

## **GSSE SAN MARINO 2017 MINIMUM QUALIFYING STANDARDS - ATHLETICS Conditions for Athletes**

### **QUALIFICATION PERIOD**

Athletes have to achieve the "A" MQS as indicated in the table below, in the period 1st March 2016 up to the 1st May 2017.

If the "A" MQS is achieved before/up to the end of February 2017, the "B" MQS must be achieved in the period 1st March 2017 up to the 1st May 2017, for it to be valid.

### **PREPARATION PERIOD**

The preparation period for the Games is 1st March 2016 to 1st May 2017.

### **HOURS OF TRAINING PER WEEK**

The athletes will train a minimum of 18 hours a week with the designated coaches approved by the MOC Technical Commission.

### **INTERNATIONAL COMPETITIONS**

The athletes have to participate in the following number of International Competitions:-

- a) 2 overseas in 2016 and 2017
- b) National Championships 2016 and 2017
- c) MAAA International Meetings 2016 and 2017

### **DIAGNOSTIC FITNESS TESTS**

Every 6 to 8 weeks, the athletes aspiring to participate in the Games will be subject to Diagnostic Fitness Tests at the Maltese Olympic Committee Diagnostic Lab, which Tests are obligatory.

### **CODE OF CONDUCT**

All athletes participating in the Games must sign a contract and abide by the Rules and Code of Conduct of the IOC and those of the MOC.

### **PARTICIPATION IN MAAA/MOC TRAINING INITIATIVES**

Athletes aspiring to be selected for the Games MUST participate in the MAAA/MOC training initiatives which are organised during the preparation period of the Games.

### **RECOMMENDATION FOR SELECTION - ALL EVENTS (EXCLUDING RELAY TEAMS)**

Athletes for all events (excluding Relay Teams) will be recommended for selection if in the qualification period, March 2016 to 1st May 2017, they satisfy the following criteria:

- a) An athlete achieves the "A" MQS as indicated in the list on page 3, between the period 1st March 2016 and 1st May 2017.
- b) If an athlete achieves the "A" MQS before the end of February 2017, the "B" MQS MUST be achieved between the 1st March 2017 & the 1st May 2017 for qualification to be considered valid.
- c) They are certified injury free by the MOC Medical Team.
- d) Their behaviour and attitude satisfies the MAAA and the MOC.

### **RECOMMENDATION FOR SELECTION - RELAY TEAMS**

Relay Teams will be recommended for selection if they satisfy the following criteria:

- a. A Team achieves the "A" MQS as indicated in the table below, between the period 1st March 2017 and 1st May 2017.
- b. All members of the Team are certified injury free by the MOC Medical Team.
- c. The behaviour of all Team members satisfies the MAAA and the MOC.

### **FINAL DECISION**

The final decision on the final list of members of the contingent rests solely with the Maltese Olympic Committee.

**ATHLETICS MQSs – GSSE SAN MARINO 2017**

EVENT	MEN 'A'	WOMEN 'A'	MEN 'B'	WOMEN 'B'
100m	10.78s	12.03s	10.88s	12.13s
200m	21.90s	24.67s	22.10s	24.87s
400m	48.90s	57.21s	49.30s	57.61s
800m	1:54,54s	2:14,53s	1:55,54s	2:15,53s
1,500m	3:57,21s	4:43,99s	3:59,21s	4:45,99s
5,000m	14:57,50s	17:49,53s	15:07,50s	17:59,53s
10,000m	31:49,60s	37:51,00s	32:09,50s	38:11,00s
100m Hurdles	N/A	14.78s	N/A	15.80s
110m Hurdles	15.43s	N/A	16.00s	N/A
400m Hurdles	55.60s	63.26s	56.50s	64.26s
3,000m Steeplechase	9:29,05s	11:26,28s	9:35,50s	11:33,50s
4 x 100m Relay	41.92s	47.10s	N/A	N/A
4 x 400m Relay	3:17,80s	3:53,15s	N/A	N/A
Long Jump	7.18m	5.89m	7.05m	5.75m
Triple Jump	14.61m	11.95m	14.35m	11.70m
High Jump	2.03m	1.69m	1.95m	1.65m
Pole Vault	4.70m	3.40m	4.50m	3.20m
Shot Put	16.82m	12.52m	16.30m	12.00m
Discus	50.07m	40.09m	48.00m	38.00m
Hammer	56.76m	41.45m	55.00m	40.00m
Javelin	67.04m	43.98m	65.00m	42.00m