



## ASA QUALIFYING STANDARDS FOR SA CHAMPIONSHIPS

Minimum Qualifying Standards for 2022 ASA U 16, U 18 and U 20 Championships:

<b>Boys U 16</b> <b>Born 2007/08</b> <b>Inland/Coast</b>	<b>Boys U 18</b> <b>Born 2005/6</b> <b>Inland/Coast</b>	<b>Boys U 20</b> <b>Born 2003/04</b> <b>Inland/Coast</b>	<b>Event</b>	<b>Girls U 20</b> <b>Born 2003/04</b> <b>Inland/Coast</b>	<b>Girls U 18</b> <b>Born 2005/6</b> <b>Inland/Coast</b>	<b>Girls U 16</b> <b>Born 2007/08</b> <b>Inland/Coast</b>
11.50/11.60	11.10/11.20	10.90/11.00	<b>100m</b>	12.40/12.50	12.60/12.70	12.70/12.80
23.60/23.70	22.50/22.60	22.00/22.10	<b>200m</b>	25.60/25.70	25.90/26.00	26.50/26.60
53.80	50.10	49.30	<b>400m</b>	59.00	59.20	1:01.00
2:04.00	1:57.50	1:55.00	<b>800m</b>	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	<b>1500m</b>	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	<b>3000m</b>	10:45.00/10:33.00	10:52.00/10:40.00	11:00.00/10:48.00
		15:35.00/15:20.00	<b>5000m</b>	20:45.00/20:25.00		
		33:00.00/32:15.00	<b>10000m</b>			
5:00.00/4:55.00			<b>1500m SC</b>			6:15.00/6:08.00
	6:35.00/6:28.00		<b>2000m SC</b>		8:10.00/8:00.00	
		10:30.00/10:20.00	<b>3000m SC</b>	13:00.00/12:45.00		
			<b>90mH</b>			13.90/14.00
13.90/14.00			<b>100mH</b>	15.20/15.30	15.00/15.10	
	14.90/15.00	14.90/15.00	<b>110m H</b>			
41.50			<b>300mH</b>			46.50
	55.40	55.30	<b>400mH</b>	1:05.00	1:05.50	
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	54:30.0/54:00.0	<b>10000m Walk</b>	67:00.0/65:30.0		
			<b>20km Walk</b>			
6.10	6.60	7.00	<b>Long Jump</b>	5.20	5.10	5.00
13.20	13.40	14.00	<b>Triple Jump</b>	10.80	10.60	10.20
1.80	1.90	1.94	<b>High Jump</b>	1.60	1.55	1.50
3.50	3.80	3.90	<b>Pole Vault</b>	2.80	2.60	2.50
15.00	16.40	14.70	<b>Shot Put</b>	11.60	13.50	12.30
48.00	49.00	45.00	<b>Discus Throw</b>	40.00	39.00	38.00
40.00	50.00	52.00	<b>Hammer Throw</b>	44.00	44.00	38.00
49.00	57.00	57.00	<b>Javelin Throw</b>	41.00	41.00	40.00

Minimum Qualifying Standards for the 2022 ASA Senior Championships:

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

<b>QUALIFYING STANDARD SNR MEN AND WOMEN</b>		
<b><u>Inland/Coast</u></b>		
<b>MEN</b>		<b>WOMEN</b>
<b>Inland/Coast</b>	<b>EVENT</b>	<b>Inland/Coast</b>
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