

2024-25 South Australian Emerging Athlete Program

2024 Important Dates

Qualifying Period Start Date	12:00am	Sunday	1 st January 2023
Qualifying Period End Date	11:59pm	Friday	19 th April 2024
Nominations to Athletics SA Due	11:59pm	Tuesday	30 th April 2024
Athletes and Coaches Contacted	Post		May 2024

Selection Policy

1. Membership:

- 1.1 All athletes applying for the South Australian Emerging Athlete Program (EAP), 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 wishing to nominate must be born in the year specified for their age group, or after. (See table below).

U23	U20	U18
2002 or 2003 or 2004	2005 or 2006	2007 or 2008

3. Eligibility Criteria for Nomination (Able Bodied Athletes):

- 3.1 The qualifying period is from 1 January 2023 – 19 April 2024.
- 3.2 Only approved events conducted under World Athletics rules will be considered.
- 3.3 Any athlete who achieves the entry standard(s) as set out by the Performance Matrix (Clause 7.0) is eligible to nominate but must achieve the standard with the correct specifications (i.e. implement weight, hurdle height etc.) set out in the matrix.
- 3.4 Any athlete who wins an Athletics Australia national title in the U/18-U/20-U/23 age groups within the qualifying period will be eligible to nominate.
- 3.5 Prospective relay runners can be considered for inclusion in the EAP at the request or recommendation of the relevant Athletics Australia High Performance Staff.
- 3.6 Any athlete who is currently in the program will be eligible to re-nominate for the program.

4. Para-Athletes (Eligibility for Nomination):

4.1 Athletes wishing to nominate must be:

- A target athlete recommended by Athletics Australia Para High Performance Staff (taken on a case-by-case basis).

5. Nomination / Selection Process:

5.1 Nominations will close at 11:59pm Tuesday 30th April 2024.

5.2 It is the athlete's responsibility to submit their nomination to the Pathways Manager prior to the close by completing either the Nomination Form found on the ASA website (<https://www.athleticssa.com.au/athletes/emerging-athlete-program/>).

5.3 An EAP Selection Panel will be formed as per the Terms of Reference for that panel.

5.4 Athlete interviews (online or face-to-face pending circumstances) are to be conducted with those who have nominated as deemed necessary. These will be conducted with no less than 2 panel representatives.

5.5 The EAP Selection Panel will be convened to rank and select athletes against the above criteria.

5.6 The total number of athletes in tier 1 of the program is to be no more than 10.

5.7.1 Additional positions can be offered based on budget constraints and the needs analyses of athletes currently in the program. At the discretion of the selection panel, athlete rankings will be considered in this decision as well as any performance attained after the close of qualifying position and nominations.

5.7 All nominated athletes will be notified of the outcome of their application at the earliest convenience after May 2024.

6. Expectations and Requirements:

Athletes will be:

6.1 Required to attend all program sessions unless directly discussed with the Program Manager (ASA Pathways Manager) or Program Performance Consultant. Not limited to the following:

- Induction Meeting- June 2024

6.2 Engaging in performance meetings within the program. Not limited to the following:

- Athlete / Coach / Program Performance Meeting – Planning
- Athlete / Coach / Program Performance Meeting – Competition
- Update meeting may be requested should Program Manager or Program Performance Consultant deem necessary.

6.3 Involved in quarterly review process is to be included as a part of this program, to assess and maintain athlete engagement with the program, as well as ensure program effectiveness and delivery for its stakeholders. This will

be done in the form of 2 feedback opportunities, in November and February, to compliment the planning and competition meetings.

Coaches will be:

- 6.4 Required to engage in the program and work with the Program Manager and Program Performance Consultant, to ensure that both the coach and athlete maximise their outcomes from the program.
- 6.5 Engaging in performance meetings within the program as stipulated in Clause 6.2.
- 6.6 Required to complete quarterly review updates, to assess and maintain the coach's engagement with the program, as well as ensure program effectiveness and delivery. This will be done in either written form or face-to-face meetings in August and February to compliment the planning and competition meetings.
- 6.7 Submit all required documentation including annual training and competition budget and plan.
- 6.8 Professional Development – Coaches will have the non-compulsory opportunity to be automatically selected to be part of the SA Coach Academy.

