



1992-2016

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MISSION

To make a contribution towards Nation Building and Healing of our land, South Africa, and the Transformation of our Society, through the Development of Athletics, from Grassroots to the highest levels of Excellence

To	ASA Members
From	Athletics South Africa
Date	07 December 2016
Subject	CIRCULAR 68 - 2017-2020 ASA Selection Criteria
No pages	15

ELECTRONIC TRANSMISSION

CIRCULAR 68

Dear ASA Members

As announced by the ASA President, Mr Aleck Skhosana, at the 2016 ASA QGM, ASA will from now on, prepare its teams in 4 year cycles with the 2020 Olympic Games in Tokyo Japan as the ultimate objective.

Please find attached the ASA Selection Criteria that will be used to select Teams to represent South Africa from 2017 onwards.

It is important to note that the ASA Selection Criteria do not operate in isolation. All decisions taken when selecting teams, using the criteria below, will be based and supported by the **ASA Selection Policy**, which are available on the ASA website www.athletics.org.za.

An extraction from the ASA Selection Policy and Principles state:

“Question: What are the main, and perhaps the only reason for sending teams to represent Athletics South Africa at any competition?

Answer: To send teams to bring back honour to South Africa.

Honour can only be achieved through top class performances. So for us in athletics, honour will be reflected primarily in the number of medals we achieve at any competition.

But of course, whilst we would like to send as part of our teams only athletes who have a potential to win medals, we also need to prepare for the future and at the same time address the demographics of our teams to ensure that the teams represents all communities in the Athletics South Africa.”

It must be noted that all announcements of Teams or Preparation Squads by ASA will allow for a period of appeal, to ensure that the selection process remain as transparent and fair as possible.

Athletics greetings

Richard Stander
ASA ACEO

Not signed due to electronic sending



2017 - 2020 ASA TEAM SELECTION CRITERIA
TO BE UPDATED ANNUALLY AFTER THE INTERNATIONAL SEASON CONCLUDED

1. PREAMBLE

- 1.1. This Selection Criteria is subject to the ASA Selection Policy as published on the ASA website www.athletics.org.za.
- 1.2. The sole purpose of this document is to provide ASA with an objective and transparent process to select teams that will represent South Africa in Athletics internationally.
- 1.3. To ensure further transparency during the selection process, an appeal process is also implemented. Please refer to the appeal clauses in this document.
- 1.4. Any ASA licensed athlete whom has been ranked in the Top 5 in South Africa in their respective events (see website www.athletics.org.za/statistics), and/or are selected to represent their province at the ASA National Championships, should obtain a passport.
- 1.5. Any ASA licensed athlete who participated at an ASA National Championships, in doing so, makes themselves available for selection for ASA teams representing South Africa.
- 1.6. Any athlete who has been selected to represent South Africa at any championships has the obligation to avail themselves for such selection.
- 1.7. Withdrawals will only be considered for medical/injury or family compassionate reasons. Proof might be requested by the ASA office.
- 1.8. Any athlete who has the potential to precede to the finals of his/her event(s) at a championship should exploit that potential to the fullest.
- 1.9. Any athlete who qualifies to be in the final of his/her event(s) should proceed to represent South Africa in those finals, thereby exploiting to the fullest the possibility of winning medals.
- 1.10. Any athlete who won a medal at any championships should respect the medal ceremony. During the medal ceremony, the athlete should be dressed in the team clothing; conduct themselves in a dignified manner; and wear the medal with dignity.

2. ELIGIBILITY

To be considered for selection in any ASA team, athletes must fulfil the following criteria:

- 2.1. Be a South African citizen (SA ID-document/number)
- 2.2. Be in possession of a valid SA passport with an expiry date not less than 6 months after returning from the specific championships

- 2.3. Be a member of a South African club, affiliated to ASA, and registered on the ASA registration system
- 2.4. Be in good standing with ASA, the Provincial Federation and the club he/she is affiliated to.
- 2.5. Athletes will be selected in accordance to the age restrictions to the relevant international championships
- 2.6. The relevant ASA Championships will serve as trials for the selection of ASA teams to international championships. **At the ASA Championships athletes must compete in all the events in which they would like to be selected.**
- 2.7. The ASA Championships will be compulsory for all athletes who would like to be selected in any ASA team for international championships, and athletes who miss the SA Championships will not be considered for selection. Exceptions will only be made for medical/injury or family compassionate reasons, communicated to the ASA office prior to the start of the SA Championships. These exceptions will be considered at the sole discretion of the Executive Board of ASA.
- 2.8. Athletes do not need to reach any qualifying standard at the SA Championships. Qualifying standards can be reached at any IAAF or ASA approved meeting, conforming to the IAAF and ASA rules and regulations.

