



2026

AGN TRACK & FIELD

**Age Category Track & Field
(U16, U18, U20, U23 & Seniors)
SELECTION CRITERIA – v2**



ATHLETICS GAUTENG NORTH

SELECTION CRITERIA

For Provincial CLUB Managers and Team Coaches



Athletics Gauteng North

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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.
- 1.2. **Under 16** – 14 or 15 years on 31 December 2026 (born in 2012 or 2011)
- 1.3. **Under 18** – 16 or 17 years old on 31 December 2026 (born in 2010 or 2009)
- 1.4. **Under 20** – 18 or 19 Years old on 31 December 2026 (born in 2008 or 2007)
- 1.5. **Under 23** – 20, 21 or 22 Years old on 31 December 2026 (born in 2004, 2005 or 2006)
- 1.6. **Senior Category** - athletes born before 2004 (NO Master athletes)

Note: No athlete younger than 14 (from 2013 birthdates) is allowed to participate for AGN at ASA U16, U18 & U20 Track and Field Championships

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

Boys U 16 Born 2010/11 Inland/Coast	Boys U 18 Born 2008/9 Inland/Coast	Boys U 20 Born 2006/07 Inland/Coast	Event	Girls U 20 Born 2006/07 Inland/Coast	Girls U 18 Born 2008/9 Inland/Coast	Girls U 16 Born 2010/11 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

Minimum AGN Qualifying Standards for the 2025 ASA U23 Championships:
Minimum age to qualify for ASA Championships – born 2010 or older

QUALIFYING STANDARD U/23 MEN AND WOMEN		
Inland/Coast		
MEN	EVENT	WOMEN
Inland/Coast		Inland/Coast
10.70/10.80	100m	12.50/12.60
21.80/21.90	200m	25.50/25.60
49,00	400m	58,90
1:55.00	800m	2:17.00
3:59.50/3:55.50	1500m	4:52.00/4:48.00
15:00.00/14:45.00	5000m	18:30.00/18:15.00
32:10.00/31:30.00	10 000m	40:50.00/39:50.00
10:10.00/9:55.00	3000m St/C	13:17.00/13:05.00
	100mH	15.15/15.25
15.75/15.85	110mH	
55,00	400mH	1:04.50
1.95m	High Jump	1.60m
4.00m	Pole vault	2.90m
6.90m	Long Jump	5.30m
14.00m	Triple Jump	11.00m
14.50m	Shot Put	11.70m
43.50m	Discus Throw	41.00m
48.00m	Hammer Throw	44.00m
57.50m	Javelin Throw	40.00m
4 800 Points	Decathlon	
	Heptathlon	3 900 Points
55.30.00/54:00.00	10 000m Walk	1h06:30.00/1h05:00.00

Minimum AGN Qualifying Standards for the 2026 ASA Senior Championships:
 Minimum age to qualify for ASA SA Senior Championships – born 2004 or older (No Master athletes)

QUALIFYING STANDARD SNR MEN AND WOMEN		
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

AGN SENIOR TEAM

An AGN Senior team will be selected for the ASA Senior Championships, which will take place at [Stellenbosch University](#) from 16 to 18 April 2026.

- 3.1. The first three athletes per event will be chosen for the ASA Senior Track and Field championships 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.
- 3.2. An Athlete must compete in at least **TWO leagues** and the AGN Track & Field Championships
 - 3.2.1 **League Participation and Final Selection – Race Walking**
 - 3.2.1.1. The AGN Track & Field League 3 and the AGN Race Walking Grand Prix (incorporating the ASA Trials) shall be conducted on the same date, 21 February 2026.
 - 3.2.1.2. For League participation, participation and performances at the AGN Race Walking Grand Prix on 21 February 2026 shall be deemed equivalent to participation in an AGN Track & Field League event and shall count as if the athlete had participated in AGN League 3.
 - 3.2.1.3. For final team selection, performances achieved at the AGN Race Walking Grand Prix on 21 February 2026 shall be valid for consideration and Race Walking athletes shall not be disadvantaged as a result of the concurrent scheduling of the two events.
- 3.3. Additional athletes may be chosen, depending on qualification standards and national ranking.
- 3.4. AGN will provide accommodation and transport (bus) for the athletes who are selected.
- 3.5. No participation at AGN Track & Field Championships will mean NO selection, 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.

