

# 2023 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 2023 athletics season starting 01 January 2023.
- 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 competed in the 2023 Boland Championships and have competed in at least **FOUR LEAGUE MEETINGS** hosted by Boland Athletics, from October 2022 to April 2023.

## 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 in events listed on the ASA and BA Events Calendar, provided the meeting meets all necessary technical standards.
- 2.2. An athlete who consistently performs according to the A- Standard as indicated in the attached table during a season, but 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](mailto:office@bolandathletics.com).
- 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 or performances with no wind recorded 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](mailto: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.
- 3.2. Appeals must include the following:
  - 3.2.1. Name of the athlete
  - 3.2.2. ID-number of the athlete
  - 3.2.3. Name of the club where the athlete is registered
  - 3.2.4. ASA license number of the athlete
  - 3.2.5. Event to be considered
  - 3.2.6. Performance
  - 3.2.7. Date of Meeting
  - 3.2.8. Venue of Meetin
  - 3.2.9. Any information that the athlete considers relevant for reconsideration by the selectors of their decision

Please note that no other information will be considered.

**ANNEXURE TO THE 2023 SELECTION CRITERIA FOR THE SELECTION OF BOLAND TEAMS TO THE ASA NAT. T&F CHAMPS**

<b>WOMEN / GIRLS – Electronic times shown as “E” and hand time as “H”</b>																
<b>EVENT</b>	<b>Under 16</b>				<b>Under 18</b>				<b>Under 20</b>				<b>Seniors</b>			
	<b>A</b>		<b>B</b>		<b>A</b>		<b>B</b>		<b>A</b>		<b>B</b>		<b>A</b>		<b>B</b>	
	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>
100 m	12.36	12.1	12.69	12.4	12.27	12.0	12.42	12.1	12.27	12.0	12.39	12.1	11.79	11.5	12.00	11.7
200 m	25.66	25.4	26.12	25.8	25.24	25.0	25.42	25.1	25.10	24.8	25.35	25.1	24.37	24.1	24.77	24.5
400 m	59.22	59.1	59.73	59.6	57.92	57.7	58.53	58.4	57.54	57.4	57.74	57.6	55.41	55.2	55.78	55.6
800 m	02:15.86		02:18.81		02:13.22		02:14.80		02:13.52		02:15.77		02:09.48		02:11.62	
1,500 m	04:47.60		04:56.18		04:43.42		04:47.68		04:43.75		04:50.63		04:33.90		04:40.50	
3,000 m	10:27.99		10:41.65		10:06.78		10:31.23		10:33.88		11:15.88		-		-	
5,000 m	-		-		-		-		18:24.96		19:44.32		16:44.66		17:50.37	
10,000 m	-		-		-		-		-		-		36:58.93		38:04.78	
1,500 m Steeple	05:45.06		06:02.21		-		-		-		-		-		-	
2,000 m Steeple	-		-		07:21.83		07:44.54		-		-		-		-	
3,000 m Steeple	-		-		-		-		11:58.70		12:13.40		11:09.70		11:35.89	
90 m Hurdles	13.38	13.1	13.66	13.4	-	-	-	-	-	-	-	-	-	-	-	-
100 m Hurdles	-		-		14.20	13.9	14.54	14.2	15.36	15.1	15.56	15.3	14.30	14.0	14.53	14.2
300 m Hurdles	45.49	45.4	45.67	45.6	-	-	-	-	-	-	-	-	-	-	-	-
400 m Hurdles	-		-		63.43	63.1	65.25	65.0	62.32	62.3	65.18	65.1	58.31	58.3	61.57	61.5
High Jump	1.59		1.58		1.65		1.58		1.60		1.60		1.70		1.70	
Pole Vault	2.80		2.80		3.05		2.80		3.30		3.30		3.40		3.30	
Long Jump	5.23		5.06		5.53		5.36		5.51		5.30		5.89		5.65	
Triple Jump	10.58		10.36		11.23		10.75		11.54		11.21		12.19		11.44	
Shot Put	13.23		12.66		14.42		13.56		12.01		11.53		13.62		12.07	
Discus Throw	36.60		34.71		42.09		39.90		40.92		38.50		46.47		45.23	
Hammer Throw	40.31		38.64		49.28		44.54		44.38		40.90		55.16		52.20	
Javelin Throw	43.46		40.09		41.76		39.77		40.42		38.91		47.56		44.74	
Walk 5,000 m	29:09.82		29:52.27		29:16.57		31:12.62		-		-		-		-	
Walk 10,000 m	-		-		-		-		58:41.50		59:41.59		-		-	
20km Walk	-		-		-		-		-		-		1:53:49.17		1:56:50.80	
Heptathlon	3650				4200				4383				4317			

