

ICELAND 2015

SWIMMING MQS

1. Athletes have to achieve the times as indicated below in the period March 2015 – 15th May 2015.
2. A National Coach coordinator has to be appointed and is approved by the Maltese Olympic Committee.
3. The preparation period for the Games is November 2013 to May 2015.
4. The athletes will train a minimum of 18 hours a week with the designated coach.
5. The athletes have to participate in the following number of International Competitions:-
 - a) 2 overseas in 2014 and 2015
 - b) National Championships & Easter Meeting 2014
 - c) National Championships & Easter Meeting 2015
6. Every 6/8 weeks, the athletes aspiring to participate in the Games must undergo Diagnostic Fitness Tests at the Maltese Olympic Committee Diagnostic Lab.
7. A written report is to be submitted to the Director of Sport every 4 weeks highlighting all the aspects of the training process.
8. The Association should participate in at least one training programme through the CONI protocol in the period January – May 2015.
9. The Association will have to participate and attend all technical meetings and seminars stipulated by the Technical Commission of the Maltese Olympic Committee.
10. The M.O.C. Executive reserves the right to include any athlete that does not meet with the MQS criteria if there is a valid technical reason which has to be motivated.

11. All athletes to participate in the Games must sign a contract and abide by the Rules and Code of Conduct of the IOC and those of the MOC.

Event	Men	Women
50m Freestyle	23.54	26.39
100m Freestyle	51.61	57.77
100m Back	58.86	1.05.51
100m Butterfly	56.98	1.02.92
100m Breast	1.03.08	1.13.42
200m Freestyle	1.55.43	2.03.16
200m Back	2.09.09	2.19.11
200m Butterfly	2.08.70	2.22.23
200m Breast	2.19.45	2.38.88
200m IM	2.09.32	2.22.56
400m Freestyle	4.05.54	4.24.73
400m IM	4.33.08	5.02.55
800m Freestyle	N/A	9.09.35
1500m Freestyle	16.22.90	N/A
4x100m Freestyle	3.29.00	4.00.23
4x100m Medley	3.54.76	4.23.78
4x200m Freestyle	7.51.43	8.43.34

- 14. The final decision of the members of the contingent rests solely with the Maltese Olympic Committee.**