



## **ASA Selection Criteria - 2016**

### **1. Preamble:**

The sole purpose of the team selection criteria contained in this document is to provide Athletics South Africa (ASA) with an objective process to be employed for the selection of teams to represent ASA at IAAF World Championships, Olympic Games and other International Championships. The selection criteria for certain SA Championships are also included. The purpose of sending South African teams to championships is for the team to bring back glory to South Africa in the form of medals or exceptional performances.

Therefore it is resolved as follows:

- Any athlete who has been selected to represent South Africa at any championships has the obligation to avail themselves for such selection.
- Withdrawals will only be considered for medical/injury or family compassionate reasons. Proof might be requested by the ASA office.
- ASA Rule 13.3 will strictly be enforced.
- Any athlete who has the potential to proceed to the finals of his/her event(s) at a championship should exploit that potential to the fullest.
- Any athlete who qualifies to be in the final of his/her event(s) should proceed to represent our country in those finals, thereby exploiting to the fullest the possibility of winning medals.

### **2. Goals**

ASA takes a strategic approach to international competitions to reflect the eventual goal of winning medals at World Championships, Commonwealth Games and Olympic Games. Although it is important that all ASA teams are successful at International Championships, the importance of a learning experience for athletes with future medal potential will also be considered in the selection process. The selection panels will therefore aim to select athletes who they believe have the potential to be successful in winning medals and reaching finals, or have the potential to progress into future major championships.

### **3. Eligibility**

- 3.1 To be considered for selection in any SA team, athletes must fulfil the following criteria:
  - 3.1.1 Be a South African citizen (SA ID-document/number)
  - 3.1.2 Be in possession of a valid SA passport with an expiry date not less than 6 months after returning from the specific championships
  - 3.1.3 Be a member of a South African club, affiliated to ASA, and registered on the ASA registration system
  - 3.1.4 Be in good standing with ASA, the Provincial federation and the club he/she is affiliated to
- 3.2 ASA does not believe it is in the best long-term interest of athletes to compete at championships in higher age groups. Therefore, for 2016, the following will be applicable:
  - 3.2.1 CAA Africa Cross Country Championships – athletes must be born in 1997, 1998 or 1999 for the Junior category and athletes must be born in 1996 or earlier for the Senior category
  - 3.2.2 IAAF World Indoor Track & Field Championships – athletes must be born in 1999 or earlier

- 3.2.3 ~~CAA Southern Region Cross Country Championships – athletes must be born in 1997 or 1998 for the Junior category and athletes must be born in 1996 or earlier for the Senior category. (The Championships was cancelled by the CAA SR.)~~
- 3.2.4 IAAF World Half Marathon Championships – athletes must be born in 1998 or earlier
- 3.2.5 CAA Southern Region Youth Track & Field Championships – athletes must be born in 1999 or 2000
- 3.2.6 CAA Southern Region Junior Track & Field Championships – athletes must be born in 1997 or 1998
- 3.2.7 CAA Africa Senior Track & Field Championships – athletes must be born in 1998 or earlier
- 3.2.8 IAAF World Junior Track & Field Championships – athletes must be born in 1997, 1998, 1999 or 2000
- 3.2.9 Olympic Games – athletes must be born in 1999 or earlier. For the Marathon and 50km Race Walk events athletes must be 20 years of age when they achieve their qualification performance
- 3.2.10 CAA Southern Region Half Marathon Championships – athletes must be born in 1998 or earlier
- 3.3 The relevant SA Championship meetings in 2016 will serve as trials for the selection of ASA teams to international championships. At the SA Championship meetings athletes must compete in the events in which they would like to be selected
- 3.4 The SA Championships meetings will be compulsory for all athletes who would like to be selected in any ASA team for international championships, and athletes who miss the SA Championships will not be considered for selection. Exceptions will only be made for medical/injury or family compassionate reasons, communicated to the ASA office prior to the start of the SA Championships. These exceptions will be considered at the sole discretion of the Executive Board of ASA.
- 3.5 Athletes do not need to reach any qualifying standard at the SA Championship meeting. Qualifying standards can be reached at any IAAF or ASA approved meeting, conforming to the IAAF and ASA rules and regulations.

