



MACCABI AUSTRALIA INCORPORATED

**21<sup>ST</sup> MACCABIAH GAMES**

**AUSTRALIAN ATHLETE SELECTION CRITERIA**

AS AT 25 MAY 2021

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## DEFINITIONS

**Athlete** means those athletes who:

- a) participate in a particular sport;
- b) are recognised by an Affiliated Sports Club; and / or
- c) are recognised by MAI as competitors suitable and eligible for nomination to the Team; and
- d) have completed the specified nomination process.

**Athlete Selection Criteria** means the Selection Criteria and qualification standards of a particular sport of the Games and in accordance with the requirements of those Games.

**Australian Maccabiah Games Team Selection By-Law** means the 21<sup>st</sup> Maccabiah Games Australian Team Selection By-Law and as amended and replaced from time to time.

**Coach** means person with suitable qualifications and / or experience to train, develop, instruct and direct a team and / or athlete.

**The Board** means the Board of MAI appointed under the MAI Constitution.

**Codes of Conduct** means the MAI Codes of Conduct and as amended and replaced from time to time.

**Competition** means a single race, match, game or singular sport contest.

**Games** means the 21<sup>st</sup> Maccabiah Games

**MAI** means Maccabi Australia Incorporated (ABN 99 643 176 941).

**Officials** means the Head of Delegation, Head of Games Operations & Sport, Head of Support Services, Regional Managers, Assistant Regional Managers, Head of Medical, Head of Media, Head of Safety and Security, Head of Finance, Team Managers, assistant team managers, chiropractors, coaches, massage therapists, medical practitioners, physiotherapists, psychologists, and other officials of the Team. Alternatively, all non-athletes.

**Operations Team** means the management structure developed and implemented by The Board of MAI

- a) includes; the Head of Delegation, Head of Games Operations & Sport and Regional Managers (three)
- b) shall approve the selection of officials to the team
- c) shall oversee and approve individual team's Selection Criteria; and
- d) approve the selection of athletes to compete at the Games.

**Selection Criteria** means the criteria and qualification standards in respect of a particular sport in respect of a particular Games and any other conditions regarding eligibility to compete in those Games as determined from time to time by MAI and in accordance with the requirements of a particular Games.

**Team** means the 21<sup>st</sup> Maccabiah Games Australian Team. An individual sport team shall be referred to as "**team**".

**Team Manager** means the manager of a sport team attending the Games.

## 1 ATHLETE SELECTION CRITERIA OBJECTIVE

The objective of the Athlete Selection Criteria is to provide a clear and transparent framework for Athletes and Officials in the selection of the Team.

## 2 APPLICATION

The Athlete Selection Criteria applies to all Athletes

## 3 ATHLETE SELECTION CRITERIA STATEMENT

The Athlete Selection Criteria is to be read in conjunction with the 21<sup>st</sup> Maccabiah Australian Team Selection By-Law which provides essential detail relating to:

- a) Eligibility of Athletes
- b) Nomination of Athletes
- c) Selection of Athletes
- d) Athletes unable to attend Trials
- e) Appeals
- f) Funding of Athletes

### 3.1 Athlete Selection Criteria

- a) Factors in selection:
  - I. **Competition Level and performance:** The level and strength of competition where an athlete is currently or has recently competed
  - II. **Athlete Commitment:** Athletes may be required to provide their current training and competition schedule to the Selectors. Athletes may be required to attend a personal interview.
  - III. **Values:** An Athlete's commitment to a positive team culture and the team values.
- b) Performance Requirements:
  - I. All players will be primarily evaluated for his/her physical capabilities and playing skills, with further consideration to tactical and strategic knowledge, mindset, leadership, decision making, teamwork, psychological and physical resilience and ability to learn.
- c) Requirement to maintain fitness:
  - I. All athletes must be in full training and demonstrate an uncompromised commitment to preparation for peak performance at the Games.
- d) Team Commitment:
  - I. Comply with the Australian Maccabiah Games Team Agreement and all associated policies
  - II. Attend and participate in all set team activities designated by the General Manager, Team Manager and Coach including but not limited to training, competition, workshops, information sessions, team building and fundraising.

