



ATHLETICS FIJI

P.O. Box 1175, Suva, Fiji, Phone: (679) 3306470/ 7706470. Email: athleticsfiji@connect.com.fj.
Office: National Hockey Centre, Laucala Bay Road, Suva, Fiji

Athletics Fiji Selection Criteria 2019 Pacific Games Samoa

The following selection criteria has been endorsed by the Athletics Fiji in selecting its team for the 2019 Pacific Games in Samoa.

ATHLETES ELIGIBILITY UNDER THE GAMES CHARTER

1. To be eligible for Team Fiji selection an athlete must:
Hold a Fiji passport and lived in Fiji for a minimum of 5 years,
(Foreign passport holders cannot be members of Team Fiji)
2. Athletes will be selected based on their performances during the 2018-2019 seasons and by the deadline of 18 April 2019 as stipulated by Team Fiji.
3. All performances must have been achieved during official competitions in conformity with IAAF rules.
4. All performances must be achieved during competitions organized and sanctioned by the IAAF, its Area Association or its National Federation. Thus the National Federation in which the competition was organized must certify any other results achieved at other competitions.
5. All results must be verified and signed by the meet director of that particular competition and sent to Athletics Fiji for verification before the closing date as stipulated by Team Fiji.
6. All overseas based athletes intending to be part of the Athletics Team to the 2019 Pacific Games must submit results of competition and training plan to Athletics Fiji on regular basis so that their progress could be closely monitored by the National Federation.
7. All athletes selected for individual events must make themselves available for team/relay competition if required.
8. Athletes must meet either the "A" or "B" standards as listed by Athletics Fiji while only the three best athletes will be selected in each respective event.

9. Athletes who have achieved the qualifying standard must compete and participate in all officially organized team competitions and activities unless prior arrangements have been made.
10. Athletes selected must be of good standing with Athletics Fiji and FASANOC
11. Any athlete coached by overseas coach/coaches must update the Athletics Fiji team management monthly of training schedules and competition plans & competition results.
12. An athlete must attain the required qualifying standard (as indicated below) during the 2018 & 2019 athletics season before they can be considered for selection into the Athletics Fiji Team to the 2019 Pacific Games.
13. Once the athlete achieves the qualifying standard he/she must demonstrate their potential to perform consistently at the required standard. The selectors will determine this by the quality of the athlete's back up performances. "Quality" means a performance close to the qualifying standard and that they are on target to achieve their peak performance during the Games.
14. An athlete must demonstrate that they are capable of **performing** and **behaving** with distinction at an international meeting. Selectors will closely monitor the athlete's progress from the time they achieved the qualifying standard prior to the final team selection.
15. All athletes selected must demonstrate in the month prior to the Games that they are fully fit and free of any injuries. Any injured athlete must produce a clearance letter from the FASANOC Medical Commission to state that they are medically fit to compete at the highest possible level.
16. All athletes selected must meet the eligibility rules as stated in the Pacific Games Charter.
17. Final selection will be made on merit taking into consideration regional standards, athlete development and meeting the objectives of Athletics Fiji and Team Fiji.

**ATHLETICS FIJI
 QUALIFYING STANDARDS
 2019 Pacific Games
 SAMOA**

MEN (Electronic)

| | "A STANDARD" | "B STANDARD" |
|------------------------|---------------------|---------------------|
| SPRINTS/HURDLES | | |
| 100M | 10.5 | 10.7 |
| 200M | 21.4 | 21.8sec |
| 400M | 48.00 | 48.5sec |
| 110M HURDLES | 15.3sec | 15.8sec |
| 400M HURDLES | 54.5sec | 55.8sec |
| MIDDLE DISTANCE | | |
| 800M | 1:54:8 | 1:56.00min |
| 1500M | 3:58:00 | 4:05:00min |
| LONG DISTANCE | | |
| 3000M STEEPLECHASE | 10:00:00 | 10:15:00min |
| 5000M | 15min.40 | 16min.40 min |
| 10000M | 33min | 35min |
| Marathon | 2hrs 20 | 2hrs 35 |
| Half Marathon | 1hr 15 | 1hr 18min |
| THROWING EVENTS | | |
| SHOT PUT | 14.50m | 14.00m |
| DISCUS | 43.0m | 41.0m |
| JAVELIN | 65m | 62m |
| JUMPING EVENTS | | |
| LONG JUMP | 7.30m | 7.10m |
| HIGH JUMP | 2.00m | 1.95m |
| TRIPLE JUMP | 15.20m | 15.00m |
| POLE VAULT | 4.00M | 3.70M |
| MULTI -EVENT | | |
| DECATHLON | 6000PTS | 5600PTS |
| WALK | | |
| 20km | 1hr: 55.00 | 2hrs |
| 50km | | |

WOMEN (Electronic)**"A" STANDARD****"B" STANDARD****SPRINTS/HURDLES**

| | | |
|--------------|----------|----------|
| 100M | 11.8sec | 12.0sec |
| 200M | 24.5sec | 25.0sec |
| 400M | 58.00sec | 58.50sec |
| 100M HURDLES | 14.6sec | 15.4sec |
| 400M HURDLES | 66.5sec | 69sec |