#### 4. Technical Standards

Performances must be achieved at competitions sanctioned by the IAAF, its Area Associations or its National Member Federations. For ASA events only performances achieved at meetings listed on the ASA approved fixture list will be accepted.

- 4.1 For Track & Field Events
  - Hand time performances for events up to 800 meters will not be accepted
  - Wind-assisted performances and performances without wind readings will not be accepted
  - For Combined Events wind readings will be calculated according to IAAF Rule 260.18
  - Performances achieved in mixed events, held completely inside a stadium, between male and female athletes, will not be accepted
  - Indoor performances for all field events and for track events of 400m and longer will be accepted
- 4.2 For Road Running Events
  - Marathon Routes must be on the IAAF list of approved routes, measured by an IAAF/AIMS A or B qualified route measurer
  - Half Marathon routes must be routes measured by a qualified route measurer. If necessary ASA might request route measurement documents and a report from a qualified referee that the route was ran as measured

#### 4.3 Race Walking Events

- Performances achieved in Road Events must be on routes according to IAAF Rule 230.11
- The route must be measured by an IAAF/AIMS A or B qualified route measurer
- A minimum of three International or Area Race Walking Judges must be officiating

### 5. Process of Selection

#### 5.1 Squad

- For each team a squad of athletes may be announced even before the SA Championships. Athletes that already achieved the qualifying standard and some athletes very close of qualification may be listed in the squad.
- The purpose of the selected squad is to assist the ASA office with the team preparation process.
- Athletes in the squad will not necessary form part of the preliminary team to be selected, even if they have achieved a qualifying performance.
- Where squads are announced, and any athlete is not listed in the squad, he/she will have the right to appeal in writing for reconsideration of the decision of the selectors.
- All appeals must be forwarded to the ASA office within 48 hours of the announcement of the squad and must include the following:
  - Name of the athlete
  - ID-number
  - Name of the club and province where the athlete is registered
  - ASA license number of the athlete
  - Event to be considered
  - Performance
  - Date of Meeting
  - Venue of Meeting
  - **Please note that no other information will be considered**
- After the closing date of appeals, no performance achieved before the announcement of the squad will be considered
- Any qualifying performance achieved after the finalization of the squad might be included in the Preliminary Team.

#### 5.2 Preliminary Team

- The Preliminary Team will normally be announced within one week after the SA Championships.
- Athletes will only be selected in the Preliminary Team if they achieved the ASA Qualifying standard, provided they are eligible for selection (see paragraph 3.1), and the qualifying standard was achieved during the qualification period at an eligible meeting.
- Any athlete not in the announced Preliminary Team, have the right to appeal in writing for reconsideration of the decision of the selectors.
- All appeals must be forwarded to the ASA office within 48 hours after the announcement of the Preliminary Team and must include the following:
  - Name of the athlete
  - ID-number
  - Name of the club and province where the athlete is registered
  - ASA license number of the athlete
  - Any information that the athlete considers relevant for reconsideration by the selectors of their decision
- **Please note that the appeal must be against the non-selection of the athlete and NOT against the selection criteria, qualifying standards or selection process.**

### **5.3 Final Team**

- All qualified athletes will be considered in the selection of the Final Team.
- The total number of athletes selected may be limited by the regulations set by the LOC of the International championships, logistical or budgetary reasons.
- The following factors, as well as any other factors that may be deemed relevant by the selectors, will be considered in selecting athletes where more than the maximum number of athletes allowed have qualified:
  - Current form
  - Future individual medal potential at major competitions
  - Head-to heads
  - Previous major competition history
  - Injury status
  - Position at the SA Championships
- Any athlete not in the announced Final Team, have the right to appeal in writing for reconsideration of the decision of the selectors.
- All appeals must be forwarded to the ASA office within 48 hours after the announcement of the Final Team and must include the following:
  - Name of the athlete
  - ID-number
  - Name of the club and province where the athlete is registered
  - ASA license number of the athlete
  - Any information that the athlete considers relevant for reconsideration by the selectors of their decision

### **6. SA National Track & Field Championships**

- Performances achieved from 1 August 2015 until the closing date of entries will be accepted for entry purposes.
- Only performances achieved at competitions which are on the national fixture lists of ASA, or the provincial affiliates, and which have been registered with ASA before the competition, will be accepted.
- Performances at schools competitions and competitions of affiliate members of ASA will only be accepted if a qualified Technical Delegate (YD) is appointed by ASA for the meeting, who can certify that the meeting has been conducted in terms of the rules of the IAAF and ASA.
- The provincial champion of each event in each age category at the provincial championships automatically qualifies for participation at the SA Championships, even if the athlete did not reach the set qualification standard.

