



2025 BOLAND ATHLETICS TRACK AND FIELD SELECTION CRITERIA

This set of selection criteria is meant to guarantee top performance, consistency, and fairness. Boland Athletics will be represented by the best and most prepared athletes thanks to this. It upholds the sport's integrity. By establishing specific expectations that they must fulfil or surpass, it will promote the athletes' development.

1. GENERAL

- 1.1. In selecting athletes to the ASA 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 ASA Under 16, 18, and Under 20, as well as the Senior and Combined Championships, the athlete must achieve the performance during the 2025 athletics season starting 01 January 2025.
- 1.3. Only performances at events listed on the ASA and BA Events Calendar will be considered for selection *(to be read with 2.1)*.
- 1.4. Athletes who do not achieve BA Qualifying Standards will only be selected onto the Final Team at the discretion of the BA Executive Board. In doing so, the BA 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 2025 Boland Athletics Championships and have competed in at least **TWO LEAGUE MEETINGS** hosted by Boland Athletics from 1 September 2024 to April 2025.
At the Boland Athletics Championships, athletes must compete in the event(s) for which they want to be selected.
- 1.6. **Combined events athletes must compete in at least 1 Combined Events competition.**
- 1.7. When athletes compete outside the borders of Boland Athletics, the responsibility will be on the athlete to provide his/her certified official results to the Boland Athletics office no later than 7 days after such competition. This is for selection, statistical and record purposes. *(Please read with 2.1)*
 - Athletes will only be considered for selection into the provisional or final team if they are licensed at a registered Boland Athletics club.
 - Athletes will be selected according to the BA qualifying standard and not the ASA entry standard.
 - Any athlete who is unable to participate in the applicable Provincial Championships must notify the Track & Field Chairperson in writing, via the BA Office, of their decision to not participate, along with their justifications, BEFORE the applicable Championship.
 - Any athlete who is selected for a team and accepts the selection must be available for the relay squad.
 - A preliminary/ provisional team will be selected and announced within three days after completion of the BA U16/U18/U20 & U23 T&F Championships.
 - A preliminary/ provisional Senior, Combined Events and Relay Team will be announced within three days after completion of the BA Senior T&F and Combined Events Championship.
 - Final teams will be announced and communicated to all members/associated members only after ratification by the BA Board.

2. SPECIFIC

- 2.1. An athlete will automatically be selected for the Boland team if they meet the **A-standard** as indicated in the attached table of qualifying standards, as long as the competition or event is listed on the ASA and/or BA Events Calendar and is hosted by ASA and/or BA or any of their members or associate members, and satisfies all technical requirements.
- 2.2. An athlete may be selected if, over the course of a season/year of National Championships, their performance regularly meets the A- Standard, as shown in the attached table.
- 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
- 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.
- 2.9. Athletes can only enter the relevant Provincial Championships and be eligible for BA teams if they are members of BA Clubs and hold a 2025 license.

3. APPEALS

- 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.
- 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 Meeting
 - 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.

Note: Athletes born in 2010 or 2011 will be eligible for selection for the under 16 age group.
Athletes born in 2008 or 2009 will be eligible for selection for the under 18 age group.
Athletes born in 2006 or 2007 will be eligible for selection for the under 20 age group
Athletes born in 2005, 2004, 2003 will be eligible for selection for the Under 23 Age group

