



ASA TEAM SELECTION CRITERIA

FOR THE 2025 WORLD ATHLETICS CHAMPIONSHIPS
TO BE HELD IN TOKYO, JAPAN
SEPTEMBER 13-21, 2025

1. PREAMBLE

Whereas;

- (i) The sole purpose of the team selection criteria contained herein is to provide ASA with an objective process for the selection of the team to the above-mentioned event (**the Champs**);
- (ii) The primary purpose of sending a South African team to **the Champs** is for the team to bring back glory to South Africa, in the form of medals, or for team members to at least finish in the finals (final 8) of their events;

Now therefore it is resolved as follows;

- (i) That all athletes who have been selected to represent our country at **the Champs** have an obligation to avail themselves of such selection;
- (ii) That all selected athletes who have a potential to proceed to the finals of their events at **the Champs** should exploit that potential to the fullest; and
- (iii) That all athletes who qualify to be in the finals of their events should proceed to represent our country in those finals thereby exploiting to the fullest their possibilities of winning medals.

2. TRACK AND FIELD

2.1 The 2025 National Senior Track and Field Championships (to be known as **the Trials**) will serve as the trials to select the team to **the Champs**.

2.2 **The Trials** will be strictly compulsory for all athletes who wish to be selected for the team to **the Champs**.

Athletes who miss **the Trials** will not be considered for selection.

2.3 **The Provisional Team** (only athletes who has achieved the Entry standard) will be announced immediately after **the Trials**, and **the Final Team** (Athletes who achieved Entry standard and world Ranking quota) will be announced after the cut-off date set by World athletics. World Athletics will announce the final list of Road to Tokyo rankings on the 24 August 2025. (Link below of "Road to Tokyo"<https://worldathletics.org/stats-zone/road-to/7190593?eventId=10229509>)

2.4 All athletes who place in the top two in the finals of their **specialist events** (events in which they wish to be selected for **the Champs**), at **the Trials**, and achieve the World Athletics Entry standard **and** satisfy the provisions of paragraphs 2.6 and 2.9 herein, will automatically be selected into **the Provisional Team**.

2.5 All athletes in **the Provisional Team** will be considered for selection into **the Final Team**, subject to the provisions of paragraph 2.8 herein.

2.6 All athletes (except those described in paragraph 2.9 herein) who wish to represent South Africa at **the Champs**, **must** compete in the following compulsory meets, **and in their specialist events**:

(i) The Trials,

(ii) Two ASA Grand Prix Meetings in the 2025 track and field season, and

(iii) Three Meets before the final selection of the team either in the country or outside. (The final meet is compulsory to all athletes selected onto the team).

2.7 All athletes who achieve the World Athletics Standards either by Entry standard or World ranking anywhere else other than **the Trials**, and in the period 1 January 2025 and 24 August 2025, will be considered for selection into **the Final Team**, provided that they do not displace any athletes who qualified on the World Athletics entry standard or World ranking System. **This will happen entirely at the sole discretion of the Executive Board of ASA.**

NOTE: Only performances achieved in competitions recognised by WA/ASA will be considered (see paragraph 4.1 below).

2.8 Please note that according to paragraph 2.7 herein, athletes who finished in the top 2 position at **the Trials**, and doesn't achieve the entry standard or World ranking quota at the end of qualifying period may be replaced in **the Final Team** by athletes who was place outside of top 2 at **the Trials** and achieve the entry standard or World ranking quota (as prescribed by paragraph 2.7).

2.9 It is compulsory for all athletes who represent South Africa at the World/CAA Cross Country Championships to compete in the following events, **and in their specialist events:**

- (i) **The Trials**, and
- (ii) One ASA Grand Prix Meeting in the 2025 track and field season.

2.10 **The Provisional Team** will be composed solely of athletes who satisfy the provisions of paragraph 2.4 herein.

2.11 In case where the athletes sustain injury after being selected in the provisional team, athlete will be required to proof their competition readiness and medically cleared by ASA medical committee.

2.12 Winners of individual events at area championships (except for the marathon), regardless of marks, will be considered as having achieved the entry standard.

3. MARATHON AND 35km RACEWALK

3.1 All athletes who wish to be selected into the **Final Team** should attain the following qualifying standard:

Marathon Men: 2:06:30
35km RW Men: 2:28:00

Marathon Women: 2:23:30
35km RW Women: 2:48:00

3.2 **The winners of women and men** at the 2025 S.A. Marathon and Race Walk Championships who achieve this entry standard or qualify by world ranking system at the end World athletics qualifying period will automatically be selected into the **Final Team**.

3.3 Athletes who achieve the above-mentioned qualifying times in the period 5 November 2023 until 4 May 2025, at any marathon recognised by WA/ASA, will be considered for selection into the **Final Team**. **This will happen entirely at the sole discretion of the selectors.**

3.4 Selected marathon runners will not be permitted to compete in any distance over 21.1km after 4 May 2025.

3.5 All selected marathoners will be required to compete in a half marathon race in the period to be advised later, in order to prove their readiness.