### 6.1 SA National Sub-Youth, Youth, Junior & Under 23 Track & Field Championships

- The following will be the minimum qualification standards for the 2016 SA National Sub-Youth, Youth, Junior & Under 23 Championships, scheduled for 31 March to 2 April 2016 in Germiston:

ASA Sub-Youth, Youth, Junior & Under 23 Championships						
Germiston						
BOYS/MEN			Event	GIRLS/WOMEN		
Sub-Youth	Youth	Junior		Sub-Youth	Youth	Junior
11,54	11,30	11,04	100m	12,84	12,64	12,54
23,24	22,64	22,24	200m	26,64	25,50	25,35
53,94	50,14	49,64	400m	61,44	59,44	59,00
2:02,00	1:58,00	1:56,00	800m	2:22,00	2:18,00	2:16,00
4:20,00	4:10,00	4:00,00	1500m	4:55,00	4:50,00	4:47,00
9:20,00	8:55,00		3000m	No Standard	No Standard	No Standard
		No Standard	5000m			19:50,00
		No Standard	10000m			
	6:30,00		2000m SC		8:16,00	
		No Standard	3000m SC			No Standard
			90m H	13,94 (0,762)		
14,94 (0,838)			100m H		15,14 (0,762)	15,84 (0,838)
	14,54 (0,914)	15,24 (0,991)	110m H			
41,76 (0,838)			300m H	46,46 (0,762)		
	55,64 (0,838)	55,15 (0,914)	400m H		66,84 (0,762)	66,25 (0,762)
No Standard			5000m Walk	No Standard	No Standard	
	No Standard	No Standard	10000m Walk			No Standard
6,10	6,50	6,80	Long Jump	4,80	5,20	5,30
12,80	13,60	14,00	Triple Jump	9,60	10,30	10,50
1,76	1,88	1,94	High Jump	1,52	1,58	1,62
2,80	3,60	3,80	Pole Vault	2,00	2,40	2,60
14,20 (4kg)	14,50 (5kg)	14,80 (6kg)	Shot Put	10,50 (3kg)	11,20 (3kg)	11,20 (4kg)
40,00 (1kg)	46,00 (1,5kg)	48,00 (1,75kg)	Discus Throw	35,00 (1kg)	38,00 (1kg)	41,00 (1kg)
42,00 (4kg)	50,00 (5kg)	50,00 (6kg)	Hammer Throw	30,00 (3kg)	35,00 (3kg)	35,00 (4kg)
50,00 (600g)	53,00 (700g)	56,00 (800g)	Javelin Throw	32,00 (500g)	36,00 (500g)	38,00 (600g)

## 6.2 SA National Senior T&F Championships

- The following will be the minimum qualification standards for the 2016 SA National Senior & Combined Events Championships, scheduled for 15 to 16 April 2016 in Stellenbosch:

ASA Senior Championships		
Men	Event	Women
10,75	100m	12,45
21,70	200m	24,95
48,50	400m	58,50
1:52,00	800m	2:13,00
3:52,00	1500m	4:42,00
No Standard	3000m	No Standard
No Standard	5000m	No Standard
No Standard	10000m	No Standard
No Standard	3000m SC	No Standard
14,80 (1,067m)	110m H / 100m H	15,30 (0,838)
53,90 (0,914m)	400m H	64,30 (0,762)
No Standard	4*100m Relay	No Standard
No Standard	4*400m Relay	No Standard
2,05	High Jump	1,68
4,40	Pole Vault	3,00
7,15	Long Jump	5,60
14,75	Triple Jump	11,50
15,80 (7,26kg)	Shot Put	12,40 (4kg)
49,00 (2kg)	Discus Throw	43,00 (1kg)
45,90 (7,26kg)	Hammer Throw	42,50 (4kg)
66,00 (800g)	Javelin Throw	43,50 (600g)
No Standard	20km Walk	No Standard
No Standard	Combined Events	No Standard

