2020 BOLAND ATHLETICS TRACK AND FIELD SELECTION CRITERIA

1 GENERAL

1.1 In selecting athletes to the SA T&F Championships, priority will be given to the selection of athletes with the potential to qualify for South African Teams to International Championship events.

1.2 To be considered for selection onto the team to the SA Under 16, 18, and Under 20, as well as the Senior and Combined Championships, the athlete must achieve the performance during the 2019/20 athletics season starting 01 October 2019.

1.3 Only performances at events listed on the ASA and BA Events Calendar will be considered for selection.

1.4 Athletes who do not achieve BA Qualifying Standards will be selected onto the Final Team at the discretion of the BA Executive Board. In doing this, the Board will take the following factors into consideration, in the specified priority order:
1.4.1 Potential for a medal or potential to end in the finals.
1.4.2 Demographics of the team
1.4.3 Development in general.

1.5 Athletes will qualify for selection, provided that they have competed in the relevant Boland Athletics Championships and at least **TWO LEAGUE MEETINGS** meeting hosted by Boland athletics, during the current athletics season.

2 SPECIFIC

2.1 An athlete will automatically be selected for the Boland team if he/she achieves the A-standard as indicated in the attached table during the current Boland Athletics Championships.

2.2 An athlete who consistently performs according to the A-Standard as indicated in the attached table during a season, but for some unforeseen reason does not perform well on the day of the championships and fails to reach the A-standard, will be considered for selection.

2.3 Athletes, who fail to achieve the minimum standard (B-standard) as indicated in the attached table during the season, will not be considered for selection.

2.4 Athletes not in the team have the right to appeal within 48 hours after the announcement of the team for reconsideration of the decision in writing, to be made to the Boland Athletics office at office@bolandathletics.com. The appeal should include all information the athlete considers relevant to the selection panel's reconsideration of its decision.

2.5 All altitude performances will be "converted" to reflect realistic coastal performances.

2.6 Performances achieved in mixed (including male and female participants) track and field events will not be accepted.

2.7 Wind assisted performances will not be accepted.

2.8 Indoor performances will be accepted.

3 APPEAL

3.1 An athlete not in the team announced, have the right to appeal in writing for reconsideration of the decision. The appeal must be made to the Boland Athletics office at office@bolandathletics.com within 48 hours after the announcement of the team. The appeal should include all information the athlete considers relevant to the selection panel's reconsideration of its decision.

ANNEXURE TO THE 2020 SELECTION CRITERIA FOR THE SELECTION OF BOLAND TEAMS TO THE ASA NAT. T&F CHAMPS

WOMEN / GIRLS – Electronic times shown as "E" and hand time as "H"

EVENT	Under 16 A (E)	Under 16 A (H)	Under 16 B (E)	Under 16 B (H)	Under 18 A (E)	Under 18 A (H)	Under 18 B (E)	Under 18 B (H)	Under 20 A (E)	Under 20 A (H)	Under 20 B (E)	Under 20 B (H)	Seniors A (E)	Seniors A (H)	Seniors B (E)	Seniors B (H)
100 m	12.40	12.30	12.64	12.40	12.42	12.1	12.49	12.3	12.36	12.2	12.57	12.3	11.92	11.7	12.00	11.8
200 m	25.40	26.00	26.44	26.20	25.30	25.1	25.43	25.2	24.79	24.5	25.91	25.7	24.00	24.2	24.56	24.3
400 m	59.60	58.30	61.14	60.90	57.67	57.6	59.00	58.9	56.86	56.7	59.14	59.0	55.00	54.9	55.70	55.6
800 m	2:15.00		2:20.00		02:14.4		02:17.0		02:13.9		02:16.5		02:08.8		02:12.5	
1,500 m	4:55.00		4:59.00		04:45.2		04:51.6		04:45.5		04:56.5		04:26.4		04:30.4	
3,000 m	11:05.00		11:15.00		10:23.7		10:38.5		11:05.7		11:27.0					
5,000 m									19:07.8		20:05.3		17:13.2		17:52.9	
10,000 m													36:38.4		39:06.2	
1,500 m Steeple	05:41.20		6:12.00													
2,000m Steeple					06:18.78		06:25.70									
3,000m Steeple									12:24.9		12:55.2		11:10.4		11:50.4	
90 m Hurdles	13.87	13.90	13.94	13.70												
100 m Hurdles					14.40	14.2	14.72	14.5	15.15	14.9	15.25	15.0	14.03	13.8	14.81	14.6
300 m Hurdles	45.75	46.00	46.46	46.20												
400 m Hurdles					61.66	61.5	66.35	66.2	61.60	61.5	64.56	64.4	60.45	60.3	61.57	61.4
Long Jump	5.20		4.90		5.40		4.94		5.44		5.23		6.12		5.78	
Triple Jump	10.40		10.00		11.30		10.84		11.41		11.12		12.09		11.68	
High Jump	1.55		1.50		1.60		1.58		1.60		1.60		1.70		1.65	
Pole Vault	2.95		2.80		3.15		3.00		3.20		3.05		3.45		3.30	
Shot Put	12.00		11.40		13.77		13.04		12.07		11.37		13.36		12.91	
Discus Throw	33.00		30.00		38.73		36.11		39.68		37.98		44.89		42.43	
Hammer Throw	37.50		31.44		49.28		45.44		46.27		40.29		48.34		44.03	
Javelin Throw	38.00		34.00		43.14		38.30		41.37		37.51		45.70		44.54	
Walk 5,000 m	31:05.00		31:55.00		29:58.7		30:46.3									
Walk 10,000 m									1:02:08.8		1:06.00					
20km Walk													1:57:46.00		02:05:16.00	
Heptathlon					4105				4200				4300			

