

# Planning Considerations for Selection of Participants & Events

1. Events that our athletes are close to qualifying for in Major Overseas Competitions for 2021:
2. To qualify for the trials, the athletes must have achieved the following standards in 2019/2020:
  - a. For Senior ( $\geq 20$  years old) : Within 5% of 3<sup>rd</sup> placed performance at the last SEAG in 2019; or
  - b. AUG: Within 5% of 3<sup>rd</sup> placed performance at the last AUG in 2018: or
  - c. U20 : Within 5% of 6<sup>th</sup> placed performance at the last Asian Junior Championships in 2018; or
  - d. U18 : Within 5% of 3<sup>rd</sup> placed performance at the last ASEAN Schools Games in 2019

## Selected Events:

Men - 100m, 200m, 400m, 110mH, 400mH, 800m, 1500m, 3000mSC, 5000m, High Jump, Long Jump, Triple Jump, Pole Vault, Javelin, Shot Put, Discus

3. Women - 100m, 200m, 400m, 800m, 1500m, 5000m, 100mH, 400mH, High Jump, Long Jump, Triple Jump, Pole Vault, Javelin, Shot Put, Discus

2020 Performance Trials Entry Standards For Open

AUG MEN		SEA GAMES <u>MEN</u>		Event	SEA Games Women		AUG Women	
2018 (5% off 3rd Placing)	2018 (3rd Placing)	2019 (5% off 3rd Placing)	2019 (3rd Placing)		2019 (3rd Placing)	2019 (5% off 3rd Placing)	2018 (3rd Placing)	2018 (5% off 3rd Placing)
5% off	Bronze Mark	E3P2	E3		E3	E3P2	Bronze Mark	5% off
11.19	10.66	11.05	10.52	100m	11.66	12.24	11.93	12.53
22.32	21.26	22.17	21.11	200m	23.77	24.96	24.42	25.64
51.21	48.77	49.33	46.98	400m	53.95	56.65	57.21	60.07
02:04.33	01:58.41	01:56.21	01:50.68	800m	02:09.61	02:16.09	02:16.31	02:23.13
04:18.50	04:06.19	04:09.18	03:57.31	1500m	04:23.47	04:36.64	04:50.18	05:04.69
16:35.19	15:47.80	15:18.47	14:34.73	5000m	17:52.17	18:45.78	19:43.94	20:43.14
35:11.57	33:31.02	32:01.22	30:29.73	10000m	36:42.28	38:32.39	40:40.42	42:42.44
15.24	14.51	14.69	13.99	110mH (1.067) / 100mH (0.838)	13.92	14.62	14.65	15.38
60.70	57.81	54.18	51.60	400mH (0.914 / 0.762)	59.08	62.03	65.09	68.34
10:27.94	09:58.04	09:37.52	09:10.02	3000m Steeplechase	11:05.93	11:39.23	12:46.86	13:25.20
NA	NA	2:40:47	2:33:08	Marathon	3:02:52	3:12:01	NA	NA
NA	NA	01:38:05	01:33:25	20km Racewalk/10km Racewalk	53:38.71	56:19.65	NA	NA
				50km Racewalk				
42.97	40.92	42.04	40.04	4x100m	45.17	47.43	47.58	49.96
03:32.10	03:22.00	03:18.06	03:08.63	4x400m	03:43.41	03:54.58	03:55.48	04:07.25
NA	NA	44.52	42.40	4x100m mixed	42.40	44.52	NA	NA
NA	NA	03:37.30	03:26.95	4x400m mixed	03:26.95	03:37.30	NA	NA
1.96	2.06	2.04	2.15	High Jump	1.78	1.69	1.64	1.56
4.37	4.60	4.75	5.00	Pole Vault	4.00	3.80	3.20	3.04
7.00	7.37	7.50	7.89	Long Jump	6.16	5.85	5.37	5.10
14.34	15.09	15.40	16.21	Triple Jump	13.55	12.87	11.78	11.19
12.59	13.25	15.58	16.40	Shot Put (7.26kg / 4kg)	13.36	12.69	11.44	10.87
45.77	48.18	48.73	51.29	Discus (2kg / 1kg)	45.28	43.02	43.18	41.02
NA	NA	55.94	58.88	Hammer Throw (7.26kg / 4kg)	55.64	52.86	NA	NA
59.60	62.74	67.34	70.88	Javelin (800g / 600g)	51.80	49.21	39.95	37.95
NA	NA	6431	6769	Decathlon / Heptathlon	4730	4494	NA	NA

