

AFS SELECTION CRITERIA 2020: SUMMARY MEN

Average of the 6th or closest to the 6th place on the SA Champs.

If SA results are not available the 6th best performance or closest to the 6th place of the year is

EVENTS	Seniors	U/20	U/18	U/16
100m	10.67	10.86	11.17	12.04
200m	21.29	21.75	22.25	24.23
400m	47.39	48.21	49.68	54.98
800m	01:49.44	1:52.65	1:55.49	2:09.01
1500m	03:47.77	3:57.45	4:03.31	4:30.84
3000m			8:55.85	10:01.66
5000m	14:28.34	15:11.65		
10 000m	29:48.98	33:50.27		
100m Hek (76.2cm)				14.47
100m Hek (84cm)				
110m Hek (91.4cm)			14.46	
110m Hek (98.1cm)				
110m Hek (99cm)		14.61		
110m Hek (106.7cm)	15.18	15.00		
300m Hek				41.19
400m Hek (76.2cm)				64.96
400m Hek (84cm)			53.58	
400m Hek (91.4cm)	52.12	54.34		
1500m Hind (76.2cm)				
2000m Hind (76.2cm)			06:10.75	
3000m Hind (76.2cm)				
3000m Hind (91.4cm)	09:04.23	9:37.24		
3000m Stap				
5000m Stap				22:25.10
10 Km Stap		52:34.39	54:35.27	
20 Km Stap	01:42:53			
50 Km Stap				
4 x 100m	14:24.00	43.20	43.83	48.83
1000m Medley (100m; 200m; 300m; 400m)			1:21.78	02:15.99
4 x 400m	03:20.58	3:26.38		
Hoogspring	2.03	1.96	1.94	1.68
Paalspring	4.62	3.83	3.84	3.04
Vêrspring	7.29	6.98	6.76	5.87
Driesprong (9m)				11.97
Driesprong (11m)			13.82	
Driesprong (13m)	14.88	14.27		
Gewigstoot (4kg)				13.73
Gewigstoot (5kg)			16.22	
Gewigstoot (6kg)		14.92		
Gewigstoot (7.26kg)	16.56	14.92		
Diskus (1kg)				44.54
Diskus (1.5kg)			50.12	

Diskus (1.75kg)		45.33		
Diskus (2kg)	51.37			
Spiesgooi (600gr)				47.90
Spiesgooi (700gr)			62.41	
Spiesgooi (800gr)	68.30	61.25		
Hammergooi (4kg)				37.91
Hammergooi (5kg)			48.57	
Hammergooi (6kg)		44.52		
Hammergooi (7.26kg)	49.69	44.52		
Vyfkamp				
Sewekamp				2877
Agkamp			3867	
Tienkamp	5498	4060		
Marathon				