ANNEXURE TO THE 2025 SELECTION CRITERIA FOR THE SELECTION OF BOLAND TEAMS TO THE ASA NAT. T&F CHAMPS

WOMEN	Under 16				Under 18				Under 20				Seniors			
	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	12.49	12.2	12.78	12.5	12.20	11.9	12.24	12.0	12.07	11.8	12.24	12.0	11.90	11.6	11.95	11.7
200 m	25.48	25.2	25.71	25.4	24.58	24.3	24.69	24.4	24.99	24.7	25.16	24.9	24.24	24	24.32	24
400 m	57.27	57.1	57.73	57.6	56.64	56.5	57.20	57.0	56.90	56.7	58.95	58.8	53.81	53.6	54.54	54.4
800 m	02:17.81		02:20.69		02:11.82		02:13.41		02:12.49		02:17.86		02:11.12		02:12.90	
1,500 m	04:45.37		04:55.23		04:44.33		04:47.43		04:46.98		04:53.04		04:28.13		04:36.54	
3,000 m	10:46.86		10:56.22		10:34.32		10:36.94		10:45.41		10:56.49		-		-	
5,000 m	-		-		-		-		19:26.87		20:24.65		16:06.54		17:08.75	
10,000 m	-		-		-		-		-		-		36:36.93		36:56.21	
1,500 m Steeple	05:27.11		05:31.68		-		-		-		-		-		-	
2,000 m Steeple	-		-		07:35.08		07:46.93		-		-		-		-	
3,000 m Steeple	-		-		-		-		12:10.13		12:30.55		11:41.17		12:07.80	
90 m Hurdles	13.37	13.1	13.63	13.3	-	-	-	-	-	-	-	-	-	-	-	-
100 m Hurdles	-		-		13.99	13.7	13.89	13.6	15.02	14.7	15.10	14.8	14.31	14.0	14.89	14.6
300 m Hurdles	43.75	43.7	45.48	45.2	-	-	-	-	-	-	-	-	-	-	-	-
400 m Hurdles	-		-		64.04	64.0	64.38	64.1	63.25	63.2	63.39	63.1	57.12	57.1	59.19	58.9
High Jump	1.59		1.52		1.68		1.59		1.63		1.56		1.68		1.65	
Pole Vault	2.70		2.50		2.90		2.70		3.00		2.80		3.25		3.10	
Long Jump	5.40		5.01		5.69		5.55		5.48		5.29		5.91		5.80	
Triple Jump	10.94		10.48		11.16		10.64		11.62		11.39		12.38		11.74	
Shot Put	13.33		12.76		15.10		14.63		12.26		11.67		14.57		12.30	
Discus Throw	41.52		35.31		46.34		44.07		43.55		41.46		51.29		45.49	
Hammer Throw	40.87		37.89		46.00		42.32		43.59		38.21		54.03		50.58	
Javelin Throw	35.01		34.99		44.77		41.57		39.67		38.76		48.73		41.41	
Walk 5,000 m	29:48.00		29:48.00		28:48.00		28:48.00		-		-		-		-	
Walk 10,000 m	-		-		-		-		57:36.00		1:12:00.00		-		-	

20km Walk	-	-	-	-	-	-	-	2:01:37.78	2:09:36.00
Pen/Heptathlon	2933		4065		4024		4712		

MEN	Under 16				Under 18				Under 20				Seniors			
	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	11.03	10.7	11.31	11.0	10.82	10.5	10.95	10.7	10.75	10.5	10.90	10.6	10.48	10.2	10.63	10.3
200 m	22.34	22.1	22.76	22.5	21.99	21.7	22.16	21.9	21.29	21.0	21.83	21.5	20.93	20.6	21.04	20.8
400 m	51.37	51.1	52.15	52.0	48.69	48.5	49.62	49.5	47.77	47.6	48.63	48.5	46.74	46.6	46.90	46.7
800 m	02:00.65		02:10.66		01:54.61		01:58.65		01:54.06		01:55.17		01:48.97		01:49.86	
1,500 m	04:02.32		04:11.52		03:59.93		04:03.23		03:51.75		03:58.20		03:46.29		03:51.78	
3,000 m	09:12.63		09:28.33		08:58.75		09:19.15		08:28.11		08:51.28		-		-	
5,000 m	-		-		-		-		15:39.43		15:57.77		13:59.20		14:14.42	
10,000 m	-		-		-		-		-		-		29:45.42		30:01.69	
1,500 m Steeple	04:45.26		05:04.43		-		-		-		-		-		-	
2,000 m Steeple	-		-		06:34.14		06:39.83		-		-		-		-	
3,000 m Steeple	-		-		-		-		09:57.78		10:08.15		09:15.47		09:35.52	
100 m Hurdles	13.50	13.2	13.57	13.3	-		-		-		-		-		-	
110 m Hurdles	-		-		14.03	13.7	15.06	14.8	14.05	13.8	14.38	14.1	14.06	13.8	14.54	14.3
300 m Hurdles	40.91	40.9	41.37	41.1	-		-		-		-		-		-	
400 m Hurdles	-		-		53.16	53.1	55.43	55.1	53.57	53.5	54.15	53.9	52.74	52.7	54.00	53.7
High Jump	1.83		1.78		1.96		1.89		2.00		1.93		2.07		2.03	
Pole Vault	3.15		2.93		3.89		3.79		4.54		4.07		4.54		4.44	
Long Jump	6.06		5.70		6.84		6.50		7.56		7.30		7.61		7.28	
Triple Jump	12.03		12.03		13.39		13.08		14.70		14.59		15.28		14.80	

Shot Put	16.67	14.99	17.86	17.25	14.97	14.08	17.44	17.44
Discus Throw	51.41	49.83	54.81	51.21	51.88	47.98	51.30	50.98
Hammer Throw	53.35	44.92	61.56	52.12	55.13	52.79	57.31	51.40
Javelin Throw	52.45	51.20	58.62	55.38	59.66	57.57	64.46	60.60
Walk 5,000 m	28:24.24	29:44.65			-	-	-	-
Walk 10,000 m	-	-	55:30.22	59:28.67	53:22.97	55:20.87	-	-
20km Walk	-	-	-	-	-	-	1:40:48.00	1:40:48.00
Pen/Decathlon	3646		4980		6110		6697	

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	-	-270
										247.5	
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