Program Obligations, Expectations & Requirements:

- 6.9 Failure to meet any of the performance, engagement, or behavioural expectations outlined above for this program, or within the Athletics SA Team Member Agreement, will result in an athlete and coach's removal from the program. This can be defined as:
 - Failure to engage in any of the above outlined compulsory requirements.
 - Failure to meet any of the proposed targets or intentions outlined in:
 - The Needs Analyses.
 - Any agreed upon and reasonable terms/targets outlined in a quarterly review meeting.
 - Any behaviour which may be seen to be bringing the sport of athletics, or Athletics SA into disrepute.
 - Any other breach of the Team Member agreement, or code of conduct.
 - Any negligence or disengagement from the program determined to be to the detriment of the desired outcomes for Athletics SA.

7. Performance Matrix (See Below)

2024 Athletics SA EAP Selection Standards						
Men			Event	Women		
U/23	U/20	U/18		U/23	U/20	U/18
10.5	10.65	10.75	100m	11.7	11.85	12
21.3	21.7	22.1	200m	23.7	24	24.30
46.6	47.8	49.0	400m	54.2	55.5	56.5
01:48.5	01:51.0	01:53.0	800m	02:05.0	02:07.8	02:11.2
03:47.5	03:50.0	03:52.5	1500m	04:18.4	04:23.4	04:28.0
14:10.0	14:25.0	8:30(3k)	5km/3km	16:05.0	16:25/9:35(3k)	9:50(3k)
29:24.8	30:30.0		10,000m	33:58.0	35:00.0	
13.98	14.2	14.25(0.99)	100/110mH	13.75	14.00	14.14
51.50	52.80	54.40	400m H	58.10	61.40	62.80
08:50.0	09:03.9	6:08(2k)	3km Steeple	10:14.5	10:26.4	7:10(2k)
2:23:55/ 1:07:00(H)	1:08:57(H)		Marathon / Half	2:46:00/ 1:16:30(H)	1:18:50(H)	
43:00.0	44:00.0	22:00.0(5k)	10km Walk	49:40.0	51:00.0	25:00.0(5k)
1:28:00	1:30:00		20km Walk	1:38:00	1:41:20	
JUMPS						
7.55	7.21	6.95	Long	6.15	5.90	5.65
16.06	15.45	14.8	Triple	13.20	12.75	12.05
2.18	2.13	2.00	High	1.81	1.74	1.7
5.35	5.00	4.50	Pole Vault	4.10	3.70	3.40
THROWS						
57.0	51 (1.75kg)	50.0 (1.5kg)	Discus	52.4	47.75	42.25
18.5	17.2 (6kg)	16.8 (5kg)	Shot Put	15.0	13.55 (4kg)	14.0 (3kg)
72.5	66.5	66.0 (700g)	Javelin	50.5	45.85 (600g)	44.5 (500g)
67.5	61.00 (6kg)	60 (5kg)	Hammer	63	53 (4kg)	54 (3kg)
7250	6700	6400	Dec/Heptathlon	5600	5000	4800

****Note:** Para athletes, please refer to the Selection point 4.

7.1 EAP Standards Annual Review

In 2024 a standard for the u18 Men's Decathlon and u18 Women's Heptathlon has been added. All other standards have been retained from the criteria set in place following the major review held in 2020 outlined below.

In 2020 we initiated a selection criteria review to refine our current program selection, and to make sure that we adapt to the standards of each event group and align them with the performance levels both nationally and internationally. Within this review we provided opportunity for a number of Coaches and Athletes within the Athletics SA community to provide feedback. We also received feedback from several of Athletics Australia's State Performance Coordinators and Advisors, as well as the Athletics Australia's Pathways Manager. This review also provided us the opportunity to compare our standards and align the purpose of our selection criteria with equivalent programs in WA, ACT and Qld. In the case that a performance standard had a recommended change, we consulted with the National event lead for that event to discuss the change required. We have also added additional eligibility criteria based on championship performance and previous EAP engagement to provide a more rounded selection process. Please keep in mind that achieving the set standards in the performance matrix (Clause 7.0) or other eligibility requirements (Clause 3.0 & 4.0) enables you to be selected within this program and should not be considered as an automatic selection standard.

The purpose of this program is to support and encourage athletes along their journey toward gaining NASS level status, and/or selection in future senior international teams. The NASS Policy can be found [here](#).

Thank you to our program partners



Government of South Australia
Office for Recreation, Sport and Racing