



ATHLETICS FIJI

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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

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)

ATHLETICS FIJI CRITERIA

1. 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.
2. All performances must have been achieved during official competitions in conformity with IAAF rules.
3. 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.
4. 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.
5. 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.
6. All athletes selected for individual events must make themselves available for team/relay competition if required.

7. 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.
8. 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.
9. Athletes selected must be of good standing with Athletics Fiji and FASANOC
10. Any athlete coached by overseas coach/coaches must update the Athletics Fiji team management monthly of training schedules and competition plans & competition results.
11. 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.
12. 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.
13. 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.
14. 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.
15. 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

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
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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
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1. MEDICAL ASSESSMENT

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

A training log/diary is to be maintained by Athletes and checked and endorsed by the selected Coaches for the different disciplines. An 80% attendance at training is required.

7. TRIALS

Athletes must attend all scheduled Trials as follows:

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

Overseas based athletes who are unable to attend these trials are required to submit certified competition results as per Item 5 of Athletics Fiji Criteria above.

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**