

KZN ATHLETICS



2019 DRAFT QUALIFICATION STANDARDS

SENIORS

MEN	Event	WOMEN
10.60	100m	12.08
21.30	200m	24.40
47.42	400m	56.90
1:49.50	800m	2:11.00
3:47.00	1500m	4:30.00
14:33.00	5000m	17:20.00
29:55.00	10000m	40:00.00
09:06.00	3000mSC	11:20.00
	100mH	14.60
15.02	110mH	
52.12	400mH	61.50
01:43:00.00	20kmWalk	02:00:00.00
7.15	LongJump	5.85
14.75	TripleJump	11.60
2.05	HighJump	1.62
4.70	PoleVault	3.20
16.48	ShotPut	12.90
51.20	DiscusThrow	44.00
68.00	JavelinThrow	45.00
49.60	HammerThrow	46.20
	Heptathlon	3900
5500	Decathlon	

NOTE

1. The qualification period for athletes starts on 1 January 2019 and ends on the last day of the KZNA provincial championships.
2. A ranking list shall be published on the KZNA website and updated on a monthly basis.
3. Any athlete whose performance may be erroneously omitted from the ranking list must supply the office of KZNA the details of that performance by email to mzomusa.g@kznathletics.co.za
4. The details of any performance not listed must be supplied in full (Name of athlete, age group, license number, club, date of performance, venue of performance, performance (time/distance/height), relevant technical information (wind readings). This information must be submitted to the KZNA office at least one week before the respective KZNA Championships.
5. Only performances achieved at an ASA and KZNA recognized competition with fully automated electronic timing (for all track events) will be considered for selection onto teams.
6. The KZNA provisional squad shall be announced on the day of the KZN Provincial Championships. This is not the final team and may change. All athletes are required to carry their original South African Identity document, Passport or birth certificate which may be required to be presented 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 72hours after the end of the KZNA Championships.
7. The final team shall be announced within one week of the KZNA championships upon ratification by the respective KZNA Commission and board.
8. All withdrawals must be submitted by the respective club of the athlete concerned in writing to mzomusa.g@kznathletics.co.za . Athletes not adhering to this may be liable for the cost related to the tour.
9. Participation in the respective KZNA Championships is **compulsory**. Athletes officially excused from the KZNA championships shall be considered for selection on the following conditions:
 - a. The athlete is competing at an ASA national series, trial or any other major competition agreed to in advance by the Track and Field Commission. Such requests must be emailed to mzomusa.g@kznathletics.co.za at least 48 hours before the respective KZNA Championships.
 - b. Illness/injury may have prevented the athlete from competing at the KZNA Championships. In such a case, the athlete must submit a valid medical certificate by 12:00 on day 1 of the respective KZNA championships. An athlete who does not compete at the KZNA Championships on medical grounds may be requested to provide the KZNA office with a follow up medical certificate to confirm that he/she is fit to compete again.
 - c. Any 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.
10. Athletes wishing to enter as individuals at the ASA national championships must meet the following conditions:
 - a. meet the minimum performance requirement set by ASA for entry into the championships.
 - b. meet the conditions of point (9a to 9c) above.
 - c. At least achieved a final in the KZNA championships or in the events that have no qualifying rounds, he/she must be ranked in the top 10 of the KZNA ranking list for the respective event.