

GIAAC Selection Standards

Island Games Isle of Wight 2011

1. Achievement of standard(s) guarantees consideration of selection.
2. Island Games Standards to be achieved during the 2010 summer season
3. Athletes will need to 15 years of age on the first day of the Games to eligible for selection.
4. Where the athlete has only just achieved the standard once they maybe asked to back up their selection by achieving the standard further times. Hence achieving the standard numerous times will increase selection chances
5. Good standard events have been specially organised for you the athletes and to promote the sport and all athletes wishing to be considered for Island Games Selection are expected to compete in all local high profile events such the Intertrust Meetings, Club Championships and the Inter-Insular in the qualifying year (2010) and Games Year (2011). This will be taken into consideration for selection.
6. Final Team selection to be confirmed by - date tbc (likely April 2011) although initial team selection, subject to fitness will be in October 2010.
7. Where more than 2 athletes have achieved the standard - the selection committee will make the final decision - note this will be based many things such as competitive performances, participation in the Inter-Insular/Intertrust GP, current fitness, standards achieved within the event(s) as well as other performances/competitive indicators.
8. The selection committee reserves the right to not select or de-select anyone who fails to meet any of the criteria above.

If you are not sure about any of the selection criteria or what you need to do in order to qualify for the Island Games please speak to any of the following people : Alun Williams, Dale Garland, Geoff King

[Guernsey Island Games Association website](#)

Event	IG MEN 2011	IG WOMEN 2011
100m	11.40	13.00
200m	23.30	26.90
400m	51.50	61.00
800m	2.01.00	2.24.00
1500m	4.10.00	5.00.00
5000m	15.50.00	19.19.00
10000m	34.00.00	39.40.00
110mh/100mh	16.00	16.10
400mh	58.00	69.50
3000 s/c	10.25.00	12.00
Half Marathon	75.30	91.00
High Jump	1.85	1.50
Pole Vault	3.60	2.40

Long Jump	6.45	5.00
Triple Jump	13.00	10.50
Shot Put	11.60	9.20
Discus	34.75	26.50
Hammer	42.00	32.50
Javelin	46.00	31.00