



**KZN ATHLETICS YOUTH AND JUNIOR QUALIFYING STANDARDS
2018**



YOUTH BOYS		JUNIOR MEN		EVENTS	YOUTH GIRLS		JUNIOR WOMEN	
Youth B	Youth A	Junior B	Junior A		Youth B	Youth A	Junior B	Junior A
11,10	10.85	10.90	10.60	100m	12,45	12.01	12,32	11.90
22,40	22,00	21,90	21.20	200m	25,30	24.80	24,90	24.30
50,10	49.10	48,75	47.30	400m	58,50	57.50	57,90	56.40
01:56,0	01:54.0	01:53,0	01:51.0	800m	02:16,0	02:14.0	02:14,0	02:10.0
04:00,0	3:57:15	03:56,0	03:53.0	1500m	04:40,0	04:35.0	04:35,0	04:30.0
09:00,0	8:50:00			3000m	10:40,0	10:30.00	10:30,0	10:20.0
		15:00.00	14:45,0	5000m			19:20,0	18:50.0
		32:50.0	31:30.00	10000m				
06:02,0	05:59.0			2000mSC	08:00,0	07:40.0		
		09:55,0	09:29.0	3000mSC			12:30,0	11:59.00
				90mH				
				100mH	14,92	14.28	15,00	14.80
15,30	14,90	14,90	14.45	110mH				
55,64	54.64	54,50	52.30	400mH	66,84	65.55	65,90	64.28
				5000mWalk	29:50.00	28:20,0		
55:35,0	53:35.0	54:00,0	50:30.0	10000mWalk			01:07,0	1:00:00
6.50m	6.81m	6.80m	6.90m	LongJump	5.20m	5.40m	5.45m	5.50m
12.60m	13.50m	13.600m	14.10m	TripleJump	10.20m	10.70m	10.80m	11.30m
1.85m	1.95m	1.95m	2.00m	HighJump	1.55m	1.60m	1.65m	1.70m
3.60m	3.70m+B23: E28	3.80m	3.90m	PoleVault	2.40m	2.40m	2.60m	2.75m
14.50m	15.00m	15.20m	16.80m	ShotPut	11.20m	12.50m	11.20m	11.88m
46.00m	48.00m	49.00m	51.50m	DiscusThrow	38.00m	40.00m	40.00m	42.00m
55.00m	58.00m	59.00m	65.00m	JavelinThrow	30.00m	35.00m	35.00m	40.00m
50.00m	55.00m	55.00m	60.00m	Hammer Throw	35.00m	40.00m	40.00m	45.00m
				Heptathlon	3400	3600points	3000Points	3900points
3600Points	4000points		4500points	Decathlon				

NOTE

- The qualification period for athletes starts on 1 January 2018 and ends on the last day of the KZNA provincial championships.
- A ranking list shall be published on the KZNA website and updated on a monthly basis.
- Any athlete whose performance may be omitted from the ranking list must supply the office of KZNA the details of that performance by email to mzomusa.g@kznathletics.co.za
- The details of any performance not listed must be supplied in full (Name of athlete, age group, licence number, club, date of performance, venue of performance, performance, technical information such as wind readings etc). This information must be submitted to the KZNA office at least one week before the respective KZN Championships.
- Only performances achieved at an ASA and KZNA recognised competition with fully automated electronic timing (where relevant) will be considered for selection onto teams.
- The provisional squad shall be announced on the day of the KZN Provincial Championships. Athletes are required to produce/present their valid South African Identity document, Passport or birth certificate on request at the championships. Any athlete wishing to appeal may do so via their club by email (details as listed in point 4 above must be provided) to mzomusa.g@kznathletics.co.za within 72 hours after the end of the KZNA Championships.
- The final team shall be announced within one week of the KZNA championships upon ratification.
- All withdrawals must be submitted by the respective club of the athlete concerned in writing to mzomusa.g@kznathletics.co.za
- Participation in the respective KZNA Championships is compulsory. Athletes excused from the KZNA championships shall be considered for selection on the following conditions:
 - The athlete is competing at an ASA Series, trial or any other competition agreed to in advance with the KZNA office. Requests must be emailed to mzomusa.g@kznathletics.co.za at least 48 hours before the respective KZNA Championships.
 - Illness/injury may have prevented the athlete from competing at the KZNA Championships. This request must be submitted with a valid medical certificate prior to KZNA championships. A follow up medical certificate confirming the athletes fitness to compete must be submitted by email to mzomusa.g@kznathletics.co.za no later than one week after the KZNA Championships.
 - An extenuating circumstance that may be reviewed at the discretion of the Track and Field Commission. Communication must be submitted to mzomusa.g@kznathletics.co.za no later than 48 hours before the KZNA Championships.
- Athletes wishing to enter as individuals must meet the following conditions:
 - meet the minimum requirement set by ASA for entry into the championships.
 - meet the conditions of point (9a to 9c) above.
- At least achieved a final in the KZNA championships or rank in the top 10 of the KZNA ranking list for the respective event.