3. TECHNICAL STANDARDS

3.1. GENERAL

- 3.1.1. Performances must be achieved at competitions sanctioned by the IAAF, CAA, CAASR or ASA.
- 3.1.2. For ASA events only performances achieved at meetings listed on the approved ASA National and Provincial fixtures list will be accepted.

3.2. TRACK & FIELD EVENTS

- 3.2.1. Hand time performances for events up to 800 meters will not be accepted
- 3.2.2. Wind-assisted performances and performances without wind readings will not be accepted
- 3.2.3. For Combined Events wind readings will be calculated according to IAAF Rule 260.18
- 3.2.4. Performances achieved in mixed events, held completely inside a stadium, between male and female athletes, will not be accepted
- 3.2.5. Indoor performances for all field events and for track events of 400m and longer will be accepted

3.3. ROAD RUNNING EVENTS

- 3.3.1. Marathon and Half Marathon Routes must be on the IAAF list of approved routes, measured by IAAF/AIMS A or B qualified route measurers.

- 3.3.2. Only performances on standard road running courses will be considered for selection purposes. Performances on aided and unrecognized road running courses will not be considered for selection purposes

3.4. RACE WALKING EVENTS

- 3.4.1. Qualifying performances achieved in Road Race Walking Events must be on routes according to IAAF Rule 230.11
- 3.4.2. The route must be measured by an IAAF/AIMS A or B qualified route measurer
- 3.4.3. A minimum of three International or Area Race Walking Judges must be officiating

4. PROCESS OF SELECTION OF TRACK AND FIELD TEAMS

4.1. SQUAD

- 4.1.1. The Cross Country Squads and Half-Marathon Squads will also be considered for the Track and Field Squads in preparation for the IAAF World Championships.
- 4.1.2. For each team a squad of athletes may be announced even before the SA Championships. Athletes that already achieved the qualifying standard and some athletes very close of qualification may be listed in the squad.
- 4.1.3. The purpose of the selected squad is to assist the ASA office with the team preparation process.
- 4.1.4. Athletes in the squad will not necessarily form part of the preliminary team to be selected, even if they have achieved a qualifying performance.
- 4.1.5. Where squads are announced, and any athlete is not listed in the squad, he/she will have the right to appeal in writing for reconsideration of the decision of the selectors.
- 4.1.6. All appeals must be forwarded to the ASA office within 48 hours of the announcement of the squad and must include the following:
 - 4.1.6.1. Name of the athlete
 - 4.1.6.2. ID-number
 - 4.1.6.3. Name of the club and province where the athlete is registered
 - 4.1.6.4. ASA license number of the athlete
 - 4.1.6.5. Event to be considered
 - 4.1.6.6. Performance
 - 4.1.6.7. Date of Meeting
 - 4.1.6.8. Venue of Meeting
 - 4.1.6.9. Please note that no other information will be considered
- 4.1.7. After the closing date of appeals, no performance achieved before the announcement of the squad will be considered
- 4.1.8. Any qualifying performance achieved after the finalization of the squad might be included in the Preliminary Team.

4.2. PRELIMINARY TEAM

- 4.2.1. The Preliminary Team will normally be announced within one week after the SA Championships.
- 4.2.2. Athletes will only be selected in the Preliminary Team if they achieved the ASA Qualifying standard, provided they are eligible for selection (see eligibility clause above).
- 4.2.3. The qualifying standard was achieved during the qualification period at an eligible meeting.
- 4.2.4. Any athlete not in the announced Preliminary Team, have the right to appeal in writing for reconsideration of the decision of the selectors.
- 4.2.5. All appeals must be forwarded to the ASA office within 48 hours after the announcement of the Preliminary Team and must include the following:
 - 4.2.5.10. Name of the athlete
 - 4.2.5.11. ID-number
 - 4.2.5.12. Name of the club and province where the athlete is registered
 - 4.2.5.13. ASA license number of the athlete
 - 4.2.5.14. Any information that the athlete considers relevant for reconsideration by the selectors of their decision
- 4.2.6. Please note that the appeal must be against the non-selection of the athlete and NOT against the selection criteria, qualifying standards or selection process.

