



**ASA SELECTION CRITERIA  
2<sup>nd</sup> AFRICAN U18 AND U20  
COMBINED CAA CHAMPIONSHIPS  
LUSAKA, APRIL, 29, 2022- MAY 03, 2023**

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**PARTICIPATION**

**Age Categories**

**U18 Athletes:** any athlete aged 16 or 17 years on December 31 (born in 2006 or 2007) may compete in any event.

**U20 Athletes:** any athlete aged 18 or 19 years on December 31 (born in 2004 or 2005) may compete in any event.

**Selection Process**

- **For the U18,** The winners (ONE (01) athlete) of each individual event at the 2023 ASA U18/U20 National Championships with the Qualifying standard as from 1<sup>st</sup> January 2023 – 25<sup>th</sup> March 2023 will automatically be selected for the 2023 CAA African U18 Championships.
- The maximum events in which an U18 athlete may participate are two (02) individual events plus one relay.
- However, if the two individual events are races, only one of these two individual races may exceed 200m.
- **For the U20,** The winners (ONE (01) athlete) of each individual event at the 2023 ASA U18/U20 National Championships with the Qualifying standard as from 1<sup>st</sup> January 2023 – 25<sup>th</sup> March 2023 will automatically be selected for the 2023 CAA African U20 Championships.

## ENTRY CRITERIA

QUALIFICATION STANDARD FOR THE U18 EVENTS					QUALIFICATION STANDARDS FOR THE U20 EVENTS				
Boys		Event	Girls		Men		Event	Women	
Standard			Standard		Standard			Standard	
10.90	1	100m	12.30	1	10.58	1	100m	11.85	1
22.25	1	200m	25.35	1	21.38	1	200m	24.35	1
49.45	1	400m	57.20	1	47.35	1	400m	54.85	1
01:54.50	1	800m	02:14.00	1	1:50.80	1	800m	2:08.70	1
03:59.00	1	1500m	04:34.00	1	3:48.00	1	1500m	4:28.00	1
08:44.00	1	3000m	09:50.00	1	8:14.00	1	3000m	9:25.00	1
06:05.00	1	2000m SC	07:14.00	1	14:12.00	1	5000m	16:35.00	1
14.20	1	110m H / 100m H	14.35	1	9:07.00	1	3000m SC	10:35.00	1
55.00	1	400m H	62.50	1	14.15	1	110mH / 100mH	14.15	1
2.06	1	High Jump	1.77	1	53.10	1	400m H	60.75	1
4.65	1	Pole Vault	3.80	1	2.16	1	High Jump	1.82	1
7.25	1	Long Jump	6.00	1	5.10	1	Pole Vault	4.07	1
14.80	1	Triple Jump	12.50	1	7.58	1	Long Jump	6.15	1
18.00	1	Shot Put	15.00	1	15.60	1	Triple Jump	12.90	1
55.00	1	Discus Throw	43.00	1	18.30	1	Shot Put	14.60	1
67.00	1	Hammer Throw	60.00	1	57.00	1	Discus Throw	49.00	1
65.00	1	Javelin Throw	48.00	1	68.50	1	Hammer Throw	58.00	1
6500	1	Deca/Heptathlon	4900	1	60.50	1	Javelin Throw	50.50	1
-		5000m Race Walk	25:20.00	1	7100	1	Deca/Heptathlon	5350	1
47:30.00	1	10000m RW	-		43:40.00	1	10000m Race Walk	50:30.00	1
NA	4	4x100m Relay	NA	4	No Standard	4	4x100m Relay	No Standard	4
NA	4	1000m Medley Relay	NA	4	No Standard	4	4x400m Relay	No Standard	4