



2023

AGN TRACK & FIELD

Age Category Track & Field

(U16, U18, U20 & Seniors)

SELECTION CRITERIA



ATHLETICS GAUTENG NORTH

SELECTION CRITERIA

For Provincial CLUB Managers and Team Coaches



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1. Age Categories

Only athletes aged 14, 15, 16, 17, 18, 19 and senior athletes in the year of competition may compete in their respective age group event.

- 1.1. The maximum number of events in which an athlete in the age group 14 to 17 years in the year of competition can compete in during the championships is two (2) individual events plus the relays. If the two individual events are track events, only one of these events may be longer than 400m.
- 1.2. **Under 16** - 14 or 15 years on 31 December 2023 (born in 2008 or 2009)
- 1.3. **Under 18** - 16 or 17 years old on 31 December 2023 (born in 2007 or 2006)
- 1.4. **Under 20** - 18 or 19 Years old on 31 December 2023 (born in 2004 or 2005)
- 1.5. **Senior Category**

2. Qualification Standards – to be selected for the AGN Team

- 2.1. Minimum Qualifying Standards for the 2023 ASA U16, U18 and U20 Championships:

Note: No athlete younger than 14 (2010 birthdates) are allowed to participate for AGN at ASA U16, U18 & U20 Track and Field Championships

2023 QUALIFYING STANDARD U16, U18 AND U20						
Inland/Coast						
Boys U 16 Born 2008/09 Inland/Coast	Boys U 18 Born 2006/7 Inland/Coast	Men U 20 Born 2004/05 Inland/Coast	Event	Women U 20 Born 2004/05 Inland/Coast	Girls U 18 Born 2006/7 Inland/Coast	Girls U 16 Born 2008/09 Inland/Coast
11.50/11.60	11.10/11.20	10.90/11.00	100m	12.55/12.65	12.60/12.70	12.80/12.90
23.60/23.70	22.40/22.50	22.20/22.30	200m	25.70/25.80	25.90/26.00	26.50/26.60
53.95	51.00	49.90	400m	59.80	60.00	1:01.50
2:04.00	1:58.00	1:55.50	800m	2:18.00	2:19.00	2:21.00
4:28.00/4:23.00	4:08.00/4:04.00	4:05.00/4:01.00	1500m	4:56.00/4:51.00	4:57.00/4:52.00	4:58.00/4:53.00
9:30.00/9:20.00	9:15.00/9:05.00	9:05.00/8:55.00	3000m	10:50.00/10:38.00	10:50.00/10:38.00	11:05.00/10:53.00
		15:55.00/15:40.00	5000m	20:45.00/20:25.00		
5:05.00/5:00.00			1500m SC			6:10.00/6:03.00
	6:35.00/6:28.00		2000m SC		8:00.00/7:51.00	
		10:30.00/10:20.00	3000m SC	13:05.00/12:50.00		
			90mH			13.90/14.00
14.00/14.10			100mH	15.20/15.30	15.00/15.10	
	15.00/15.10	15.30/15.40	110m H			
42.00			300mH			46.50
	55.40	55.40	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	55:50.0/54:20.0	10000m Walk	67:00.0/65:30.0		
1.80	1.90	1.95	HJ	1.60	1.60	1.55
3.50	3.80	3.90	PV	2.80	2.60	2.50
6.10	6.60	7.00	LJ	5.30	5.20	5.10
12.90	13.20	13.80	TJ	10.60	10.40	10.10
15.00	16.40	14.70	SP	11.60	13.50	12.30
48.00	49.00	45.00	DT	40.00	39.00	38.00
40.00	50.00	52.00	HT	44.00	44.00	38.00
49.00	57.00	57.00	JT	41.00	41.00	40.00

2.2. Minimum Qualifying Standards for the 2023 ASA Senior Championships:

Note: Minimum age to qualify for ASA SA Senior Championships – born 2006 or older

2023 QUALIFYING STANDARD SENIOR		
Inland/Coast		
MEN Inland/Coast	EVENT	WOMEN Inland/Coast
10.40/10.55	100m	12.10/12.20
21.20/21.30	200m	24.90/25.00
47.50	400m	56.50
1:52.00	800m	2:15.00
3:53.50/3:51.00	1500m	4:45.00/4:40.00
14:30.00/14:17.00	5000m	18:00.00/17:44.00
30:55.00/30:20.00	10 000m	39:00.00/38:00.00
09:30.00/9:40.00	3000m St/C	12:30.00/12:48.00
	100mH	14.30/14.40
14.80/14.90	110mH	
52.80	400mH	1:00.00
2.00m	High Jump	1.65m
4.20m	Pole vault	3.20m
7.20m	Long Jump	5.70m
14.80m	Triple Jump	11.50m
16.50m	Shot Put	12.60m
47.50m	Discus Throw	45.00m
54.00m	Hammer Throw	50.00m
62.00m	Javelin Throw	40.00m
5 000 Points	Decathlon	
	Heptathlon	4 000 Points
1h:50.00/1h48:00.00	20km Walk	2h05:00.00/2h03:00.00

3. Selection of AGN Teams

3.1. AGN SENIOR TEAM

An AGN Senior team will be chosen for the ASA Senior championships which will take place at NWU McArthur Stadium, Potchefstroom from 31 March to 1 April 2023.