4.3. FINAL TEAM

- 4.3.1. All qualified athletes will be considered in the selection of the Final Team.
- 4.3.2. The total number of athletes selected may be limited by:
 - 4.3.2.15. The regulations set by the LOC of the International championships,
 - 4.3.2.16. Logistical reasons
 - 4.3.2.17. Budgetary constraints
- 4.3.3. The following factors, as well as any other factors that may be deemed relevant by the selectors, will be considered in selecting athletes where more than the maximum number of athletes allowed have qualified:
 - 4.3.3.18. Current form
 - 4.3.3.19. Future individual medal potential at major competitions
 - 4.3.3.20. Head-to heads
 - 4.3.3.21. Previous major competition history
 - 4.3.3.22. Injury status
 - 4.3.3.23. Position at the ASA Championships
- 4.3.4. Any athlete not in the announced Final Team, have the right to appeal in writing for reconsideration of the decision of the selectors.
- 4.3.5. All appeals must be forwarded to the ASA office within 48 hours after the announcement of the Final Team and must include the following:

- 4.3.5.24. Name of the athlete
- 4.3.5.25. ID-number
- 4.3.5.26. Name of the club and province where the athlete is registered
- 4.3.5.27. ASA license number of the athlete
- 4.3.5.28. Any information that the athlete considers relevant for reconsideration by the selectors of their decision

5. GENERAL CRITERIA FOR SENIOR TEAMS

5.1. JUNIOR ATHLETES IN SENIOR TEAMS

- 5.1.1. Athletes aged 18 or 19 years in the year of competition may compete in any event except the marathon and 50km race walk.

5.2. YOUTH ATHLETES IN SENIOR TEAMS

- 5.2.1. Athletes aged 16 or 17 years in the year of competition may compete in any event except the throwing events, the combined events, 10,000m, marathon and the race walks.

5.3. ATHLETES YOUNGER THAN 16

- 5.3.1. No athlete younger than 16 years of age in the year of competition may be selected.

- 5.4. For all Senior Teams the standard for the Selection Criteria for the 2020 Olympic Games will be the norm.

- 5.5. In the period leading up to 2020 (2017-2019) the A-Standard will be used to select teams to the IAAF World Championships, CAA African Championships and CAA SR Championships.

- 5.6. To create capacity, the B-Standard of the Selection Criteria will be used for the CAA African Championships and CAA SR Championships. In applying the B-Standard of the Selection Criteria, the ASA Selection Policy will be used as departure point

- 5.7. A maximum of 3 athletes may be selected in any individual event

- 5.8. Please note that all events might not be on the programme of the relevant championships and athletes will only be selected if the event is on the programme

- 5.9. Relay teams - A maximum of six athletes may be entered for each relay team. All athletes already entered in the corresponding individual events (100m or 400m) including the eventual reserve shall automatically count towards the six entries of the team. Any four athletes among those entered for the competition, whether for the relay or for any other event, may then be used in the composition of the team for the first round.

6. EVENT SPECIFIC CRITERIA FOR SENIOR TEAMS

6.1. ATHLETES CAN QUALIFY IN ONE OF 4 WAYS:

- 6.1.1. **AUTOMATIC** - Automatically by achieving the A-standard within the qualification period.

6.1.2. **POSITION** - Based on the **finishing position at designated competitions** as follows (in these cases the athletes shall also be considered as having achieved the entry standard):

