

ISLAND GAMES STANDARDS FOR GIBRALTAR 2019

MENS 2019 ISLAND GAMES QUALIFICATION STANDARDS							
	Dev Standard - A/F + 5%	2018 Standard	2019 Standard	Medal Standard	Avg S/F Qual	Avg Final Qual or top 1/2	Avg Medal
100m	12.42	11.85	11.56	10.83	11.84	11.28	10.83
200m	25.00	23.94	23.35	22.05	23.81	22.89	22.05
400m	55.60	53.29	51.99	49.33	52.96	51.01	49.33
800m	2:06.80	2:04.80	2:01.76	1:54.70	2:02.75	2:00.76	1:54.70
1500m	4:34.57	4:27.88	4:21.34	3:59.95		4:14.97	3:59.95
5000m		18.20	17.20	15:14.07		15:59.65	15:14.07
10000m		39.00	37.00	32:30.00		33:43.58	32:30.00
1/2 Marathon	1:31.00	1:27.00	1:23.00	1:13:20		1:19:26	1:13:20
4x100 relay				43.46		44.47	43.46
4x400 relay				3:26.25		3:30.02	3:26.25
HJ	1.7	1.81	1.86	1.96		1.91	1.96
LJ		5.80	6.00	7.00		6.57	7.00
SP		10.50	11.50	13.87		13.61	13.87
JT		40.00	42.00	59.16		56.34	59.16

WOMANS 2019 ISLAND GAMES QUALIFICATION STANDARDS							
	Dev Standard - A/F + 5%	2018 Standard	2019 Standard	Medal Standard	Avg S/F Qual	Avg Final Qual or top 1/2	Avg Medal
100m	13.52	13.46	13.13	12.57	13.38	12.88	12.57
200m	27.33	27.29	26.62	25.48	27.20	26.03	25.48
400m	62.4	61.80	60.30	58.10	61.19	59.40	58.10
800m	2:29.10	2:25.60	2:22.00	2:14.98		2:18.54	2:14.98
1500m	5:07.20	4:59.70	4:52.40	4:34.19		4:45.27	4:34.19
5000m		21.20	20.20	17:50.64		18:27.81	17:50.64
10000m		45.20	43.00	37:51.2		38:30.69	37:51.2
1/2 Marathon	1:43.00	1:39.00	1:35.00	1:24:31		1:31:01	1:24:31
4x100 relay							49.36
4x400 relay							4:43.07
HJ	1.50	1.52	1.56	1.63		1.60	1.63
LJ	4.70	4.75	4.87	5.39		5.00	5.39
SP	9.26	9.35	9.59	10.65		9.84	10.65
JT	31.01	31.33	32.13	33.34		32.96	33.34

- Island Games Qualification standards remain the same as previous games in Gotland, we feel that they are of a level which enables athletes to be competitive although if medals are the aim athletes will need to surpass these standards.
- Team selection will be based on top performances.
- Performances to be achieved in 2018 and 2019.
- Where qualification has been achieved by more than two athletes (excluding half marathon, where we have three), the best performances will be selected.
- Performances should be achieved at Regional/National events to allow athletes experiences of high powered events and electronic timing etc.
- All athletes must record a minimum of 3 outdoor results in 2018 and at least 2 outdoor results in the year of the competition.
- Failure to adhere will result in withdrawal from the competition.