ANNEXURE TO THE 2020 SELECTION CRITERIA FOR THE SELECTION OF BOLAND TEAMS TO THE ASA NAT. T&F CHAMPS

	UNDER 16				Under 18				Under 20				Senior			
EVENT	**A**		**B**		**A**		**B**		**A**		**B**		**A**		**B**	
	(E)	(H)	(E)	(H)	(E)	(H)	(E)	(H)	(E)	(H)	(E)	(H)	(E)	(H)	(E)	(H)
100 m	11.17	11.00	11.24	11.30	10.76	10.6	11.03	10.8	10.63	10.6	10.99	10.8	10.32	10.1	10.42	10.2
200 m	22.87	22.60	23.74	23.50	21.70	21.5	22.10	21.9	21.44	21.2	21.67	21.4	20.99	20.8	21.40	21.2
400 m	52.00	53.00	53.94	53.70	49.05	48.9	49.59	49.5	48.77	48.6	49.1	50.5	46.44	46.3	47.23	47.1
800 m	2:02.00		2:04.00		01:54.8		01:56.8		01:52.5		01:54.7		01:48.7		01:49.7	
1,500 m	4.26.00		4:30.00		04:03.5		04:05.5		03:59.5		04:03.5		03:44.1		03:47.5	
3,000 m	10:02.00		10.10.00		08:50.0		09:05.5									
5,000 m									15:20.5		15:45.2		14:29.5		14:37.4	
10,000 m									33:13.5		35:12.8		30:04.3		31:00.1	
1,500 m Steeple	5:00.00		5:08.00													
2,000m Steeple					06:18.78		06:25.70									
3,000m Steeple									09:28.1		09:52.8		09:06.7		09:27.0	
100 m Hurdles	13.78	13.6	13.94	13.70												
110 m Hurdles					14.28	14.0	14.56	14.3	14.42	14.2	14.71	14.5	14.15	13.9	14.69	14.5
300 m Hurdles			41.44	41.20												
400 m Hurdles					54.26	54.1	55.75	55.6	53.94	53.8	55.95	55.8	51.53	51.4	52.83	52.7
Long Jump	6.40		6.10		6.85		6.63		7.00		6.85		7.40		7.40	
Triple Jump	12.80		12.50		13.69		13.51		14.43		14.01		15.02		14.37	
High Jump	1.80		1.72		1.90		1.83		1.93		1.90		2.05		2.03	
Pole Vault	3.60		3.50		4.00		3.90		4.25		4.15		4.80		4.60	
Shot Put	15.50		14.85		15.86		14.42		16.02		14.67		17.28		15.91	
Discus Throw	47.00		45.00		49.85		46.47		46.46		42.48		53.89		49.31	
Hammer Throw	52.00		42.00		56.39		52.93		53.74		47.09		58.04		52.20	
Javelin Throw	58.00		50.00		65.03		58.00		63.35		56.65		71.50		68.66	
Walk 5,000 m	29:15.00		29:.30.00													
Walk 10,000 m					54:52.7		58:22.4		53:39.4		57:02.4					
20km Walk													01:33:34.50		01:38:55.00	
Decathlon					5266				5395				6274			

TO CONVERT ELECTRONIC TIME TO HAND TIMES:

Add 0.14 seconds to hand times in events from 0 – 200m in length.
Add 0.24 seconds to hand times in events from 200m – 400m in length.
No adjustment from electronic time to hand time is necessary in distance longer than 400m in length.

