



**MAF**  
**QUALIFYING**  
**CRITERIA**  
**2021/2022**

**(RQS)**

# **CRITERIA BASED ON THE FOLLOWING CONSIDERATIONS:**

**1. World Indoor Championship, World Athletics Championship and World Under 20 Championship.**

- Qualification is via qualifying standard set by World Athletics

**2. Commonwealth and Asian Games**

- Criteria based on statistics and deciding appropriate standard between 4<sup>th</sup> and 5<sup>th</sup> placing of the 2018 Games.
- Standard based towards a medal winning prospect.

**3. SEA Games**

- Standard remains as amongst the first three in the SEA Ranking List.

**4. RQS for Overseas Training and Competition**

- Based on the current statistics to qualify for the SEA Games

**WORLD INDOOR CHAMPIONSHIP**

**18-20 MARCH 2022**

**BELGRADE**

## WORLD INDOOR

1. Qualifying period :1 Jan 2021 to 7 Mar 2022

2. Qualifying standard as follows:

WOMEN			MEN	
INDOOR	OUTDOOR	EVENT	INDOOR	OUTDOOR
7.30	11.15 (100M)	<b>60M</b>	6.63	10.10 (100M)
52.90	51.00	<b>400M</b>	46.50	45.00
2:01.50	1:58.00	800M	1:46.70	1:44.00
4:09.00 4:28.50 (Mile)	4:02.00	1500M	3:39.00 3:55.00 (Mile)	3:33.00
8:49.00	8:30.00 / 14:50.00 (5000)	3000M	7:50.00	7:40.00 13:10.00 (5000m)
8.16	12.85 (100mH)	60M H	7.72	13.40 (110mH)
NO	STANDARD	4x400M R	NO	STANDARD

1.97	<b>HJ</b>	2.34
4.75	<b>PV</b>	5.81
6.80	<b>LJ</b>	8.22
14.30	<b>TJ</b>	17.10
18.30	<b>SP</b>	21.10

**COMMONWEALTH GAMES**

**28 JUL – 2 AUG 2022**

**BIRMINGHAM. ENGLAND**

## COMMONWEALTH GAMES

1. Qualifying period: 1 August 2021 to 1 Jun 2022
2. Qualifying standard as below:

MEN	EVENT	WOMEN
10.20	100m	11.30
20.60	200m	22.45
45.35	400m	51.26
1:46:00	800m	2:00.25
3:36.25	1500m	4:04.00
8:16.30	3000m SC	9:39.30
13:56.05	5000m	15:32.25
27:30.33	10000m	31:50.00
13.45	110m H / 400m H	13.10
1:21:11	20km Walk	1:39:26
-	50km Walk	-
2:20:40	Marathon	2:36:20
39.00	4x100m	43.57
3:07.00	4x400m	2:27:32
2.26	High Jump	1.89
5.45	Pole Vault	4.50
8.06	Long Jump	6.58
16.70	Triple Jump	13.52
20.40	Shot Putt	17.90
61.05	Discus	56.60
72.06	Hammer	63.89
78.00	Javelin	57.55
7745	Deca / Heptha	5888

**ASIAN GAMES 2022**

**10 – 25 SEP**

**HANGZHOU, CHINA**

## ASIAN GAMES 2022

1. Qualifying period: 1 Sep 2021 – 1 Jul 2022
2. Qualifying standard as follows:

MEN	EVENT	WOMEN
10.15	100m	11.40
20.60	200m	23.40
45.86	400m	53.90
1:47.00	800m	2:04.20
3:47.50	1500m	4:16.00
8:33.15	3000m SC	9:47.05
14:12.00	5000m	15:45.00
31:15.00	10000m	32:36.00
13.55	110m H / 100m H	13.58
49.70	400m H	58.10
1:27.20	20km Walk	1:35:50
4:25:00	50km Walk	-
2:21:00	Marathon	2:38.00
39.05	4x100m	44.22
3:03.00	4x400m	3:34.05
2.25	High Jump	1.82
5.40	Pole Vault	4.00
8.00	Long Jump	6.48
16.50	Triple Jump	13.60
19.00	Shot Putt	16.00
60.00	Discus	55.00
71.20	Hammer	62.20
80.00	Javelin	55.00
7500	Deca / Heptha	5830



**WORLD ATHLETICS CHAMPIONSHIP**

**15 – 24 JULY 2022**

**OREGON, USA**

# WORLD ATHLETICS CHAMPIONSHIP

## 1. Qualifying System:

**Qualification System • Qualification period valid for Entry Standards and World Rankings**

**A. For the Marathon and 35km Race Walks: 18 months from 30 November 2020 to midnight 29 May 2022 (regardless of the time zone)**

**B. For the 10,000m, 20km Race Walks, Relays and Combined Events: 18 months from 27 December 2020 to midnight 26 June 2022 (regardless of the time zone)**