### 3.2 Communication of Athlete Selections

- I. Shall be made by the team Manager
- II. Where possible, athletes who are unsuccessful in selection shall be notified prior to successful athletes. The athlete shall be provided the reason for non-selection.

### 3.3 **Withdrawal**

- a) Should an athlete withdraw from the Australian Maccabiah Games Team following the team announcement, the Head of Games Operations & Sport may request that the selectors consider a
- b) replacement, provided the replacement Athlete has met the performance requirements and / or the required standard.
- c) If a replacement Athlete is required, the selectors will make a recommendation to the Head of Games Operations & Sport from within or outside of the nominated Athletes.

### 3.4 **Amendments to Selection Criteria**

The Operations Team may amend these Selection Criteria at any time at its discretion.

### 3.5 **MAI Policies**

In addition to the Athlete Selection Criteria, all Athletes are bound by the Maccabi Australia Inc (**MAI**) Policies including but not limited to the:

- a) 21<sup>st</sup> Maccabiah Games Australian Team Selection By-Law
- b) 21<sup>st</sup> Maccabiah Games Australian Team Membership Agreement
- d) Maccabi Member Protection Policy
- e) MAI Travel Policy
- f) MAI Media & Social Media Guidelines

as updated or replaced from time to time.

## 4 ATHLETE SELECTION CRITERIA BY SPORT

### 4.1 ARCHERY

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above		
<b>Specific Criteria</b>	<p>a) <b>Archery Australia Affiliation:</b> All applicants for selection into the Australian Maccabiah Archery Team must be members of a Registered Governing Body that is affiliated with Archery Australia, including:</p> <ol style="list-style-type: none"> <li>i. Archery ACT</li> <li>ii. Archery NSW</li> <li>iii. Archery SA</li> <li>iv. Archery Tas</li> <li>v. Archery Victoria</li> <li>vi. Archery WA</li> <li>vii. North Queensland Archery Association</li> <li>viii. South Queensland Archery Society</li> </ol> <p><b>Selection standard:</b> Minimum Qualifying Scores (MQS) are those equal to or above a GOLD Classification in the relevant competition as recorded in <a href="#">Archers' Diary</a>. This requires the registering of three (3) scores at or above this level within a twelve (12) month period.</p> <p>b) Minimum Qualifying Scores (MQS) are those equal to or above a GOLD Classification in the relevant competition as recorded in <a href="#">Archers' Diary</a>. This requires the registering of three (3) scores at or above this level within a 12-month period.</p>		
	<b>Competition</b>	<b>Recurve</b>	<b>Compound</b>
	<b>Outdoor</b>	<b>90 Arrows over 70m (122cm Face)</b>	<b>72 Arrows over 50m (80cm Face)</b>
		700/900	605/720
	<b>Indoor</b>	<b>60 Arrows over 18m (40cm Face)</b>	<b>60 Arrows over 18m (40cm Face)</b>
		534/600	558/600
<b>Team</b>	<p>The strongest competitors of up to ten (10) competitors for each individual event in each category may be selected:</p> <ol style="list-style-type: none"> <li>a) Open Men</li> <li>b) Open Women</li> </ol>		
<b>Finalisation of Selections</b>	TBA		
<b>Notes</b>	<p><b>Outdoor Target Archery</b></p> <p>Men's Recurve Competition</p> <ol style="list-style-type: none"> <li>a) 90 arrow rounds over 70m at 122cm FITA target faces</li> </ol> <p>Men's Compound Competition</p> <ol style="list-style-type: none"> <li>b) 90 arrow rounds over 50m, at 80cm FITA target faces</li> </ol> <p>Women's Recurve Competition</p> <ol style="list-style-type: none"> <li>c) 90 arrow rounds over 70m at 122cm FITA target faces</li> </ol> <p>Women's Compound Competition</p>		