- 3.1.1. The first three athletes per event will be chosen for the ASA Senior Track and Field championships for Potchefstroom provided that they have achieved the qualification standard. In an event where no athlete achieved the qualification standard, the selectors may choose the first position and/or second position depending on the National ranking of the athlete/s.
- 3.1.2. An Athlete must compete in at least TWO leagues and the AGN Track & Field Championships.
- 3.1.3. Additional athletes may be chosen, depending on qualification standards and national ranking.
- 3.1.4. AGN will provide accommodation and transport (bus) for the athletes who are selected.
- 3.1.5. No participation at AGN Track & Field Championships will mean NO selection, the only consideration will be for athletes who are tested positive for COVID-19, also athletes will be considered who hand in a medical certificate, and this athlete will go have to go through a fitness test (at own cost) before final selection for this specific athlete

3.2. AGN U16, U18 & U20 TEAM

- 3.2.1. An AGN U16, U18 & U20 team will be chosen for the ASA U16, U18 & U20 Track and Field championships which will take place at Pietermaritzburg from 23 to 25 March 2023.
- 3.2.2. The first four athletes per event will be chosen for the ASA U16, U18 & U20 Track and Field championships where the athletes have achieved the qualification standard. In an event where no athlete achieved the qualification standard, the selectors may choose the first position and/or second position depending on the National ranking of the athlete/s.
- 3.2.3. Additional athletes may be chosen, depending on qualification standards and national ranking.
- 3.2.4. AGN will provide accommodation and transport (bus) for the athletes who are selected.
- 3.2.5. No participation at AGN Championships will mean NO selection, the only consideration will be for athletes who are tested positive for COVID-19, also athletes will be considered who hand in a medical certificate, and however this athlete will go through a fitness before final selection for this specific athlete.
- 3.2.6. An Athlete must compete in at least TWO leagues and the AGN Track & Field Championships

4. Events per AGE Groups

EVENTS PER AGE GROUP FOR THE 2023 AGN & ASA CHAMPIONSHIPS RELAYS AT ASA ONLY

Male			Item	Female		
u/16	u/18	u/20		u/16	u/18	u/20
X	X	X	100m	X	X	X
X	X	X	200m	X	X	X
X	X	X	400m	X	X	X
X	X	X	800m	X	X	X
X	X	X	1500m	X	X	X
X	X	X	3000m	X	X	X
-	-	X	5000m	-	-	X
-	-	-	10000m	-	-	-
X (76,2cm)	-	-	1500m SC	X (76,2cm)	-	-
-	X (83,8cm)	-	2000m SC	-	X (76,2cm)	-
-	-	X (91,4cm)	3000m SC	-	-	X (76,2cm)
-	-	-	90 m Hurdles	X(76,2cm)	-	-
X(76.8cm)	-	-	100 m Hurdles	-	X (76,2cm)	X (83,8cm)
-	X (91,4cm)	X (99,1cm)	110m Hurdles	-	-	-
X (76.2cm)	-	-	300m Hurdles	X (76,2cm)	-	-
-	X (83,8cm)	X (91,4cm)	400m Hurdles	-	X (76,2cm)	X (76,2cm)
X (4kg)	X (5kg)	X (6kg)	Shot Put	X (3kg)	X (3kg)	X (4kg)
X (1kg)	X(1,5kg)	X (1,75kg)	Discus Throw	X (1kg)	X (1kg)	X (1kg)
X (600g)	X (700g)	X (800g)	Javelin Throw	X (500g)	X (500g)	X (600g)
X (4kg)	X (5kg)	X (6kg)	Hammer Throw	X (3kg)	X (3kg)	X (4kg)
X	X	X	Long Jump	X	X	X
X (9m)	X (11m)	X (13m)	Triple Jump	X (9m)	X (9m)	X (9m)
X	X	X	High Jump	X	X	X
X	X	X	Pole Vault	X	X	X
X	-	-	Medley Relay	X	-	-
X	X	X	4*100m Relay	X	X	X
-	X	X	4*400m Relay	-	X	X
-	-	X	4*400m Mix Relay	-	-	X
X	-	-	5000m Walk	X	X	-
-	X	X	10000m Walk	-	-	X

All the best to the AGN Athletes for the 2023 Athletic Season