



**HIGH LEVEL SPORTS ASSISTANCE SCHEME**

**JULY 2022**

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*(The revised scheme is effective as from 1 July 2022)*

## INTRODUCTION

The High-Level Sports Assistance scheme is a result-oriented scheme. It is a monthly financial allowance granted to an elite athlete who has recorded an outstanding performance in an international competition. The elite athlete should equally have the required potential to improve and reach higher level of performance in line with the target set within a given period of time.

The High-Level Sports Unit has reviewed the technical criteria and minima standards after the Tokyo 2020 Olympic Games which came into force on 1 July 2022.

## GENERAL CONDITIONS GOVERNING THE ASSISTANCE

- i. The assistance applies to senior athletes only;
- ii. It is not a reward or cash prize granted for a good result or performance;
- iii. It is not a salary;
- iv. It applies to individual sports only;
- v. It concerns both Olympic and Non-Olympic sports;
- vi. Participation or selection based on geographical/zonal representations and by invitation are not considered for the purpose of this scheme;
- vii. In cases where minima standards apply, the concerned athlete is required to achieve the necessary minima standard at least once during the annual sports season;
- viii. Ranking alone does not qualify an athlete for assistance. Moreover, ranking based on points partially accrued from the physical presence of an athlete in an international competition is not considered under this scheme;
- ix. No assistance shall be reviewed unless the concerned National Sport Federation submits a complete quarterly technical report *(to be endorsed jointly by the President of the Federation or any authorized person designated by him and the national coach)* together with a monthly return of attendance within the specified delay. The report should include the following information:
  - name of athlete;
  - category in which the athlete competes;
  - record of performances for the last 3 months;  
*Note: the following additional information should be provided regarding performances:*
    1. Name, date and lieu of competition where the performances were recorded;
    2. Performances recorded including name of event, medal obtained, level reached {e.g., 1<sup>st</sup> Round, Quarter-final, Semi-final, etc.}); and
    3. Number of participating countries and participants recorded in the event.
  - targets set for the coming three months;
  - main targets for the annual sports season;
  - number of training sessions attended by the athlete or hours of training; and
  - recommendation of the National Sports Federation.
- x. For beneficiaries training abroad, no financial assistance shall be provided unless the responsible coach of the athlete submits a quarterly technical report through the

concerned National Sports Federation. Reports sent directly to the HLSU without endorsement of the concerned NSF would not be considered;

- xi. Any beneficiary who refuses to participate in a targeted competition which is considered as a major sport event by the HLSU, shall justify his non-participation to the latter. The HLSU reserves the right to review the financial assistance in such cases.

## TECHNICAL CRITERIA FOR ASSISTANCE

The main criteria that are taken into consideration for granting of assistance are as follows:

- a. achievements/medal/results obtained and recorded by the athlete;
- b. minima standard recorded by the athlete in sports disciplines where they are applicable (*Athletics, Archery, Swimming, Triathlon, Weightlifting, Para Athletics, Para Swimming, etc.*);
- c. number of participating countries and number of participants recorded in the event;
- d. ranking (*Refer to paragraph 1, part (viii) of this document*);and
- e. training requirements:

<b>World Level</b>	<i>Minimum <b>10 Sessions</b> per week (Annual basis) – <b>Twice daily</b>/ Hours of Training - at least 20 and as determined by the National Coach.</i>
<b>Intercontinental Level</b>	<i>Minimum <b>8 Sessions</b> per week (Annual basis) – <b>Twice daily</b>/ Hours of Training - at least 16 and as determined by the National Coach</i>
<b>Continental Level</b>	<i>Minimum <b>5 Sessions</b> per week (Annual basis) – <b>Daily</b>/ Hours of Training - at least 10 and as determined by the National Coach.</i>
<b>Regional Level</b>	<i>Minimum <b>4 Sessions</b> per week (Annual basis) – <b>Daily</b>/ Hours of Training - at least 8 and as determined by the National Coach.</i>

## EVALUATION PROCEDURE

Evaluation and monitoring of performance of each beneficiary are carried out on a quarterly basis. However, monitoring of attendance is carried out on a monthly basis and all absences shall be reported immediately to the Secretariat of the High Level Sports Unit.

The technical report of the coach, attendance at training sessions, the margin of progression and the results recorded in line with the established technical criteria for each sports discipline determine whether a beneficiary should be promoted, relegated or removed from the HLSU list.

## **INJURIES**

All cases of injuries should be reported immediately to the Secretariat of the High-Level Sports Unit and the Sports Medical Unit and supported by the appropriate medical certificate. For any prolonged period of injuries, the following measures would apply:

- i. ***Injuries up to 3 months:*** full monthly allowance would be provided if supported by the technical report of the respective National Sports Federation and accompanied by a medical certificate;
- ii. ***Injuries beyond 3 months and up to 6 months:*** half monthly allowance would be provided on the basis of the medical certificate;
- iii. ***Injuries beyond 6 months:*** termination of monthly allowance.

**However, exceptional cases would be treated on a case-to-case basis.**

## **DURATION/REVIEW OF ASSISTANCE**

The duration of the financial assistance is not ad infinitum and will be reviewed for each category as follows:

***World & Inter-continental Levels : 6 months; and  
Continental & Regional Levels : 3 months.***

### **Note:**

*Financial assistance is provided to an athlete in line with the target fixed. At the end of each annual sports season, the assistance is reviewed in line with the established technical criteria to determine whether assistance should be maintained or discontinued.*

*In cases of severe misconduct, doping, absence from training and severe drop in performance, the financial assistance shall be discontinued at any time of the year.*

## **ACHIEVEMENT OF TARGETS**

- i. In cases where minima are applicable, the beneficiary should achieve the appropriate minima at least once during the annual sports season;
- ii. In all other sports where minima are not applicable, the beneficiary should be a medallist in the appropriate competition respecting the minimum number of countries and participants in the event.

**Athletes eliminated in the first round of a competition might be relegated or removed from the list of beneficiaries as appropriate.**

**The athlete should aim at winning a medal in competitions listed in the technical criteria.**

## **CATEGORIES OF BENEFICIARIES AND QUANTUM OF ASSISTANCE**

The scheme makes provision of the categorization of sports in Olympic and Non-Olympic for determining financial package to athletes.

<b>LEVEL</b>	<b>RANGE: QUANTUM OF FINANCIAL PACKAGE (Rs)</b>	
	<b>Olympic Sports</b>	<b>Non-Olympic Sports</b>
<b>World</b>	21,750 – 26,250	12,000 – 14,250
<b>Intercontinental</b>	12,000 – 17,250	7,875 – 9,750
<b>Continental</b>	7,125 – 10,500	5,250 – 6,750
<b>Regional</b>	4,875 – 6,375	4,875
<b>Sparring Partner</b>	3,750	
<b>Guide Runner</b>	5,000	

*Financial assistance is determined by the medal won, minima achieved, number of participating countries and number of participants, training requirements and ranking as per the established technical criteria.*

## **TECHNICAL CRITERIA AND MINIMA STANDARDS.**

The reviewed technical criteria and minima standards are hereunder:

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## ARCHERY

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MINIMA</b>	<p>As established by the <b>Mauritius Archery Federation:</b></p> <p><b>Recurve Bow:</b> Men: 640 Pts – 70m Women: 610 Pts – 70m</p> <p><b>Compound Bow:</b> Men: 660 Pts – 50m Women: 610 Pts – 50m</p>	<p>As established by the <b>Mauritius Archery Federation:</b></p> <p><b>Recurve Bow:</b> Men: 630 Pts – 70m Women: 600 Pts – 70m</p> <p><b>Compound Bow:</b> Men: 650 Pts – 50m Women: 600 Pts – 50m</p>	<p>As established by the <b>Mauritius Archery Federation:</b></p> <p><b>Recurve Bow:</b> Men: 620 Pts – 70m Women: 590 Pts – 70m</p> <p><b>Compound Bow:</b> Men: 640 Pts – 50m Women: 590 Pts – 50m</p>	<p>As established by the <b>Mauritius Archery Federation:</b></p> <p><b>Recurve Bow:</b> Men: 610 Pts – 70m Women: 580 Pts – 70m</p> <p><b>Compound Bow:</b> Men: 630 Pts – 50m Women: 580 Pts – 50m</p>
<b>MEDAL RECORD</b>	<p>Medallist at the recent:</p> <ul style="list-style-type: none"> <li>- <b>Olympic Games;</b></li> <li>- <b>World Championships.</b></li> </ul> <p>Medallist at recognized <b>World Meetings.</b></p>	<p>Medallist at the recent:</p> <ul style="list-style-type: none"> <li>- <b>Commonwealth Games;</b></li> <li>- <b>Commonwealth Championships;</b></li> <li>- <b>Francophone Games.</b></li> </ul> <p>Medallist at recognized <b>Inter-continental Meetings.</b></p>	<p>Medallist at the recent:</p> <ul style="list-style-type: none"> <li>- <b>African Championships;</b></li> <li>- <b>African Games.</b></li> </ul> <p>Medallist at recognized <b>Continental Meetings.</b></p>	<p>Medallist at the recent:</p> <ul style="list-style-type: none"> <li>- <b>Indian Ocean Islands Games.</b></li> </ul> <p>Medallist at recognized <b>Regional Meetings.</b></p>
<b>MINIMUM NUMBER OF PARTICIPATING COUNTRIES</b>	N/A	N/A	N/A	N/A
<b>MINIMUM NUMBER OF PARTICIPANTS</b>	N/A	N/A	N/A	3
<b>TRAINING REQUIREMENTS</b>	<p>Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;</p> <p>Hours of training: at least 20 &amp; as determined by the National Coach.</p>	<p>Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;</p> <p>Hours of training: at least 16 &amp; as determined by the National Coach.</p>	<p>Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;</p> <p>Hours of training: at least 10 &amp; as determined by the National Coach.</p>	<p>Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;</p> <p>Hours of training: at least 8 &amp; as determined by the National Coach.</p>

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## ATHLETICS FOR THE DEAF

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MINIMA</b>	As established by the <b>Aurally Handicapped Persons Sports Federation</b> (See annexures)	As established by the <b>Aurally Handicapped Persons Sports Federation</b> (See annexures)	As established by the <b>Aurally Handicapped Persons Sports Federation</b> (See annexures)	As established by the <b>Aurally Handicapped Persons Sports Federation</b> (See annexures)
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>Deaflympics;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Commonwealth Games;</b> - <b>Commonwealth Championships;</b> - <b>Francophone Games.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>African Championships;</b> - <b>African Games.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Islands Games.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>MINIMUM NUMBER OF PARTICIPATING COUNTRIES</b>	N/A	N/A	N/A	N/A
<b>MINIMUM NUMBER OF PARTICIPANTS</b>	N/A	N/A	N/A	Track Events: 3 Field Events: 3
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 8 & as determined by the National Coach.



# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## ATHLETICS

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MINIMA</b>	As established by the <b>Mauritius Athletics Association</b> (See annexures)	As established by the <b>Mauritius Athletics Association</b> (See annexures)	As established by the <b>Mauritius Athletics Association</b> (See annexures)	As established by the <b>Mauritius Athletics Association</b> (See annexures)
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>Olympic Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Commonwealth Games;</b> - <b>Commonwealth Championships;</b> - <b>Francophone Games.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>African Championships;</b> - <b>African Games.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Islands Games.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>MINIMUM NUMBER OF PARTICIPATING COUNTRIES</b>	N/A	N/A	N/A	N/A
<b>MINIMUM NUMBER OF PARTICIPANTS</b>	N/A	N/A	N/A	Track Events: 3 Field Events: 3
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## BADMINTON

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>Olympic Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Commonwealth Games;</b> - <b>Commonwealth Championships;</b> - <b>Francophone Games.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>African Championships;</b> - <b>African Games.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Islands Games.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>RANKING</b>	<b>World:</b> Classified Top 30	<b>World:</b> Classified Top 60	<b>Continental:</b> Classified Top 8	<b>Continental:</b> Classified Top 16
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## BOXING

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MEDAL RECORD</b>	<p>Medallist at the recent:            - <b>Olympic Games;</b>            - <b>World Championships.</b></p> <p>Medallist at recognized <b>World Meetings.</b></p>	<p>Medallist at the recent:            - <b>Commonwealth Games;</b>            - <b>Commonwealth Championships;</b>            - <b>Francophone Games.</b></p> <p>Medallist at recognized <b>Inter-continental Meetings.</b></p>	<p>Medallist at the recent:            - <b>African Championships;</b>            - <b>African Games.</b></p> <p>Medallist at recognized <b>Continental Meetings.</b></p>	<p>Medallist at the recent:            - <b>Indian Ocean Islands Games.</b></p> <p>Medallist at recognized <b>Regional Meetings.</b></p>
<b>WORLD RANKING</b>	<b>1 to 8</b>	<b>9 to 16</b>	<b>17 to 32</b>	<b>33 to 64</b>
<b>TRAINING REQUIREMENTS</b>	<p>Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;</p> <p>Hours of training: at least 20 &amp; as determined by the National Coach.</p>	<p>Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;</p> <p>Hours of training: at least 16 &amp; as determined by the National Coach.</p>	<p>Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;</p> <p>Hours of training: at least 10 &amp; as determined by the National Coach.</p>	<p>Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;</p> <p>Hours of training: at least 8 &amp; as determined by the National Coach.</p>

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## CYCLING

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MEDAL RECORD</b>	<p>Medallist at the recent:            - <b>Olympic Games;</b>            - <b>World Championships.</b></p> <p>Medallist at recognized <b>World Meetings.</b></p>	<p>Medallist at the recent:            - <b>Commonwealth Games;</b>            - <b>Commonwealth Championships;</b>            - <b>Francophone Games.</b></p> <p>Medallist at recognized <b>Inter-continental Meetings.</b></p>	<p>Medallist at the recent:            - <b>African Championships;</b>            - <b>African Games.</b></p> <p>Medallist at recognized <b>Continental Meetings.</b></p>	<p>Medallist at the recent:            - <b>Indian Ocean Islands Games.</b></p> <p>Medallist at recognized <b>Regional Meetings.</b></p>
<b>RANKING</b>	<b>World:</b> Classified Top 30	<b>World:</b> Classified Top 60	<b>Continental:</b> Classified Top 8	<b>Continental:</b> Classified Top 16
<b>TRAINING REQUIREMENTS</b>	<p>Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;</p> <p>Hours of training: at least 20 &amp; as determined by the National Coach.</p>	<p>Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;</p> <p>Hours of training: at least 16 &amp; as determined by the National Coach.</p>	<p>Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;</p> <p>Hours of training: at least 10 &amp; as determined by the National Coach.</p>	<p>Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;</p> <p>Hours of training: at least 8 &amp; as determined by the National Coach.</p>

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## FENCING

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>Olympic Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Commonwealth Games;</b> - <b>Commonwealth Championships;</b> - <b>Francophone Games.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>African Championships;</b> - <b>African Games.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Islands Games.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>RANKING</b>	<b>World:</b> Classified Top 30	<b>World:</b> Classified Top 60	<b>Continental:</b> Classified Top 8	<b>Continental:</b> Classified Top 16
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## FRENCH BOXING

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>World Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Inter-continental Games;</b> - <b>Inter-continental Championships.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>Continental Games;</b> - <b>Continental Championships.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Games / Championships.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>MINIMUM NUMBER OF PARTICIPATING COUNTRIES</b>	7	7	7	N/A
<b>MINIMUM NUMBER OF PARTICIPANTS</b>	7	7	7	3
<b>WORLD RANKING</b>	1 to 4	5 to 8	9 to 16	17 to 32
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) – Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) – Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## JU JITSU (FIGHTING & NE WAZA)

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>World Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings including GAISF World Combat Games.</b>	Medallist at the recent: - <b>Inter-continental Games;</b> - <b>Inter-continental Championships.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>Continental Games;</b> - <b>Continental Championships.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Games / Championships.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>MINIMUM NUMBER OF PARTICIPATING COUNTRIES</b>	7	7	7	N/A
<b>MINIMUM NUMBER OF PARTICIPANTS</b>	7	7	7	3
<b>WORLD RANKING</b>	1 to 4	5 to 8	9 to 16	17 to 32
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) – Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) – Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## JUDO

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MEDAL RECORD</b>	<p>Medallist at the recent:</p> <ul style="list-style-type: none"> <li>- <b>Olympic Games;</b></li> <li>- <b>World Championships.</b></li> </ul> <p>Medallist at recognized <b>World Meetings.</b></p>	<p>Medallist at the recent:</p> <ul style="list-style-type: none"> <li>- <b>Commonwealth Games;</b></li> <li>- <b>Commonwealth Championships;</b></li> <li>- <b>Francophone Games.</b></li> </ul> <p>Medallist at recognized <b>Inter-continental Meetings.</b></p>	<p>Medallist at the recent:</p> <ul style="list-style-type: none"> <li>- <b>African Championships;</b></li> <li>- <b>African Games.</b></li> </ul> <p>Medallist at recognized <b>Continental Meetings.</b></p>	<p>Medallist at the recent:</p> <ul style="list-style-type: none"> <li>- <b>Indian Ocean Islands Games.</b></li> </ul> <p>Medallist at recognized <b>Regional Meetings.</b></p>
<b>WORLD RANKING</b>	<b>1 to 8</b>	<b>9 to 16</b>	<b>17 to 32</b>	<b>33 to 64</b>
<b>TRAINING REQUIREMENTS</b>	<p>Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;</p> <p>Hours of training: at least 20 &amp; as determined by the National Coach.</p>	<p>Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;</p> <p>Hours of training: at least 16 &amp; as determined by the National Coach.</p>	<p>Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;</p> <p>Hours of training: at least 10 &amp; as determined by the National Coach.</p>	<p>Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;</p> <p>Hours of training: at least 8 &amp; as determined by the National Coach.</p>



# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## KICKBOXING

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>World Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Inter-continental Games;</b> - <b>Inter-continental Championships.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>Continental Games;</b> - <b>Continental Championships.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Games / Championships.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>MINIMUM NUMBER OF PARTICIPATING COUNTRIES</b>	7	7	7	N/A
<b>MINIMUM NUMBER OF PARTICIPANTS</b>	7	7	7	3
<b>WORLD RANKING</b>	1 to 4	5 to 8	9 to 16	17 to 32
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) – Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) – Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## PARA ATHLETICS

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MINIMA</b>	As established by the <b>Para Athletics Federations</b> (See annexures)	As established by the <b>Para Athletics Federations</b> (See annexures)	As established by the <b>Para Athletics Federations</b> (See annexures)	As established by the <b>Para Athletics Federations</b> (See annexures)
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>Paralympic Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Commonwealth Games;</b> - <b>Commonwealth Championships;</b> - <b>Francophone Games.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>African Championships;</b> - <b>African Games.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Islands Games.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>MINIMUM NUMBER OF PARTICIPATING COUNTRIES</b>	N/A	N/A	N/A	N/A
<b>MINIMUM NUMBER OF PARTICIPANTS</b>	N/A	N/A	N/A	Track Events: 3 Field Events: 3
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## PARA SWIMMING

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MINIMA</b>	As established by the <b>Para Swimming Federations</b> (See annexures)	As established by the <b>Para Swimming Federations</b> (See annexures)	As established by the <b>Para Swimming Federations</b> (See annexures)	As established by the <b>Para Swimming Federations</b> (See annexures)
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>Paralympic Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Commonwealth Games;</b> - <b>Commonwealth Championships;</b> - <b>Francophone Games.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>African Championships;</b> - <b>African Games.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Islands Games.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>MINIMUM NUMBER OF PARTICIPATING COUNTRIES</b>	N/A	N/A	N/A	N/A
<b>MINIMUM NUMBER OF PARTICIPANTS</b>	N/A	N/A	N/A	3
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## SWIMMING FOR THE DEAF

