



ASA QUALIFYING STANDARDS FOR SA TRACK & FIELD CHAMPIONSHIPS

To compete in the South African National Senior Championships and/or South African U16/U18 & U20 Championships, athletes must achieve ASA National Championships Entry standard

Introduction

The need for qualifying standards for the different ASA SA T&F Championships has been noted by many provinces and coaches.

The T&F Commission together with several role-players looked at standards that both keep the integrity and standard of the different championships, as well as look at the development of our athletes especially in certain events where we need to achieve more depth.

We have also considered that many of our provinces are at an altitude of 1300m and more above sea level and included below find suggested altitude-adjusted standards

Notes

- The qualifying period for the U16/U18 & U20 Championships began on the 1st January 2022 and will close on the 13 March 2022
- The qualifying period for Senior Championship began on the 1st January 2022 and will close on the 06th April 2022
- Following the end of qualification period provinces will determine the selection of their teams. **Athletes must have met the qualifying standards for the event, as set by the ASA for the 2022 SA National Championships.**
- To be considered for selection in any provincial team, athletes must be in good standing with their province and participate in selected competitions as set by their province.
- All performances must be achieved during competitions organised or sanctioned by ASA.
- All performances must be achieved during an official competition organised in conformity with World Athletics (WA) Rules.

Minimum Qualifying Standards for 2022 ASA Sub-Youth, Youth and Junior Championships:

Sub-youth (boys U16) Born 2007/08 Inland/Coast	Youth (boys U18) Born 2005/6 Inland/Coast	Junior (boys U20) Born 2003/04 Inland/Coast	Event	Junior (girls U20) Born 2003/04 Inland/Coast	Youth (girls U18) Born 2005/6 Inland/Coast	Sub-youth (girls U16) Born 2007/08 Inland/Coast
11.50/11.60	11.10/11.20	10.90/11.00	100m	12.40/12.50	12.60/12.70	12.70/12.80
23.60/23.70	22.50/22.60	22.00/22.10	200m	25.60/25.70	25.90/26.00	26.50/26.60
53.80	50.10	49.30	400m	59.00	59.20	1:01.00
2:04.00	1:57.50	1:55.00	800m	2:17.00	2:19.00	2:21.00
4:30.00/4:25.00	4:08.00/4:04.00	4:04.00/4:00.00	1500m	4:55.00/4:50.00	4:56.00/4:51.00	4:58.00/4:53.00
9:20.00/9:10.00	8:58.00/8:48.00	8:50.00/8:40.00	3000m	10:45.00/10:33.00	10:52.00/10:40.00	11:00.00/10:48.00
		15:35.00/15:20.00	5000m	20:45.00/20:25.00		
		33:00.00/32:15.00	10000m			
5:00.00/4:55.00			1500m SC			6:15.00/6:08.00
	6:35.00/6:28.00		2000m SC		8:10.00/8:00.00	
		10:30.00/10:20.00	3000m SC	13:00.00/12:45.00		

			90mH			13.90/14.00
13.90/14.00			100mH	15.20/15.30	15.00/15.10	
	14.90/15.00	14.90/15.00	110m H			
41.50			300mH			46.50
	55.40	55.30	400mH	1:05.00	1:05.50	
29:45.0/29:00.0			5000m Walk		30:45.0/30:00.0	31:45.0/31:00.0
	57:30/56:00	54:30.0/54:00.0	10000m Walk	67:00.0/65:30.0		
			20km Walk			
6.10	6.60	7.00	Long Jump	5.20	5.10	5.00
13.20	13.40	14.00	Triple Jump	10.80	10.60	10.20
1.80	1.90	1.94	High Jump	1.60	1.55	1.50
3.50	3.80	3.90	Pole Vault	2.80	2.60	2.50
15.00	16.40	14.70	Shot Put	11.60	13.50	12.30
			Discus Throw			
48.00	49.00	45.00		40.00	39.00	38.00
			Hammer Throw			
40.00	50.00	52.00		44.00	44.00	38.00
			Javelin Throw			
49.00	57.00	57.00		41.00	41.00	40.00

Minimum Qualifying Standards for the 2022 ASA Senior Championships:

QUALIFYING STANDARD SNR MEN AND WOMEN		
Inland/Coast		
MEN Inland/Coast	EVENT	WOMEN Inland/Coast
10.50/10.60	100m	12.20/12.30
21.30/21.40	200m	24.90/25.00
48.00	400m	57.00
1:52.50	800m	2:15.00
3:55.50/3:52.00	1500m	4:45.00/4:40.00
14:35.00/14:22.00	5000m	18:00.00/17:44.00
31:00.00/30:25.00	10 000m	39:30.00/38:30.00
9:40.00/9:30.00	3000m St/C	12:42.00/12:30.00
	100mH	14.50/14.60
14.80/14.90	110mH	
52.80	400mH	1:01.00
2.00m	High Jump	1.65m
4.40m	Pole vault	3.20m
7.10m	Long Jump	5.40m
14.50m	Triple Jump	11.40m
16.50m	Shot Put	12.30m
47.50m	Discus Throw	44.00m
54.00m	Hammer Throw	50.00m
62.00m	Javelin Throw	42.00m
5 000 Points	Decathlon	
	Heptathlon	4 000 Points
1h:50.00/1h48:00.00	20km Walk	2h05:00.00/2h03:00.00