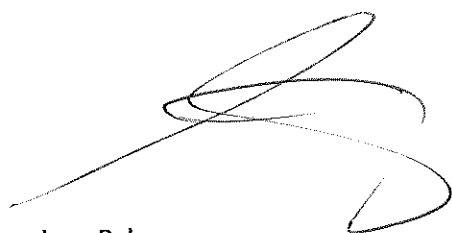


ATHLETICS MQSs - COMMONWEALTH GAMES – GOLD COAST 2018

EVENT	MEN	WOMEN
100m	10.62s	11.95
200m	21.46s	24.38s
400m	47.70s	55.36s
800m	1:50,93s	2:09,43s
1500m	3:48,17s	4:26,82s
5000m	14:00,02s	16:27,51s
10000m	29:28,55s	34:43,15s
3000m steeplechase	8:58,65s	10:40,59s
110m Hurdles / 100m Hdls	14.37s	14.14s
400m Hurdles	52.70s	1:00,75s
4 x 100m Relay	39.66s	44.85s
4 x 400m Relay	3:06,06s	3:34,62s
Marathon	2h19:24s	2h43:55s
High Jump	2.10m	1.78m
Long Jump	7.37m	6.01m
Triple Jump	15.45m	12.85m
Pole Vault	5.03m	4.13m
Shot Putt	17.97m	16.67m
Discus Throw	56.69m	56.10m
Javelin Throw	72.85m	55.77m
Hammer Throw	67.36m	64.20m

'Any athlete obtaining the above MQSs will be eligible for selection.

Final selection will depend on the best performances.'



Ivan Balzan

Director of Sport

Malta Olympic Committee