TO CONVERT COASTAL TIMES TO ALTITUDE TIMES ADD OR SUBTRACT AS INDICATED BELOW:

Note: No adjustments are necessary on times ran below 1000m above sea level

EVENT	Height above sea level in metres / Time in seconds as per event										
	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000
60m	0.04	0.04	0.05	0.05	0.05	0.06	0.07	0.07	0.07	0.08	0.08
80m	0.06	0.06	0.06	0.07	0.07	0.08	0.09	0.09	0.1	0.1	0.1
100m	0.07	0.07	0.08	0.09	0.09	0.1	0.11	0.11	0.12	0.13	0.13
150m	0.11	0.11	0.13	0.14	0.15	0.16	0.17	0.18	0.19	0.2	0.21
200m	0.14	0.15	0.17	0.18	0.2	0.21	0.22	0.24	0.25	0.27	0.28
300m	0.22	0.24	0.26	0.28	0.31	0.33	0.35	0.37	0.39	0.42	0.44
400m	0.29	0.32	0.35	0.38	0.41	0.44	0.47	0.5	0.53	0.56	0.59
600m	0.15	0.29	-0.08	-0.31	-0.55	-0.66	-0.77	-0.88	-0.99	-1.1	-1.21
800m	0	-0.25	-0.5	-1	-1.5	-1.75	-2	-2.25	-2.5	-2.75	-3
1000m	-0.07	-0.1	-0.64	-1.29	-1.93	-2.25	-2.57	-2.89	-3.21	-3.54	-3.86
1200m	-0.14	-0.18	-0.79	-1.57	-2.36	-2.75	-3.14	-3.54	-3.93	-4.32	-4.71
1500m, 1500m Sc and 1500m W	-0.25	-0.5	-1	-2	-3	-3.5	-4	-4.5	-5	-5.5	-6
1Myl	-0.25	-0.5	-1	-2	-3	-3.5	-4	-4.5	-5	-5.5	-6
2000m and 2000m Sc	-0.33	-0.67	-1.33	-2.67	-4	-4.67	-5.33	-6	-6.67	-7.33	-8
3000m, 3000m Sc and 3000m W	-0.5	-1	-2	-4	-6	-7	-8	-9	-10	-11	-12
5000m and 5000m W	-0.75	-1.5	-3	-6	-9	-10.5	-12	-13.5	-15	-16.5	-18
10000m and 10000m W	-1.5	-3	-6	-12	-18	-21	-24	-27	-30	-33	-36
20kmS and 21.1 km Road Running	-3	-6	-12	-24	-36	-42	-48	-54	-60	-99	-108
Marathon and 50kmS	-7.5	-15	-30	-60	-90	-105	-120	-135	-150	-247.5	-270
4x50m	0.14	0.15	0.17	0.18	0.2	0.21	0.22	0.24	0.25	0.27	0.28
4x80m	0.22	0.24	0.26	0.28	0.31	0.33	0.35	0.37	0.39	0.42	0.44
4x100m	0.28	0.32	0.35	0.38	0.41	0.44	0.47	0.5	0.53	0.56	0.59
4x200m	0.56	0.6	0.68	0.72	0.8	0.84	0.88	0.96	1	1.08	1.12
4x400m	1.16	1.28	1.4	1.52	1.64	1.76	1.88	2	2.12	2.24	2.36
4x800m	0	1	-2	-4	-6	-7	-8	-9	-10	-11	-12
4x1500m	-1	-2	-4	-8	-12	-14	-16	-18	-20	-22	-24
1000m Medley (100/200/300/400)	0.72	0.78	0.86	0.93	1.01	1.08	1.15	1.22	1.29	1.38	1.44
1600m Medley (800/400/200/200)	0.57	0.87	0.19	-0.26	-0.69	-0.89	-1.09	-1.27	-1.47	-1.65	-1.85
1600m Medley (800/400/200/100/100	0.57	0.86	0.18	-0.26	-0.71	-0.9	-1.09	-1.29	-1.48	-1.66	-1.87
2000mMedley (800/400/200/200/4x100)	0.85	1.15	0.51	0.1	-0.33	-0.49	-0.65	-0.83	-0.99	-1.13	-1.33
70mH	0.05	0.05	0.06	0.06	0.06	0.07	0.08	0.08	0.08	0.09	0.09
75mH	0.05	0.05	0.06	0.07	0.07	0.08	0.08	0.08	0.09	0.1	0.1
80mH	0.06	0.06	0.06	0.07	0.07	0.08	0.09	0.09	0.1	0.1	0.1
90mH	0.06	0.06	0.07	0.08	0.08	0.09	0.1	0.1	0.11	0.12	0.12
100mH	0.07	0.07	0.08	0.09	0.09	0.1	0.11	0.11	0.12	0.13	0.13
110mH	0.08	0.08	0.09	0.1	0.1	0.11	0.12	0.12	0.13	0.14	0.14
150mH	0.11	0.11	0.13	0.14	0.15	0.16	0.17	0.18	0.19	0.2	0.21
200mH	0.14	0.15	0.17	0.18	0.2	0.21	0.22	0.24	0.25	0.27	0.28
300mH	0.22	0.24	0.26	0.28	0.31	0.33	0.35	0.37	0.39	0.42	0.44
400mH	0.29	0.32	0.35	0.38	0.41	0.44	0.47	0.5	0.53	0.56	0.59