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#### BOARD MEMBERS

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VICE-PRES: Dr Harold Adams  
T+F: Mr. Pieter Lourens  
RR: Mr. James Moloi  
CC: Mr. Jakes Jacobs  
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ADD: Ms. Motlatsi Keikabile  
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Ms. Esther Malema  
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SABC  
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SA Sports Trust

To	ASA Members
From	ASA Office
Date	10 March 2020
Subject	Entering for the 2020 ASA National u16-u20 Championships
No pages	3

## ELECTRONIC TRANSMISSION

### CIRCULAR 18 OF ASA 2020 ENTERING FOR 2020 ASA U16-U20 CHAMPIONSHIPS

Dear ASA Members

The 2020 ASA u16-u20 Championships have bearing. As a point of clarity, the 2020 ASA National u16-u20 Championships also include High School athletics.

ASA Circular 14, and related media releases has bearing.

As a point of clarity, any High School Athlete, whom has achieved the attached ASA Entry Standard, can be entered by the ASA Province for the 2020 ASA National u16-u20 Championships in Paarl from 26-28 March 2020. This process is exactly the same as the process ASA Provinces followed in previous years to enter athletes for the ASA National u/18 – u/20 Championships, and include the requirement that the athlete should have participated at the relevant provincial championships.

As a further point of clarity, any High School Competition, listed on the 2020 ASA Provincial, or 2020 SASA Provincial Fixtures List (e.g. ward, zone, district, etc.) are regarded as eligible, and the results of the competition are therefore eligible to be considered. This is in line with ASA Rules and Regulations.

The same entry form as provided in ASA Circular 14 must be used, which will enable Members to enter School Athletes, whom achieved the attached entry standards, for the 2020 ASA u16-u20 Championships. More information related to the 2020 ASA National u16-u20 Championships is on the ASA website (ASA Circular 14).

High Schools, clubs, and/or parents of the athletes can ask ASA Provinces, to assist in entering the athletes for the 2020 ASA National u16-u20 Championships.

ASA Provinces will provide more information related to the provincial team entered for the mentioned National Championships. Please refer to the attached Provincial contact details.

**Finally, only athletes participating at the above-mentioned 2020 ASA National u16-u20 Championships will be considered for National Colours and representing South Africa internationally.**

Athletics greetings

Richard Stander  
ASA ACEO  
Not signed due to electronic sending

#### Disclaimer

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### ASA PROVINCES CONTACT DETAILS

PROVINCES	TELEPHONE	EMAIL
Athletics Central North West (ACNW)	018 175 0074	<a href="mailto:acnwgeneralm7@gmail.com">acnwgeneralm7@gmail.com</a> <a href="mailto:acnwatletiek@gmail.com">acnwatletiek@gmail.com</a>
Athletics Free State (AFS)	051 430 3251	<a href="mailto:admin@athleticsfs.co.za">admin@athleticsfs.co.za</a>
Athletics Gauteng North (AGN)	012 327 4930	<a href="mailto:office@agn.co.za">office@agn.co.za</a> <a href="mailto:gm@agn.co.za">gm@agn.co.za</a>
Athletics Griqualand West (AGW)	083 676 0921 079 513 3698	<a href="mailto:athletics.agw@gmail.com">athletics.agw@gmail.com</a>
Athletics Mpumalanga (AMPU)	082 306 4615	<a href="mailto:athleticsmpumalanga@gmail.com">athleticsmpumalanga@gmail.com</a> <a href="http://h.vdyk@athleticsmpumalanga.co.za">h.vdyk@athleticsmpumalanga.co.za</a>
Athletics North West North (ANWN)	014 594 2895 076 295 8625	<a href="mailto:amoitlobo@gmail.com">amoitlobo@gmail.com</a>
Athletics South Western Districts (ASWD)	044 873 0023 044 873 0024	<a href="mailto:manager@aswd.co.za">manager@aswd.co.za</a>
Athletics Transkei (ATRA)	073 280 5632 073 352 4475	<a href="mailto:molwanalungisile@yahoo.com">molwanalungisile@yahoo.com</a>
Athletics Vaal Triangle(AVT)	082 853 9144	<a href="mailto:office@avtprov.co.za">office@avtprov.co.za</a> <a href="mailto:malievdw@telkomsa.net">malievdw@telkomsa.net</a>
Boland Athletics(BOLA)	021 868 0007	<a href="mailto:office@bolandathletics.com">office@bolandathletics.com</a>
Border Athletics(BORA)	043 721 0976	<a href="mailto:borderathletics@gmail.com">borderathletics@gmail.com</a>
Central Gauteng Athletics(CGA)	011 873 2726	<a href="mailto:mandla@centralgautengathletics.co.za">mandla@centralgautengathletics.co.za</a>
Eastern Province Athletics(EPA)	041 374 2818	<a href="mailto:bone.grobler@gmail.com">bone.grobler@gmail.com</a> <a href="mailto:epamanager@pe.co.za">epamanager@pe.co.za</a> <a href="mailto:epa@pe.co.za">epa@pe.co.za</a>
Kwazulu Natal Athletics(KZNA)	031 312 9374	<a href="mailto:dees@kznathletics.co.za">dees@kznathletics.co.za</a> <a href="mailto:smkasi@yahoo.com">smkasi@yahoo.com</a>
Limpopo Athletics(LIMA)	015 295 5914	<a href="mailto:limpopoathletics@telkomsa.net">limpopoathletics@telkomsa.net</a>
North Western Cape Athletics (NWCA)	073 928 0900	<a href="mailto:ipmorris67@gmail.com">ipmorris67@gmail.com</a>
Western Province Athletics (WPA)	021 418 3232	<a href="mailto:admin@wpathletics.co.za">admin@wpathletics.co.za</a>

