



## ASA QUALIFYING STANDARDS FOR 2023 ASA TRACK AND FIELD CHAMPIONSHIPS

### Entry Conditions:

- The qualifying period for the ASA U16/U18 & U20 Championships began on the 1<sup>st</sup> January 2023 and will close on the 11 March 2023.
- The qualifying period for ASA Senior Championship began on the 1<sup>st</sup> January 2023 and will close on the 18<sup>th</sup> March 2023
- **Qualified Athletes:** Each Province will be allowed to enter a maximum of 4 (four official team) qualified athletes PLUS 4 (four) **individual qualified athletes** in each event. Should the province have more than 4 (four) individual qualified athletes, the province can motivate / apply to ASA in writing requesting to enter more qualified athletes.

### Please note:

- Individual athletes to enter and compete and own costs representing their clubs.
- Unqualified athletes: Provinces who have no qualified athlete may enter 1 (one) unqualified athlete in each event (except the field events, combined events, 10 000m and 3000m SC)
- All athletes to be considered for selection in any provincial team, must be in good standing with their province AND participate in Provincial Championships and selected competitions as set by their provinces except for foreign based athletes.
- Foreign based athletes (including USA/NCAA based athletes) must compete at the national championships where possible to be in line for selection for national teams. They will however not be expected to compete at provincial championships and based on ASA qualifying standards and performance lists should be included into provincial teams or per application as individuals through their provinces.
- All performances must be achieved during competitions organised or sanctioned by WA/ASA.
- All performances must be achieved during an official competition organised in conformity with World Athletics (WA) and ASA rules.



**MINIMUM QUALIFYING STANDARDS FOR 2023 ASA U 16, U 18 AND U 20 CHAMPIONSHIPS:**

<b>Boys U 16</b>	<b>Boys U 18</b>	<b>Boys U 20</b>	<b>Event</b>	<b>Girls U 20</b>	<b>Girls U 18</b>	<b>Girls U 16</b>
<b>Born 2008/09</b>	<b>Born 2006/7</b>	<b>Born 2004/05</b>		<b>Born 2004/05</b>	<b>Born 2006/7</b>	<b>Born 2008/09</b>
<b>Inland/Coast</b>	<b>Inland/Coast</b>	<b>Inland/Coast</b>		<b>Inland/Coast</b>	<b>Inland/Coast</b>	<b>Inland/Coast</b>
11.50/11.60	11.10/11.20	10.90/11.00	<b>100m</b>	12.50/12.60	12.60/12.70	12.80/12.90
23.70/23.80	22.50/22.60	22.20/22.30	<b>200m</b>	25.70/25.80	25.90/26.00	26.50/26.60
53.90	50.70	49.80	<b>400m</b>	59.50	59.90	1:01.20
2:05.00	1:59.00	1:56.50	<b>800m</b>	2:19.00	2:21.00	2:23.00
4:26.00/4:21.00	4:12.00/4:08.00	4:06.00/4:02.00	<b>1500m</b>	4:58.00/4:53.00	4:59.00/4:54.00	5:00.00/4:55.00
9:30.00/9:20.00	9:15.00/9:05.00	9:05.00/8:55.00	<b>3000m</b>	10:55.00/10:43.00	10:58.00/10:46.00	11:05.00/10:53.00
		15:55.00/15:40.00	<b>5000m</b>	20:45.00/20:25.00		
5:05.00/5:00.00			<b>1500m SC</b>			6:25.00/6:18.00
	6:40.00/6:33.00		<b>2000m SC</b>		8:15.00/8:05.00	
		10:45.00/10:35.00	<b>3000m SC</b>	13:15.00/13:00.00		
			<b>90mH</b>			13.90/14.00 (76,2)
14.00/14.10 (83,8)			<b>100mH</b>	15.40/15.50 (83,8)	15.10/15.20 (76,2)	
	15.00/15.10 (91,4)	15.30/15.40 (99,1)	<b>110m H</b>			
42.00 (83,8)			<b>300mH</b>			47.00 (76,2)
	55.40 (83,8)	56.50 (91,4)	<b>400mH</b>	1:06.00 (76,2)	1:06.50 (76,2)	
29:45.0/29:00.0			<b>5000m Walk</b>		30:45.0/30:00.0	31:45.0/31:00.0
	57:30/56:00	55:50.0/54:20.0	<b>10000m Walk</b>	67:00.0/65:30.0		
1.80	1.90	1.95	<b>HJ</b>	1.55	1.52	1.50
3.40	3.70	3.80	<b>PV</b>	2.70	2.50	2.40
6.00	6.50	6.80	<b>LJ</b>	5.15	5.10	5.00
12.80	13.40	13.70	<b>TJ</b>	10.60	10.40	10.10
14.60 (4kg)	16.00 (5kg)	14.30 (6kg)	<b>SP</b>	11.40 (4kg)	13.40 (3kg)	12.30 (3kg)
47.00 (1kg)	48.00 (1,5kg)	44.00 (1,75kg)	<b>DT</b>	39.00 (1kg)	38.00 (1kg)	37.00 (1kg)
38.00 (4kg)	48.00 (5kg)	50.00 (6kg)	<b>HT</b>	43.00 (4kg)	43.00 (3kg)	37.00 (3kg)
48.00 (600g)	55.50 (700g)	56.00 (800g)	<b>JT</b>	40.00 (600g)	40.00 (500g)	39.00 (500g)



**MINIMUM QUALIFYING STANDARDS FOR THE 2023 ASA SENIOR CHAMPIONSHIPS:**

**\*Minimum age to qualify for ASA SA Senior Championships – born 2006 or older**

MEN		WOMEN	
Inland/Coast	EVENT	Inland/Coast	
10.55/10.65	100m	12.20/12.30	
21.40/21.50	200m	25.00/25.10	
48.00	400m	57.60	
1:52.00	800m	2:15.50	
3:55.50/3:52.00	1500m	4:45.00/4:40.00	
14:43.00/14:30.00	5000m	18:00.00/17:44.00	
31:25.00/30:50.00	10 000m	39:50.00/38:50.00	
9:55.00/9:45.00	3000m St/C	12:57.00/12:45.00	
	100mH	14.80/14.90	
15.30/15.40	110mH		
54.00	400mH	1:03.50	
1.95m	High Jump	1.62m	
4.20m	Pole vault	3.00m	
7.05m	Long Jump	5.40m	
14.20m	Triple Jump	11.20m	
15.00m	Shot Put	12.00m	
45.00m	Discus Throw	42.00m	
51.00m	Hammer Throw	47.00m	
60.00m	Javelin Throw	41.00m	
5 000 Points	Decathlon		
	Heptathlon	4 000 Points	
1h:50.00/1h48:00.00	20km Walk	2h05:00.00/2h03:00.00	