



2024

AGN TRACK & FIELD

Age Category Track & Field
(U16, U18, U20, U23 & Seniors)

SELECTION CRITERIA



ATHLETICS GAUTENG NORTH

SELECTION CRITERIA

For Provincial CLUB Managers and Team Coaches



Athletics
Gauteng North

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1. Age Categories

Only athletes aged 14, 15, 16, 17, 18, 19 and senior athletes in the year of competition may compete in their respective age group event.

- 1.1. The maximum number of events in which an athlete in can compete in during the championships is two (2) individual events plus the relays.
- 1.2. **Under 16** - 14 or 15 years on 31 December 2024 (born in 2009 or 2010)
- 1.3. **Under 18** - 16 or 17 years old on 31 December 2024 (born in 2007 or 2008)
- 1.4. **Under 20** - 18 or 19 Years old on 31 December 2024 (born in 2005 or 2006)
- 1.5. **Under 23** – 20, 21 & 22 Years old on 31 December 2024 (born in 2004, 2003 or 2002)
- 1.6. **Senior Category**

Note: No athlete younger than 14 (2011 birthdates) are allowed to participate for AGN at ASA U16, U18, U20 & U23 Track and Field Championships

2. Qualification Standards – to be selected for the AGN Team

2.1. U16, U18 & U20 Age groups

Boys U 16 Born 2009/10 Inland/Coast	Boys U 18 Born 2007/8 Inland/Coast	Boys U 20 Born 2005/06 Inland/Coast	Event	Girls U 20 Born 2005/06 Inland/Coast	Girls U 18 Born 2007/8 Inland/Coast	Girls U 16 Born 2009/10 Inland/Coast
11.50/11.60	11.10/11.20	10.90/11.00	100m	12.55/12.65	12.60/12.70	12.80/12.90
23.60/23.70	22.40/22.50	22.20/22.30	200m	25.70/25.80	25.90/26.00	26.50/26.60
53.95	51.00	49.90	400m	59.80	60.00	1:01.50
2:04.00	1:58.00	1:55.50	800m	2:18.00	2:19.00	2:21.00
4:28.00/4:23.00	4:08.00/4:04.00	4:05.00/4:01.00	1500m	4:56.00/4:51.00	4:57.00/4:52.00	4:58.00/4:53.00
9:30.00/9:20.00	9:15.00/9:05.00	9:05.00/8:55.00	3000m	10:50.00/10:38.00	10:50.00/10:38.00	11:05.00/10:53.00
		15:55.00/15:40.00	5000m	20:45.00/20:25.00		
5:05.00/5:00.00			1500m SC			6:10.00/6:03.00
	6:35.00/6:28.00		2000m SC		8:00.00/7:51.00	
		10:30.00/10:20.00	3000m SC	13:05.00/12:50.00		
			90mH			13.90/14.00
14.00/14.10			100mH	15.20/15.30	15.00/15.10	
	15.00/15.10	15.30/15.40	110m H			
42.00			300mH			46.50
	55.40	55.40	400mH	1:05.00	1:05.50	
29:45.0/29:00.0			5000m Walk		30:45.0/30:00.0	31:45.0/31:00.0
	57:30/56:00	55:50.0/54:20.0	10000m Walk	67:00.0/65:30.0		
1.80	1.90	1.95	HJ	1.60	1.60	1.55
3.50	3.80	3.90	PV	2.80	2.60	2.50
6.10	6.60	7.00	LJ	5.30	5.20	5.10
12.90	13.20	13.80	TJ	10.60	10.40	10.10
15.00	16.40	14.70	SP	11.60	13.50	12.30
48.00	49.00	45.00	DT	40.00	39.00	38.00
40.00	50.00	52.00	HT	44.00	44.00	38.00
49.00	57.00	57.00	JT	41.00	41.00	40.00

2.2. AGN U23 Team

Minimum Qualifying Standards for the 2024 ASA U23 Championships:

QUALIFYING STANDARD U23 MEN AND U23 WOMEN		
Inland/Coast		
MEN	EVENT	WOMEN
10.55	100m	12.30
21.30	200m	25.00
48.50	400m	57.00
1:53.00	800m	2:16.00
3:54.50	1500m	4:48.00
14:30.00	5000m	18:30.00
31:30.00	10 000m	39:50.00
09:50.00	3000m St/C	12:50.00
	100mH	114.50
15.00	110mH	
53.50	400mH	1:01.00
1.95m	High Jump	1.60m
4.00m	Pole vault	3.00m
7.00m	Long Jump	5.50m
13.50m	Triple Jump	11.00m
16.00m	Shot Put	12.00m
45.00m	Discus Throw	40.00m
52.00m	Hammer Throw	48.00m
60.00m	Javelin Throw	38.00m
1h:50.00	20km Walk	2h05:00.00

2.3. AGN Senior Team

Minimum Qualifying Standards for the 2024 ASA Senior Championships:
 Minimum age to qualify for ASA SA Senior Championships – born 2008 or older

QUALIFYING STANDARD SNR MEN AND WOMEN		
Inland/Coast		
MEN Inland/Coast	EVENT	WOMEN Inland/Coast
10.40/10.55	100m	12.10/12.20
21.20/21.30	200m	24.90/25.00
47.50	400m	56.50
1:52.00	800m	2:15.00
3:53.50/3:51.00	1500m	4:45.00/4:40.00
14:30.00/14:17.00	5000m	18:00.00/17:44.00
30:55.00/30:20.00	10 000m	39:00.00/38:00.00
09:30.00/9:40.00	3000m St/C	12:30.00/12:48.00
	100mH	14.30/14.40
14.80/14.90	110mH	
52.80	400mH	1:00.00
2.00m	High Jump	1.65m
4.20m	Pole vault	3.20m
7.20m	Long Jump	5.70m
14.80m	Triple Jump	11.50m
16.50m	Shot Put	12.60m
47.50m	Discus Throw	45.00m
54.00m	Hammer Throw	50.00m
62.00m	Javelin Throw	40.00m
5 000 Points	Decathlon	
	Heptathlon	4 000 Points
1h:50.00/1h48:00.00	20km Walk	2h05:00.00/2h03:00.00

3. Selection of AGN Teams

3.1. AGN SENIOR TEAM

An AGN Senior team will be chosen for the ASA Senior championships which will take place at Pietermaritzburg, Msunduzi Stadium from 18 to 21 April 2024.

- 1.7. The first three athletes per event will be chosen for the ASA Senior Track and Field championships for KZN provided that they have achieved the qualification standard. In an event where no athlete achieved the qualification standard, the selectors may choose the first position and/or second position depending on the National ranking of the athlete/s.
- 1.8. An Athlete must compete in at least **TWO leagues** and the AGN Track & Field Championships, this includes athletes who participates in Multi-Events
- 1.9. Please note that athletes who will be representing AGN at the ASA 10km Championships, on 10 March 2024 will be exempted from the AGN Championships, the results from the National Championships will be considered for the selection of the 2024 AGN Track & Field Teams.
- 1.10. Additional athletes may be chosen, depending on qualification standards and national ranking.
- 1.11. Athletes will also be selected for relay teams and must be available for the relay teams.
- 1.12. AGN will provide accommodation and transport (bus) for the athletes who are selected.
- 1.13. No participation at AGN Track & Field Championships will mean NO selection, athletes will be considered who hand in a medical certificate, and however this athlete will go through a fitness before final selection for this specific athlete. Athletes who hand in a medical certificate will not be guarantee a place in the team.
- 1.14. Each athlete who is included in the team will require a contribution of R600-00 per athlete. This is only applicable if the athlete stays and/or travel with the team.