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MINIMA</b>	As established by the <b>Aurally Handicapped Persons Sports Federation</b> (See annexures)	As established by the <b>Aurally Handicapped Persons Sports Federation</b> (See annexures)	As established by the <b>Aurally Handicapped Persons Sports Federation</b> (See annexures)	As established by the <b>Aurally Handicapped Persons Sports Federation</b> (See annexures)
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>Deaflympics;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Commonwealth Games;</b> - <b>Commonwealth Championships;</b> - <b>Francophone Games.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>African Championships;</b> - <b>African Games.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Islands Games.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>MINIMUM NUMBER OF PARTICIPATING COUNTRIES</b>	N/A	N/A	N/A	N/A
<b>MINIMUM NUMBER OF PARTICIPANTS</b>	N/A	N/A	N/A	3
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## SWIMMING

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MINIMA</b>	As established by the <b>Mauritius Swimming Federation</b> (See annexures)	As established by the <b>Mauritius Swimming Federation</b> (See annexures)	As established by the <b>Mauritius Swimming Federation</b> (See annexures)	As established by the <b>Mauritius Swimming Federation</b> (See annexures)
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>Olympic Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Commonwealth Games;</b> - <b>Commonwealth Championships;</b> - <b>Francophone Games.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>African Championships;</b> - <b>African Games.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Islands Games.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>MINIMUM NUMBER OF PARTICIPATING COUNTRIES</b>	N/A	N/A	N/A	N/A
<b>MINIMUM NUMBER OF PARTICIPANTS</b>	N/A	N/A	N/A	3
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## TABLE TENNIS

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>Olympic Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Commonwealth Games;</b> - <b>Commonwealth Championships;</b> - <b>Francophone Games.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>African Championships;</b> - <b>African Games.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Islands Games.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>RANKING</b>	<b>World:</b> Classified Top 30	<b>World:</b> Classified Top 60	<b>Continental:</b> Classified Top 8	<b>Continental:</b> Classified Top 16
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## TENNIS

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>Olympic Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Commonwealth Games;</b> - <b>Commonwealth Championships;</b> - <b>Francophone Games.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>African Championships;</b> - <b>African Games.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Islands Games.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>RANKING</b>	<b>World:</b> Classified Top 30	<b>World:</b> Classified Top 60	<b>Continental:</b> Classified Top 8	<b>Continental:</b> Classified Top 16
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## TRIATHLON

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>Olympic Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>  <b>1,500m Swim</b> <b>40Km Bike</b> <b>10Km Run</b>	Medallist at the recent: - <b>Commonwealth Games;</b> - <b>Commonwealth Championships;</b> - <b>Francophone Games.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>  <b>1,500m Swim</b> <b>40Km Bike</b> <b>10Km Run</b>	Medallist at the recent: - <b>African Championships;</b> - <b>African Games.</b>  Medallist at recognized <b>Continental Meetings.</b>  <b>1,500m Swim</b> <b>40Km Bike</b> <b>10Km Run</b>	Medallist at the recent: - <b>Indian Ocean Islands Games.</b>  Medallist at recognized <b>Regional Meetings.</b>  <b>1,500m Swim</b> <b>40Km Bike</b> <b>10Km Run</b>
<b>MINIMUM NUMBER OF PARTICIPATING COUNTRIES</b>	N/A	N/A	N/A	N/A
<b>MINIMUM NUMBER OF PARTICIPANTS</b>	N/A	N/A	N/A	3
<b>RANKING</b>	<b>World:</b> Classified Top 30	<b>World:</b> Classified Top 60	<b>Continental:</b> Classified Top 8	<b>Continental:</b> Classified Top 16
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 8 & as determined by the National Coach.



# HIGH LEVEL SPORTS UNIT – TECHNICAL CRITERIA

## WEIGHTLIFTING

CATEGORY	1. World Level	2. Inter-continental Level	3. Continental Level	4. Regional Level
<b>MINIMA</b>	As established by the <b>Mauritius Weightlifting Federation</b> (See annexures)	As established by the <b>Mauritius Weightlifting Federation</b> (See annexures)	As established by the <b>Mauritius Weightlifting Federation</b> (See annexures)	As established by the <b>Mauritius Weightlifting Federation</b> (See annexures)
<b>MEDAL RECORD</b>	Medallist at the recent: - <b>Olympic Games;</b> - <b>World Championships.</b>  Medallist at recognized <b>World Meetings.</b>	Medallist at the recent: - <b>Commonwealth Games;</b> - <b>Commonwealth Championships.</b>  Medallist at recognized <b>Inter-continental Meetings.</b>	Medallist at the recent: - <b>African Championships;</b> - <b>African Games.</b>  Medallist at recognized <b>Continental Meetings.</b>	Medallist at the recent: - <b>Indian Ocean Islands Games.</b>  Medallist at recognized <b>Regional Meetings.</b>
<b>MINIMUM NUMBER OF PARTICIPATING COUNTRIES</b>	N/A	N/A	N/A	N/A
<b>MINIMUM NUMBER OF PARTICIPANTS</b>	N/A	N/A	N/A	3
<b>TRAINING REQUIREMENTS</b>	Minimum of <b>10 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 20 & as determined by the National Coach.	Minimum of <b>8 sessions per week</b> (Annual basis) – Twice daily;  Hours of training: at least 16 & as determined by the National Coach.	Minimum of <b>5 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 10 & as determined by the National Coach.	Minimum of <b>4 sessions per week</b> (Annual basis) - Daily;  Hours of training: at least 8 & as determined by the National Coach.

# HIGH LEVEL SPORTS UNIT

## ATHLETICS

### *MINIMA STANDARDS FOR MEN*

<b>EVENT</b>	<b>REGIONAL LEVEL</b>	<b>CONTINENTAL LEVEL</b>	<b>INTER-CONTINENTAL LEVEL</b>	<b>WORLD LEVEL</b>
<b>100M</b>	10.60	10.44	10.35	10.05
<b>200M</b>	21.56	21.24	20.95	20.24
<b>400M</b>	47.95	46.64	46.15	44.90
<b>110M HURDLES</b>	14.38	14.24	13.92	13.32
<b>400M HURDLES</b>	52.68	50.94	50.35	48.90
<b>800M</b>	1:52.87	1:47.30	1:46.90	1:45.20
<b>1,500M</b>	3:52.00	3:39.00	3:37.00	3:35.00
<b>3,000M STEEPLE CHASE</b>	9:24.07	8:36.00	8:30.20	8:22.00
<b>5,000M</b>	14:50.00	13:30.00	13:24.60	13:13.50
<b>10,000M</b>	30:39.44	28:38.00	28:25.08	27:28.00
<b>10,000M WALK</b>	47:30.00	-	42:16.00	-
<b>20KM WALK</b>	1H36.22	1H35.00	1H27.38	1H21.00
<b>SEMI MARATHON</b>	1H10.00	1H05.00	1H02.00	1H00.00
<b>MARATHON</b>	2H37.07	2H28.15	2H20.36	2H11.30
<b>DECATHLON</b>	6614 PTS	6960 PTS	7335 PTS	8350 PTS
<b>HIGH JUMP</b>	2M04	2M12	2M20	2M33
<b>LONG JUMP</b>	7M45	7M80	7M95	8M22
<b>TRIPLE JUMP</b>	15M50	16M00	16M30	17M14
<b>POLE VAULT</b>	4M70	5M00	5M25	5M80
<b>SHOT PUT</b>	15M50	16M80	18M35	21M10
<b>DISCUS THROW</b>	49M35	53M00	58M00	66M00
<b>JAVELIN THROW</b>	64M33	69M00	75M00	85M00
<b>HAMMER THROW</b>	59M03	59M50	66M90	77M50

\* Minima standard must be achieved in official competitions only.

# HIGH LEVEL SPORTS UNIT

## ATHLETICS

### *MINIMA STANDARDS FOR WOMEN*

<b>EVENT</b>	<b>REGIONAL LEVEL</b>	<b>CONTINENTAL LEVEL</b>	<b>INTER-CONTINENTAL LEVEL</b>	<b>WORLD LEVEL</b>
<b>100M</b>	12.22	11.94	11.68	11.15
<b>200M</b>	25.20	24.24	23.75	22.80
<b>400M</b>	56.47	54.74	53.50	51.35
<b>100M HURDLES</b>	14.35	14.24	13.70	12.84
<b>400M HURDLES</b>	61.10	59.64	58.00	55.40
<b>800M</b>	2:15.00	2:06.00	2:03.70	1:59.50
<b>1,500M</b>	4:40.00	4:21.00	4:15.00	4:04.20
<b>3,000M STEEPLE CHASE</b>	12:12.38	12:00.00	9:51.00	9:30.00
<b>5,000M</b>	18:26.80	16:18.00	15:51.00	15:10.00
<b>10,000M</b>	38:51.31	35:20.00	33:48.00	31:25.00
<b>5,000M WALK</b>	29:00.00	-	26:00.00	-
<b>10,000M WALK</b>	59:40.00	-	53:35.00	-
<b>20KM WALK</b>	2H03.00	1H55.00	1:50.12	1H31.00
<b>SEMI MARATHON</b>	1H22.00	1H12.00	1H10.00	1H08.00
<b>MARATHON</b>	3H04.00	2H52.20	2H48.20	2H29.30
<b>HEPTATHLON</b>	4500 PTS	4900 PTS	5400 PTS	6420 PTS
<b>HIGH JUMP</b>	1M68	1M75	1M85	1M96
<b>LONG JUMP</b>	5M70	6M15	6M35	6M82
<b>TRIPLE JUMP</b>	12M00	13M00	13M50	14M32
<b>POLE VAULT</b>	3M10	3M40	3M90	4M70
<b>SHOT PUT</b>	11M37	14M50	15M90	18M50
<b>DISCUS THROW</b>	38M24	48M00	53M00	63M50
<b>JAVELIN THROW</b>	40M86	48M50	53M00	64M00
<b>HAMMER THROW</b>	43M50	48M00	57M50	72M50

\* Minima standard must be achieved in official competitions only.

