



## ASA NATIONAL SENIOR TRACK AND FIELD CHAMPIONSHIPS MINIMUM ENTRY STANDARD & ESTIMATED TOTAL OF ATHLETES TO QUALIFY

### GENERAL

The following is the minimum entry standards for the 2021 ASA National Track and Field Championships as well as the number of athletes to qualify.

#### Notes:

- Wind assisted times will not be accepted.
- Only performances at competitions which are on the fixture list of Athletics South Africa or their Provincial Affiliates (and which have been registered with ASA before the competition) will be accepted

MEN MINIMUM ENTRY STANDARD		EVENT	WOMEN MINIMUM ENTRY STANDARD	
Athletes to qualify	ASA Nat. Champs		Athletes to qualify	ASA Nat. Champs
56	10.70	100m	56	12.10
56	21.60	200m	56	25.20
48	48.15	400m	48	56.80
48	1:52.70	800m	48	2:15.50
36	3:53.50	1500m	36	4:39.50
30	14:40.00	5000m	30	18:50.00
30	31:30.00	10000m	30	40:00.00
30	9:50.00	3000m SC	30	14:30.00
48	15.57	110mH/100mH	48	15.49
48	55.00	400m H	48	68.50
30	N.A.	20km RW	30	N.A.
30	N.A.	30km RW	30	N.A.
28	2:20	High Jump	28	1.73
28	4.18	Pole Vault	28	3.54
28	7.15	Long Jump	28	5.70
28	15.10	Triple Jump	28	12.00
28	12.80	Shot Put	28	12.00
28	41.50	Discus Throw	28	40.00
28	46.00	Hammer Throw	28	39.19
28	64.00	Javelin Throw	28	38.00
16	N.A.	Decathlon/ Heptathlon	16	N.A.
24	N.A.	4x100m	24	N.A.
24	N.A.	4x400m	24	N.A.
24	N.A.	4x400m Mixed	24	N.A.