

Eastern Province Athletics

2017 EPA Qualifying Standards

		MALE					FEMALE				
		Sub Y	Youth	Junior	U.23	Senior	Sub Y	Youth	Junior	U.23	Senior
100m	H	11.51	11.06	10.84	10.61	10.51	12.66	12.46	12.30	12.26	12.21
	E	11.75	11.30	11.08	10.85	10.75	12.90	12.70	12.54	12.50	12.45
200m	H	23.56	22.50	22.00	21.66	21.46	26.40	25.96	25.76	25.36	24.76
	E	23.80	22.74	22.24	21.90	21.70	26.64	26.20	26.00	25.60	25.00
400m	H	53.70	50.19	49.49	48.76	48.26	61.20	59.56	59.26	58.76	58.26
	E	53.94	50.43	49.73	49.00	48.50	61.44	59.80	59.50	59.00	58.50
800m		2.04	1.58	1.57	1.54	1.52	2.22	2.21	2.20	2.19	2.15
1500m		4.30	4.12	4.07	4.00	3.55	5.00	4.58	4.56	4.55	4.42
3000m		9.45	9.10	-	-	-	11.40	11.20	11.20	-	-
5000m		-	-	16.00	16.00	15.50	-	-	19.50	19.30	19.20
10000m		-	-	-	32.30	31.30	-	-	-	40.00	39.30
2000m Steeple Chase			6.41					8.40			
3000m Steeple Chase				10.48	10.13	9.45			12.50	12.30	11.40
5km Race Walk		30.00					32.00	31.00			
10km Race Walk			60.30	58.43	56.00				67.00	59.00	
20km Race Walk						1h45.0					2h15.0
90mH (76cm)	H						14.36				
	E						14.60				
100mH (76cm)	H							15.03			
	E							15.27			
100mH (84cm)	H	14.96							15.96	15.76	14.96
	E	15.20							16.20	16.00	15.20
110mH (91cm)	H		14.46								
	E		14.70								
110mH (98cm)	H			15.00							
	E			15.24							
110mH (106cm)	H				15.26	14.76					
	E				15.50	15.00					
300mH (76cm)	H						47.76				
	E						48.00				
300mH (84cm)	H	41.52									
	E	41.76									
400mH (76cm)	H							67.76	66.76	64.06	64.06
	E							68.00	67.00	64.30	64.30
400mH (83cm)	H		55.40								
	E		55.64								
400mH (91cm)	H			55.76	54.76	53.76					
	E			56.00	55.00	54.00					
High Jump		1.76	1.88	1.90	1.95	2.00	1.52	1.58	1.62	1.62	1.65
Pole Vault		2.80	3.60	3.80	4.10	4.40	2.00	2.40	2.60	3.00	3.00
Long Jump		6.10	6.50	6.80	6.90	7.10	4.80	5.20	5.30	5.30	5.50
Triple Jump		12.80	13.50	13.90	14.40	14.45	9.60	10.30	10.50	11.20	11.30
Shot Put (3kg)							10.50	11.20			
Shot Put (4kg)		14.20							11.20	12.40	12.40
Shot Put (5kg)			14.50								
Shot Put (6kg)				14.20							
Shot Put (7.26g)					15.50	15.80					
Javelin Throw (500g)							32.00	36.00			
Javelin Throw (600g)		50.00							38.00	40.00	43.50
Javelin Throw (700g)			53.00								
Javelin Throw (800g)				56.00	60.00	66.00					
Discus Throw (1kg)		40.00					33.50	37.00	41.00	43.00	43.00
Discus Throw (1.5kg)			45.00								
Discus Throw (1.75kg)				41.00							
Discus Throw (2kg)					42.00	49.00					
Hammer Throw (3kg)							30.00	35.00			
Hammer Throw (4kg)		42.00							35.00	42.50	42.50
Hammer Throw (5kg)			50.00								
Hammer Throw (6kg)				46.00							
Hammer Throw (7.26kg)					47.00	45.90					
Pentathlon		2400 PTS					2200 PTS				
Heptathlon								3200 PTS	3350 PTS		3500 PTS
Decathlon			4400 PTS	5000 PTS		5500 PTS					

EPA Selection Criteria:

When athletes compete outside the borders of EPA, the responsibility will be on the athlete to provide his/her official results to the EPA office within 7 days after the competition. This is for selection , statistical and record purposes.
Only athletes who are members of EPA clubs and who possess a 2017 license may be selected for EPA teams.
In terms of ASA rules only South African citizens may compete at the national championships and therefore be selected for EPA teams for those championships.
Age Groups: <ul style="list-style-type: none">• Athletes born in 2003 or 2002 will be eligible to be selected for the under 16 age group. (Sub Youth)• Athletes born in 2001 or 2000 will be eligible to be selected for the under 18 age group. (Youth)• Athletes born in 1999 or 1998 will be eligible to be selected for the under 20 age group . (Junior)• Athletes born in 1995, 1996 or 1997 will be eligible to be selected for the under 23 age group. (U/23)
All athletes who wish to be considered for selection, MUST compete at EPA Championships in the events they wish to be considered for, unless a medical certificate, issued by a registered medical practitioner is submitted to the convener of selectors prior to the commencement of the Championships, setting out the medical reason why an athlete cannot compete during the Championships.
Athletes can qualify from 1 December 2016 untill EPA Chamionships in March 2017.
Irrespective of the number of athletes who exceed the qualifying standard in any event, a maximum of three athletes can be selected to represent EPA in that event and preference will be given to athletes who achieve the best performances during the EPA Championships.
Athletes who want to be selected for multiple events, can only qualify during a multiple event competition where the events are presented in terms of the rules of the IAAF and ASA. Scoring to be calculated in accordance with the IAAF points table.
If the qualifying standards set by ASA in a specific event is easier than that set by EPA and an athlete exceeds the standard set by ASA, but not that of EPA, such an athlete will on request, be permitted to enter the national championships as an individual entry, if ASA allows individual entries.
No wind assisted times will be accepted, if wind measurement readings are available. Max allowable wind speed is + 2.00 m/s (IAAF Comp Rules 2016-2017, Rule163) Events affected: 90m Hurdles / 100m / 100m Hurdles / 110m Hurdles & 200m
An athlete who did not reach the qualifying standard, but who wins his / her event at the TRAILS, WILL NOT automatically be considered for selection into the EPA Team. The selectors committee will only select such an athlete on merit, if his/her performance, during the season, is on par with national performances.
Previous behaviour as part of an Eastern Province Team will also be considered during selection of the final team.