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## MINIMUM ENTRY STANDARDS - 2020 NATIONAL U16 - U20 CHAMPIONSHIPS

Events		B 15	B17	B 19	G 15	G 17	G 19
100m	H	11,30	10,90	10,70	12,40	12,30	12,20
	E	11,54	11,14	10,94	12,64	12,54	12,44
200m	H	23,50	22,40	21,90	26,20	25,80	25,40
	E	23,74	22,64	22,14	26,44	26,04	25,64
400m	H	53,70	49,90**	49,40	60,90**	59,20**	58,90
	E	53,94	50,14**	49,64	61,14**	59,44**	59,14
800m	C	2:02,00	1:56,00	1:54,00	2:20,00	2:18,00	2:18,00
	I	2:04,00	1:58,00	1:56,00	2:22,00	2:20,00	2:20,00
1500m	C	4:26,00**	4:06,00**	4:00,00**	4:55,00	4:53,00	4:53,00
	I	4:30,00**	4:10,00**	4:04,00**	4:59,00	4:57,00	4:57,00
3000m	C	10:02,00	8:47,00		11:27,00	10:42,00**	
	I	10:10,00	8:55,00		11:35,00	10:50,00**	
5000m	C			15:23,00**			20:33,00
	I			15:35,00**			20:45,00
1500m StC	C	5:00,00			6:12,00		
	I	5:08,00			6:20,00		
2000m StC	C		6:21,00**			08:15,00	
	I		6:25,00**			08:19,00	
3000m StC	C			10:22,00			13:00,00
	I			10:30,00			13:08,00
1000m Medley	C	2:16,00	2:08,00		2:30,00	2:24,00	
	I	2:20,00	2:12,00		2:34,00	2:28,00	
90mH	H				13,70		
	E				13,94		
100mH	H	13,70**				14,90**	15,70**
	E	13,94**				15,14**	15,94**
110mH	H		14,70	15,00			
	E		14,94	15,24			
300mH	H	41,20**			46,20**		
	E	41,44**			46,46**		
400mH	H		55,50**	55,10**		66,50	66,50**
	E		55,64**	55,34**		66,74	66,74**
5000m W	C	29:15,00			31:05,00**	29:45,00**	
	I	29:30,00			31:20,00**	30:00,00**	
10 000m W	C		56:35,00**	54:35,00**			66:35,00**
	I		57:00,00**	55:00,00**			67:00,00**
Long Jump		6,10m**	6,60m**	6,80m**	5,10m**	5,25m**	5,30m**
Triple Jump		12,50m**	13,50m**	13,85m**	10,00m**	10,50m**	11,20m**
High Jump		1,72m	1,88m	1,94m	1,54m	1,60m**	1,60m**
Pole Vault		3,00m**	3,70m	3,80m	2,35m	2,40m	2,80m
Shot Put		14,85m	15,80m	14,20m**	11,40m	11,90m	11,20m**
Discus		48,00m	48,00m**	42,00m	30,00m**	36,00m**	36,00m**
Javelin		50,00m	58,00m	53,00m	36,00m**	40,00m**	40,00m**
Hammer		42,00m**	50,00m**	44,00m**	35,00m**	40,00m	38,00m**

**Logo:** H = Hand Time; E = Electronic Time; C = Coastal Time; I = Inland Time; \*\* Events needs Development

Disclaimer

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