- 6.1.2.29. The **CAA African Champions** in all the individual events (except for the marathons). ASA will have the ultimate authority to enter the athlete or not.
- 6.1.2.30. For the **10,000m**, the top 15 athletes finishing in the senior men's and women's races at the last IAAF World Cross Country Championships.
- 6.1.2.31. For the **combined events**, the top three in the men's and women's IAAF Combined Events Challenge of the relevant year.
- 6.1.2.32. For the **20km race walk**, the top three in the men's and women's IAAF World Race Walking Challenge of the relevant year.
- 6.1.2.33. For the **50km race walk**, the top three in the IAAF World Race Walking Cup of the relevant year.
- 6.1.2.34. For the **marathons**, the top 10 finishers at the IAAF Gold Label marathons held in the qualification period.
- 6.1.2.35. In the case of the IAAF World Championships, the reigning world outdoor champion and that of the winner of the previous year's IAAF Diamond Race (in the corresponding World Championships events) and Hammer Throw Challenge as wild cards, in each individual event can be entered. If both are from South Africa, only one of the two can be entered with this wild card. In other words a maximum of 4 athletes can be entered per item, when applying the mentioned exceptions. The exceptions does **not apply to the 5000m, 10,000m, marathons and race walks** where entries will continue to be administered by entry standards only.

6.1.3. **MEDAL CONTENDER** - In Non-IAAF Championships events e.g. CAA African Championships, if the athlete is a medal contender but for some reason did not qualify on the A or B Standard.

6.1.4. **RELAY TEAMS** - Relay teams can qualify in one of two ways:

- 6.1.4.36. **Automatically** as being one of the first eight-placed teams at the IAAF World Relays.
- 6.1.4.37. As a result of being one of the **top 8 team ranked in the world** at the end of the qualification period to fill the remaining quota places. For the purpose of being ranked in the world, the results of relay races shall be valid only on condition that they are part of a competition staged in compliance with IAAF rules and that at least two different international teams, representing at least two countries, compete in the race.

7. QUALIFICATION PERIODS FOR SENIOR TEAMS

- 7.1. For the 10,000m, marathon, race walks, relays and combined events: from 1 January of the preceding year up to 3 weeks prior to the start of the relevant championships.
- 7.2. For all other events: from 1 October of the preceding year up to 3 weeks prior to the start of the relevant championships.

8. QUALIFYING STANDARDS FOR SENIOR TEAMS

MINIMUM CRITERIA TO SELECT SENIOR TEAMS TO INTERNATIONAL EVENTS

MEN		Event	WOMEN	
A-Standard	B-Standard		A-Standard	B-Standard
10.03	10.16*	100m	11.10	11.32*
20.31	20.50*	200m	22.65	23.20*
44.91	45.40*	400m	50.69	52.20*
01:44.84	01:46.00*	800m	01:58.81	02:01.50*
03:36.20	03:36.20*	1500m	04:05.99	04:07.00*
13:24.59	13:25.00*	5000m	15:09.82	15:24.00*
27:30.10	28:00.00*	10000m	31:12.49	32:15.00*
02:12:03	02:19:00*	Marathon	02:28:48	02:45:00*
08:21.20	8:30.00*	3000m SC	09:30.06	09:45.00*
13.38	13.47*	110m H / 100m H	12.77	13.00*
48.50	49.40*	400m H	54.77	56.20*
2.29	2.29*	High Jump	1.93	1.93*
5.70	5.70*	Pole Vault	4.53	4.50*
8.15	8.15*	Long Jump	6.70	6.70*
16.90	16.85*	Triple Jump	14.17	14.15*
20.53	20.50*	Shot Put	18.30	17.75*
65.00	65.00*	Discus Throw	61.00	61.00*
77.00	77.00*	Hammer Throw	71.00	71.00*
83.00	83.00*	Javelin Throw	62.00	62.00*
8227	8100*	Deca/Heptathlon	6306	6200*
01:20:31	01:24:00*	20km Race Walk	01:30:14	01:36:00*
03:46:47	04:06:00*	50km Race Walk	*	*
38.47		4 x 100m	42.81	
02:59.73		4 x 400m	03:24.99	

* Subject to IAAF/IOC Changes

9. GENERAL CRITERIA FOR JUNIOR AND YOUTH TEAMS

9.1. JUNIOR ATHLETES IN JUNIOR TEAMS

- 9.1.1. Only athletes aged 16, 17, 18 or 19 in the year of competition may compete.
- 9.1.2. The maximum number of events in which a youth athlete can compete in a junior completion is two individual events plus one of the relays.
- 9.1.3. If the two individual events are Track Events, only one of these may be longer than 200m.

9.2. YOUTH ATHLETES IN JUNIOR TEAMS

- 9.2.1. Athletes aged 16 or 17 years in the year of competition may compete in any event except the throwing events, the combined events, 10,000m, and the race walks.