## 7. CAA Africa Track & Field Championships

### 7.1 CAA Southern Region Youth Track & Field Championships

- A maximum of two athletes will be selected in any individual event
- Please note that all events might not be on the program and athletes will only be selected if the event is on the program
- Performances from 1 January 2016 to 2 April 2016 will be considered for selection
- The following will be the minimum qualification standards for the 2016 CAA Southern Region Youth Track & Field Championships, scheduled for 30 April to 1 May 2016 in Lesotho:

CAA Southern Region Youth Championships		
Lesotho		
Boys	Event	Girls
10.73	100m	11.91
21.63	200m	24.20
47.98	400m	55.27
01:51.30	800m	02:08.50
03:54.20	1500m	04:28.70
08:31.50	3000m	09:44.10
05:57.60	2000m SC	06:55.00
13.79	110m H / 100m H	13.76
52.57	400m H	61.17
2.07	High Jump	1.75
4.75	Pole Vault	3.87
7.26	Long Jump	5.96
15.03	Triple Jump	12.66
18.63	Shot Put	15.75
54.70	Discus Throw	45.01
68.58	Hammer Throw	62.81
67.38	Javelin Throw	48.51
	5000m Race Walk	25:20.00 (C) 25:50.00 (I)
47:30.00 (C) 48:30.00 (I)	10000m Race Walk	

- No squad will be announced
- Participation at the SA Youth Championships will be a prerequisite for selection in the Preliminary Team
- The Preliminary Team will be announced after the SA Youth Championships on 6 April 2016
- Appeals for inclusion in the Preliminary Team must be lodged by no later than 8 April 2016
- The Final Team will be announced on 13 April 2016

## 7.2 CAA Southern Region Junior Track & Field Championships

- A maximum of two athletes will be selected in any individual event
- Please note that all events might not be on the program and athletes will only be selected if the event is on the program
- Performances from 1 January 2016 to 2 April 2016 will be considered for selection
- The following will be the minimum qualification standards for the 2016 CAA Southern Region Junior Track & Field Championships, scheduled for 4 to 5 June 2016 in Zambia:

CAA Southern Region Junior Championships		
Zambia		
Men	Event	Women
10.55	100m	11.80
21.35	200m	24.20
47.70	400m	55.25
01:49.50	800m	02:09.20
03:48.00	1500m	04:28.20
	3000m	09:35.00
14:15.00	5000m	16:40.00
31:10:00	10000m	
9:10.00	3000m SC	10:45.00
14.20	110m H / 100m H	14.20
53.20	400m H	60.75
2.16	High Jump	1.83
5.10	Pole Vault	4.05
7.55	Long Jump	6.20
15.60	Triple Jump	13.00
18.25	Shot Put	14.50
55.00	Discus Throw	48.00
68.00	Hammer Throw	57.50
68.70	Javelin Throw	49.50
44:20.00 (C) 45:20.00 (I)	10000m Race Walk	51:00.00 (C) 52:00.00 (I)

- No squad will be announced
- Participation at the SA Junior Championships will be a prerequisite for selection in the Preliminary Team
- The Preliminary Team will be announced after the SA Junior Championships on 13 April 2016
- Appeals for inclusion in the Preliminary Team must be lodged by no later than 15 April 2016
- The Final Team will be announced on 20 April 2016

## 7.3 CAA Africa Senior Track & Field Championships (22-26 June 2016 – Durban)

- As the host country, ASA will strive to select the maximum number of athletes in each event on the program
- The CAA sets a maximum of three athletes per country for each event
- A maximum of six athletes may be selected for each relay event which must include athletes selected for the individual 100m/400m events respectively



- Performances from 1 January 2016 to 7 May 2016 will be considered for selection
- Subject to achieving the minimum qualifying standard, the SA champion in each event at the SA Senior Championships will automatically be selected in the team
- Subject to achieving the minimum qualifying standard, the top three athletes on the SA Top 10 ranking list as on 18 April 2016, will be selected, provided that:
  - If the SA champion is not part of the Top 3 athletes on the ranking list, only the top 2 athletes from the Top 10 ranking list will be selected
  - If any athlete in the Top 3 is not available for selection, the next athlete(s) on the SA Top 10 ranking list may be selected
- If the selectors are of the opinion that the selection of any athlete in a second or third event will detract the athlete from performing in his/her main event, a next athlete on the SA Top 10 ranking list may be selected in such event(s)
- The following will be the minimum qualification standards for the 2016 CAA Africa Senior Track & Field Championships, scheduled for 22 to 26 June 2016 in Durban:

