

## **FINAL ASWD T&F SELECTION CRITERIA as at 08 January 2024 - U16, U18, U20, U23 & SENIORS**

### **1. GENERAL**

- 1.1. To be considered for selection into the ASWD team to the SA Under 16, 18, 20, 23 as well as the Senior Championships, the athlete must achieve the performance during the 2023/2024 athletics season starting 01 October 2023.
- 1.2. Only performances at events listed on the Events Calendar of ASWD, ASA, World Athletics and ASA provinces will be considered for selection
- 1.3. Athletes who do not achieve ASWD Qualifying Standards could be selected into the Final Team at the discretion of the ASWD Executive Board. In doing this, the Board will take the following factors into consideration, in the specified priority order:
  - 1.3.1. Potential for a medal or potential to end in the finals.
  - 1.3.2. Demographics of the team
  - 1.3.3. Development in general.
  - 1.3.4. Athletes will qualify for selection, provided that they have competed at the ASWD T&F CHAMPIONSHIPS hosted by ASWD, during 2024.

### **2. SPECIFIC**

- 2.1. The top 3 athletes may be considered for selection depending on the size of the team.
- 2.2. 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 ASWD office at [manager@aswd.co.za](mailto:manager@aswd.co.za). The appeal should include all information the athlete considers relevant to the selection panel's reconsideration of its decision.

### 3. 2024 SELECTION STANDARDS as at 08 Januray 2024

MEN					EVENT	WOMEN				
ASWD U16	ASWD U18	ASWD U20	ASWD U23	ASWD SENIOR		ASWD U16	ASWD U18	ASWD U20	ASWD U23	ASWD SENIOR
11.70	11.15	10.90	10.80	10.60	100 m	12.95	12.70	12.75	12.60	12.30
23.60	22.50	22.25	21.90	21.35	200 m	26.60	26.10	26.00	25.60	25.10
54.50	51.00	50.00	49.00	48.10	400 m	01:01.70	1:00.40	59.80	58.90	57.50
02:07.00	02:01.00	01:58.00	01:55.00	01:51.70	800 m	02:23.50	02:21.50	02:20.50	2:17.00	02:14.60
04:23.00	04:07.00	04:02.00	3:55.50	03:52.00	1500 m	04:55.00	04:53.00	04:52.00	4:48.00	04:45.00
9:20.00	9:05.00	8:55.00			3000 m	10:53.00	10:46.00	10:43.00		
		15:40.00	14:45.00	14:30.00	5000 m			20:25.00	18:15.00	18:00.00
			31:30.00	31:15.00	10000 m				39:50.00	39:30.00
5:00.00					1500m SC	06:18.00				
	6:33.00				2000m SC		08:10.00			
		10:35.00	9:55.00	09:45.00	3000 m SC			13:10.00	13:05.00	13:00.00
					90m H	14.10				
14.10					100m H		15.20	15.95	15.25	15.05
	15.10	15.40	15.85	15.40	110m H					
42.40					300m H	47.40				
	55.65	56.70	55.00	54.00	400m H		01:06.85	01:06.55	1:04.50	01:03.60
29:00.00					5000m W	31:00.00	30:00.00			
	56:00.00	54:20.00	54:00.00		10000m W			1h05:30	1h:05:00	
				1h48:00.00	20km W					2h03:00.00
6.10	6.60	6.75	6.90	7.10	Long Jump	5.00	5.15	5.20	5.30	5.50
13.10	13.50	13.90	14.00	14.20	Triple Jump	10.20	10.50	10.80	11.00	11.10
1.86	1.90	1.93	1.95	1.98	High Jump	1.53	1.54	1.55	1.60	1.62
3.40	3.70	3.80	4.00	4.20	Pole Vault	2.40	2.50	2.70	2.90	3.00
14.50	15.50	14.90	14.50	14.80	Shot Put	12.30	12.60	11.40	11.70	11.80
43.00	46.00	45.00	43.50	45.00	Discus	34.00	36.00	37.00	41.00	42.00
38.00	46.00	50.00	48.00	50.00	Hammer	37.00	42.00	40.00	44.00	46.00
50.00	56.80	56.00	57.50	59.00	Javelin	37.50	40.00	39.50	40.00	40.50
*	4200	4500	4800	5 000	Decathlon					
					Heptathlon	*	3400	3600	3900	4 000