9.3. YOUTH ATHLETES IN YOUTH TEAMS

- 9.3.1. Only athletes aged 16 or 17 in year of competition may compete. NB: Organizers will request proof of age before an athlete can be entered.

9.4. ATHLETES YOUNGER THAN 16

- 9.4.1. No athlete younger than 16 years of age in the year of competition may be selected.
- 9.4.2. A maximum of two athletes in each event (with the exception of the Relays) may be selected.
- 9.4.3. Only one team for each relay race, composed by a maximum of six athletes may be selected.
- 9.4.4. All performances must be achieved during the qualifying period
- 9.4.5. All performances must be achieved during an official competition organised in conformity with IAAF Rules.
- 9.4.6. All performances must be achieved during competitions organised or sanctioned by ASA.
- 9.4.7. Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with IAAF Rule 147, performances achieved in events of 5000m and 10,000m may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender. For Race Walks the results will always be accepted.
- 9.4.8. Wind assisted performances (over 2m/sec) will not be accepted.
- 9.4.9. Indoor performances will be accepted.
- 9.4.10. Hand-timed performances for events up to and including 800m will not be accepted.
- 9.4.11. For Race Walks:
 - 9.4.11.38. Road performances will be accepted
 - 9.4.11.39. Results of races conducted using the pit lane will be accepted
 - 9.4.11.40. For the running events of 200m and over, performances achieved on over- sized tracks will not be accepted.
- 9.4.12. For relays, no qualifications as in the case for senior athletics are required.

MINIMUM CRITERIA TO SELECT JUNIOR TEAMS TO INTERNATIONAL EVENTS

Men		Event	Women	
A-Standard	B-Standard		A-Standard	B-Standard
10.36	10.55*	100m	11.59	11.80*
20.77	21.35*	200m	23.48	24.20*
46.56	47.70*	400m	52.76	55.25*
01:46.77	1:49.50*	800m	02:05.12	2:09.20*
03:43.40	3:48.00*	1500m	04:11.66	4:28.20*
-	-	3000m	09:03.80	9:35.00*
13:38.75	14:15.00*	5000m	15:51.30	16:40.00*
28:52.80	31:10.00*	10000m	-	-
08:37.33	9:10.00*	3000m SC	09:53.70	10:45.00*
13.54	14.20*	110m H / 100m H	13.38	14.20*
50.90	53.20*	400m H	57.97	60.75*
2.21	2.16*	High Jump	1.84	1.83*
5.40	5.10*	Pole Vault	4.20	4.05*
7.63	7.55*	Long Jump	6.20	6.20*
16.12	15.60*	Triple Jump	13.54	13.00*
19.71	18.25*	Shot Put	16.24	15.50*
60.76	55.00*	Discus Throw	54.17	48.00*
75.62	68.00*	Hammer Throw	62.71	57.50*
73.52	68.70*	Javelin Throw	54.31	49.50*
7729	7200*	Deca/Heptathlon	5665	5300*
40:48.43	44:20.00*	10000m Race Walk	45:59.92	51:00.00*

MINIMUM CRITERIA TO SELECT YOUTH TEAMS TO INTERNATIONAL EVENTS

Boys		Event	Girls	
A-Standard	B-Standard		A-Standard	B-Standard
10.61	10.90*	100m	11.68	12.30*
21.15	22.25*	200m	23.67	25.35*
47.13	49.45*	400m	53.48	57.20*
01:49.68	01:54.50*	800m	02:05.00	02:14.00*
03:44.29	03:59.00*	1500m	04:19.57	04:34.00*
08:09.98	08:44.00*	3000m	09:20.36	09:50.00*
05:38.69	06:05.00*	2000m SC	06:35.50	07:14.00*
13.67	14.20*	110m H / 100m H	13.48	14.35*
51.96	55.00*	400m H	58.90	62.50*
2.14	2.06*	High Jump	1.80	1.77*
5.00	4.65*	Pole Vault	4.05	3.80*
7.41	7.25	Long Jump	6.12	6.00*
15.46	14.80*	Triple Jump	13.00	12.50*
19.99	18.00*	Shot Put	17.00	15.00*
59.54	55.00*	Discus Throw	48.80	43.00*
73.01	67.00*	Hammer Throw	65.10	60.00*
73.88	65.00*	Javelin Throw	52.80	48.00*
7500	6500*	Deca/Heptathlon	5650	4900*
-	-	5000m Race Walk	23:10.40	25:20.00*
42:41.73	47:30.00*	10000m Race Walk	-	-

