



Athletics Minimum Qualifying Standards (MQS)

INAS Global Games — Brisbane 2019 — Athletics Championships

Athletes must meet a minimum of 1 MQS from the table below to enter the meet.

EVENT	II1: Intellectual Disability (IQ 75 or lower) Called T20/F20 in Paralympics		II2: Intellectual Disability w/Additional Impairment (Down Syndrome)		II3: Athletes with Autism who do not meet the II1 Criteria	
	Men	Women	Men	Women	Men	Women
100 m	12.00	14.50	16.20	21.00	Open	Open
200 m	24.30	31.50	34.30	60.00	Open	Open
400 m	55.00	74.00	1:29.00	2:40.00	Open	Open
800 m	2:10.00	2:45.00	4:35.00	6:00.00	Open	Open
1 500 m	4:15.00	5:40.00	9:10.00	12:00.00	Open	Open
3 000 m		13:30.00			Open	Open
5 000 m	17:00.00	22:30.00				
10 000 m	42:00.00					
100m Hurdles		21.50				
110m Hurdles	20.00					
400m Hurdles	74.00	89.00				
	12:30.00	14:40.00				
Race Walk	32:00.00	36:50.00	14:10.00	15:55.00		
	5,000m	5000m	1500m	1500m		
Pole Vault	1.80m	1.60m				
High Jump	1.65m	1.25m				
Long Jump	5.80m	4.20m	3.00m	1.75m	Open	Open
Triple Jump	11.00m	8.00m				
Shot Put	10.50m (7.26kg)	8.80m (4kg)	6.50m (4kg)	4.00m (3kg)	Open	Open
Discus	25.00m (2kg)	16.00m (1kg)	14.90m (1kg)	9.75m (750gm)	Open	Open
Javelin	35.00m (800g)	18.00m (600g)	12.90m (600gm)	9.00m (400gm)	Open	Open
Hammer	21.00m	22.00m				
4x100 m Relay	1 x country	1 x country	1 x country	1 x country		
4x400 m Relay	1 x country	1 x country				
Multi	Open	open	open	Open		

Explanatory Notes:

Hurdle Heights: II1 100m H 0.84, 110m H 0.91, 400m H 0.84 (men), 0.76 (women),

Steeple Heights: 2000m 0.762 (women), 3000m 0.914m (men);

Multi Events: II1 – Heptathlon (100m H/110mH, High jump, Shot put, 200m, Long jump, Javelin, 800m),

II2 – Triathlon (100m, long jump and shot put)

Minimum Qualifying Standard Exemptions:

The following exemptions to minimum Qualifying Standards have been approved by the INAS Athletics Committee

1. Developing member nations may enter 1 athlete in each event who has not met the minimum qualifying standard.
2. Athletes who have qualified in one event may also enter an additional similar event without meeting the MQS.



"Inas is now called "Virtus"