



To	ASA Members
From	ASA Office
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Circular 102 of ASA 2019 (11/20) - PREPARATION SQUAD FOR 2020 OLYMPIC GAMES

Dear Members

ASA Circular 94 has bearing.

Please find attached the updated Preparation Squad for the 2020 Olympic Games, from 31 July – 09 August, in Tokyo, Japan. The changes are indicated in red.

From Friday 29 November 2019 to 1 December 2019, ASA will be conducting the 2020 ASA National Coaches Symposium. The main theme of the Symposium will be the final preparation for the 2020 Olympic Games. Several guest speakers of international standing will deliver presentations related to the main theme.

On Saturday 25 January 2019, the Preparation Squad, and their personal Coaches, will be invited to a final briefing session to discuss in more detail, the final preparation for the 2020 Olympic Games. The information gained from the 2020 ASA National Coaches Symposium will be shared with the Preparation Squad during the athletes briefing.

ASA will host a series of Grand Prix Meetings in March/April 2019 in the lead-up to the 2020 Sizwe Medical Fund & 3SixtyLife ASA Senior Track & Field and Combined Events Championships from 23 – 25 April 2020. More information in this regard will be released soon.

A Preliminary Team will be submitted to SASCOC for approval soon after the 2020 Sizwe Medical Fund & 3SixtyLife ASA Senior Track & Field and Combined Events Championships.

Athletics greetings

Richard Stander
ASA ACEO
Not signed due to electronic sending

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2020 TOKYO OLYMPIC GAMES - ASA SQUAD – INDIVIDUAL ATHLETES

No	Name	Surname	Gender	Event	Province
1	Akani	SIMBINE	M	100m	AGN
2	Simon	MAGAKWE	M	100m	WPA
3	Thando	DLODLO	M	100m	ANWN
4	Clarence	MUNYAI	M	200m	AGN
5	Anaso	JOBODWANA	M	200m	KZNA
6	Luxolo	ADAMS	M	200m	EPA
7	Wayde	VAN NIEKERK	M	400m	AFS
8	Thapelo	PHORA	M	400m	AGN
9	Derrick	MOKALENG	M	400m	CGA
10	Gardeo	ISAACS	M	400m	BOLA
11	Tshepo	TSHITE	M	800m	AGN
12	Rynardt	VAN RENSBURG	M	800m	AFS
13	Rantso	MOKOPANE	M	3000mSC	ACNW
14	Antonio	ALKANA	M	110mH	WPA
15	Ruan	DE VRIES	M	110mH	AGN
16	Sokwakhana	ZAZINI	M	400mH	AGN
17	Lindsey	HANEKOM	M	400mH	AGN
18	Zarck	VISSER	M	LJ	CGA
19	Luvo	MANYONGA	M	LJ	EPA
20	Ruswahl	SAMAAI	M	LJ	BOLA
21	Orazio	CREMONA	M	SP	CGA
22	Kayle	BLIGNAUT	M	SP	CGA
23	Victor	HOGAN	M	DT	BOLA
24	Lebogang	SHANGE	M	20Km RW	CGA
25	Wayne	SNYMAN	M	20km RW	AGN
26	Stephen	MOKOKA	M	Marathon	AGN
27	Elroy	GELANT	M	Marathon	ACNW
28	Desmond	MOKGOBU	M	Marathon	CGA
29	Tebogo	MATHIBA	M	Marathon	CGA
30	Sibusiso	NZIMA	M	Marathon	CGA
31	Melikhaya	FRANS	M	Marathon	EPA
32	Collen	MULAUDZI	M	Marathon	AGN
33	Marc	MUNDELL	M	50Km RW	KZNA
34	Tebogo	MAMATHU	F	100m	AGN
35	Zeney	VAN DER WALT	F	400mH	AGN
36	Caster	SEMENYA	F	800m	AGN
37	Dominique	SCOTT-EFURD	F	5000m	WPA
38	Rikenette	STEENKAMP	F	100mH	AGN
39	Wenda	NEL	F	400mH	AGN
40	Rogail	JOSEPH	F	400mH	WPA
41	Lynique	BENEKE	F	LJ	AFS
42	Sunette	VILJOEN	F	JT	AGN
43	Gerda	STEYN	F	Marathon	AGN
44	Nolene	CONRAD	F	Marathon	WPA

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SENIORS RELAY SQUADS – RELAY TEAMS

4X100M REALY – MEN & WOMEN

No	Name	Surname	Gender	Event	Province
1	Akani	SIMBINE	M	4X100m	AGN
2	Simon	MAGAKWE	M	4x100m	WPA
3	Thando	DLODLO	M	4x100m	ANWN
4	Clarence	MUNYAI	M	4x100m	AGN
5	Anaso	JOBODWANA	M	4x100m	KZNA
6	Chederick	VAN WYK	M	4X100m	ACNW
7	Dambile	SINESIPHO	M	4X100m	AGN
8	Thando	ROTO	M	4x100m	AGN
9	Henricho	BRUINTJIES	M	4x100m	AGN
10	Emile	ERASMUS.	M	4x100m	AGN
1	Tamzin	THOMAS	F	4x100m	CGA
2	Taylon	BIELDT	F	4x100m	AGN
3	Rikenette	STEENKAMP	F	4x100m	AGN
4	Tebogo	MAMATHU	F	4x100m	AGN
5	Rose	XEYI	F	4x100m	AGN
6	Antionette	VAN DER MERWE	F	4x100m	AGN
7	Rea	MOLOI	F	4x100m	AGN
8	Petunia	OBISI	F	4x100m	WPA

4X400M MIXED RELAY – MEN AND WOMEN

No	Name	Surname	Gender	Event	Province
1	Derrick	MOKALENG	M	4X400m	CGA
2	Gardeo	ISAACS	M	4X400m	BOLA
3	Ranti	DIKGALE	M	4X400m	AGN
4	Jon	SEELIGER	M	4X400m	AGN
5	Lythe	PILLAY	M	4X400m	CGA
6	Pieter	CONRADIE	M	4X400m	ACNW
7	Thapelo	PHORA	M	4X400m	AGN
8	Ashley	HLUNGWANI	M	4X400m	AGN
9	Wayde	VAN NIEKERK	M	4x400m	AFS
1	Zeney	VAN DER WALT	F	4X400m MIXED	AGN
2	Wenda	NEL	F	4X400m MIXED	AGN
3	Danel	HOLTON	F	4X400m MIXED	ACNW
4	Taylon	BIELDT	F	4X400m MIXED	AGN
5	Ranti	DIKGALE	M	4X400m MIXED	AGN
6	Jon	SEELIGER	M	4X400m MIXED	AGN
7	Lythe	PILLAY	M	4X400m MIXED	CGA
8	Pieter	CONRADIE	M	4X400m MIXED	ACNW

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