	<p>d) 90 arrow rounds over 70m at 122cm FITA target faces</p> <p><b>Indoor Target Archery</b></p> <p>Men's Recurve Competition</p> <p>a) 60 arrow rounds over 18m at 40cm FITA target faces</p> <p>Men's Compound Competition</p> <p>b) 60 arrow rounds over 18m, at 40cm FITA target faces</p> <p>Women's Recurve Competition</p> <p>c) 60 arrow rounds over 18m, at 40cm FITA target faces</p> <p>Women's Compound Competition</p> <p>d) 60 arrow rounds over 18m, at 40cm FITA target faces</p>
<b>Last Updated</b>	July 2020

#### 4.2 BASKETBALL

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Team</b>	<p>The strongest and most balanced squad of up to twelve (12) players in each of the eight (8) divisions will be selected:</p> <p>a) Open Men</p> <p>b) Open Women</p> <p>c) Youth Boys</p> <p>d) Youth Girls</p> <p>e) Junior Boys</p> <p>f) Junior Girls</p> <p>g) Masters Men's 35+</p> <p>h) Masters Men's 45+</p>
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	N/A
<b>Last Updated</b>	July 2020

#### 4.3 BEACH VOLLEYBALL

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Team</b>	<p>The strongest and most balanced squad of up to eight (8) players (2 teams of 2 players and 2 reserves) in each division may be selected:</p> <p>a) Open Men</p> <p>b) Open Women</p>
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	
<b>Last Updated</b>	July 2020

#### 4.4 CRICKET

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Team</b>	<p>The strongest and most balanced squad of up to fifteen (15) players may be selected in each division</p> <p>a) Open Men</p>

	b) Junior Boys c) Masters 40+
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	
<b>Last Updated</b>	July 2020

#### 4.5 CYCLING

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Performance Requirements</b>	Refer to information and tables below.
<b>Team</b>	The following Cycling events are available (Age groups to be confirmed): a) Cycling – BMX b) Cycling – Road Race c) Cycling – Time Trial d) Cycling - Track
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	a) The qualifying standards shall be used by the selectors as a guideline. b) Upon achievement of a qualifying standard at the Maccabi Club Time Trial or official Cycling AUS sanctioned event, the Athlete is required to provide formal / official documentation proof to the Team Manager. This will be provided to the Selectors and Team Ratification Committee for approval. c) Should there be a concern relating to the information provided, or other any other reason where the Selectors may be considering non-selection, the Athlete shall be informed in writing by the Selector(s) and provided with remedy actions. d) Should an athlete not have achieved the required standards by the selection date, he/she may seek special consideration in writing to the Team Manager for consideration by the Selectors in consultation with the Team Ratification Committee.
<b>Last Updated</b>	July 2020

<b>Qualifying Standards - Cycling</b>			
<b>Time Trial</b>	<b>Age</b>	<b>Speed</b>	<b>Distance</b>
<b>Men</b>	17-18	34 kph	25 km
	19-29	38 kph	25 km
	30-39	35 kph	25 km
	40-49	34 kph	25 km
	50+	32 kph	25 km
<b>Women</b>	30-49	30 kph	25 km

<b>Road Race</b>	<b>Age</b>	<b>Speed or Grade</b>	<b>Distance</b>
<b>Men</b>	17-18	36 kph / C Grade Open	130 km
	19-29	38 kph / B Grade Open	130 km



	30-39	37 kph / C Grade MMAS	80 km
	40-49	37 kph / C Grade MMAS	80 km
	50+	34 kph /D Grade MMAS	80 km
<b>Women</b>	30-49	32 kph / C Grade WMAS	80 km