10. QUALIFYING PROCESS

10.1. MARATHON TEAMS

- 10.1.1. Marathon Athletes can qualify for the South African team at any event as specified above, in the 18 months leading up to the international Championships/Games.
- 10.1.2. A Preparation Team will be announced after the ASA Marathon Championships.
- 10.1.3. A Final Marathon team will be announced after the ASA Half Marathon Championships.

10.2. HALF - MARATHON TEAMS

- 10.2.1. The ASA Half-Marathon Championships will not be treated as a stand-alone event. ASA Half-Marathon teams will be selected to capacitate and prepare athletes for the 2020 Olympic Games, with specific reference to, but not only, the Marathon.
- 10.2.2. Within the context of this Selection Criteria, the ASA Half-Marathon Championships will have a dual function:
 - 10.2.2.1. Ideally, the ASA Half-Marathon Championships will take place more than 6 weeks prior to the IAAF World Championships. This Championships will serve as:
 - 10.2.2.1.1. Qualifier for the marathon team to the IAAF World Championships
 - 10.2.2.1.2. As qualifier for the ASA Squad to the IAAF World Half-Marathon Championships the following year.
 - 10.2.2.2. The ASA Half-Marathon Squad will compete at the following ASA 10km Championships
 - 10.2.2.3. A Preliminary Half-Marathon Team will be selected after the ASA 10km Championships.
 - 10.2.2.4. The ASA Half Marathon Team will run in one event of their choice (3000m SC, 5000m or 10000m) in an ASA Elite Meeting between January to March the following year.
 - 10.2.2.5. Athletes running the B-standard during the above-mentioned ASA Elite Event, will be considered for the Final ASA Half-Marathon teams representing ASA in the Half-Marathon.

10.2.2.6. QUALIFYING TIMES FOR HALF MARATHON TEAMS

Category	A-Standard	B-Standard
Junior Men	NA	NA
Junior Women	NA	NA
Senior Men	61:20	62:20
Senior Women	69:55	70:55

10. QUALIFYING FOR RACE WALKING TEAMS

- 10.1. 50Km Athletes can qualify for the South African team at any event as specified above, in the 18 months leading up to the international Championships/Games.
- 10.2. 20Km Athletes can qualify for the South African team at any event as specified above, in the 6 months leading up to the international Championships/Games.

11. CROSS COUNTRY

- 11.1. The selection of ASA Cross Country Teams will not be treated as stand-alone teams. ASA Cross Country teams will be selected to capacitate and prepare athletes for the 2020 Olympic Games, with specific reference to, but not only, the 3000m SC; 5000m, 10000m, marathon, etc.
- 11.2. Athletes ranked in the Top 20 on the IAAF World Ranking List in the 5000m; 10000m and 3000m SC may be considered for Cross Country Teams to represent South Africa
- 11.3. Athletes ranked in the Top 20 on the IAAF World Ranking List in the 10km; 15km and 21.1km Road Races may be considered for Cross Country Teams to represent South Africa
- 11.4. An ASA Cross Country Squad will be announced after the ASA Cross Country Championships
- 11.5. An ASA Cross Country Preliminary Team will be announced after the ASA 10km Road Running Championships. If there are now IAAF Cross Country Championships the following year, the ASA Cross Country Preliminary Team will become part of the ASA Squad to the IAAF World Championships.
- 11.6. The ASA Cross Country Preliminary Team will run in one event of their choice (3000m SC, 5000m or 10000m) in an ASA Elite Meeting between January to March the following year.
- 11.7. Athletes running the B-standard during the above-mentioned ASA Elite Events, will be considered for the Final ASA Cross Country teams representing ASA in Cross Country.