# HIGH LEVEL SPORTS UNIT

## SWIMMING

### *MINIMA STANDARDS FOR MEN INDIVIDUAL - LONG COURSE (50M)*

<b>EVENT</b>	<b>REGIONAL LEVEL</b>	<b>CONTINENTAL LEVEL</b>	<b>INTER-CONTINENTAL LEVEL</b>	<b>WORLD LEVEL</b>
<b>50M Freestyle</b>	24.01	23.65	22.96	22.18
<b>100M Freestyle</b>	53.87	51.99	50.48	48.77
<b>200M Freestyle</b>	1:57.15	1:54.13	1:50.81	1:47.06
<b>400M Freestyle</b>	4:12.76	4:03.22	3:56.14	3:48.15
<b>800M Freestyle</b>	8:39.28	8:24.36	8:09.67	7:53.11
<b>1,500M Freestyle</b>	16:40.41	16:04.39	15:36.30	15:04.64
<b>50M Backstroke</b>	27.33	26.83	26.05	25.17
<b>100M Backstroke</b>	59.55	57.60	55.92	54.03
<b>200M Backstroke</b>	2:08.54	2:05.87	2:02.20	1:59.07
<b>50M Breaststroke</b>	29.80	29.14	28.29	27.33
<b>100M Breaststroke</b>	1:05.33	1:03.70	1:01.84	59.75
<b>200M Breaststroke</b>	2:24.85	2:18.93	2:14.88	2:10.32
<b>50M Butterfly</b>	25.57	25.19	24.46	23.63
<b>100M Butterfly</b>	56.79	55.39	53.78	51.96
<b>200M Butterfly</b>	2:07.18	2:04.41	2:00.79	1:56.71
<b>200M Individual Medley</b>	2:10.93	2:07.67	2:03.95	1:59.76
<b>400M Individual Medley</b>	4:40.06	4:34.48	4:26.49	4:17.48

\* Minima standard must be achieved in official competitions only;

\*\* For Regional Level, Men Individual – Long Course (50m) **World Aquatics Scoring Table 2022** for **660 Points** was adopted.

\*\*\* For Continental Level, **World Aquatics "S" Swimming Qualifying Time Standards** were adopted.

# HIGH LEVEL SPORTS UNIT

## SWIMMING

### *MINIMA STANDARDS FOR WOMEN INDIVIDUAL - LONG COURSE (50M)*

EVENT	REGIONAL LEVEL	CONTINENTAL LEVEL	INTER-CONTINENTAL LEVEL	WORLD LEVEL
<b>50M Freestyle</b>	27.91	26.70	25.92	25.04
<b>100M Freestyle</b>	1:00.97	57.83	56.15	54.25
<b>200M Freestyle</b>	2:13.21	2:06.49	2:02.81	1:58.66
<b>400M Freestyle</b>	4:38.81	4:27.12	4:19.34	4:10.57
<b>800M Freestyle</b>	9:31.62	9:12.11	8:56.03	8:37.90
<b>1,500M Freestyle</b>	18:05.35	17:55.53	17:24.20	16:29.57
<b>50M Backstroke</b>	31.81	30.09	29.21	28.22
<b>100M Backstroke</b>	1:07.74	1:04.59	1:02.71	1:00.59
<b>200M Backstroke</b>	2:25.44	2:19.74	2:15.67	2:11.08
<b>50M Breaststroke</b>	34.54	33.28	32.31	31.22
<b>100M Breaststroke</b>	1:15.61	1:11.88	1:09.79	1:07.43
<b>200M Breaststroke</b>	2:43.83	2:35.55	2:31.02	2:25.91
<b>50M Butterfly</b>	28.80	28.06	27.24	26.32
<b>100M Butterfly</b>	1:05.41	1:02.18	1:00.37	58.33
<b>200M Butterfly</b>	2:23.62	2:17.74	2:13.73	2:09.21
<b>200M Individual Medley</b>	2:28.71	2:21.76	2:17.63	2:12.98
<b>400M Individual Medley</b>	5:14.06	5:01.76	4:52.97	4:43.06

\* Minima standard must be achieved in official competitions only;

\*\* For Regional Level, Women Individual – Long Course (50m) **World Aquatics Scoring Table 2022** for **610 Points** was adopted.

\*\*\* For Continental Level, **World Aquatics "S" Swimming Qualifying Time Standards** were adopted.

# HIGH LEVEL SPORTS UNIT

## SWIMMING

### *MINIMA STANDARDS FOR MEN INDIVIDUAL - SHORT COURSE (25M)*

EVENT	REGIONAL LEVEL	CONTINENTAL LEVEL	INTER-CONTINENTAL LEVEL	WORLD LEVEL
<b>50M Freestyle</b>	23.15	22.70	22.15	21.40
<b>100M Freestyle</b>	51.61	50.61	48.88	47.23
<b>200M Freestyle</b>	1:54.13	1:51.91	1:47.72	1:44.08
<b>400M Freestyle</b>	4:03.78	3:59.04	3:50.29	3:42.50
<b>800M Freestyle</b>	8:29.29	8:19.40	8:01.30	7:45.02
<b>1,500M Freestyle</b>	16:14.04	15:55.12	15:20.42	14:49.29
<b>50M Backstroke</b>	25.52	25.02	24.58	23.75
<b>100M Backstroke</b>	55.51	54.43	53.10	51.30
<b>200M Backstroke</b>	2:01.32	1:58.96	1:56.60	1:52.66
<b>50M Breaststroke</b>	29.00	28.43	27.50	26.57
<b>100M Breaststroke</b>	1:03.56	1:02.32	59.65	57.63
<b>200M Breaststroke</b>	2:18.01	2:15.33	2:10.65	2:06.23
<b>50M Butterfly</b>	24.98	24.49	23.71	22.91
<b>100M Butterfly</b>	54.87	53.81	52.34	50.57
<b>200M Butterfly</b>	2:04.32	2:01.90	1:57.59	1:53.61
<b>200M Individual Medley</b>	2:05.91	2:03.47	1:59.28	1:55.25
<b>400M Individual Medley</b>	4:29.69	4:24.45	4:17.91	4:09.19

\* Minima standards must be achieved in official competitions only;

\*\* For Regional Level, Men Individual – Short Course (25m) **World Aquatics Scoring Table 2021** for **660 Points** was adopted.

\*\*\* For Continental Level, Men Individual – Short Course (25m) **World Aquatics Scoring Table 2021** for **700 Points** was adopted.

\*\*\*\* The Minima standards for Short Course (25m) will be used for performances recorded in **international competitions** only.

# HIGH LEVEL SPORTS UNIT

## SWIMMING

### *MINIMA STANDARDS FOR WOMEN INDIVIDUAL - SHORT COURSE (25M)*

EVENT	REGIONAL LEVEL	CONTINENTAL LEVEL	INTER-CONTINENTAL LEVEL	WORLD LEVEL
<b>50M Freestyle</b>	27.03	25.94	25.30	24.44
<b>100M Freestyle</b>	59.25	56.86	55.66	53.78
<b>200M Freestyle</b>	2:10.21	2:04.97	1:59.65	1:55.60
<b>400M Freestyle</b>	4:35.81	4:24.71	4:15.59	4:06.95
<b>800M Freestyle</b>	9:25.19	9:02.45	8:46.99	8:29.17
<b>1,500M Freestyle</b>	18:02.44	17:18.87	16:49.40	16:15.27
<b>50M Backstroke</b>	30.18	28.97	27.75	26.81
<b>100M Backstroke</b>	1:04.72	1:02.11	1:00.11	58.08
<b>200M Backstroke</b>	2:20.24	2:14.60	2:11.64	2:07.19
<b>50M Breaststroke</b>	33.67	32:32	31.52	30.45
<b>100M Breaststroke</b>	1:13.53	1:10.57	1:08.50	1:06.18
<b>200M Breaststroke</b>	2:38.67	2:32.28	2:28.40	2:23.38
<b>50M Butterfly</b>	28.74	27.59	26.72	25.82
<b>100M Butterfly</b>	1:04.39	1:01.80	59.41	57.40
<b>200M Butterfly</b>	2:21.03	2:15.35	2:13.36	2:08.85
<b>200M Individual Medley</b>	2:23.68	2:17.90	2:14.72	2:10.16
<b>400M Individual Medley</b>	5:05.32	4:53.03	4:47.25	4:37.54

\* Minima standard must be achieved in official competitions only;

\*\* For Regional Level, Women Individual – Short Course (25m) **World Aquatics Scoring Table 2021** for **610 Points** was adopted.

\*\*\* For Continental Level, Men Individual – Short Course (25m) **World Aquatics Scoring Table 2021** for **690 Points** was adopted.

\*\*\*\* The Minima standards for Short Course (25m) will be used for performances recorded in **international competitions** only.