3.2. AGN U16, U18, U20 & U23 TEAM

- 1.15. An AGN U16, U18 & U20 team will be chosen for the ASA U16, U18, U20 & U23 Track and Field championships which will take place at Pilditch Athletics stadium from 21 to 23 March 2024.
- 1.16. The **first four athletes** per event will be chosen for the ASA U16, U18, U20 & U23 Track and Field championships where the athletes have achieved the qualification standard. In an event where no athlete achieved the qualification standard, the selectors may choose the first position and/or second position depending on the National ranking of the athlete/s.
 - 1.16.1. Additional athletes may be chosen, depending on qualification standards and national ranking.
 - 1.16.2. AGN will provide accommodation and transport (bus) for the athletes who are selected.
 - 1.16.3. No participation at AGN Championships will mean NO selection, athletes will be considered who hand in a medical certificate and however this athlete will go through a fitness before final selection for this specific athlete.
 - 1.16.4. An Athlete must compete in at **least TWO leagues and the AGN Track & Field Championships**. This includes athletes who participate in multi events.
 - 1.16.5. Please note that athletes who will be representing AGN at the ASA 10km Championships, on 10 March 2024 will be exempted from the AGN Championships, the results from the National Championships will be considered for the selection of the 2024 AGN Track & Field Teams.

3.3. AGN U16, U18 & U20 RELAY TEAMS

- 1.17. An AGN U16, U18 & U20 Relay and Multi event team will be chosen for the ASA Senior Track and Field Multi events and Relays Championships. This will take place at which will take place at Pietermaritzburg, Msunduzi Stadium from 18 to 21 April 2024.
- 1.18. Each athlete who is included in the team will require a contribution of R600-00 per athlete. This is only applicable if the athlete stay and/or travel with the team.

4. Events per AGE Groups

EVENTS PER AGE GROUP FOR THE 2024 AGN & ASA CHAMPIONSHIPS – RELAYS AT ASA ONLY

Male			Item	Female		
u/16	u/18	u/20		u/16	u/18	u/20
X	X	X	100m	X	X	X
X	X	X	200m	X	X	X
X	X	X	400m	X	X	X
X	X	X	800m	X	X	X
X	X	X	1500m	X	X	X
X	X	X	3000m	X	X	X
-	-	X	5000m	-	-	X
-	-	-	10000m	-	-	-
X (76,2cm)	-	-	1500m SC	X (76,2cm)	-	-
-	X	-	2000m SC	-	X	-
-	-	X (91,4cm)	3000m SC	-	-	X (76,2cm)
-	-	-	90 m Hurdles	X(76,2cm)	-	-
X(76.8cm)	-	-	100 m Hurdles	-	X	X (83,8cm)
-	X	X (99,1cm)	110m Hurdles	-	-	-
X (76.2cm)	-	-	300m Hurdles	X (76,2cm)	-	-
-	X	X (91,4cm)	400m Hurdles	-	X	X (76,2cm)
X (4kg)	X (5kg)	X (6kg)	Shot Put	X (3kg)	X (3kg)	X (4kg)
X (1kg)	X(1,5kg)	X (1,75kg)	Discus Throw	X (1kg)	X (1kg)	X (1kg)
X (600g)	X (700g)	X (800g)	Javelin Throw	X (500g)	X (500g)	X (600g)
X (4kg)	X (5kg)	X (6kg)	Hammer Throw	X (3kg)	X (3kg)	X (4kg)
X	X	X	Long Jump	X	X	X
X (9m)	X (11m)	X (13m)	Triple Jump	X (9m)	X (9m)	X (9m)
X	X	X	High Jump	X	X	X
X	X	X	Pole Vault	X	X	X
X	-	-	Medley Relay	X	-	-
X	X	X	4*100m Relay	X	X	X
-	X	X	4*400m Relay	-	X	X
-	-	X	4*400m Mix Relay	-	-	X
X	-	-	5000m Walk	X	X	-
-	X	X	10000m Walk	-	-	X

All the best to the AGN Athletes for the 2024 Athletic Season!