



2025 ATHLETICS SOUTH AFRICA TRACK AND FIELD NATIONAL CHAMPIONSHIPS QUALIFICATION AND ENTRY STANDARDS

QUALIFICATION SYSTEM AND ENTRY STANDARDS

1. Eligible entries

- All athletes who wish to represent their province at the National Championships must be the member of an official club registered with the province and in a position of a 2025 Permanent ASA License Number.

2. Entry conditions

- Each ASA provincial member will be allowed to use their own selection criteria to select athletes to participate up to a maximum of four individual qualified official athletes in each event. Provinces MUST align their qualification standards with the ASA minimum entry standards. Provincial Qualification Standards should not be lower than the ASA minimum entry standards.

3. Individual Entries

- Each ASA provincial Member will be allowed to enter up to four individual qualified athletes per event provided they have met the ASA qualifying standards. Should the province have more than four individual qualified athletes, the province can motivate / apply to ASA in writing requesting to enter more qualified athletes.

4. South African Athletes based abroad / overseas

- All athletes that are based abroad can be entered by their ASA provinces and participate in provincial colours at the national championships but must be in possession of a 2025 Permanent ASA Licence number.

5. 10 000m entries

- The 10 000m National Championships will be hosted at the separate event during the Cape Milers Continental Tour on 4 April 2025 at Greenpoint Stadium.
- The athletes can qualify in two ways for the 10 000m National Championships:
 - a) 10 000m Track
 - b) 10km Road

6. Altitude and Sea-Level Times

- Altitude times are on the left on the ASA Entry Standards e.g. 100m: **10:45** / ~~10:55~~
- Sea-Level times are on the right on the ASA Entry Standards e.g. 100m: ~~10:45~~ / **10:55**



2025 MINIMUM ENTRY STANDARDS FOR ASA TRACK & FIELD CHAMPIONSHIPS										
Boys U16	Boys U18	Boys U20	Men U23	SNR Men	Event	SNR Women	Girls U23	Girls U20	Girls U18	Girls U16
11.50/11.60	11.00/11.10	10.80/10.90	10.65/10.75	10.45/10.55		100m	12.20/12.30	12.45/12.55	12.55/12.65	12.60/12.70
23.10/23.20	22.40/22.50	22.00/22.10	21.50/21.60	21.10/21.20	200m	25.00/25.10	25.40/25.50	25.60/25.70	25.90/26.00	26.30/26.40
54.00	51.50	50.40	49.00	48.00	400m	57.40	58.50	59.50	60.30	61.80
2:07.00	2:01.00	1:58.00	1:55.00	1:51.50	800m	2:14.00	2:17.00	2:20.00	2:21.50	2:23.00
4:28.00/4:24.00	4:11.00/4:07.00	4:05.00/4:01.00	3:59.00/3:55.00	3:55.50/3:51.50	1500m	4:48.00/4:43.00	4:50.00/4:45.00	4:55.00/4:50.00	4:57.00/4:52.00	5:00.00/4:55.00
9:30/9:20	9:15/9:05	9:05/8:55	-	-	3000m	-	-	10:50/10:40	10:55/10:45	11:00/10:50
-	-	15:55/15:40	15:00/14:45	14:45/14:30	5000m	18:20/18:00	19:45/19:25	20:30/20:10	-	-
-	-	-	-	31:50/31:10	10000m	40:30/39:30	-	-	-	-
5:00/4:55	-	-	-	-	1500m SC	-	-	-	-	6:00/5:53
-	6:40/6:33	-	-	-	2000m SC	-	-	-	8:00/07:50	-
-	-	10:35/10:25	10:05/9:55	9:55/9:45	3000m St/C	13:00/12:45	13:05/12:50	13:25/13:10	-	-
-	-	-	-	-	90mH	-	-	-	-	14.00/14.10
13,90/14.00	-	-	-	-	100mH	14.90/15.00	15.10/15.20	15.50/15.60	15.00/15.10	-
-	15.00/15.10	15.20/15.30	15.50/15.60	15.45/15.55	110m H	-	-	-	-	-
42.00	-	-	-	-	300mH	-	-	-	-	47.20
-	55.65	56.70	55.00	54.00	400mH	63.50	64.20	64.70	65.50	-
29:45/29:00	-	-	-	-	5000m Walk	-	-	-	30:45/30:00	31.00/29.25
-	57:30/56:00	55:50/54:20	54.00/52.30	-	10000m Walk	-	66:30/65:00	67:00/65:30	-	-
6.10	6.60	6.75	6.90	7.10	Long Jump	5.50	5.30	5.20	5.15	5.00
13.00	13.50	13.90	14.00	14.10	Triple Jump	11.30	11.20	11.10	10.50	10.00
1.83	1.88	1.93	1.98	2.03	High Jump	1.62	1.60	1.55	1.54	1.50
3.40	3.70	3.90	4.00	4.20	Pole vault	3.00	2.90	2.70	2.50	2.40
14.50	15.50	15.10	14.50	14.80	Shot Put	12.00	11.80	11.40	12.60	12.30
45.00	46.00	45.00	43.50	45.00	Discus Throw	42.00	41.00	37.00	36.00	34.00
38.00	46.00	50.00	48.00	50.00	Hammer Throw	46.00	44.00	40.00	43.00	37.00
50.00	55.00	56.00	57.50	59.00	Javelin Throw	41.00	40.00	38.00	40.00	37.50
2800	-	-	-	-	Pentathlon	-	-	-	-	2800

-	4200	-	-	-	Heptathlon	4 000 Points	3900	3600	3400	-
-	-	4500	4800	5 000 Points	Decathlon	-	-	-	-	-
-	-	-	-	1h:50.00/1h48:00.00	20km Walk	2h05:00.00/2h03:00.00	-	-	-	-