# HIGH LEVEL SPORTS UNIT

## WEIGHTLIFTING

### *MINIMA STANDARDS FOR MEN*

#### REGIONAL LEVEL

CATEGORY	55Kg	61Kg	67Kg	73Kg	81Kg	89Kg	96Kg	102Kg	109Kg	+109Kg
Snatch (Kg)	94	99	106	110	115	120	124	127	134	140
Clean & Jerk (Kg)	112	122	126	132	140	150	156	160	165	170
Total (Kg)	<b>206</b>	<b>221</b>	<b>232</b>	<b>242</b>	<b>255</b>	<b>270</b>	<b>280</b>	<b>287</b>	<b>299</b>	<b>310</b>

#### CONTINENTAL LEVEL

CATEGORY	55Kg	61Kg	67Kg	73Kg	81Kg	89Kg	96Kg	102Kg	109Kg	+109Kg
Snatch (Kg)	99	104	111	115	120	125	129	132	139	145
Clean & Jerk (Kg)	122	127	131	137	145	155	161	165	170	175
Total (Kg)	<b>221</b>	<b>231</b>	<b>242</b>	<b>252</b>	<b>265</b>	<b>280</b>	<b>290</b>	<b>297</b>	<b>309</b>	<b>320</b>

#### INTER-CONTINENTAL LEVEL

CATEGORY	55Kg	61Kg	67Kg	73Kg	81Kg	89Kg	96Kg	102Kg	109Kg	+109Kg
Snatch (Kg)	105	115	122	127	132	137	141	145	152	158
Clean & Jerk (Kg)	132	138	144	154	162	172	178	185	190	195
Total (Kg)	<b>237</b>	<b>253</b>	<b>266</b>	<b>281</b>	<b>294</b>	<b>309</b>	<b>319</b>	<b>330</b>	<b>342</b>	<b>353</b>

#### WORLD LEVEL

CATEGORY	55Kg	61Kg	67Kg	73Kg	81Kg	89Kg	96Kg	102Kg	109Kg	+109Kg
Snatch (Kg)	115	130	137	144	152	162	171	174	181	187
Clean & Jerk (Kg)	142	153	159	169	177	192	203	207	212	217
Total (Kg)	<b>257</b>	<b>283</b>	<b>296</b>	<b>313</b>	<b>329</b>	<b>354</b>	<b>374</b>	<b>381</b>	<b>393</b>	<b>404</b>

\* Minima standard must be achieved in official competitions only.



# HIGH LEVEL SPORTS UNIT

## WEIGHTLIFTING

### *MINIMA STANDARDS FOR WOMEN*

#### REGIONAL LEVEL

CATEGORY	45Kg	49Kg	55Kg	59Kg	64Kg	71Kg	76Kg	81Kg	87Kg	+87Kg
Snatch (Kg)	51	56	61	65	72	78	82	84	87	89
Clean & Jerk (Kg)	59	62	71	79	83	91	98	101	104	107
Total (Kg)	<b>110</b>	<b>118</b>	<b>132</b>	<b>144</b>	<b>155</b>	<b>169</b>	<b>180</b>	<b>185</b>	<b>191</b>	<b>196</b>

#### CONTINENTAL LEVEL

CATEGORY	45Kg	49Kg	55Kg	59Kg	64Kg	71Kg	76Kg	81Kg	87Kg	+87Kg
Snatch (Kg)	56	61	66	70	77	83	87	91	94	99
Clean & Jerk (Kg)	64	67	76	84	88	96	105	108	111	117
Total (Kg)	<b>120</b>	<b>128</b>	<b>142</b>	<b>154</b>	<b>165</b>	<b>179</b>	<b>192</b>	<b>199</b>	<b>205</b>	<b>216</b>

#### INTER-CONTINENTAL LEVEL

CATEGORY	45Kg	49Kg	55Kg	59Kg	64Kg	71Kg	76Kg	81Kg	87Kg	+87Kg
Snatch (Kg)	64	71	76	80	87	93	97	101	104	107
Clean & Jerk (Kg)	74	82	91	99	103	111	118	123	126	130
Total (Kg)	<b>138</b>	<b>153</b>	<b>167</b>	<b>179</b>	<b>190</b>	<b>204</b>	<b>215</b>	<b>224</b>	<b>230</b>	<b>237</b>

#### WORLD LEVEL

CATEGORY	45Kg	49Kg	55Kg	59Kg	64Kg	71Kg	76Kg	81Kg	87Kg	+87Kg
Snatch (Kg)	78	86	91	97	104	113	119	121	124	127
Clean & Jerk (Kg)	96	107	116	124	128	136	143	146	149	154
Total (Kg)	<b>174</b>	<b>193</b>	<b>207</b>	<b>221</b>	<b>232</b>	<b>249</b>	<b>262</b>	<b>267</b>	<b>273</b>	<b>281</b>

\* Minima standard must be achieved in official competitions only.

# HIGH LEVEL SPORTS UNIT

## ATHLETICS FOR THE DEAF

### *MINIMA STANDARDS FOR MEN*

EVENT	REGIONAL LEVEL	CONTINENTAL LEVEL	INTER-CONTINENTAL LEVEL	WORLD LEVEL
<b>100M</b>	11.98	11.90	11.75	11.70
<b>200M</b>	24.45	24.20	23.85	23.70
<b>400M</b>	54.35	53.90	53.20	52.50
<b>110M HURDLES</b>	16.80	16.20	15.95	15.60
<b>400M HURDLES</b>	1:01.80	59.40	58.50	57.60
<b>800M</b>	2:08.34	2:07.00	2:04.50	2:03.00
<b>1,500M</b>	4:26.59	4:23.00	4:18.00	4:13.00
<b>3,000M STEEPLE CHASE</b>	10:40.98	10:22.00	10:15.00	9:55.00
<b>5,000M</b>	17:11.75	16:33.00	16:10.00	15:48.00
<b>10,000M</b>	36:18.06	35:08.00	34:00.50	33:15.00
<b>MARATHON</b>	3H31.53	3H27.40	3H21.14	3H15.00
<b>DECATHLON</b>	4250 PTS	4400 PTS	4600 PTS	4800 PTS
<b>HIGH JUMP</b>	1m65	1m72	1m75	1m78
<b>LONG JUMP</b>	5m57	6m10	6m20	6m32
<b>TRIPLE JUMP</b>	11m78	12m80	13m25	13m30
<b>POLE VAULT</b>	3m40	3m60	3m70	3m80
<b>SHOT PUT</b>	11m55	12m50	13m00	13m20
<b>DISCUS THROW</b>	33m13	35m00	36m50	38m00
<b>JAVELIN THROW</b>	42m39	44m00	46m00	48m00
<b>HAMMER THROW</b>	42m21	44m00	45m00	46m00

\* Minima standard must be achieved in official competitions only.

\*\* For Regional Level, **World Athletics Scoring Table 2022 for Men's Events for 620 Points** was adopted.

# HIGH LEVEL SPORTS UNIT

## ATHLETICS FOR THE DEAF

### *MINIMA STANDARDS FOR WOMEN*

EVENT	REGIONAL LEVEL	CONTINENTAL LEVEL	INTER-CONTINENTAL LEVEL	WORLD LEVEL
<b>100M</b>	13.90	13.80	13.60	13.50
<b>200M</b>	28.47	28.40	27.85	27.70
<b>400M</b>	1:05.95	1:04.20	1:02.20	1:02.00
<b>100M HURDLES</b>	17.22	16.05	16.00	15.60
<b>400M HURDLES</b>	1:14.17	1:11.50	1:09.90	1:07.00
<b>800M</b>	2:35.07	2:33.00	2:30.00	2:27.50
<b>1,500M</b>	5:24.89	5:22.00	5:08.00	4:55.00
<b>3,000M STEEPLE CHASE</b>	12:57.42	12:52.00	12:40.00	12:14.00
<b>5,000M</b>	21:00.09	20:38.00	19:34.00	19:30.00
<b>10,000M</b>	45:23.99	44:35.00	41:51.00	41:30.50
<b>MARATHON</b>	4H03.20	4H00.00	3H55.00	3H50.00
<b>HEPTATHLON</b>	2992 PTS	3000 PTS	3200 PTS	3300 PTS
<b>HIGH JUMP</b>	1M35	1:38	1m42	1m45
<b>LONG JUMP</b>	4M37	4m84	5m00	5m05
<b>TRIPLE JUMP</b>	9M34	10m13	10m60	11m25
<b>POLE VAULT</b>	1m70	1m80	1m90	2m00
<b>SHOT PUT</b>	9M90	10m15	10m80	12m00
<b>DISCUS THROW</b>	30M95	31m00	32m50	34m00
<b>JAVELIN THROW</b>	29M67	30m30	33m50	34m00
<b>HAMMER THROW</b>	34M27	35m20	38m00	39m00

\* Minima standard must be achieved in official competitions only.

\*\* For Regional Level, **World Athletics Scoring Table 2022 for Women's Events** for **650 Points** was adopted.

# HIGH LEVEL SPORTS UNIT

## PARA ATHLETICS

### *MINIMA STANDARDS FOR MEN*

EVENT	ELIGIBLE CLASSES	REGIONAL LEVEL	CONTINENTAL LEVEL	INTER-CONTINENTAL LEVEL	WORLD LEVEL
100M T11		13.00	12.10	11.90	11.52
100M T12		12.40	11.90	11.50	11.10
100M T13		12.50	12.00	11.50	11.13
100M T33		27.00	26.00	24.00	20.90
100M T34		19.10	18.20	17.30	16.38
100M T35		18.72	17.68	15.60	13.52
100M T36		15.49	14.89	13.70	12.51
100M T37		13.30	13.10	12.80	11.93
100M T38		13.25	13.00	12.50	11.58
100M T47	T45/T46/T47	11.80	11.70	11.60	11.06
100M T51		31.00	30.00	28.00	22.74
100M T52		21.50	21.00	20.00	17.96
100M T53		17.80	16.65	16.20	15.30
100M T54		15.95	15.15	14.70	14.31
100M T63	T42/T63	19.36	18.11	15.60	13.09
100M T64	T44/T62/T64	12.75	12.50	12.00	11.47
200M T35		37.57	35.71	32.00	28.29
200M T37		27.30	26.60	26.00	24.22
200M T51		63.24	59.16	51.00	42.84
200M T54 *		27.90	27.05	26.25	25.60
200M T61		36.75	34.00	28.50	28.00
200M T64	T44/T64	26.45	26.00	25.10	23.65
400M T11		1:03.00	59.66	57.00	54.34
400M T12		58.20	55.00	54.00	50.40
400M T13		57.30	56.00	54.00	51.00
400M T20		57.00	55.33	52.60	49.87
400M T34 *		1:09.50	1:07.30	1:05.20	1:03.00
400M T36		1:13.00	1:10.00	1:04.00	59.36
400M T37		1:05.30	1:03.00	1:00.00	55.12
400M T38		1:08.46	1:05.64	1:00.00	54.36
400M T47	T45/T46/T47	54.25	54.00	53.50	50.15
400M T52	T51/T52	1:60.00	1:50.00	1:30.00	1:03.27
400M T53		58.00	56.20	54.00	50.74
400M T54		52.40	50.00	48.50	46.75
400M T62		1:32.27	1:24.85	1:10.00	55.15
800M T34	T33/T34	2:12.00	2:10.00	2:03.00	1:47.49
800M T53		1:57.00	1:55.00	1:51.00	1:40.69

