

SA 50km road walking championships and inter provincial road walking competition - Cape Town - 8 October 2011

Die volgende span-keuse kriteria is van toepassing:

1. 'n Atleet kwalifiseer **outomaties** indien hy/sy **minstens twee maal** enige van die standarde gedurende die tydperk tussen 1 Januarie 2011 en 17 September 2011 behaal tydens 'n byeenkoms waar die volgende reëls geld:
2. Dit moet 'n afsonderlike stap item op die program wees onderhewig aan die stap-reëls van ASA.
3. Die wedloop mag deur enige klub of provinsiale atletiekliggaam gereel wees.
4. Die kwalifiserende standaard vir die atleet se ouderdom op die dag van die kwalifiserende wedloop geld.
5. Die atleet moet 'n geldige tydelike of permanente lisensienommer gedurende die byeenkoms vertoon.
6. Die byeenkoms mag gelyktydig met 'n padhardloop-wedloop plaasvind.
7. Die kwalifiserende tye kan gedurende baan- of pad-items behaal word.
8. Atlete wat slegs in die 5000m (5 km) kwalifiseer, sal slegs aan die 10 km of korter kan deelneem in Kaapstad.
9. Die uitslae van die kwalifiserende wedlope moet amptelik gepubliseer wees.
10. Om te kwalifiseer vir die **SA 50km ope kampioenskappe** hoef die atleet **slegs 1 keer** te kwalifiseer tydens 'n wedloop oor 'n afstand van minstens 30km. Atlete sal op 'n individuele basis beoordeel en gekies word.
11. Die bestuur kan addisionele spanlede wat nie outomaties kwalifiseer nie, tot die span toevoeg, onderhewig aan sekere voorwaardes.

The following team selection criteria are applicable:

1. An athlete qualifies **automatically** if he/she achieves any of the standards **at least two times** during the period between 1 January 2011 and 17 September 2011 at a meeting where the following rules apply:
2. It has to be a separate walking item on the program subjected to the race walking rules of ASA.
3. The race may be hosted by any club or provincial athletics body.
4. The qualifying standard according to the athlete's age on the qualifying race day applies.
5. The athlete has to display a valid temporary or permanent license number during the meeting.
6. The race may be hosted simultaneously with a road running event.
7. Qualifying times may be achieved during track or road races.
8. Athletes that qualify only in the 5000m (5 km) will only be allowed to enter for the 10 km or shorter distance in Cape Town.
9. The results of the qualifying races must be published officially.
10. To qualify for the **SA 50 km open championships** athletes **only have to qualify once** at a race over a distance of at least 30 km. These athletes will be selected on an individual basis.
11. Management may select additional team members subject to certain conditions.