**ANNEXURE TO THE 2023 SELECTION CRITERIA FOR THE SELECTION OF BOLAND TEAMS TO THE ASA NAT. T&F CHAMPS**

<b>MEN / BOYS – Electronic times shown as “E” and hand time as “H”</b>																
<b>EVENT</b>	<b>Under 16</b>				<b>Under 18</b>				<b>Under 20</b>				<b>Seniors</b>			
	<b>A</b>		<b>B</b>		<b>A</b>		<b>B</b>		<b>A</b>		<b>B</b>		<b>A</b>		<b>B</b>	
	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>	<b>(E)</b>	<b>(H)</b>
100 m	11.43	11.1	11.44	11.1	10.79	10.5	10.91	10.6	10.76	10.5	10.77	10.5	10.29	10.0	10.39	10.1
200 m	23.11	22.8	23.25	23.0	22.02	21.7	22.30	22.0	21.92	21.6	22.00	21.7	20.81	20.5	21.03	20.7
400 m	52.05	51.9	52.19	52.0	48.73	48.6	49.56	49.4	48.02	47.8	48.61	48.4	46.81	46.6	47.22	47.1
800 m	02:02.34		02:04.68		01:55.66		01:57.31		01:53.21		01:54.23		01:48.06		01:50.46	
1,500 m	04:15.91		04:23.15		04:03.09		04:04.79		03:53.50		04:00.10		03:47.11		03:50.58	
3,000 m	09:31.22		09:47.23		08:46.45		08:52.92		08:40.90		08:56.23		-		-	
5,000 m	-		-		-		-		14:57.59		15:13.82		14:31.28		14:39.99	
10,000 m	-		-		-		-		-		-		30:19.67		30:42.08	
1,500 m Steeple	04:46.36		04:57.46		-		-		-		-		-		-	
2,000 m Steeple	-		-		06:27.40		06:28.80		-		-		-		-	
3,000 m Steeple	-		-		-		-		09:44.12		10:01.37		09:15.28		09:27.07	
100 m Hurdles	13.28	13.0	13.50	13.2	-		-		-		-		-		-	
110 m Hurdles	-		-		14.42	14.3	14.65	14.5	14.32	14.0	14.44	14.2	14.10	13.8	14.54	14.3
300 m Hurdles	39.81	39.8	41.25	41.2	-		-		-		-		-		-	
400 m Hurdles	-		-		53.93	53.8	54.60	54.4	54.38	54.3	54.49	54.4	50.95	50.9	52.54	52.5
High Jump	1.83		1.78		1.95		1.88		1.95		1.90		7.60		7.20	
Pole Vault	3.25		3.25		4.23		4.15		4.30		4.05		15.31		14.64	
Long Jump	6.09		5.99		6.73		6.51		7.07		6.85		2.10		2.05	
Triple Jump	12.95		12.95		13.78		13.18		14.22		14.02		4.60		4.60	
Shot Put	16.85		15.64		17.64		16.80		15.88		14.48		18.51		18.51	
Discus Throw	55.38		51.63		52.99		49.69		48.56		43.32		53.61		53.51	
Hammer Throw	48.27		40.14		56.72		50.98		57.53		52.11		62.20		61.62	
Javelin Throw	46.88		43.60		61.17		57.39		60.77		57.91		70.49		68.95	
Walk 5,000 m	26:40.17		27:37.68						-		-		-		-	
Walk 10,000 m	-		-		51:35.60		53:47.82		50:20.03		53:56.36		-		-	
20km Walk	-		-		-		-		-		-		1:34:15.00		1:41:25.00	
Heptathlon	3650				5071				5752				6875			

## 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
1600mMedley (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