



St Kitts and Nevis Commonwealth Games Association (SKNCGA)
2018 Commonwealth Games Performance Standards and Criteria
4th - 15th April, 2018 in Gold Coast City, Australia

<u>Men</u>		<u>EVENTS</u>	<u>Women</u>	
A	B		A	B
10.15s	10.24s	100m	11.26s	11.40s
20.44s	20.64s	200m	23.10s	23.40s
45.50s	46.00s	400m	52.10s	52.70s
1:46.50	1:47.40	800m	2:01.00	2:02.40
3:37.50	3:40.80	1500m	4:08.10	4:10.90
13:22.60	13:35.00	5000m	15:22.00	15:45.50
27:54.00	28:31.20	10000m	32:15.00	33:13.80
2hrs.19minutes		Marathon	2hrs.45minutes	
8:32.00	8:45.00	3000m SC	9:42.00	9:58.60
13.56s	13.71s	(1.067m) 110mH / 100mH (0.840m)	13.01s	13.33s
49.35s	49.98s	(0.914m) 400m Hurdles (0.762m)	56.10s	57.30s
2.28m	2.20	High Jump	1.92m	1.85m
5.60m	5.25	Pole Vault	4.50m	4.25m
8.90m	7.82	Long Jump	6.65m	6.39m
16.69m	16.25	Triple Jump	13.90m	13.45m
20.00m	18.10	(7.26k) Shot Put (4k)	17.70m	16.42m
61.90m	59.10	(2k) Discus Throw (1k)	59.90m	54.60m
72.70m	65.30	(7.26k) Hammer Throw (4k)	67.30m	61.70m
80.80m	73.30	(800g) Javelin Throw (600g)	60.60m	54.42m
8000Pts	7600pts	Decathlon/Heptathlon	6000pts	5600pts
1hr.24minutes		20km Race Walk	1hr.36minutes	

* All Performances must be achieved during the qualification period 1st January 2017 to 18th March 2018.

* All performances must be achieved during competitions organized or sanctioned by the IAAF, its Area Associations and its National Federations. Thus results achieved at clubs, university or school competitions must be certified by the National Federation of the country in which the competition was organized.

* Performances must be achieved during an official competition organised in conformity with IAAF rules and regulations.

* Wind assisted performances and hand-timed performances in the 100m, 200m, 400m and the 110m/100m hurdles will not be accepted.

* Indoor performances for all field events and for races of 400m and longer, shall be accepted.

* For the running events of 400m and over, performances achieved on oversized indoor tracks shall not be accepted.

* To be eligible for selection, athletes must have participated in the St Kitts and Nevis Amateur Athletic Association 2017 National Championships (Nationals) or must have received SKNAAA and endorsed by the SKNCGA.

* The SKNCGA reserves the right to determine the final team size for the sports of Athletics/Track and Field in these games.

Qualified athletes must also sign the SKNCGA's Team Code of Conduct and participation contract.

* Qualified athletes must also demonstrate and maintain a high level of fitness and readiness that will be required of them to participate in the 2018 Commonwealth Games.

* Selected athletes must also participate fully in all SKNCGA 's 2018 Commonwealth Games Team training sessions, clinics and camps organised by the SKNCGA and its Head Coach to prepare the athletes for this level of competition.

* Qualified athletes must also be in good standing with both the SKNCGA and the SKNAAA, have no pending disciplinary matters with the two previously named organizations.

* Qualified athletes must also possess a valid U.S Non-Immigrant Visa to facilitate travel and entry through a US port.