                                                |                                         |
| Hammer (6kg)    | Men U20                                  | 3 + 3 trials                             | All Measured**                                                                |                                         |
| Hammer (7.26kg) | Men Open/ U20                            | 3 + 3 trials                             | All Measured**                                                                |                                         |
| Discus          |                                          |                                          |                                                                               |                                         |
| Discus (1kg)    | Women U18/ U20/ Open/ A Div/B Div/ C Div | 3 + 3 trials                             | All Measured**                                                                |                                         |
| Discus (1kg)    | Men C Div                                | 3 + 3 trials                             | All Measured**                                                                |                                         |
| Discus (1.5kg)  | Men B Div/ A Div/ U18                    | 3 + 3 trials                             | All Measured**                                                                |                                         |
| Discus (1.75kg) | Men U20                                  | 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.