<b>800M T54</b>		1:42.40	1:38.00	1:37.00	1:33.00
<b>1,500M T11</b>		4:55.00	4:42.58	4:32.00	4:21.42
<b>1,500M T13</b>	T12/T13	4:19.40	4:12.00	4:08.00	3:58.32
<b>1,500M T20</b>		4:20.00	4:18.00	4:12.00	3:59.93
<b>1,500M T38</b>	T37/T38	5:42.50	5:10.00	4:45.00	4:23.86
<b>1,500M T46</b>	T45/T46	4:32.00	4:30.00	4:26.00	4:05.39
<b>1,500M T52</b>	T51/T52	6:42.61	6:01.74	5:20.00	3:56.52
<b>1,500M T54</b>	T53/T54	3:25.00	3:09.00	3:07.00	2:55.21
<b>5,000M T11</b>		18:39.00	17:47.87	16:55.00	16:04.27
<b>5,000M T13</b>	T12/T13	17:29.00	16:43.00	15:57.00	15:11.47
<b>5,000M T54</b>	T53/T54	11:85.00	11:40.00	10:50.00	10:00.27
<b>MARATHON T12</b>	T11/T12	-	-	3H00.00	2H33.49
<b>MARATHON T46</b>	T45/T46	-	-	3H00.00	2H47.39
<b>MARATHON T54</b>	T52/T53/T54	-	-	1H35.00	1H24.02
<b>LONG JUMP T11</b>		4m60	4m95	5m30	5m99
<b>LONG JUMP T12</b>		5m00	5m67	6m00	6m65
<b>LONG JUMP T13</b>		4m80	5m10	5m50	6m30
<b>LONG JUMP T20</b>		5m30	5m67	6m00	6m65
<b>LONG JUMP T36</b>		3m24	3m49	4m00	5m02
<b>LONG JUMP T37</b>		4m50	4m60	5m00	5m80
<b>LONG JUMP T38</b>		4m25	4m40	4m70	5m61
<b>LONG JUMP T47</b>	T45/T46/T47	5m50	5m70	6m10	6m65
<b>LONG JUMP T63</b>	T42/T61/T63	4m10	4m20	4m40	5m42
<b>LONG JUMP T64</b>	T44/T62/T64	4m75	5m00	5m50	6m50
<b>HIGH JUMP T47</b>	T45/T46/T47	1m23	1m32	1m50	1m86
<b>HIGH JUMP T63</b>	T42/T63	1m42	1m45	1m50	1m59
<b>HIGH JUMP T64</b>	T44/T64	1m06	1m17	1m40	1m86
<b>DISCUS THROW F11</b>		25m00	27m00	29m00	36m41
<b>DISCUS THROW F37</b>		34m16	35m77	39m00	45m46
<b>DISCUS THROW F52</b>	F51/F52	4m60	6m40	10m00	17m19
<b>DISCUS THROW F56</b>	F54/F55/F56	29.81	30m87	33m00	37m26
<b>DISCUS THROW F64</b>	F43/F44/F62/F64	38m00	39m00	40m00	48m30
<b>JAVELIN THROW F13</b>	F12/F13	38m40	41m00	43m00	54m06
<b>JAVELIN THROW F34</b>	F33/F34	16m00	17m00	19m00	26m38
<b>JAVELIN THROW F38</b>		18m09	22m06	30m00	45m87
<b>JAVELIN THROW F41</b>	F40/F41	21m12	23m08	27m00	34m83
<b>JAVELIN THROW F46</b>	F45/F46	30m57	33m38	39m00	49m43
<b>JAVELIN THROW F54</b>	F53/F54	15m65	17m00	19m70	24m00
<b>JAVELIN THROW F57</b>	F56/F57	17m88	22m25	31m00	39m75
<b>JAVELIN THROW F64</b>	F42/F43/F44/F61/ F62/F63/F64	27m20	32m80	44m00	55m20
<b>SHOT PUT F11</b>		4m68	5m90	7m50	11m63
<b>SHOT PUT F12</b>		7m30	9m62	11m50	13m38
<b>SHOT PUT F20</b>		10m00	10m50	11m00	14m22
<b>SHOT PUT F32</b>		3m55	4m53	6m50	8m47

<b>SHOT PUT F33</b>		5m75	6m00	6m50	8m88
<b>SHOT PUT F34</b>		6m65	7m00	7m70	10m24
<b>SHOT PUT F35</b>		7m00	8m00	9m00	13m45
<b>SHOT PUT F36</b>		8m00	8m50	9m00	12m69
<b>SHOT PUT F37</b>		8m47	9m31	11m00	12m69
<b>SHOT PUT F40</b>		2m98	4m49	6m00	9m02
<b>SHOT PUT F41</b>		7m65	8m00	8m70	10m65
<b>SHOT PUT F46</b>	F45/F46	6m07	7m71	11m00	14m29
<b>SHOT PUT F53</b>		2m88	3m94	5m00	7m12
<b>SHOT PUT F55</b>	F54/F55	7m76	8m34	9m50	10m66
<b>SHOT PUT F57</b>	F56/F57	8m77	9m51	11m00	12m49
<b>SHOT PUT F63</b>	F42/F61/F63	8m52	9m41	11m20	12m99

\* Minima standard must be achieved in official competitions only.

# HIGH LEVEL SPORTS UNIT

## PARA ATHLETICS

### *MINIMA STANDARDS FOR WOMEN*

EVENT	ELIGIBLE CLASSES	REGIONAL LEVEL	CONTINENTAL LEVEL	INTER-CONTINENTAL LEVEL	WORLD LEVEL
100M T11		15.80	15.00	14.50	13.26
100M T12		15.93	15.09	14.30	12.51
100M T13		15.80	15.00	13.20	13.07
100M T34	T33/T34	27.00	26.43	25.00	20.15
100M T35		27.04	24.86	20.50	16.14
100M T36		18.70	18.00	17.30	15.29
100M T37		16.60	16.00	15.40	14.43
100M T38		16.10	15.80	15.20	13.88
100M T47	T45/T46/T47	15.10	14.60	13.60	12.92
100M T53		20.45	20.30	20.00	17.59
100M T54		18.90	18.00	17.30	16.80
100M T63	T42/T63	25.07	23.38	20.00	16.62
100M T64	T44/T62/T64	19.66	18.44	16.00	13.56
200M T11		34.89	31.68	30.00	27.11
200M T12		34.04	30.00	28.80	25.96
200M T35		45.00	44.00	42.00	34.15
200M T36		38.50	38.00	37.00	32.93
200M T37		35.80	34.00	33.20	29.83
200M T47	T45/T46/T47	32.62	31.41	29.00	26.59
200M T54 *		34.20	33.10	32.05	30.00
200M T64	T44/T64	40.34	37.89	33.00	28.11
400M T11		1:20.20	1:15.00	1:12.00	1:02.19
400M T12		1:30.00	1:22.11	1:12.00	1:01.89
400M T13		1:35.10	1:29.27	1:16.00	1:02.73
400M T20		1:20.00	1:10.00	1:06.00	1:00.06
400M T37		1:32.00	1:26.08	1:20.00	1:07.84
400M T38		1:20.00	1:19.00	1:17.00	1:06.11
400M T47	T45/T46/T47	1:15.50	1:15.00	1:14.00	1:01.99
400M T53		1:29.02	1:22.68	1:10.00	57.32
400M T54		1:06.00	1:03.00	59.00	57.53
800M T34	T33/T34	3:20.00	3:13.26	2:50.00	2:36.74
800M T53		2:34.00	2:30.00	2:22.00	1:52.50
800M T54		2:13.00	2:07.00	2:02.00	1:51.21
1,500M T11		7:50.10	7:23.72	6:20.00	4:56.28
1,500M T13	T12/T13	6:80.15	6:73.03	5:35.00	4:56.57
1,500M T20		5:43.00	5:42.52	5:20.00	4:57.48
1,500M T54	T53/T54	4:30.00	4:00.00	3:50.00	3:28.72

<b>5,000M T54</b>	T53/T54	16:20.00	14:00.00	13:30.00	11:45.61
<b>MARATHON T12</b>	T11/T12	-	-	3H35.00	3H15.29
<b>MARATHON T54</b>	T52/T53/T54	-	-	1H58.00	1H44.43
<b>LONG JUMP T11</b>		2m20	2m80	3m40	4m60
<b>LONG JUMP T12</b>		2m05	2m47	3m70	4m93
<b>LONG JUMP T20</b>		4m10	4m20	4m30	5m17
<b>LONG JUMP T37</b>		3m00	3m22	3m50	4m06
<b>LONG JUMP T38</b>		3m13	3m34	3m75	4m56
<b>LONG JUMP T47</b>	T45/T46/T47	3m20	3m47	4m00	5m05
<b>LONG JUMP T63</b>	T42/T61/T63	2m70	2m80	3m00	3m93
<b>LONG JUMP T64</b>	T44/T62/T64	2m79	3m13	3m80	5m14
<b>DISCUS THROW F11</b>		14m18	16m47	18m00	26m35
<b>DISCUS THROW F38</b>	F37/F38	18m96	19m97	22m00	26m05
<b>DISCUS THROW F41</b>	F40/F41	12m80	14m20	17m00	22m60
<b>DISCUS THROW F53</b>	F51/F52/F53	4m50	5m00	6m00	11m62
<b>DISCUS THROW F55</b>	F54/F55	10m78	12m02	14m50	19m45
<b>DISCUS THROW F57</b>	F56/F57	13m24	15m16	19m00	26m68
<b>DISCUS THROW F64</b>	F43/F44/F62/F64	12m55	15m28	18m00	28m90
<b>JAVELIN THROW F13</b>	F12/F13	13m00	15m00	19m00	33m04
<b>JAVELIN THROW F34</b>	F33/F34	9m78	10m35	11m50	13m80
<b>JAVELIN THROW F46</b>	F45/F46	10m55	14m28	18m00	32m89
<b>JAVELIN THROW F54</b>	F53/F54	8m50	9m00	10m00	13m71
<b>JAVELIN THROW F56</b>	F55/F56	10m02	11m01	13m00	16m98
<b>SHOT PUT F12</b>	F11/F12	6m45	7m99	9m00	11m02
<b>SHOT PUT F20</b>		9m00	9m50	10m00	11m92
<b>SHOT PUT F32</b>		2m70	2m80	3m00	5m35
<b>SHOT PUT F33</b>		2m45	2m98	3m50	5m59
<b>SHOT PUT F34</b>		4m20	4m70	5m20	6m20
<b>SHOT PUT F35</b>		5m57	5m71	6m00	6m57
<b>SHOT PUT F36</b>		5m25	5m50	6m00	7m14
<b>SHOT PUT F37</b>		6m47	6m81	7m50	8m88
<b>SHOT PUT F40</b>		3m50	3m75	4m00	6m17
<b>SHOT PUT F41</b>		5m00	5m25	5m50	7m85
<b>SHOT PUT F54</b>		3m30	3m80	4m30	6m30
<b>SHOT PUT F57</b>	F56/F57	5m82	6m41	7m00	9m35

