

COMMONWEALTH GAMES QUALIFYING STANDARDS 2010 - ATHLETICS (MEN)

(Final 24 Jan 09)

EVENTS 2010	NO. OF COMPETI- TORS	PROGRESS FROM HEAT	PROGRESS FROM QUARTER FINAL	PROGRESS FROM SEMI FINAL	FINAL RESULTS	QUALIF. STANDARD REQUIRED 2010	HYPOTHE- TICAL PLACING 2006
100M	64	10.80	10.49	10.27	10.03	10.60	28 th
200M	64	21.48	21.04	20.73	20.47	21.40	23 rd
400M	51	46.81		45.41	44.73	47.40	39 th
800M	19	1:49.33			1:45.9	1:50.80	14 th
1500M	22	3:4.125			3:38.49	3:46.40	16 th
5000M	19				12:56.41	14:13.90	16 th
10000M	10				27:50.99	30:23.10	10 th
MARATHON	17				2h11.29	2h22:14.00	11 th
110M H	20	13.70			13.26	14.38	18 th
400M H	22	52.06		49.98	48.05	52.50	19 th
3000M SC	14				8:18.17	8:59.70	11 th
20K WALK	10				1:19.55	1h38:00.00	9 th
50K WALK	10				3:42.53	4h25:00.00	6 th
HIGH JUMP	20	2.10m			2.26m	2.11m	9 th
POLE VAULT	7				5.8m	5.02m	7 th
LONG JUMP	19	7.53m			8.20m	7.37m	15 th
TRIPLE JUMP	12				17.45m	15.28m	12 th
SHOT PUTT	15	15.42m			19.76m	16.68m	10 th
DISCUS	16	49.58m			63.48m	52.38m	12 th
JAVELIN	13				80.10m	66.93m	13 th
HAMMER	13				77.53m	62.57m	9 th
DECATHLON	11				8143	6790	8 th
4X100 RELAY	20	39.90			38.36	39.70	4 th
4X400 RELAY	14	3:06.96			3:00.93	3:07.00	9 th

COMMONWEALTH GAMES QUALIFYING STANDARDS 2010 - ATHLETICS (WOMEN)

(Final 24 Jan 09)

EVENTS	NO. OF COMPETITORS	PROGRESS FROM HEAT	PROGRESS FROM QUARTER FINAL	PROGRESS FROM SEMI FINAL	FINAL RESULTS	QUALIF. STANDARD REQUIRED 2010	HYPO-THEITICAL PLACING 2006
100M	34	12.56		11.45	11.19	11.82	21 st
200M	26	24.00		23.61	22.59	24.20	18 th
400M	33	56.55		52.41	50.28	54.50	20 th
800M	27	2:05.18		2:01.78	1:57.88	2:06.00	21 st
1500M	18	4:12.51			4:06.21	4:19.60	16 th
5000M	11				14:57.84	16:23.70	10 th
10000M	10				31:29.66	35:01.20	10 th
MARATHON	23				02:30.54	2h44:29	14 th
100M H	11	13.49			12.76	13.99	11 th
400M H	13	57.37			53.82	59.95	13 th
20K WALK	9				1h32.46	1h50:00	9 th
HIGH JUMP	13				1.91m	1.76m	13 th
POLE VAULT	15	3.90m			4.62m	3.86m	13 th
LONG JUMP	20	6.21m			6.97m	6.03m	14 th
TRIPLE JUMP	9				14.39m	12.47m	9 th
SHOT PUTT	12				19.66m	14.26m	12 th
DISCUS	14				61.55m	47.05m	14 th
JAVELIN	12				60.72m	46.56m	11 th
HAMMER	12				97.90m	55.29m	12 th
HEPTATHLON	12				6396	5190	10 th
4X100 RELAY	6				43.10	47.40	6 th
4X400 RELAY	8				3:28.66	3:43.00	5 th

ATHLETICS
Qualifying Standards and Eligibility

(Final 24 Jan 09)

**Qualifying Standards have been set using the UK Athletics standards and rankings initiative, "The Power Of 10"
The qualifying performance to merit consideration has to be within 3% of the UK "The Power of 10" Target level.**

The Standards shall be as set out on the attached Table.

The qualifying period for the 2010 Delhi Games shall be 25 April 2009 until 12 July 2010 (England Athletics Championships)
N.B. Qualifying standards achieved in any event after 29th May 2010 are subject to the approval of the CGAJ.

The Standard need only be achieved once during the qualifying period.

Fitness and level of performance to within 3% of the qualifying standard must be evidenced in the three months prior to the Games.

Performances put forward for consideration must have been achieved at one of the following events provided that the results are recognised by UK Athletics for the purposes of "The Power of 10" rankings:

- National League Competition
- County Championships
- Inter-county Championships
- Regional/Area Championships
- National/AAA's Championships
- National and International Schools Championships
- National representative Matches
- Island Games

An athlete achieving the Standard shall be considered for selection.

Achieving the Standard does not mean automatic selection.

In addition to achieving the required performance level, an athlete must also meet all of the eligibility criteria set by the CGF and the CGAJ. See attached extract from CGAJ Constitution.

Please direct any questions to Athletics Development Officer Andrew Winnie
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