<b>CAA Africa Senior Championships</b>		
<b>Durban</b>		
<b>Men</b>	<b>Event</b>	<b>Women</b>
10.44	<b>100m</b>	11.94
21.24	<b>200m</b>	24.24
46.64	<b>400m</b>	55.74
01:47.30	<b>800m</b>	02:06.00
03:39.00	<b>1500m</b>	04:21.00
13:30.00	<b>5000m</b>	16:18.00
28:30.00	<b>10000m</b>	35:20.00
8:36.00	<b>3000m SC</b>	No Standard
14.24	<b>110m H / 100m H</b>	14.24
50.94	<b>400m H</b>	59.64
2.12	<b>High Jump</b>	1.75
5.00	<b>Pole Vault</b>	3.40
7.80	<b>Long Jump</b>	6.15
16.00	<b>Triple Jump</b>	13.00
16.80	<b>Shot Put</b>	14.50
53.00	<b>Discus Throw</b>	48.00
59.50	<b>Hammer Throw</b>	48.00
69.00	<b>Javelin Throw</b>	48.50
6960	<b>Decathlon</b>	
	<b>Heptathlon</b>	4900
1:28:00	<b>20km Race Walk</b>	1:40:00

- Participation at the SA Senior Championships will be a prerequisite for selection in the Squad
- A Squad will be announced after the SA Senior Championships on 20 April 2016
- Appeals for inclusion in the Squad must be lodged by no later than 22 April 2016
- The Preliminary Team will be announced on 27 April 2016
- Appeals for inclusion in the Preliminary Team must be lodged by no later than 29 April 2016

- Athletes in the Preliminary Team will not necessary form part of the Final Team to be selected, even if they have achieved a qualifying performance
- The Final Team will be announced after the SA Open Championships on 11 May 2016
- Appeals for inclusion in the Final Team must be lodged by no later than 13 May 2016

## 8. IAAF Track & Field Championships

### 8.1 IAAF World Indoor Track & Field Championships (17-20 March 2016 – Portland, USA)

- The main focus in 2016 will be the Olympic Games and only athletes that see it as part of their preparation for the Olympic Games, will be considered for selection
- Based on the qualification standards set by the IAAF, the ASA office will negotiate with individual athletes for selection
- Budgetary constraints may limit the number of athletes in the team
- The following will be the minimum qualification standards for the 2016 IAAF World Indoor Track & Field Championships, scheduled for 17 to 20 March 2016 in Portland, USA:

IAAF World Indoor Championships				
Portland USA				
Men		Event	Women	
Indoor	Outdoor		Indoor	Outdoor
6.65	10.15 (100m)	60m	7.32	11.20 (100m)
46.70	45.10	400m	53.15	51.20
01:46.50	1:44.00	800m	02:02.50	1:58.50
03:39.50	3:33.00	1500m	04:13.00	4:03.00
7:50.00	7:40.00 13:10.00 (5000m)	3000m	9:00.00	8:36.00 14:56.00 (5000m)
7.72	13.45 (110m H)	60m H	8.14	12.85 (100m H)
No Standard		4*400m Relay	No Standard	
2.33		High Jump	1.97	
5.77		Pole Vault	4.71	
8.18		Long Jump	6.75	
17.00		Triple Jump	14.30	
20.50		Shot Put	18.10	
		Pentathlon	Invite by IAAF only	
Invite by IAAF only		Heptathlon		

### 8.2 IAAF World Junior Track & Field Championships (19-26 July 2016 – Bydgoszcz, Poland)

- Youth athletes (born in 1999 or 2000) may compete in a maximum of two individual events plus one of the relays
- If the two individual events are track events, only one may be longer than 200m
- A maximum of 2 athletes will be selected in any individual event
- Performances from 1 January 2016 to 26 June 2016 will be considered for selection
- Athletes who qualified before 31 March 2016 needs to proof their fitness between 31 March 2016 and 26 June 2016 by reaching the B-standard at a recognized meeting
- With the exception of Shot Put, Discus Throw, Hammer Throw, Race Walk and Combined Events, athletes in all other events needs to be available for selection for the 2016 CAA Africa Senior Track & Field Championships in Durban