#### 4.6 FIELD HOCKEY

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Team</b>	The strongest and most balanced squad of up to fifteen (16) players may be selected in each division a) Open Men b) Open Women
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	
<b>Last Updated</b>	July 2020

#### 4.7 FOOTBALL

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Team</b>	The objective is to select the strongest and most balanced squad of up to twenty (20) players (Junior and Open teams) and twenty-two (22) players (Masters teams) in each division: a) Open Men b) Open Women c) Youth Boys d) Youth Girls e) Junior Boys f) Junior Girls g) Masters Men's 35+ h) Masters Men's 45+ i) Masters Men's 55+
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	
<b>Last Updated</b>	July 2020

#### 4.8 FUTSAL

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Team</b>	The objective is to select the strongest and most balanced squad of up to twelve (12) players ( a) Open Men b) Youth Boys c) Youth Girls d) Junior Boys e) Junior Girls f) Masters Men's 35+ g) Masters Men's 45+
<b>Finalisation of Selections</b>	TBA

Notes	
Last Updated	July 2020

#### 4.9 GOLF

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above																		
<b>Specific Criteria</b>	<p><b>Eligibility:</b> Must have played in at least one State Maccabi Jewish Championship in 2019/20</p> <p><b>Selectors Exemption (applicable to the Open events only)</b></p> <ol style="list-style-type: none"> <li>The selectors have a Selector's Exemption (if required) and this can be used in the case of a suitably credentialed player who is designated an <b>ELITE</b> athlete <b>or</b> for some genuine verifiable reason cannot play in at least 1 of the events required to qualify (e.g. experiences a long term injury or personal problem etc.).</li> <li>A player who believes the exemption may be applicable must apply in writing to be eligible for the Selectors Exemption. The Team Manager writes a report for the selectors on the players applying for these positions.</li> <li>An elite player is one who plays in sanctioned PGA events or tours and who is unavailable to attend selection trials.</li> </ol>																		
<b>Teams</b>	<p>The objective is to select the strongest and most balanced team in the following divisions:</p> <p><b><u>Handicap Guides (From Maccabiah 2017)</u></b></p> <table border="1"> <thead> <tr> <th>Max Handicap</th> <th>Age</th> <th>Max Team</th> </tr> </thead> <tbody> <tr> <td>Open</td> <td>9</td> <td>8</td> </tr> <tr> <td>Masters</td> <td>50+</td> <td>5</td> </tr> <tr> <td>Ladies</td> <td>50+</td> <td>5</td> </tr> <tr> <td>Grandmasters</td> <td>65+</td> <td>5</td> </tr> <tr> <td>Stableford</td> <td></td> <td>8</td> </tr> </tbody> </table>	Max Handicap	Age	Max Team	Open	9	8	Masters	50+	5	Ladies	50+	5	Grandmasters	65+	5	Stableford		8
Max Handicap	Age	Max Team																	
Open	9	8																	
Masters	50+	5																	
Ladies	50+	5																	
Grandmasters	65+	5																	
Stableford		8																	
<b>Finalisation of Selections</b>	TBA																		
<b>Notes</b>	<p><b>COSTS</b></p> <ol style="list-style-type: none"> <li>Players must pay for all trial expenses.</li> <li>Where possible use billeting and frequent flyer points.</li> <li>Those requiring financial assistance can apply to the Maccabi National Golf Council.</li> </ol>																		
<b>Last Updated</b>	July 2020																		

#### 4.10 GYMNASTICS

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Specific Criteria</b>	Athletes must be of a minimum standard of national/international level 8. The selectors may consider gymnasts competing at level 7, at their absolute discretion.

