

AFS SELECTION CRITERIA 2020: SUMMARY WOMEN

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	Juniors	Youth	Sub Youth
100m	12.12	12.51	12.52	12.80
200m	24.67	25.31	25.49	25.85
400m	56.53	57.60	57.33	59.93
800m	02:10.27	02:19.67	02:14.47	2:16.73
1500m	04:27.44	04:49.55	04:43.72	4:52.29
3000m		11:32.36	10:41.01	10:51.55
5000m	17:12.97	19:15.52		
10 000m	44:46.64			
90m Hek				13.80
100m Hek (76.2cm)			14.77	14.49
100m Hek (84cm)	15.10	26.40		
110m Hek (91.4cm)				
110m Hek (98.1cm)				
110m Hek (99cm)				
110m Hek (106.7cm)				
300m Hek				47.13
400m Hek (76.2cm)	62.65	64.73	64.29	64.96
400m Hek (84cm)				
400m Hek (91.4cm)				
1500m Hind (76.2cm)				
2000m Hind (76.2cm)		8:09.47		
3000m Hind (76.2cm)	11:02.98	11:58.10		
3000m Hind (91.4cm)				
3000m Stap				
5000m Stap			30:15.82	29:42.80
10 Km Stap		1:05:30.72		
20 Km Stap	02:03:52.65			
50 Km Stap				
4 x 100m	50.77	51.73	50.76	52.83
1000m Medley (100m; 200m; 300m; 400m)				0.00
4 x 400m	03:54.27	4:07.60		
Hoogspring	1.72	1.61	1.63	1.59
Paalspring	3.34	2.80	2.80	2.58
Vêrspring	5.80	5.50	5.52	5.24
Driesprong (9m)			11.15	10.62
Driesprong (11m)	11.57	11.13		
Driesprong (13m)				
Gewigstoot (3kg)			12.51	12.04
Gewigstoot (4kg)	12.56	12.11	12.51	12.04
Gewigstoot (5kg)				
Gewigstoot (6kg)				
Gewigstoot (7.26kg)				

Diskus (1kg)	42.78	36.18	39.33	36.42
Diskus (1.5kg)				
Diskus (1.75kg)				
Diskus (2kg)				
Spiesgooi (500g)			40.93	37.00
Spiesgooi (600gr)	44.99	38.44	40.93	37.00
Spiesgooi (700gr)				
Spiesgooi (800gr)				
Hamergooi (3kg)			40,89	37,04
Hammergooi (4kg)	44.88	37.10	40.89	37.04
Hammergooi (5kg)				
Hammergooi (6kg)				
Hammergooi (7.26kg)				
Vyfkamp			3050	
Sewekamp	3966	3058		3260
Agkamp				
Tienkamp				
Marathon				