



ADDENDUM : E

World Athletics U20 Championships Nairobi, KEN – 17-22 August 2021

ASA Qualification Criteria and Entry Standards (Updated July 2020)

Men		Event	Women	
A-Standard	B-Standard		A-Standard	B-Standard
10.36	10.58*	100m	11.59	11.85*
20.77	21.38*	200m	23.48	24.35 *
46.56	47.35*	400m	52.76	54.85*
01:46.77	1:50.80*	800m	02:05.12	2:08.70*
03:43.40	3:48.00*	1500m	04:11.66	4:28.00*
8:14.00	8:14.00*	3000m	09:14.00	9:25.00*
13:38.75	14:12.00*	5000m	15:51.30	16:35.00*
08:37.33	9:07.00*	3000m SC	09:53.70	10:35.00*
13.54	14.15*	110mH / 100mH	13.38	14.15*
50.90	53.10*	400m H	57.97	60.75*
2.21	2.16*	High Jump	1.84	1.82*
5.40	5.10*	Pole Vault	4.20	4.07*
7.63	7.58*	Long Jump	6.20	6.15*
16.12	15.60*	Triple Jump	13.54	12.90*
19.71	18.30*	Shot Put	16.24	14.60*
60.76	57.00*	Discus Throw	54.17	49.00*
75.62	68.50*	Hammer Throw	62.71	58.00*
73.52	60.50*	Javelin Throw	54.31	50.50*
7729	7100*	Decathlon/Heptathlon	5665	5350*
40:40.00	43:40.00*	10000m Race Walk	50:30.00	50:30.00*
No Standard	No Standard	4x100m Relay	No Standard	No Standard
No Standard	No Standard	4x400m Relay	No Standard	No Standard
No Standard	No Standard	4x400m mixed Relay	No Standard	No Standard

**Note. *ASA- B standard is in line with World Athletics (WA) Entry Standards.
10 000m has been removed and the new event is 3000m junior men**

General Criteria for Under 20

- Only athletes aged **16, 17, 18 or 19** in the year of competition may compete. The maximum number of events in which Under 18 athletes can compete in Under 20 competitions is two individual events plus one of the relays. If the two individual events are Track Events, only one of these may be longer than 200m.

- A maximum of two athletes in each event (with the exception of the Relays) may be selected.

Conditions for validity of performance

- All performances must be achieved during the qualifying period **1 October 2019 to 5 April 2020 and from 1 December 2020 8 August 2021**
- All performances must be achieved during an official competition organised in conformity **with World Athletics (WA) Rules.**
- All performances must be achieved during competitions organised or sanctioned by ASA.
- Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with World Athletics Rules, performances achieved in field events, 5000m, and Race Walk may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate events and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender.
- Wind assisted performances (over 2m/sec) will not be accepted.
- Indoor performances will be accepted.
- Hand-timed performances for events up to and including 800m **will not be accepted.**
- **For Race Walks:**
 - **Road performances** will be accepted
 - Results of races conducted using the pit lane will be accepted
- For the running events of 200m and over, performances achieved on over-sized tracks will not be accepted.