



Qualifying Standards
YELLOW PAGES SOUTH AFRICAN JUNIOR, YOUTH & u23 CHAMPIONSHIPS
Saturday 2 April and Sunday 3 April 2011
GERMISTON

	B Junior	B Youth	M u23	G Junior	G Youth	W u23
100m	11.20	11.40	10.80	12.77	12.98	12.80
200m	22.77	23.33	21.90	26.35	27.20	26.50
400m	50.94	52.00	48.80	61.29	62.26	59.40
800m	01:54.24	01:57.18	1:52.80	02:22.11	02:23.44	2:15.00
1500m	04:07.71	04:15.92	3:52.0	04:55.00	04:58.70	4:40.00
3000m		09:18.58		11:18.00	11:20.00	
5000m	15:48.53		14:15.0	19:36.28		
10000m	32:52.3					
100m H/110m H	15.25	14.95	14.70	16.67	15.29	15.15
400m H	55.57	56.93	53.90	01:08.25	01:09.60	64.30
Steeplechase	09:55.0	06:25.0		12:24.3		
10km walk	01:01:23	01:05:20		01:10.0		
5km Walk					35:00.0	
High Jump	1.95m	1.90m	2.08	1.60m	1.55m	1.68
Pole Vault	4.34m	4.07m		2.80m	2.60m	
Long Jump	6.50m	6.40m	7.15	5.21m	5.10m	5.36
Triple Jump	14.25m	13.72m	15.10	10.60m	10.55m	11.62
Shot Put	14.50m	14.35m	15.95	11.00m	10.80m	12.40
Discus	44.50m	43.08m	49.50	33.50m	31.64m	42.50
Hammer Throw	41.61m	42.28m		32.43m	29.77m	
Javelin	57.50m	59.00m	67.75	36.50m	35.72m	43.50

Closing date for Provincial Entries shall be: 15 March 2011 at 16:00

Closing date for Individual Entries shall be: 18 March 2011 at 16:00

Rules:

- ❖ All athletes, whether entered individually or through their province, must meet or better the qualifying standards at least once between 1 December 2010 and closing date for entries. Provincial teams may enter one athlete per event who has not met the qualifying standard, provided they have no other entry from the province in that event.
- ❖ Provinces have first call on any athlete. An athlete entered by a province must take part for that province and may not enter individually.
- ❖ Athletes who are not selected for their province may enter as individuals, but must enter via their provinces and compete in their club's kit. No sponsored kit which is not their club's registered kit will be permitted.
- ❖ ASA reserves the right to verify the authenticity of the qualifying performance of an athlete, and if need be, remove the athlete from the competition.
- ❖ Junior athletes are 18-19 in the year of competition, Youth athletes are 16-17, and u23 are 20-22.