12. SELECTION PROCESS

- 12.1. An ASA Cross Country Squad will be announced after the ASA Cross Country Championships
- 12.2. An ASA Cross Country Preliminary Team will be announced after the. Athletes participated in any **10km Race between October 1st and November 1st** the athlete who ran the following times will be considered for the preliminary team. (Seniors – Men/Women)

Men	Event	Women
29:00	10km	33:00

- 12.3. The ASA Cross Country Preliminary Team: Athletes will run in one event of their choice (3000m SC, 5000m or 10000m) in an ASA Elite Meeting between November 2016 – February 2017.
- 12.4. The final team for the CAA Southern Region Cross Country Championships: Athletes who run the following times in the (3000mSC, 3000m, 5000m or 10000m) will be considered for the CAA Southern Region Cross Country Championships team.

Men	Events	Women
13:23.00	5000m	15:20.00
27:45.00	10 000m	32:15.00
08:28.00	3000mSC	09:44.00
Junior Men		
Junior Men	Events	Junior Women
08:15.00	3000m	09:35.00
14:15.00	5000m	16:40.00
31:10.00	10 000m	
09:10.00	3000mSC	10:45.00

- 12.5. CAA Southern Region Cross Country Championships will be used to prepare athletes for the IAAF World Cross Country Championships

13. OLYMPIC GAMES - TOKYO, JAPAN – 24 JULY 2020 – 9 AUGUST 2020

- 13.1. The Final Team will be selected and announced by SASCOC according to SASCOC selection principles
- 13.2. A maximum of 3 athletes will be selected for any individual event
- 13.3. For the 10,000m, marathon, race walks, relays and combined events: from 1 January of the preceding year up to 3 weeks prior to the start of the relevant championships.
- 13.4. For all other events: from 1 October of the preceding year up to 3 weeks prior to the start of the relevant championships.
- 13.5. The following will be the minimum qualification standards for the Olympic Games:

MINIMUM CRITERIA TO SELECT THE TEAM TO THE 2020 OLYMPIC GAMES

MEN		Event	WOMEN	
A-Standard	B-Standard		A-Standard	B-Standard
10.03	10.16*	100m	11.10	11.32*
20.31	20.50*	200m	22.65	23.20*
44.91	45.40*	400m	50.69	52.20*
01:44.84	01:46.00*	800m	01:58.81	02:01.50*
03:36.20	03:36.20*	1500m	04:05.99	04:07.00*
13:24.59	13:25.00*	5000m	15:09.82	15:24.00*
27:30.10	28:00.00*	10000m	31:12.49	32:15.00*
02:12:03	02:19:00*	Marathon	02:28:48	02:45:00*
08:21.20	8:30.00*	3000m SC	09:30.06	09:45.00*
13.38	13.47*	110m H / 100m H	12.77	13.00*
48.50	49.40*	400m H	54.77	56.20*
2.29	2.29*	High Jump	1.93	1.93*
5.70	5.70*	Pole Vault	4.53	4.50*
8.15	8.15*	Long Jump	6.70	6.70*
16.90	16.85*	Triple Jump	14.17	14.15*
20.53	20.50*	Shot Put	18.30	17.75*
65.00	65.00*	Discus Throw	61.00	61.00*
77.00	77.00*	Hammer Throw	71.00	71.00*
83.00	83.00*	Javelin Throw	62.00	62.00*
8227	8100*	Deca/Heptathlon	6306	6200*
01:20:31	01:24:00*	20km Race Walk	01:30:14	01:36:00*
03:46:47	04:06:00*	50km Race Walk	*	*

* Subject to IAAF/IOC Changes

NOTE: The values in the table above are subject to SASCOC approval

- 13.6. All athletes that achieved the qualifying standard, or are very close to achieving the qualifying standard, will be included in the Squad after the 2019 IAAF World Championships. Appeals for inclusion in the squad must be lodged within 48 hours after the Squad was announced.
- 13.7. The Preliminary Team may be announced even before the 2020 ASA Senior Championships. Appeals for inclusion in the Preliminary Team must be lodged within 48 hours after the Preliminary Team was announced.
- 13.8. Participation at the 2020 ASA Senior Championships will be a prerequisite for selection in the Preliminary Team
- 13.9. Depending on invitations, participation at least two of the scheduled ASA Elite Competitions will be a prerequisite for selection
- 13.10. Selection in the Preliminary Team does not guarantee selection in the Final Team
- 13.11. The Final Team as selected by the ASA Selectors will be forwarded to SASCOC after the 2020 CAA Senior Championships
- 13.12. SASCOC will announce the Final Team on a date still to be confirmed