\* Minima standard must be achieved in official competitions only.



# HIGH LEVEL SPORTS UNIT

## PARA SWIMMING

### *MINIMA STANDARDS FOR MEN*

<b>EVENT</b>	<b>CLASS</b>	<b>REGIONAL LEVEL</b>	<b>CONTINENTAL LEVEL</b>	<b>INTER-CONTINENTAL LEVEL</b>	<b>WORLD LEVEL</b>
<b>50M Freestyle</b>	<b>S3</b>	1:13.29	1:11.00	1:06.91	54.52
	<b>S4</b>	51.30	47.46	47.09	42.97
	<b>S5</b>	40.80	38.36	36.84	36.19
	<b>S6</b>	34.21	N/A	33.11	N/A
	<b>S7</b>	31.95	31.03	30.86	29.94
	<b>S8</b>	29.02	N/A	28.78	N/A
	<b>S9</b>	33.39	32.39	27.86	26.74
	<b>S10</b>	26.39	26.09	26.05	25.47
	<b>S11</b>	30.48	29.23	29.18	28.47
	<b>S12</b>	27.42	-	26.80	-
<b>S13</b>	26.48	26.25	25.98	25.55	
<b>100M Freestyle</b>	<b>S3</b>	N/A	N/A	N/A	N/A
	<b>S4</b>	1:55.84	1:56.98	1:48.05	1:37.67
	<b>S5</b>	1:31.01	1:26.22	1:23.81	1:20.70
	<b>S6</b>	1:16.83	1:14.70	1:14.34	1:11.48
	<b>S7</b>	1:10.39	N/A	1:08.84	N/A
	<b>S8</b>	1:03.70	1:03.40	1:02.82	1:01.79
	<b>S9</b>	1:15.05	1:14.05	1:00.03	59.48
	<b>S10</b>	57.62	57.11	56.57	55.28
	<b>S11</b>	1:09.81	N/A	1:07.32	N/A
	<b>S12</b>	1:01.45	1:01.32	59.87	57.95
<b>S13</b>	58.71	-	57.82	-	
<b>200M Freestyle</b>	<b>S2</b>	7:05.13	6:23.56	6:03.07	5:28.14
	<b>S3</b>	6:49.38	5:49.40	5:01.06	4:43.70
	<b>S4</b>	4:29.53	4:06.74	4:02.29	3:37.23
	<b>S5</b>	3:27.44	3:16.80	3:05.56	3:02.23
	<b>S14</b>	2:03.63	2:03.61	2:02.25	2:01.29
<b>400M Freestyle</b>	<b>S6</b>	5:58.13	5:49.48	5:46.98	5:38.47
	<b>S7</b>	5:29.42	5:19.00	5:17.62	5:08.98
	<b>S8</b>	5:08.90	5:02.38	5:00.35	4:50.25
	<b>S9</b>	4:41.34	4:36.56	4:35.02	4:29.80
	<b>S10</b>	4:27.47	4:24.42	4:24.41	4:20.45
	<b>S11</b>	5:47.70	5:36.81	5:33.75	5:23.76
	<b>S13</b>	5:16.81	4:54.11	4:48.40	4:34.61
<b>50M Backstroke</b>	<b>S1</b>	-	-	1:53.26	1:41.52
	<b>S2</b>	1:30.97	1:26.31	1:20.89	1:14.55
	<b>S3</b>	1:24.15	1:08.81	1:07.00	59.06

	<b>S4</b>	1:00.73	56.33	56.04	52.67
	<b>S5</b>	48.73	45.09	43.33	42.08
<b>100M Backstroke</b>	<b>S1</b>	-	-	3:30.58	3:54.62
	<b>S2</b>	3:35.68	3:16.79	3:15.12	2:40.18
	<b>S6</b>	1:34.03	1:29.75	1:28.87	1:24.94
	<b>S7</b>	1:24.03	1:22.34	1:21.61	1:19.54
	<b>S8</b>	1:17.42	1:15.37	1:13.85	1:12.78
	<b>S9</b>	1:08.78	1:07.72	1:07.39	1:06.34
	<b>S10</b>	1:07.33	1:05.93	1:05.31	1:03.84
	<b>S11</b>	1:28.69	1:25.52	1:22.21	1:18.95
	<b>S12</b>	1:17.18	1:13.50	1:11.84	1:08.98
	<b>S13</b>	1:15.53	1:11.23	1:08.95	1:04.58
	<b>S14</b>	1:06.12	1:05.41	1:05.30	1:04.40
<b>50M Breaststroke</b>	<b>SB2</b>	-	-	-	3:18.37
	<b>SB3</b>	1:06.90	1:02.59	1:02.50	56.40
<b>100M Breaststroke</b>	<b>SB4</b>	2:15.44	2:08.28	2:03.86	1:58.19
	<b>SB5</b>	1:56.18	1:53.24	1:52.38	1:48.80
	<b>SB6</b>	1:39.97	1:32.24	1:31.47	1:28.56
	<b>SB7</b>	1:31.72	1:29.59	1:29.03	1:26.51
	<b>SB8</b>	1:24.22	1:22.79	1:21.78	1:18.83
	<b>SB9</b>	1:17.70	1:15.33	1:15.22	1:13.48
	<b>SB11</b>	1:33.94	1:30.33	1:28.59	1:25.54
	<b>SB12</b>	1:21.43	1:19.15	1:18.73	1:16.17
	<b>SB13</b>	1:19.83	1:17.41	1:16.61	1:14.14
	<b>SB14</b>	1:13.32	1:12.18	1:12.07	1:10.16
<b>50M Butterfly</b>	<b>S5</b>	49.54	46.52	43.44	40.61
	<b>S6</b>	37.55	36.78	36.54	34.96
	<b>S7</b>	36.01	35.03	34.87	32.90
<b>100M Butterfly</b>	<b>S8</b>	1:12.01	1:09.59	1:09.42	1:06.44
	<b>S9</b>	1:05.79	1:05.38	1:04.52	1:03.41
	<b>S10</b>	1:04.29	1:02.25	1:02.66	1:00.97
	<b>S11</b>	1:33.51	1:26.44	1:25.98	1:20.22
	<b>S12</b>	1:17.15	1:09.72	1:08.74	1:03.41
	<b>S13</b>	1:06.00	1:03.45	1:03.33	1:00.84
	<b>S14</b>	1:02.20	1:01.14	1:00.69	59.87
<b>200M Individual Medley</b>	<b>SM5</b>	N/A	N/A	N/A	N/A
	<b>SM6</b>	3:19.35	3:10.89	3:09.56	3:05.82
	<b>SM7</b>	3:04.44	2:59.29	2:57.09	2:51.39
	<b>SM8</b>	2:44.53	2:40.82	2:38.30	2:34.21
	<b>SM9</b>	2:29.62	2:28.79	2:28.49	2:26.50
	<b>SM10</b>	2:28.10	2:27.00	2:26.04	2:18.96
	<b>SM11</b>	3:05.80	3:00.99	2:58.48	2:49.92
	<b>SM13</b>	2:29.06	2:26.34	2:24.38	2:21.49
	<b>SM14</b>	2:20.57	2:19.60	2:19.02	2:17.68

\* Minima standard must be achieved in Long Course (50m) pool and in official competitions only.

