

OLYMPIC GAMES - TOKYO, JAPAN
30 JUL 2021 - 08 AUG 2021



MINIMUM CRITERIA TO SELECT THE TEAM TO THE 2021 OLYMPIC GAMES

Men	Event	Women
10.05	100m	11.15
20.24	200m	22.80
44.90	400m	51.35
1:45.20	800m	1:59.50
3:35.00	1500m	4:04.20
13:13.50	5000m	15:10.00
27:28.00	10000m	31:25.00
8:22.00	(91,4cm) 3000m SC (76,2cm)	9:30.00
13.32	(106,7) 110m H / 100m H (84,0)	12.84
48.90	(91,4) 400m H (76,2)	55.40
2.33	High Jump	1.96
5.80	Pole Vault	4.70
8.22	Long Jump	6.82
17.14	Triple Jump	14.32
21.10	(7.26kg) Shot Put (4kg)	18.50
66.00	(2kg) Discus Throw (1kg)	63.50
77.50	(7.26kg) Hammer Throw (4kg)	72.50
85.00	(800gm) Javelin Throw (600gm)	64.00
8350	Decathlon	
	Heptathlon	6420
1:21:00	20km Race Walk	1:31:00
3:50:00	50km Race Walk	
2:11:30	Marathon	2:29:30
Top 8 at IWC + 8 from Top Lists	4X100m Relay	Top 8 at IWC + 8 from Top Lists
Top 8 at IWC + 8 from Top Lists	4X400m Relay	Top 8 at IWC + 8 from Top Lists
Top 8 at IWC + 8 from Top Lists	4x400m Mixed Relay	Top 8 at IWC + 8 from Top Lists

QUALIFYING PERIODS

Qualifying Periods	
Dates	Events
Entry Standards Period	
1 January 2019 – 5 April 2020 1 September 2020 – 31 May 2021	Marathon and 50k Race Walk
1 January 2019 – 5 April 2020 1 September 2020 – 29 June 2021	20k Race Walk
1 January 2019 – 5 April 2020 1 December 2020 – 29 June 2021	10,000m and Combined Events
1 May 2019 – 5 April 2020 1 December 2020 – 29 June 2021	Qualifying Period for all other events

ELIGIBILITY

- To be considered for selection in any ASA team, athletes must fulfil the following criteria:
- Be a South African citizen (SA ID-document/number)
- Be in possession of a valid SA passport with an expiry date not less than 6 months after returning from the specific championships
- Be a member of a South African club, affiliated to ASA, and registered on the ASA registration system
- Be in good standing with ASA, the Provincial Federation and the club he/she is affiliated to.
- Sign an ASA Athlete Statement of Conditions for participation, if nominated for the Team
- Athletes will be selected in accordance to the age restrictions to the relevant international championships
- The relevant ASA Championships will serve as trials for the selection of ASA teams to international championships. At the ASA Championships athletes must compete in all the events in which they would like to be selected.
- The ASA Championships will be compulsory for all athletes who would like to be selected in any ASA team for international championships, and athletes who miss the SA Championships will not be considered for selection. Exceptions will only be made for medical/injury or family compassionate reasons, communicated to the ASA office prior to the start of the SA Championships. These exceptions will be considered at the sole discretion of the Executive Board of ASA.