



## **ATHLETIC SOLOMONS**

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Athletics Solomons

Selection Criteria

2025 12th Pacific Mini Games

Palau.

The following selection criteria have been endorsed by the Athletic Solomons in selecting its team for the 2025 12th Pacific Mini Games in Palau.

### **ATHLETES ELIGIBILITY UNDER THE GAMES CHARTER.**

1. To be eligible for Team Solomons (athletics); an athlete must:

Hold a valid Solomon Islands passport and must live in Solomon Islands for a minimum of 5 years,

2. Athletes will be selected based on selected criteria set by A.S and must satisfy the criteria's before the deadline second week of April 2025.

3. All performances must be achieved at the national championship September 2025 and series of national time trials.

Selections will also apply in other competitions listed on A.S calendar.

4. All performances achieved during competitions organized and sanctioned by WA and OAA will also be considered.

5. Any results besides 3, and 4, above that are held overseas, shall seek approval and verified by the meet director of that particular competition before results can be considered.

6. All overseas based athletes training overseas must submit results of competitions, training plans by their overseas coaches to A.S forthrightly so that progress can be monitored.

7. All athletes selected if required, must avail themselves for team events like relays for trainings and competitions.

8. All Athletes that have qualified under A or B standard will be considered into the Team, however if more than three athletes have reached the qualifying standard then the top three will be considered. However, when no

athlete have qualified under either {A} or {B} standard, then the athlete close to B standard will be selected. In such cases, the chosen athlete will be directly chosen by the Executive Board. This will be strictly done after receiving technical recommendations from specific coaches.

9. In a case more than three athletes have qualified to [A] standard, decision will be decided by the Executive Board upon receiving technical recommendations from specific coaches to meet a required quota.

10. If no athlete has qualified under (A) but only one has qualified

Under (B) then the (B) standard will be selected, based on other criteria's.

11. Each athlete must achieve the qualifying standard at least twice in the period stated except for marathon & multi events.

12. Athletes who have achieved the qualifying standard must compete and participate in all AS official competitions.

13. Athletes will be evaluated of their attendance and participation at:

September national championship and other national trials where dates are specified below.

14. Athletes selected must be of good standing and good character with Athletic Solomons and NOCSI.

15. Athletes selected one month prior to Palau Games must demonstrate high level fitness and must be free from injuries. Any injuries must be cleared by NOCSI designated medical commission.

16. All athletes selected must meet the eligibility rules as stated in the Pacific Games Charter.

17. Selection priority will be given to the athletes who do not play other sports.

18. All athletes must meet the Covid 19 Vaccination Criteria as per NOCSI Vaccination Policy.

19. Final selection will be made on merit taking into consideration regional standards, that in lines with the development objectives of AS and NOCSI.

### **ATHLETICS SOLOMONS QUALIFYING STANDARDS.**

### **ATHLETICS SOLOMONS QUALIFYING STANDARDS 2025 12th Pacific Mini Games PALAU.**

**MEN****SPRINTS/HURDLES. "A STANDARD"****"B STANDARD"**

100M	10.9sec (electronic)	11.09sec (elect)
200M	21.98sec	22.30sec
400M	48.5sec	49.90sec
110M HURDLES	15.50sec	16.00sec
400M HURDLES	55.0sec	56.0sec

**MIDDLE DISTANCE**

800M	1:56.0min	1:58.0min
1500M	4:05.0min	4:07.0min

**LONG DISTANCE**

3000M STEEPLECHASE	9:50.00min	10:00.0min
5000M	15:30.0min	15:59.97min
10000	33:00.0min	33:57.0min

<b>MARATHON</b>	2hrs 20.0	2hrs 35.0
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<b>HALF MARATHON</b>	1hr 12 .0	1hr 14.0
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**THROWING EVENTS**

SHOT PUT	16.00m	14.00m
DISCUS	45.00m	40.00m
JAVELIN	60.00m	58.00m
HAMMER	45.00m	44.00m

**JUMPING EVENTS**

LONG JUMP	7.00m	6.80m
HIGH JUMP	2.00m	1.90m
TRIPLE JUMP	14.60m	13.97m
POLE VAULT	4.40m	4.00m

**MULTI -EVENT**

DECATHLON	6000pts	5800pts
WALK		
20KM	1hr: 52.0	1hr: 55.0
50km		

**WOMEN**

<b>SPRINT/HURDLES.</b>	<b>"A" STANDARD</b>	<b>"B" STANDARD</b>
100M	12.4sec (elect)	12.6sec (elect)
200M	25.0sec	26.0sec
400M	58.00sec	60.00sec
100M HURDLES	15.4sec	16.00sec
400M HURDLES	62.5sec	65.5sec

**MIDDLE DISTANCE**

800M	2:15.0min	2:19:0min
1500M	5:00.0min	5:09:0min

**LONG DISTANCE**

5000M	18:20.0min	19:00.0min
10000m	38:00.0min	39:..58.97min

<b>HALF MARATHON</b>	1hr 23min	1hr 28min
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**JUMPING EVENTS**

LONG JUMP	5.70m	5.40m
HIGH JUMP	1.60m	1.55m
TRIPLE JUMP	11.00m	10.80m
POLE VAULT	3.60m	3.40m

**THROWING EVENTS**

SHOT PUT	12.00m	11.50m
DISCUS	45.00m	40.00m
JAVELIN	45.00m	40.00m

HAMMER	38.00m	35.00m
<b>MULTI-EVENT</b>		
HEPTATHLON	4000PTS	3700PTS

## **1. MEDICAL ASSESMENT**

Athletes must be declared medically fit by the Team Solomons medical team. All scheduled medical tests are mandatory for both athletes and officials. First Medical 1 February 2025 & Final Medical 28-29 May 2025.

## **2. ATHLETES AGREEMENT**

All athletes will be required to sign the Team Solomons Athlete Agreement Form and the Athletic Solomons.

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 Solomons.
- 3.5. Controllable temperament

## **4. COMPETITION**

Athletic Solomons will follow the competition calendar and results to gauge the athletes' fitness and performances.

## **5. COMPULSORY TRAINING**

Athletes must meet a requirement attendance of 75-80% and upon selection of the final team 90-

100%. A daily attendance record will be kept. Team records of attendance to be included in the final team submission.

## **6. TRIALS**

Athletes must attend all scheduled trials as follows:

1. National Championship 24<sup>th</sup> – 27<sup>th</sup> September, 2024
2. Second Trials 20 – 22 November 2024
3. 3<sup>rd</sup> Time Trials 21<sup>st</sup> -24<sup>th</sup> February 2025
4. Final Time Trial 17<sup>th</sup> - 19<sup>th</sup> April 2025

The Trial Results must be properly recorded and included in the final team submission.

## **7. STANDARDS**

Athletics is judged by time, distance, height and have established the standards for qualification.

Athletic Solomons will follow the qualifying standards provided in this Criteria of Selection for qualification.

Athletics has set an “A” and “B” qualification standard. If there is no “A” qualifier then “B” qualifiers will be considered alongside other criteria.

## **8. SELECTION PROCESS.**

Selection will be done by a selection panel appointed by A.S Executive. However, the final say of selected athletes will be endorsed by A.S Executive.

## **9. APPEAL PROCESS**

8.1. 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 Team Solomon of the names. All such appeals shall be lodged in writing with Team Solomon at NPF Plaza Point Cruz.

8.2. Any athlete appealing his/her non selection as a member of TEAM Solomon will do so on the explicit understanding that the decision of the Team Solomon Appeals Tribunal is final and binding on all parties.