- Because it is expected that several athletes will qualify on the IAAF qualifying standard (B-Standard), a separate qualifying standard (A-standard) will be used to help the selectors in the selection process
- The following will be the minimum qualification standards for the IAAF World Junior Track & Field Championships, scheduled for 19 to 26 July 2016 in Bydgoszcz, Poland:

IAAF Junior Championships				
Bydgoszcz, Poland				
Men		Event	Women	
ASA A-Standard	IAAF B-Standard		ASA A-Standard	IAAF B-Standard
10.23	10.55	100m	11.31	11.80
20.56	21.35	200m	23.09	24.20
45.66	47.70	400m	52.52	55.25
1:47.06	1:49.50	800m	2:03.13	2:09.20
3:40.77	3:48.00	1500m	4:12.20	4:28.20
		3000m	9:02.98	9:35.00
13:27.38	14:15.00	5000m	15:39.83	16:40.00
28:11.49	31:10.00	10000m		
8:32.05	9:10.00	3000m SC	9:53.72	10:45.00
13.49	14.20	110m H / 100m H	13.38	14.20
50.40	53.20	400m H	57.45	60.75
2.22	2.16	High Jump	1.87	1.83
5.38	5.10	Pole Vault	4.29	4.05
7.84	7.55	Long Jump	6.40	6.20
16.24	15.60	Triple Jump	13.43	13.00
20.03	18.25	Shot Put	16.13	14.50
61.09	55.00	Discus Throw	53.12	48.00
77.90	68.00	Hammer Throw	63.31	57.50
75.65	68.70	Javelin Throw	55.91	49.50
7441	7200	Decathlon		
		Heptathlon	5548	5300
43:00.00	44:20.00	10000m Race Walk	49:30.00	51:00.00
40.10	No Standard	4*100m Relay	44.88	No Standard
3:10.18	No Standard	4*400m Relay	3:40.00	No Standard

- All athletes that achieved the B-Standard will be included in the original Squad of athletes
- Participation at the SA Junior Championships will be a prerequisite for selection in the Squad of athletes
- Depending on invitations, participation at at least two of the scheduled ASA Nite Series meetings will be a prerequisite for selection
- The Squad will be announced after the SA Junior Championships on 6 April 2016
- Appeals for inclusion in the squad must be lodged by no later than 8 April 2016
- Based on the maximum number of athletes allowed per event, the Preliminary Team will be selected
- The Preliminary Team will be announced after the SA Senior Track & Field Championships on 20 April 2016

- Appeals for inclusion in the Preliminary Team must be lodged by no later than 22 April 2016
- Selection in the Preliminary Team does not guarantee selection in the Final Team
- Based on the maximum number of athletes allowed per event, all athletes that achieved the ASA A-qualifying standard will be selected in the Final Team
- If the maximum number of athletes did not reach the ASA A-qualifying standard, the selectors may select athletes who only achieved the ASA B-qualifying standard, where they believe that the athlete(s) have realistic potential to finish in the top 8 in their event at the World Championships and have the potential to go on to win a medal
- The Final Team will be announced after the SA Open Championships on 11 May 2016
- Appeals for inclusion in the final team must be lodged by no later than 13 May 2016

## 8.2 Olympic Games (12-21 August 2016 – Rio de Janeiro)

- The Final Team will be selected and announced by SASCOC according to SASCOC selection principles
- A maximum of 3 athletes will be selected for any individual event
- Except for the Marathon and Race Walk events, performances from 1 May 2015 to 26 June 2016 will be considered for selection
- Athletes who qualified before 1 April 2016 needs to proof their fitness between 15 April 2016 and 26 June 2016 by reaching an acceptable standard at a recognized meeting
- The following will be the minimum qualification standards for the Olympic Games, scheduled for 12 to 21 August 2016 in Rio de Janeiro:

Olympic Games		
Rio de Janeiro		
Men	Event	Women
IAAF/SASCOC Standard		IAAF/SASCOC Standard
10.16	100m	11.32
20.50	200m	23.20
45.40	400m	52.20
1:46.00	800m	2:01.50
3:36.20	1500m	4:07.00
13:25.00	5000m	15:24.00
28:00.00	10000m	32:15.00
8:30.00	3000m SC	9:45.00
13.47	110m H / 100m H	13.00
49.40	400m H	56.20
2.29	High Jump	1.93
5.70	Pole Vault	4.50
8.15	Long Jump	6.70
16.85	Triple Jump	14.15
20.50	Shot Put	17.75
65.00	Discus Throw	61.00
77.00	Hammer Throw	71.00
83.00	Javelin Throw	62.00
8100	Decathlon	
	Heptathlon	6200
1:24.00	20km Race Walk	1:36:00

4:06:00	<b>50km Race Walk</b>		
On IAAF invitation Only	<b>4*100m Relay</b>	On IAAF invitation Only	
On IAAF invitation Only	<b>4*400m Relay</b>	On IAAF invitation Only	
2:19:00	<b>Marathon</b>	2:45:00	

- All athletes that achieved the qualifying standard, or are very close to achieving the qualifying standard, will be included in the Squad
- The Squad will be announced even before the SA Senior Championships, and not later than 30 March 2016
- Appeals for inclusion in the squad must be lodged by no later than 1 April 2016
- Participation at the SA Senior Championships will be a prerequisite for selection in the Preliminary Team
- Depending on invitations, participation at at least two of the scheduled ASA Nite Series meetings will be a prerequisite for selection
- Based on the maximum number of athletes allowed per event, the Preliminary Team will be selected and announced after the SA Senior Championships on 20 April 2016
- Appeals for inclusion in the Preliminary Team must be lodged by no later than 22 April 2016
- Selection in the Preliminary Team does not guarantee selection in the Final Team
- Based on the maximum number of athletes allowed per event, all athletes that achieved the qualifying standard will be selected in the Final Team
- The Final Team as selected by the ASA selectors will be forwarded to SASCOC after the CAA Senior Championships on 29 June 2016
- SASCOC will announce the Final Team on a date still to be confirmed

## **9. Cross Country Championships**

### **9.1 CAA Africa Cross Country Championships (12 March 2016 in Cameroon)**

- The results of the 2015 SA Cross Country Championships will be used as the basis for selection of teams
- Athletes that represented South Africa at the 2015 Africa Games in Brazzaville, Congo, may be selected as wild cards based on performances at other competitions, including Track & Field and Road Running
- Six athletes will be selected in each of the following age categories:
  - Senior Women 10km
  - Senior Men 10km
  - Junior Women 6km
  - Junior Men 8km
- The first three Senior athletes from the 2015 SA Cross Country Championships will have automatic selection
- The first three Junior athletes from the 2015 SA Cross Country Championships, that are still Juniors in 2016, will have automatic selection
- The other three athletes in each age category will be selected as wild cards, based on the results of the 2015 SA Cross Country Championships of recent performances at other Track & Field and Road Running competitions.
- A Preliminary Team will be announced on 1 February 2016
- Appeals for inclusion in the Preliminary Team must be lodged by no later than 3 February 2016
- Selection in the Preliminary Team does not guarantee selection in the Final Team
- The Final Team will be announced on 8 February 2016

### **~~9.2 CAA Southern Region Cross Country Championships (26 March 2016 in Swaziland)~~ (The Championships was cancelled by the CAA SR)**

- ~~• Depending on available funds a quite smaller team might be selected~~
- ~~• The selectors might also decide to select a team comprising of second and or third best athletes~~
- ~~• A Preliminary Team will be announced on 1 February 2016~~
- ~~• Appeals for inclusion in the Preliminary Team must be lodged by no later than 3 February 2016~~
- ~~• Selection in the Preliminary Team does not guarantee selection in the Final Team~~
- ~~• A final Team will be announced on 8 February 2016~~

## **10. Road Running Championships**

### **10.1 CAA Southern Region Half Marathon Championships**

**(Date to be confirmed at a venue in Madagascar)**

- Depending on available funds, a maximum of 5 Men and 5 Women will be selected
- Athletes will be selected from the most recent combined ranking list of 2015 and 2016
- Athletes lower down on the ranking list might be selected
- A Final Team will be announced at least 45 days before the date of the championships