**C. For all other events: 12 months from 27 June 2021 to midnight 26 June 2022 (regardless of the time zone)**

## 2. Qualifying Standard:

<b>MEN</b>	<b>EVENT</b>	<b>WOMEN</b>
<b>10.05</b>	<b>100m</b>	<b>11.15</b>
<b>20.24</b>	<b>200m</b>	<b>22.80</b>
<b>44.90</b>	<b>400m</b>	<b>51.35</b>
<b>1:45.20</b>	<b>800m</b>	<b>1:59.50</b>
<b>3:35.00</b>	<b>1500m</b>	<b>4:04.20</b>
<b>8:22.00</b>	<b>3000m SC</b>	<b>9:30.00</b>
<b>13:13.50</b>	<b>5000m</b>	<b>15:10.00</b>
<b>27:28.00</b>	<b>10000m</b>	<b>31:25.00</b>
<b>2:11:30</b>	<b>Marathon</b>	<b>2:29:30</b>
<b>13.32</b>	<b>110m H / 100m H</b>	<b>12.84</b>
<b>48.90</b>	<b>400m H</b>	<b>55.40</b>
<b>2.33</b>	<b>High Jump</b>	<b>1.96</b>
<b>5.80</b>	<b>Pole Vault</b>	<b>4.70</b>
<b>8.22</b>	<b>Long Jump</b>	<b>6.82</b>

<b>17.14</b>	<b>Triple Jump</b>	<b>14.32</b>
<b>21.10</b>	<b>Shot Putt</b>	<b>18.50</b>
<b>66.00</b>	<b>Discus Throw</b>	<b>63.50</b>
<b>77.50</b>	<b>Hammer Throw</b>	<b>72.50</b>
<b>85.00</b>	<b>Javelin Throw</b>	<b>64.00</b>
<b>8350</b>	<b>Deca / Hepta</b>	<b>6420</b>
<b>1:21:00</b>	<b>20km Race Walk</b>	<b>1:31:00</b>
<b>2:33:00</b>	<b>35km Race Walk /</b>	<b>2:54:00</b>
<b>3:50:00</b>	<b>50km</b>	<b>4:25:00</b>
<b>Top 10 at IWR + 6 Top List</b>	<b>4x100m</b>	<b>Top 10 at IWR + 6 from Top List</b>
<b>Top 10 at IWR + 6 Top List</b>	<b>4x400m</b>	<b>Top 10 at IWR + 6 from Top List</b>
<b>Top 12 at IWR + 4 from Top List</b>	<b>4x400m Mixed</b>	<b>Top 12 at IWR + 4 Top List</b>

# **SEA GAMES**

**APR/MAY 2022**

# QUALIFYING STANDARD

AMONGST THE FIRST THREE  
IN THE SEA RANKING LIST  
ON THE DATE OF SELECTION

**WORLD UNDER 20  
ATHLETICS CHAMPIONSHIP  
2 – 7 AUGUST 2022  
CALI, COLOMBIA**

**1. Qualifying standard will be set by World Athletics.**

**2. Once WA has established the qualifying standard, it will be made know to all.**

**RQS FOR OVERSEAS  
TRAINING AND COMPETITIONS**



## RQS FOR OVERSEAS TRAINING AND COMPETITION

MEN			WOMEN	
PODIUM	PELAPIS	EVENT	PODIUM	PELAPIS
10.55	10.65	100m	11.80	11.90
21.10	21.80	200m	24.80	25.00
46.90	47.50	400m	54.50	55.50
1:51:00	1:52:00	800m	2:10.50	2:13.00
4:10.00	4:14.00	1500m	4:28.00	4:35.00
14:35.00	14:45.00	5000M	17:58.00	18:10.00
30:50.00	32:00.00	10000M	38:40.00	39:00.00
		10km Walk	54.00.00	
1:35:00	1:38:50	20km Walk	1:40:50	
2:35:00	2:40:00	Marathon	3:00:00	3:10:00
14.05	14.25	110M H / 100M H	14.20	14.55
52.00	53.00	400M H	58.00	58.50
8:30.00	8:50.00	3000M SC	11:20.00	11:45.00
2.18	2.15	HJ	1.80	1.78
5.00	4.80	PV	3.80	3.70
7.85	7.65	LJ	6.10	6.00
16.00	15.90	TJ	13.45	13.20
16.80	16.50	SP	13.10	13.00
52.00	50.00	DT	44.50	42.00
65.00	62.00	HT	56.00	53.00
68.80	65.00	JT	48.00	45.00
6700	6500	DECA / HEPTA	4500	4400
39.90	40.00	4x100m	45.80	47.00
3:10.00	3:11.00	4x400m	3:45.00	3:47.50