## 2020 Performance Trials Entry Standards for U18 & U20

<b>ASG + SEA YOUTH BOYS</b>		<b>AJC BOYS</b>		<b>EVENT</b>	<b>AJC GIRLS</b>		<b>ASG + SEA YOUTH GIRLS</b>	
<b>2019 3rd Placing</b>	<b>5% off 3rd Placing</b>	<b>2018 6th Placing</b>	<b>5% off 6th Placing</b>		<b>2018 6th Placing</b>	<b>5% off 6th Placing</b>	<b>2019 3rd Placing</b>	<b>5% off 3rd Placing</b>
10.92	11.47	10.53	11.06	100m	12.42	13.04	12.12	12.73
21.76	22.85	21.59	22.67	200m	24.76	26.00	25.39	26.66
48.86	51.30	47.58	49.96	400m	56.22	59.03	57.60	60.48
01:56.00	02:01.80	01:55.61	02:01.4	800m	02:18.56	02:25.49	02:19.60	02:26.58
04:01.42	04:13.49	03:51.62	04:03.2	1500m	04:25.99	04:39.29	04:41.00	04:55.05
08:54.27	09:20.98			3000m	10:39.91	11:11.91	10:49.97	11:22.47
		14:37.41	15:21.3	5000m	18:04.09	18:58.29		
		31:10.95	32:44.5	10000m				
14.01	14.71			(0.914m) 110m Hurdles/ 100m Hurdles (0.762m)			14.58	15.31
		14.11	14.82	(0.991m) 110m Hurdles/ 100m Hurdles (0.838m)	13.95	14.65		
53.59	56.27			(0.838m) 400m Hurdles (0.762m)			63.85	67.04
		53.47	56.14	(0.914m) 400m Hurdles (0.762m)	64.04	48:28.80		
08:54.27	08:16.16			(0.914m) 2000m Steeplechase (0.762m)			08:01.06	08:25.11
		09:29.04	09:57.5	3000m Steeplechase 0.914m/0.762m	11:14.22	11:47.93		
				5,000m Walk				
		47:24.31	49:46.5	10,000m Walk	52:43.83	55:22.02		
1.90	1.81	2.06	1.96	High Jump	1.72	1.63	1.66	1.58
4.30	4.09	4.90	4.66	Pole Vault	3.30	3.14	3.20	3.04
7.15	6.79	7.39	7.02	Long Jump	5.75	5.46	5.69	5.41
14.48	13.76	14.22	13.51	Triple Jump	12.44	11.82	11.87	11.28
17.31	16.44			(3kg) Shot Put (5kg)			14.10	13.40
46.95	44.60			Discus Throw (1.5kg/1kg)			38.70	36.77
59.18	56.22			Javelin Throw (700g/500g)			45.84	43.55
55.43	52.66			Hammer Throw (5kg/3kg)			49.77	47.28
		17.08	16.23	Shot Put 6kg/4kg	13.61	12.93		
		52.98	50.33	Discus Throw 1.75kg/1kg	40.91	38.86		
		66.28	62.97	Hammer Throw 6kg/4kg	50.79	48.25		
		57.43	54.56	Javelin Throw 800g/600g	48.99	46.54		
		6453	6130	Decathlon / Heptathlon	4429	4208		