### **10.2 IAAF World Half Marathon Championships - (26 March in Cardiff, Great Britain)**

- Selection will be done from the most recent ranking list of 2015
- To allow the ASA office to confirm the availability of athletes, a Preliminary Team of 8 Men and 8 Women will be selected
- The Preliminary Team will be announced on 1 February 2016
- Appeals for inclusion in the Preliminary Team must be lodged by no later than 3 February 2016
- Selection in the Preliminary Team does not guarantee selection in the Final Team
- A Final Team of 5 Men and 5 Women will be announced on 15 February 2016

### **10.3 Olympic Games Marathon - (12 - 21 August in Rio de Janeiro)**

- All athletes achieving the following qualifying performance will be considered for selection
  - Women 2:45:00
  - Men 2:19:00
- Qualification must be achieved on a course certified by the IAAF and included in the list of approved courses, available on the IAAF website
- The qualification period will be between 1 May 2015 and 30 April 2016
- Participation at at least one of the following will be a prerequisite:
  - 2014 SA Marathon Championships
  - 2015 SA Marathon Championships
  - 2016 SA Marathon Championships (to provide for newcomer Juniors of 2015)
- A Preliminary Team of all athletes that achieved the qualification performance will be announced on 4 April 2016
- Appeals for inclusion in the Preliminary Team must be lodged by 6 April 2016
- Selection in the Preliminary Team does not guarantee selection in the Final Team
- Athletes selected in the Preliminary Team will not be allowed to participate in any race longer than 21km from 1 May 2016 up to the Olympic Games
- Athletes in the Preliminary Team, who qualified in 2015, must proof their fitness by competing in any approved half marathon in South Africa between 1 February 2016 and 1 May 2016.
- A Final Team of a maximum of 3 Men and 3 Woman will be selected and will be forwarded to SASCOC on 11 May 2016
- SASCOC will announce the Final Team on a date still to be confirmed

## **11. Race Walking Championships**

### **11.1 IAAF World Race Walking Team Championships (7 to 8 May 2016 in Rome, Italy)**

- Depending on available funds, ASA may select 4 Senior Male, 4 Senior Female, 3 Junior Boys and 3 Junior Girls athletes
- Athletes must reach the following qualifying performances between 1 January 2016 and 16 April 2016:
  - Men 20km 1:28:00
  - Women 20km 1:40:00
  - Junior Men 10km 0:42:20 (C) 0:45:20 (I)
  - Junior Women 10km 0:51:00 (C) 0:52:00 (I)
  - Men 50km 4:15:00
- To give athletes an opportunity to qualify the following will be considered for qualification for the Men 50km event:
  - Men 35km 3:05:00
- Track performances will be considered
- A Preliminary Team will be announced on 18 April 2016
- Appeals for inclusion in the Preliminary Team must be lodged by 20 April 2016
- Selection in the Preliminary Team does not guarantee selection in the Final Team
- A Final Team will be announced on 20 April 2016

### **11.2 Olympic Games Race Walking - (12 - 21 August in Rio de Janeiro)**

- All athletes achieving the following qualifying performance will be considered for selection
  - Women 20km 1:36:00
  - Men 20km 1:24:00
  - Men 50km 4:06:00
- Qualification must be achieved on a course measured by an IAAF/AIMS Grade A or B International Road Course Measurer and must be certified, before the meeting, by the IAAF and included in the list of approved courses, available on the IAAF website
- A minimum of 3 International or Area Race Walking Judges must officiate at the meeting
- The qualification period will be between 1 May 2015 and 26 April 2016
- Participation at the 2016 SA Senior Track & Field Championships (20km Race Walk event) will be a prerequisite
- A preliminary Team of all athletes that achieved the qualification performance will be announced on 20 April 2016
- Appeals for inclusion in the Preliminary Team must be lodged by 22 April 2016
- Selection in the Preliminary Team does not guarantee selection in the Final Team
- A Final Team of a maximum of 3 Men and 3 Woman will be selected and will be forwarded to SASCOG on 11 May 2016
- SASCOG will announce the Final Team on a date still to be confirmed