

2018 South Australia Emerging Athlete Program 2018 Important Dates

Qualifying Period Start Date		Friday	1 st January 2017
Qualifying Period End Date	5:00pm	Sunday	18 th March 2018
Individual Entries to Athletics SA Due	5:00pm	Tuesday	20 th March 2018
Athletes and Coaches Contacted	5:00pm	Wednesday	28 th March 2018

2018 South Australia Emerging Athlete Program Selection Policy

1. Membership

- 1.1 All athletes applying for the South Australian Emerging Athlete Program, must be registered with Athletics South Australia (ASA) and a member club.
- 1.2 All coaches of athletes applying must be current financial Athletics Australia accredited coaches.

2. Age Groups

- 2.1 Athletes must be born in the year specified or after
- 2.2 The program is limited to athletes born between the years 1996 & 2001

U23	U20	U18
1996	1999	2001

3. Performance Matrix (Able Bodied Athletes)

- 3.1 The qualifying period is: 1st January 2017 – 5.00pm 18th March 2018
- 3.2 Only approved events conducted under IAAF rules will be considered.
- 3.3 Any athlete who achieves the entry standard(s) as set out by the Performance Matrix (clause 7.0)
 - 3.3.1 An athlete must achieve the standard with the correct implement weight or hurdle height specified in the matrix.

4. Para-Athletes

- 4.1 Athletes must be part of the National Para Junior High Performance Program
- 4.2 Targeted athletes as recommended by National Para Junior High Performance will be taken on a case by case basis

5. Nomination / Selection Process

5.1 Entries will close at 5pm Tuesday 20th of March.

5.2 Athletes must have met or exceeded the performances outline in the matrix (clause 7.0)

5.3 Athletes, together with their personal coach, must complete and submit the Emerging Athlete Capacity Template

5.4 It is the athlete's responsibility to submit their nomination to the Development Manager prior to the 5.00pm Tuesday 20th March (development@athleticssa.com.au)

Required documentation to be submitted

- Completed Athletics SA Emerging Athlete Program – Capacity Template
- Details of the best performance – Competition Name, Event Venue and date

5.5 A Selection panel will be convened to rank all athletes against the performance matrix and assess the Athlete Capacity template

5.6 All nominated Athletes and Coaches will be notified of the outcome by 5.00pm Wednesday 28th March.

6. Expectations and Requirements

Athletes will be:

6.1 required to attend all sessions unless directly discussed with Development Manager

6.2 Engage in performance meetings every six months within the program

Coaches will be:

6.3 Required to engage in the program and work with the Development Manager, each appointed Discipline Lead to ensure that the athlete maximises the outcomes of the program

6.4 Engage in performance meetings every six months within the program

Note: Failure to meet any of the expectations will result in athlete and coach removal from the program

7. Performance Matrix (See Below)

WOMENS

Event	TRACK	100m	200m	400m	800m	1500m	5000m	10,000m
U/23		11.89	23.9	53.9	02:05.0	04:18.4	16:05.0	33:58.0
U/20		12.05	24.2	54.7	02:07.8	04:23.4	16:25.0	34:31.8
U/18		12.25	24.80	55.5	02:10.0	04:28.0	9:35 (3k)	NA

Event	TRACK	100/110m H	400m H	3000m St	Marathon / Half	10,000m Walk	20km Walk
U/23		13.60	57.10	10:14.5	2:46:00 / 1:13:0 (H)	47:30.0	1:37:00
U/20		13.90	59.40	10:26.4	(H) 1:15:38	48:20.0	1:39:00
U/18		14.14	61.30	10:44.1	NA	24:00.0 (5k)	N/A

Event	JUMPS	Long	Triple	High	Pole Vault
U/23		6.15	13.00	1.84	4.10
U/20		6.00	12.75	1.79	3.80
U/18		5.85	12.15	1.75	3.75

Event	THROWS	Discus	Shot	Jav	Hammer	Dec/Heptathlon
U/23		57	15.00	55.00	63.00	5700
U/20		51	14.00(4kg)	47.50 (600g)	55.00 (4kg)	5500
U/18		45	15.00 (3kg)	47.50 (500g)	55.00 (3kg)	N/A

MENS

Event	TRACK	100m	200m	400m	800m	1500m	5000m	10,000m
U/23		10.67	21.54	46.55	01:48.5	03:46.0	14:05.7	29:24.8
U/20		10.8	21.95	48.61	01:51.0	03:48.5	14:20.0	29:58.8
U/18		11.05	22.57	49.99	01:53.0	03:51.5	8:25 (3k)	N/A

Event	TRACK	100/110m H	400m H	3000m St	Marathon / Half	10,000m Walk	20km Walk
U/23		13.98	49.90	08:53.7	2:23:55 / 1:07:00 (H)	43:00.0	1:28:00
U/20		14.05	52.30	09:03.9	(H) 1:08:57	44:00.0	1:30:00
U/18		14.51 (0.99)	55.40	09:19.3	N/A	22:00.0 (5k)	N/A

Event	JUMPS	Long	Triple	High	Pole Vault
U/23		7.74	16.06	2.18	5.45
U/20		7.58	15.72	2.13	5.15
U/18		7.34	15.21	2.08	5.00

Event	THROWS	Discus	Shot	Jav	Hammer	Dec/Heptathlon
U/23		57 (2kg)	18.50 (7.26kg)	74.50 (800g)	68.50 (7.26kg)	7500
U/20		53 (1.75kg)	18.50 (6kg)	72.80 (800g)	66.50 (6kg)	7400
U/18		50 (1.5kg)	17.5 (5kg)	70 (700g)	65 (5kg)	N/A