AGN U16, U18, U20 & U23 TEAM

- 3.6. An AGN U16, U18, U20 & U23 team will be chosen for the ASA U16, U18 & U20 Track and Field championships which will take place at Germiston Stadium from 26 to 28 March 2026.
- 3.7. The first four athletes per event will be chosen for the ASA U16, U18, U20 & U23 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.
 - 3.7.1. Additional athletes may be chosen, depending on qualification standards and national ranking.
 - 3.7.2. AGN will provide accommodation and transport (bus) for the athletes who are selected.
 - 3.7.3. No participation at AGN Championships will mean NO selection, 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.

3.7.4. An Athlete must compete in at least **TWO leagues** and the AGN Track & Field Championships

3.7.4.1. League Participation and Final Selection – Race Walking

3.7.4.1.1. The AGN Track & Field League 3 and the AGN Race Walking Grand Prix (incorporating the ASA Trials) shall be conducted on the same date, 21 February 2026.

3.7.4.1.2. For League participation, participation and performances at the AGN Race Walking Grand Prix on 21 February 2026 shall be deemed equivalent to participation in an AGN Track & Field League event and shall count as if the athlete had participated in AGN League 3.

3.7.4.1.3. For final team selection, performances achieved at the AGN Race Walking Grand Prix on 21 February 2026 shall be valid for consideration and Race Walking athletes shall not be disadvantaged as a result of the concurrent scheduling of the two events

4. Events per AGE Groups

EVENTS PER AGE GROUP FOR THE 2026 AGN & ASA CHAMPIONSHIPS – RELAYS AT ASA ONLY

Male					Item	Female				
Senior	u/23	u/20	u/18	u/16		u/16	u/18	u/20	u/23	Senior
X	X	X	X	X	100m	X	X	X	X	X
X	X	X	X	X	200m	X	X	X	X	X
X	X	X	X	X	400m	X	X	X	X	X
X	X	X	X	X	800m	X	X	X	X	X
X	X	X	X	X	1500m	X	X	X	X	X
-	-	X	X	X	3000m	X	X	X	-	-
X	X	X	-	-	5000m	-	-	X	X	X
X	X	-	-	-	10km	-	-	-	X	X
-	-	-	-	X (76,2cm)	1500m SC	X (76,2cm)	-	-	-	-
-	-	-	X (83,8cm)	-	2000m SC	-	X (76,2cm)	-	-	-
X	X	X (91,4cm)	-	-	3000m SC	-	-	X (76,2cm)	X	X
-	-	-	-	-	90 m Hurdles	X (76,2cm)	-	-	-	-
-	-	-	-	X (83,8cm)	100 m Hurdles	-	X (76,2cm)	X (83,8cm)	X (83,8cm)	X (83,8cm)
X (1.067m)	X (1.067m)	X (99,1cm)	X (91,4cm)	-	110m Hurdles	-	-	-	-	-
-	-	-	-	X (83,8cm)	300m Hurdles	X (76,2cm)	-	-	-	-
X (91,4cm)	X (91,4cm)	X (91,4cm)	X (83,8cm)	-	400m Hurdles	-	X (76,2cm)	X (76,2cm)	X (76,2cm)	X (76,2cm)
X (7.26kg)	X (7.26kg)	X (6kg)	X (5kg)	X (4kg)	Shot Put	X (3kg)	X (3kg)	X (4kg)		
X (2kg)	X (2kg)	X (1,75kg)	X(1,5kg)	X (1kg)	Discus Throw	X (1kg)				
X (800g)	X (800g)	X (800g)	X (700g)	X (600g)	Javelin Throw	X (500g)	X (500g)	X (600g)	X (600g)	X (600g)
X (7.26kg)	X (7.26kg)	X (6kg)	X (5kg)	X (4kg)	Hammer Throw	X (3kg)	X (3kg)	X (4kg)	X (4kg)	X (4kg)
X	X	X	X	X	Long Jump	X	X	X	X	X
X (13m)	X (13m)	X (13m)	X (11m)	X (11m)	Triple Jump	X (9m)				
X	X	X	X	X	High Jump	X	X	X	X	X
X	X	X	X	X	Pole Vault	X	X	X	X	X
X	X	X	X	X	5000m Walk	X	X	X	X	X

All the best to the AGN Athletes for the 2026 Athletic Season!