



*"SUPPORTING EXCELLENCE IN A SUCCESSFUL TRANSITION
FROM YOUTH TO JUNIOR TALENT"*

Athlete Selection Criteria

PODIUM			PERFORMANCE			POTENTIAL		
EVENT	FEMALE	MALE	EVENT	FEMALE	MALE	EVENT	FEMALE	MALE
100	12.00	10.90	100	12.30	11.20	100	12.60	11.50
200	24.70	21.95	200	25.30	22.30	200	25.80	22.60
300/400	40.00	49.00	300/400	41.20	50.50	300/400	41.60	51.20
400H	45.00	56.00	400H	46.00	58.00	400H	47.00	60.00
80H/100H	11.70	13.45	80H/100H	12.00	13.95	80H/100H	12.30	14.30
800	2.10	1.54.5	800	2.15	1.57	800	2.17	1.58.1
1500	4.32	3.56	1500	4.39	4.01	1500	4.45	4.04.5
3000	10.00	8.40	3000	10.24	8.56	3000	10.40	9.00
HIGH JUMP	1.68	1.95	HIGH JUMP	1.62	1.82	HIGH JUMP	1.54	1.70
LONG JUMP	5.60	6.70	LONG JUMP	5.30	6.50	LONG JUMP	5.05	6.30
TRIPLE JUMP	11.25	13.50	TRIPLE JUMP	10.90	13.00	TRIPLE JUMP	10.55	12.60
DISCUSS	39.00	45.50	DISCUSS	33.00	40.90	DISCUSS	30.00	37.50
JAVELIN	40.00	55.60	JAVELIN	35.00	50.50	JAVELIN	32.00	47.20
HEP/DEC	4120.00	4900+	HEP/DEC	3800.00	4600.00	HEP/DEC	3500.00	4000.00
POLE VAULT	3.35	4.15	POLE VAULT	2.90	3.60	POLE VAULT	2.45	3.00
Must be equal or below the stated			Must be equal or below the stated			Above the stated accepted		
	PHYSIOTHERAPY	SPORTS THERAPY	S&C	PSYCHOLOGY	PERFORMANCE LIFESTYLE	NUTRITION	EVENT COACHING	ANALYSIS
PODIUM	X	X	X	X	X	X	X	X
PERFORMANCE	X	X	X				X	
POTENTIAL		X	X				X	