



Games of the Small States of Europe  
Montenegro 2019

## MINIMUM QUALIFICATION STANDARDS

### ATHLETICS

1. Athletes have to achieve the MQS as indicated (Clause 10) throughout the period April 2018 to 28th February 2019. If the MQS is achieved before /up to the end of October 2018, the **Athlete** must maintain a level close to the MQS in the period 1st October 2018 to 28th February 2019 for it to be valid.
2. The preparation period for the games is April 2018 to February 2019. From 1st March 2019 till the commencement of the games team Malta will prepare and train with National Coach making sure that all athletes peak for the games. All athletes must maintain their previously achieved performance up to the Games in order to retain their place on Team Malta (Including relay teams 4 x 100 / 4 x 400 individual performances) . The MOC reserves the right to remove any athlete who is deemed not up to standard.
3. The closing date for the Long List of athletes and officials will be not later than 1<sup>st</sup> October 2018, whilst the short list date will be not later than 28th February. No late submissions will be accepted.
4. The athletes will with the designated coaches approved by the MOC Technical Commission. This includes fitness training in the gym.
5. The Athletes will be required to participate in the following number of competitions:
  - a) National Championships 2018 and 2019
  - b) MAAA International Meetings 2018 and 2019
6. Every 6 to 8 weeks all athletes aspiring to participate in the Games will be subject to Diagnostic Fitness Tests at the Maltese Olympic Committee FDL Laboratory. These tests are obligatory and failure to attend without a valid reason and/or notification will result with automatic exclusion from the Games. Any injuries will need to be reported immediately to the MOC Medical Team and the Director of Sport.
7. A written report is to be submitted to the Director of Sport every eight (8) weeks till the end of February 2019. Reports are to start being submitted as of the end of May 2018. As of the 1st March 2019 this report has to be handed in every four (4) weeks.
8. The Association will have to participate in and follow all technical directives stipulated by the Director of Sport. All events, including International events, which aspiring athletes are looking at taking part in, must be reported in full to the Director of Sport.
9. Athletes aspiring to be selected for the Games MUST participate in the MAAA/MOC training initiatives which will be organized during the preparation period of the Games.
10. Athletes for all events will be recommended for selection if in the qualification period April 2018 to February 2019 they will satisfy the following criteria:

- a) Athletes achieve the MQS as stipulated above (1).
  - b) They are certified injury free and fit by the Medical Team.
  - c) Their behavior satisfies the MAAA and the MOC Technical Commission.
10. The MOC Technical Commission and Executive reserve the right to include any athlete that does not meet the MQS criteria if there is a valid technical reason which has to be motivated.
11. All athletes, coaches and officials participating in the Games must sign a contract and abide by the Rules and Code of Conduct of the IOC and MOC.
12. The final decision on the final list of members of the contingent rests solely with the Maltese Olympic Committee.

<b>EVENT</b>	<b>MEN 'A'</b>	<b>WOMEN 'A'</b>	<b>MEN 'B'</b>	<b>WOMEN 'B'</b>
100M	10.78s	12.03s	11.03s	12.28s
200M	21.90s	24.67s	22.40s	25.07s
400M	48.90s	57.21s	49.30s	57.61s
800M	1:54,54s	2:14,53s	1:57,04s	2:17,03s
1500M	3:57,21s	4:40,99s	4:02,21s	4:45,99s
5000M	14:50,50s	17:40,53s	15:10,50s	18:00,53s
10000M	31:49,60s	37:51,00s	32:19,60s	38:21,00s
100M Hurdles	n/a	14.78s	n/a	15:78s
110M Hurdles	15.43s	n/a	16.43s	n/a
400M Hurdles	55.00	63.26s	57.60s	65.26s
3000M STP	9:29,05	11:26,28s	9:43,05s	11:40,05s
4 x 100M RL	41.75s	46.50s	41.75s	46.50s
4 x 400M RL	3:15,50	3:50,15s	3:15,50s	3:50,15s
Long jump	7.30m	5.89m	7.05m	5.59m
Triple Jump	14.90m	12.00m	14.50m	11.60m
High Jump	2.03m	1.69m	1.95m	1.61m
Pole Vault	5.00m	3.80m	4.60m	3.50m
Shot Put	17.50m	14.50m	16.00m	11.70m
Discus	57.00m	49.50m	52.00m	45.00m
Hammer	60.00m	46.00m	53.76m	41.00m
Javelin	70.00m	47.00m	64.00m	43.00m

**TECHNICAL COMMISSION**

**MALTESE OLYMPIC COMMITTEE**