MIDDLE DISTANCE

| | | |
|-------|------------|------------|
| 800M | 2:16:50min | 2:20:50min |
| 1500M | 4:40:00min | 5:05:00min |

LONG DISTANCE

| | | |
|---------------|-----------|-------------|
| 3000M Steeple | 11min | 12:50:00min |
| 5000M | 20min | 23min |
| 10000M | 45min | 50min |
| Half Marathon | 1hr 40min | 1hr 50min |

WALK

| | | |
|------|---------|---------|
| 20km | 2hrs 20 | 2hrs 30 |
| 50km | | |

JUMPING EVENTS

| | | |
|-------------|--------|--------|
| LONG JUMP | 5.90m | 5.60m |
| HIGH JUMP | 1.75m | 1.65m |
| TRIPLE JUMP | 11.50m | 11.20m |
| POLE VAULT | 2.90m | 2.60m |

THROWING EVENTS

| | | |
|----------|--------|--------|
| SHOT PUT | 13.50m | 13.00m |
| DISCUS | 38.0m | 36.0m |
| JAVELIN | 43.0m | 41.0m |

MULTI-EVENT

| | | |
|------------|---------|---------|
| HEPTATHLON | 3700PTS | 3500PTS |
|------------|---------|---------|

1. MEDICAL ASSESMENT

Athletes must be declared medically fit by the TF medical team. All scheduled medical tests are mandatory for both athletes and officials. **First Medical 12th January 2019 & Final Medical 1st June 2019.**

2. ATHLETES AGREEMENT

All athletes will be required to sign the FASANOC Athlete Agreement Form which requires them to be disciplined and abide by acceptable codes of behaviour required at international level.

3. CHARACTER AND DISCIPLINE

Athletes must demonstrate the necessary discipline and commitment required at elite level to enable them to excel and achieve their personal best at international competitions. Issues of importance:

- 3.1.** Professional conduct in all contexts
- 3.2.** Team commitment and national pride
- 3.3.** Competitive but humble attitude
- 3.4.** Positive attitude towards their sports and Team Fiji
- 3.5.** Controllable temperament

4. FITNESS TEST

Each NF will have a set of fitness requirements relevant to its sport that will enhance the performance of its athletes. All athletes must meet the minimum requirements set by its NF with TF endorsement. Fitness tests are mandatory. Results of fitness tests should be tabulated and be an attachment to the final team submission.

(** Any variation from the norm should be clarified in cases where special consideration is being requested.)

5. BASIC SKILL

Mastery and high level execution of basic skills positively influence the performance of athletes, both in individual and team sports. It is important that these skills are identified and athletes' mastery are tested and developed within the training programme. It is suggested that, where most applicable, these skills are tabulated and the athletes' level of mastery/execution recorded.

6. COMPULSORY TRAINING

These should be clearly spelt out to athletes and attendance records kept. While individual sports may have their own attendance requirements, past experience suggests that 80% compulsory attendance is satisfactory. Team records of attendance to be included in the final team submission.

7. TRIALS

Athletes must attend all scheduled Trials as follows:

| | | |
|-------------------|--|-----------|
| First Trials | 19 th & 20 th October 2018 | 5pm – 9pm |
| Second Trials | 8 th & 9 th February 2019 | 5pm – 9pm |
| Final Trials | 5 th April 2019 | 5pm – 9pm |
| (National Champs) | 6 th April 2019 | 9am – 5pm |

8. STANDARDS

Sports that are judged by time, distance, height and weight must establish the standard for qualification. This standard should be measured against results obtained at regional/international competitions. Some sports set an “A” and “B” qualification standard. An example, “A” could be that set by the Gold winner at the last Pacific Games and “B” that set by the Silver/Bronze winner. If there is no “A” qualifier then “B” qualifiers could be considered alongside the other criteria.

9. ATHLETES RESIDING OVERSEAS

National Federations wishing to consider eligible athletes competing overseas must clearly set requirements that are fair to all who are preparing for selection. Poor performance in the past by some overseas athletes requires the implementation of a reliable monitoring and recording system to ensure that the required standards are properly met.

10. PACIFIC GAMES TIMELINE AND SCHEDULE

Team Fiji has a Timeline of all-important events/issues it needs to address regarding the preparation for the 2019 Pacific Games. Each NF should also have a Timeline or Schedule to include TF’s requirements and its own preparation leading up to the final selection of its Pacific Games team.

11. APPEALS PROCESS

- 11.1. Any athlete who may wish to appeal his/her non-selection in the final Team shall do so in writing within forty-eight hours of the announcement by FASANOC of the names. All such appeals shall be lodged in writing with FASANOC at 17 Bau Street, Suva.
- 11.2. Any athlete appealing his/her non-selection as a member of TEAM FIJI will do so on the explicit understanding that the decision of the FASANOC Appeals Tribunal is final and binding on all parties. He/she further agrees that he/she will not personally or allow anyone else on his/her behalf to, enter into any argument either verbally or in writing, through the internet or any other media.



**President
Athletics Fiji**