4. GENERAL

4.1 Only performances at the World Athletics Competition Calendar will be recognised by ASA for selection of athletes into the ASA team.

4.2 Performances achieved in indoor competitions will be accepted.

4.3 The following performances will not be accepted:

- (i) Performances achieved in mixed (including male and female participants) track and field events.
- (ii) Wind-assisted performances.
- (iii) Hand-timing performances.

4.3 These criteria are subject to the rules of the World Athletics.

4.4 Any exceptions to these selection criteria will be made at the sole discretion of the Executive Board of ASA.

5. ELIGIBILITY

5.1. To be considered for selection, athletes must satisfy the following:

- a) Be a South African citizen (SA ID-document/number)
- b) Be in possession of a valid SA passport with an expiry date not less than 6 months after returning from the specific championships
- c) Be a member of a South African club, affiliated to ASA, and registered on the ASA registration system
- d) Be in good standing with ASA, the Provincial Federation and the club he/she is affiliated to.
- e) Not currently serving a period of ineligibility or a provisional or permanent suspension for a doping violation or for any other reason of misconduct;
- g) Compete in the National Champs in the event in which they wish to be selected with the following exceptions: 1. Combined Events;
- h) In possession of an ASA License for the relevant year and confirm that the License Declaration was signed, and respect the conditions of the ASA License.
- i) Familiar with the content of the “ASA Integrity Code”, and the “Basic Broadcasting, Advertising and Social Media Guidelines for Athletes, Coaches and Officials” in the ASA Rules and Regulations, and abides by it.
- j) Sign an ASA Team Declaration, if and when nominated for the Team

6. ENTRY STANDARDS AND WORLD RANKING QUOTA

Men		Event	Women	
WA Entry Standard	WA Ranking Quota Numbers		WA Entry Standard	WA Ranking Quota Numbers
10,00	48	100m	11,07	48
20,16	48	200m	22,57	48
44,85	48	400m	50,75	48
1.44.50	56	800m	1.59.00	56
3.33.00 (3.50.00)	56	1500m (Mile / Road Mile)	4.01.50 (4.19.90)	56
13.01.00	42	5000m / 5km road	14.50.00	42
27:00:00	27	10,000m / 10km road	30:20:00	27
2:06:30	100	Marathon	2:23:30	100
8.15.00	36	3000m SC	9.18.00	36
13,27	40	110m H / 100m H	12,73	40
48,50	40	400m H	54,65	40
1:19:20	50	20km Race Walk	1:29:00	50
2:28:00	50	35km Race Walk	2:48:00	50
Top 14 at WRE + 2 from Top Lists	16	4x100m	Top 14 at WRE + 2 from Top Lists	16
Top 14 at WRE + 2 from Top Lists	16	4x400m	Top 14 at WRE + 2 from Top Lists	16
Top 14 at WRE + 2 from Top Lists	16	4x400m Mixed	Top 14 at WRE + 2 from Top Lists	16
8550	24	Decathlon / Heptathlon	6500	24
2,33	36	High Jump	1,97	36
5,82	36	Pole Vault	4,73	36
8,27	36	Long Jump	6,86	36
17,22	36	Triple Jump	14,55	36

21,50	36	Shot Put	18,80	36
67,50	36	Discus Throw	64,50	36
78,20	36	Hammer Throw	74,00	36
85,50	36	Javelin Throw	64,00	36

7. THE QUALIFYING PERIODS AND IMPORTANT DATES

DATES	EVENTS
5 November 2023 until 4 May 2025	Marathon and 35km race walk
25 February 2024 to 24 August 2025.	10,000m, 20km race walk, combined events and relays
1 August 2024 to 24 August 2025.	All other events
11 March 2025	Preliminary Entries – World Athletics Relays GUANZHOU 25
13 March 2025	Final Entry Deadline – World athletics Indoor Championships NANJING 25
21-23 March 2025	World Athletics Indoor Championships NANJING 25
25 – 26 March 2025	WCH Tokyo 25 – Team leader 'site Visit to Tokyo
21 April 2025	Final Entry deadline – World Athletics Relays GUANZHOU 25
10-11 May 2025	World Athletics Relays GUANZHOU 25
16 May 2025	Preliminary Entry Deadline – World Athletics Championships TOKYO 25
28 July 2025	Preliminary Entry Deadline – World athletics Road Running Championships SAN DIEGO 25
1 September 2025	Final Entry deadline – World Athletics Championships TOKYO 25
8 September 2025	Final Entry deadline – World Athletics Road Running Championships SAN DIEGO 25
13-21 September 2025	World Athletics Championships TOKYO 25
26-28 September 2025	World Athletics Road Running Championships SAN DIEGO 25
11 November 2025	Preliminary Entry deadline - World Athletics Cross Country Championships TALAHASSEE 26
29 December 2026	Final Entry deadline - World Athletics Cross Country Championships TALAHASSEE 26