



## MINIMUM QUALIFICATION STANDARDS

### SWIMMING

1. Athletes have to achieve the MQS as indicated (Clause 10) throughout the period April 2018 to 4th March 2019. If the MQS is achieved before /up to the end of October 2018, the **Athlete** must maintain a level close to the MQS in the period 1st October 2018 to 4th March 2019 for it to be valid.
2. The preparation period for the games is April 2018 to February 2019. From 4th March 2019 till the commencement of the games team Malta will prepare and train with National Coach making sure that all athletes peak for the games. All athletes must maintain their previously achieved performance up to the Games in order to retain their place on Team Malta. The MOC reserves the right to remove any athlete which is deemed not up to standard.
3. The closing date for the Long List of athletes and officials will be not later than 1st October 2018, whilst the short list date will be not later than 4th March 2019. No late submissions will be accepted.
4. The athletes will with the designated coaches approved by the MOC Technical Commission. This includes fitness training in the gym.
5. The Athletes have to participate in the following number of competitions:
  - a) National Championships - 2018
  - b) Easter Meet - 2019
  - c) 2 Overseas (international) Competition - 2018 and 2019
6. Every 6 to 8 weeks all athletes aspiring to participate in the Games will be subject to Diagnostic Fitness Tests at the Maltese Olympic Committee FDL Laboratory. These tests are obligatory and failure to attend without a valid reason and/or notification will result with automatic exclusion from the Games. Any injuries will need to be reported immediately to the MOC Medical Team and the Director of Sport.
7. A written report is to be submitted to the Director of Sport every eight (8) weeks till the end of February 2019. Reports are to start being submitted as of the end of May 2018. As of the 4th March 2019 this report has to be handed in every four (4) weeks.

8. The Association will have to participate in and follow all technical directives stipulated by the Director of Sport. All events, including International events, which aspiring athletes are looking at taking part in, must be reported in full to the Director of Sport.
9. Athletes aspiring to be selected for the Games MUST participate in the ASA/MOC training initiatives which will be organized during the preparation period of the Games.
10. Athletes for all events will be recommended for selection if in the qualification period April 2018 to February 2019 they will satisfy the following criteria:
  - a) Athletes achieve the MQS as stipulated.
  - b) They are certified injury free and fit by the Medical Team
  - c) Their behavior satisfies the ASA and the MOC Technical Commission
11. The MOC Technical Commission and Executive reserve the right to include any athlete that might not meet the MQS criteria if there is a valid technical reason which has to be motivated.
12. All athletes, coaches and officials participating in the Games must sign a contract and abide by the Rules and Code of conduct of the IOC and MOC.
13. The final decision on the final list of members of the contingent rests solely with the Maltese Olympic Committee.

### Men

### Women

Men					Women				
				MQS					MQS
100m Backstroke				00:57.50	100m Backstroke				01:05.56
100m Butterfly				00:56.04	100m Butterfly				01:03.22
100m Freestyle				00:51.64	100m Freestyle				00:57.97
200m Breaststroke				02:17.21	200m Breaststroke				02:38.00
200m Butterfly				02:07.00	200m Butterfly				02:24.31
200m Freestyle				01:53.85	200m Freestyle				02:03.33
200m Medley				02:09.32	200m Medley				02:22.91
400m Freestyle				04:04.71	400m Freestyle				04:23.39
400m Medley				04:37.60	400m Medley				05:03.93
4x100m Medley				03:53.78	4x100m Freestyle				03:58.00
4 x 200m Freestyle				07:47.28	4 x 100m Medley				04:25.75
50m Freestyle				00:23.35	4 x 200m Freestyle				08:39.58
4x100m Freestyle				03:29.00	50m Freestyle				00:26.50
1500m Freestyle				16:22.00	800m Freestyle				09:03.00
100m Breaststroke				01:05.23	100m Breaststroke				01:13.98
200m Backstroke				02:09.76	200m Backstroke				02:24.81
50m Backstroke				00:26.60	50m Backstroke				00:30.20
50m Breaststroke				00:29.10	50m Breaststroke				00:33.90
50m Butterfly				00:24.90	50m Butterfly				00:28.10

TECHNICAL COMMISSION

MALTESE OLYMPIC COMMITTEE