



PERFORMANCE CRITERIA
Qualification Standards

For an athlete or a relay team to be considered for selection for the **World Athletics U20 Championships** they must have achieved the following relevant performance standard/s:

Men	Event	Women
10.60	100m	11,90
21.40	200m	24.40
47,60	400m	55,20
1: 51,00	800m	2: 09.00
3: 48.50	1500m	4: 29.00
8: 15.00	3000m	9: 32.00
14: 15.00	5000m	16: 40.00
9: 08.00	3000m SC	10: 36.00
14.20	110m H / 100m H	14.20
53,20	400m H	1: 01.00
43: 50.00	10,000m Race Walk	50: 40.00
2.15	High Jump	1,81
5,05	Pole Vault	4.05
7.55	Long Jump	6.12
15.55	Triple Jump	12,85
18.20	Shot Put	14,50
56,50	Discus Throw	48,50
68.30	Hammer Throw	57,50
69,00	Javelin Throw	50,00
	Heptathlon	5300
7050	Decathlon	
No Standard	4x100m Relay	No Standard
No Standard	4x100m Relay	No Standard
No Standard	4x400m Relay Mixed	No Standard

SELECTION PROCESS

Eligibility

- To be considered for selection in any ASA team, athletes must fulfil the following criteria:
- Be a South African citizen (SA ID-document/number)
- Be in possession of a valid SA passport with an expiry date not less than 6 months after returning from the specific championships
- Be a member of a South African club, affiliated to ASA, and registered on the ASA registration system
- Be in good standing with ASA, the Provincial Federation and the club he/she is affiliated to.
- Only athletes aged 16, 17, 18 or 19 in the year of competition may compete.
- The maximum number of events in which Under 18 athletes can compete in Under 20 competitions is two individual events plus one of the relays.
- If the two individual events are Track Events, only one of these may be longer than 200m.
- For U20 athletes the maximum distance on the track is 5000m.
- **UNDER 18 ATHLETES IN UNDER 20 TEAMS** - Athletes aged 16 or 17 years in the year of competition may compete in any event except the throwing events, the combined events, events longer than 3000m, and the race walks longer than their relevant age category distances (currently 5km for u/18 girls and 10km for u/18 boys).
- **ATHLETES YOUNGER THAN 16** - No athlete younger than 16 years of age in the year of competition may be selected for u/20 teams.
- Compete in the National Champs in the event in which they wish to be selected with the following exceptions:
 - Athletes in the 3,000, 5,000m and Combined Events;
- In possession of an ASA License for the relevant year and confirm that the License Declaration was signed, and respect the conditions of the ASA License.
- Familiar with the content of the "ASA Integrity Code", and the "Basic Broadcasting, Advertising and Social Media Guidelines for Athletes, Coaches and Officials" in the ASA Rules and Regulations, and abides by it. Sign an ASA Team Declaration, if and when nominated for the Team

Note 1: To ensure the Panel have an accurate picture of an athlete's fitness ahead of the selection meeting, those who are unable to compete at the Championships due to injury but still wish to be considered for selection MUST either have been reviewed in person by the ASA medical team in the week prior to the Championships OR they must attend the Championships (regardless of home location) to be examined by one of the ASA Team Doctors, or the Event Doctor.

Athletes who fail to satisfy either provision will not be considered for selection.

Performance conditions relating to qualification standards

- All performances must be achieved during an official competition organised in conformity with World Athletics (WA) Rules.
- All performances must be achieved during competitions organised or sanctioned by ASA.
- Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with World Athletics Rules, performances achieved in field events, 5000m, and Race Walk may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate events and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender.
- Wind assisted performances (over 2m/sec) will not be accepted.
- Indoor performances will be accepted.
- Hand-timed performances for events up to and including 800m will not be accepted. **For Race Walks:**
 - I. Road performances will be accepted
 - II. Results of races conducted using the pit lane will be accepted
- For the running events of 200m and over, performances achieved on over-sized tracks will not be accepted.

Please note that this is the ASA U20 Qualifying Standard. The selection criteria that include the qualifying process will be communicated in a separate circular in due course.