# HIGH LEVEL SPORTS UNIT

## PARA SWIMMING

### *MINIMA STANDARDS FOR WOMEN*

<b>EVENT</b>	<b>CLASS</b>	<b>REGIONAL LEVEL</b>	<b>CONTINENTAL LEVEL</b>	<b>INTER-CONTINENTAL LEVEL</b>	<b>WORLD LEVEL</b>
<b>50M Freestyle</b>	<b>S3</b>	N/A	N/A	N/A	N/A
	<b>S4</b>	1:27.48	1:01.94	55.62	47.84
	<b>S5</b>	51.41	N/A	47.27	N/A
	<b>S6</b>	41.95	38.98	38.91	37.78
	<b>S7</b>	38.89	N/A	38.33	N/A
	<b>S8</b>	35.70	35.09	34.88	33.61
	<b>S9</b>	31.41	N/A	30.98	N/A
	<b>S10</b>	30.89	29.88	29.37	28.99
	<b>S11</b>	42.53	35.95	35.56	33.72
	<b>S12</b>	34.47	N/A	31.80	N/A
	<b>S13</b>	30.58	29.54	29.29	28.88
<b>100M Freestyle</b>	<b>S3</b>	4:49.16	4:47.35	N/A	2:33.78
	<b>S4</b>	4:46.99	N/A	3:53.38	N/A
	<b>S5</b>	1:56.62	1:46.15	1:45.10	1:34.86
	<b>S6</b>	1:26.73	N/A	1:24.76	N/A
	<b>S7</b>	1:25.68	1:23.08	1:20.32	1:17.98
	<b>S8</b>	1:16.83	N/A	1:15.42	N/A
	<b>S9</b>	1:07.99	1:07.33	1:06.95	1:05.84
	<b>S10</b>	1:04.67	1:04.06	1:04.03	1:03.11
	<b>S11</b>	1:32.09	1:21.46	1:18.95	1:15.48
	<b>S12</b>	1:15.35	1:12.85	1:10.65	1:08.05
	<b>S13</b>	1:06.69	N/A	1:04.78	N/A
<b>200M Freestyle</b>	<b>S2</b>	N/A	N/A	N/A	N/A
	<b>S3</b>	N/A	N/A	N/A	N/A
	<b>S4</b>	N/A	N/A	N/A	N/A
	<b>S5</b>	4:20.72	3:59.82	3:42.15	3:33.74
	<b>S14</b>	2:24.28	2:22.36	2:21.20	2:18.21
<b>400M Freestyle</b>	<b>S6</b>	6:45.54	6:30.03	6:21.68	5:55.92
	<b>S7</b>	6:26.47	6:10.57	6:02.25	5:46.79
	<b>S8</b>	5:55.53	5:35.94	5:32.35	5:21.68
	<b>S9</b>	5:16.43	5:10.86	5:10.83	5:04.07
	<b>S10</b>	5:01.38	4:56.26	4:54.81	4:49.14
	<b>S11</b>	8:01.48	6:45.45	6:45.43	5:57.51
	<b>S13</b>	5:39.25	5:16.92	5:10.75	4:59.02
<b>50M Backstroke</b>	<b>S1</b>	N/A	N/A	N/A	N/A
	<b>S2</b>	1:55.22	1:53.58	1:49.41	1:44.54
	<b>S3</b>	2:14.25	2:12.50	1:46.33	1:14.71

<b>100M Backstroke</b>	<b>S4</b>	1:58.00	1:14.85	1:12.50	1:03.14
	<b>S5</b>	1:00.50	56.32	55.96	51.08
	<b>S1</b>	N/A	N/A	N/A	N/A
	<b>S2</b>	3:38.42	3:36.93	3:36.03	3:35.76
	<b>S6</b>	1:48.66	1:45.66	1:42.10	1:34.75
	<b>S7</b>	1:38.84	1:34.81	1:32.57	1:30.06
	<b>S8</b>	1:27.30	1:25.84	1:25.75	1:23.99
	<b>S9</b>	1:19.65	1:18.62	1:18.01	1:16.25
	<b>S10</b>	1:17.83	1:16.94	1:15.71	1:14.52
	<b>S11</b>	1:46.64	1:36.57	1:36.31	1:29.09
	<b>S12</b>	1:34.92	1:30.21	1:28.98	1:21.97
	<b>S13</b>	1:28.02	1:21.51	1:17.76	1:13.03
	<b>S14</b>	1:19.10	1:17.69	1:16.30	1:14.58
	<b>50M Breaststroke</b>	<b>SB2</b>	N/A	N/A	N/A
<b>SB3</b>		1:49.25	1:25.34	1:23.79	1:08.39
<b>100M Breaststroke</b>	<b>SB4</b>	4:10.08	3:32.21	2:48.02	2:24.49
	<b>SB5</b>	2:11.29	2:07.36	2:04.74	1:59.21
	<b>SB6</b>	2:00.70	1:54.78	1:52.96	1:49.76
	<b>SB7</b>	1:59.67	1:51.96	1:49.62	1:45.04
	<b>SB8</b>	1:42.44	1:37.51	1:37.44	1:32.49
	<b>SB9</b>	1:28.41	1:27.72	1:27.35	1:24.68
	<b>SB11</b>	2:37.80	1:59.19	1:50.43	1:41.11
	<b>SB12</b>	1:57.53	1:39.73	1:39.06	1:31.51
	<b>SB13</b>	1:39.93	1:30.27	1:28.68	1:25.67
	<b>SB14</b>	1:29.67	1:27.95	1:27.35	1:26.08
<b>50M Butterfly</b>	<b>S5</b>	2:06.05	1:21.87	1:14.99	56.59
	<b>S6</b>	48.25	45.71	45.27	42.49
	<b>S7</b>	47.85	45.16	44.46	40.25
<b>100M Butterfly</b>	<b>S8</b>	1:30.33	1:25.85	1:25.41	1:21.52
	<b>S9</b>	1:17.10	1:16.05	1:15.67	1:12.69
	<b>S10</b>	1:22.63	1:15.98	1:15.83	1:10.35
	<b>S11</b>	N/A	N/A	N/A	N/A
	<b>S12</b>	N/A	N/A	N/A	N/A
	<b>S13</b>	1:27.61	1:25.46	1:23.23	1:14.58
	<b>S14</b>	1:15.66	1:14.14	1:13.82	1:11.98
<b>200M Individual Medley</b>	<b>SM5</b>	7:57.32	6:37.18	6:00.31	4:41.15
	<b>SM6</b>	3:46.80	3:39.75	3:37.81	3:24.27
	<b>SM7</b>	3:59.69	3:42.56	3:41.57	3:22.16
	<b>SM8</b>	3:15.12	3:12.80	3:11.16	3:07.10
	<b>SM9</b>	2:53.58	2:51.84	2:49.73	2:46.53
	<b>SM10</b>	2:45.12	2:40.57	2:42.23	2:36.69
	<b>SM11</b>	3:50.20	3:37.12	3:35.03	3:10.45
	<b>SM13</b>	2:52.45	2:46.99	2:44.91	2:40.48
	<b>SM14</b>	2:45.48	2:43.02	2:42.73	2:40.88

\* Minima standard must be achieved in Long Course (50m) pool and in official competitions only.

# HIGH LEVEL SPORTS UNIT

## SWIMMING FOR THE DEAF

### *MINIMA STANDARDS FOR MEN*

<b>EVENT</b>	<b>REGIONAL LEVEL</b>	<b>CONTINENTAL LEVEL</b>	<b>INTER-CONTINENTAL LEVEL</b>	<b>WORLD LEVEL</b>
<b>50M Freestyle</b>	36.00	33.00	30.00	27.00
<b>100M Freestyle</b>	1:10.00	1:07.00	1:04.00	1:01.00
<b>200M Freestyle</b>	2:36.00	2:32.00	2:28.00	2:24.00
<b>400M Freestyle</b>	5:24.00	5:20.00	5:16.00	5:12.00
<b>800M Freestyle</b>	10:52.00	10:48.00	10:45.00	10:41.00
<b>1,500M Freestyle</b>	22:40.00	22:00.00	21:20.00	20:40.00
<b>50M Backstroke</b>	44.00	41.00	38.00	35.00
<b>100M Backstroke</b>	1:29.00	1:26.00	1:23.00	1:20.00
<b>200M Backstroke</b>	3:08.00	3:04.00	3:00.00	2:56.00
<b>50M Breaststroke</b>	45.00	42.00	39.00	36.00
<b>100M Breaststroke</b>	1:32.00	1:29.00	1:26.00	1:23.00
<b>200M Breaststroke</b>	3:16.00	3:12.00	3:08.00	3:04.00
<b>50M Butterfly</b>	40.00	37.00	34.00	31.00
<b>100M Butterfly</b>	1:23.00	1:19.00	1:15.00	1:11.00
<b>200M Butterfly</b>	3:04.00	3:00.00	2:56.00	2:52.00
<b>200M Individual Medley</b>	3:02.00	2:58.00	2:54.00	2:50.00
<b>400M Individual Medley</b>	6:25.00	6:15.00	6:06.00	5:56.00

\* Minima standard must be achieved in Long Course (50m) pool and in official competitions only.

# HIGH LEVEL SPORTS UNIT

## SWIMMING FOR THE DEAF

### *MINIMA STANDARDS FOR WOMEN*

<b>EVENT</b>	<b>REGIONAL LEVEL</b>	<b>CONTINENTAL LEVEL</b>	<b>INTER-CONTINENTAL LEVEL</b>	<b>WORLD LEVEL</b>
<b>50M Freestyle</b>	43.00	40.00	37.00	34.00
<b>100M Freestyle</b>	1:26.00	1:23.00	1:20.00	1:17.00
<b>200M Freestyle</b>	3:08.00	3:04.00	3:00.00	2:56.00
<b>400M Freestyle</b>	6:48.00	6:30.00	6:12.00	5:54.00
<b>800M Freestyle</b>	13:30.00	13:15.00	13:00.00	12:45.00
<b>1,500M Freestyle</b>	28:20.00	27:40.00	27:00.00	26:20.00
<b>50M Backstroke</b>	48.00	45.00	42:00	39.00
<b>100M Backstroke</b>	1:44.00	1:41.00	1:38.00	1:35.00
<b>200M Backstroke</b>	3:36.00	3:32.00	3:28.00	3:24.00
<b>50M Breaststroke</b>	52.00	49.00	46.00	43.00
<b>100M Breaststroke</b>	1:51.00	1:48.00	1:45.00	1:42.00
<b>200M Breaststroke</b>	3:53.00	3:49.00	3:45.00	3:41.00
<b>50M Butterfly</b>	46.00	43.00	40.00	37.00
<b>100M Butterfly</b>	1:44.00	1:41.00	1:38.00	1:35.00
<b>200M Butterfly</b>	3:37.00	3:33.00	3:29.00	3:25.00
<b>200M Individual Medley</b>	3:40.00	3:35.00	3:30.00	3:25.00
<b>200M Individual Medley</b>	7:34.00	7:30.00	7:28.00	7:24.00

\* Minima standard must be achieved in Long Course (50m) pool and in official competitions only.

**01 July 2022**