	Athletes will be selected on confirmation and verification of their current performances
<b>Team</b>	The strongest and most balanced team of up to six (6) gymnasts will be selected in the following divisions: a) Junior Boys (Artistic) b) Junior Girls (Artistic) c) Junior Girls (Rhythmic Gymnastics) d) Open Men e) Open Women
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	
<b>Last Updated</b>	July 2020

#### 4.11 JUDO

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Specific Criteria</b>	TBA
<b>Team</b>	a) Junior Boys b) Junior Girls c) Open d) Masters 35+
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	
<b>Last Updated</b>	July 2020

#### 4.12 KARATE

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Specific Criteria</b>	TBA
<b>Team</b>	e) Junior Boys f) Junior Girls g) Open h) Masters 35+
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	
<b>Last Updated</b>	July 2020

#### 4.13 LAWN BOWLS

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Team</b>	The strongest and most balanced squad of up to ten (10) players will be selected: a) Open Men b) Open Women

<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	
<b>Last Updated</b>	July 2020

#### 4.14 MACCABI MAN/WOMAN

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Specific Criteria</b>	Athletes may race in any Triathlon Australia sanctioned event. Relevant official results of the event must be provided to the Team Manager.
<b>Team</b>	Maccabi Man/Woman includes all of the following; Cycling TT, Half Marathon, Sprint Triathlon and OWS.  The strongest athletes will be selected in the following age groups: a) Open b) Masters – 35+
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	There must be a minimum of 3 competitors representing two different countries participating in each age group for the age group to be official and be able to vie for the Maccabi Man/Maccabi Woman medals.
<b>Last Updated</b>	July 2020

#### 4.15 NETBALL

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Team</b>	The strongest and most balanced squad of up to twelve (12) players in each of the seven (7) divisions will be selected: a) Open Women b) Youth Girls c) Junior Girls d) Masters Women - 35+
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	N/A
<b>Last Updated</b>	July 2020

#### 4.16 RUGBY and 7's

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Team</b>	The strongest and most balanced squad of players of up to twenty-six (26) players (Rugby) and twelve (12) players (Rugby 7s) will be selected in teams: a) Open Men's Rugby b) Open Men's Rugby 7's

<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	The MWU Regulations state that: "It is intended that no competitive advantage be given to a 7s team whose country also enters a 15s team, by utilizing a larger player pool. This is why all "crossover" players must be designated on the roster before the 7's tournament begins, and the roster may not be changed during the tournament. However, "crossover" players from 15's teams must be listed as part of Entry Form #3."
<b>Last Updated</b>	July 2020

#### 4.17 SQUASH

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Team</b>	The strongest squad of up to a maximum of five (5) players for any one team event and a maximum of eight (8) players for any one singles event, will be selected in the following categories: a) Open Men b) Open Women c) Masters Men 35+ d) Masters Women 35+
<b>Finalisation of Selections</b>	TBA
<b>Withdrawal</b>	Should an athlete withdraw from the Australian Maccabiah Games Team following the team announcement, the Head of Games Operations & Sport may request that the selectors consider a replacement, provided the replacement Athlete has met the performance requirements. If a replacement Athlete is required, the selectors will make a recommendation to the Operations Team.
<b>Notes</b>	
<b>Last Updated</b>	July 2020

#### 4.18 SWIMMING – OPEN AND JUNIOR COMPETITION

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above. To be read in conjunction with <a href="#">2021 Maccabiah Games Australia Swim Team Criteria (Provisional)</a>
<b>Factors in Selection</b>	The following elements will be considered by the Selection Panel for each nominated swimmer: a) <b>Qualifying standards</b> – achievement of times during the qualifying period. b) Attitude and commitment to <b>training and competitions</b> – a personal interview may be conducted with each of the nominees. c) <b>Fundraising and participation.</b>  <b>Qualifying Times:</b> • These are based on NSW and Victorian Age and Open Times

	<ul style="list-style-type: none"> <li>• <b>“B” Times:</b> represent the minimum standard for selection, anticipating continued improvement from the end of the qualifying period till the Maccabiah.</li> <li>• <b>“A” Times:</b> represent a standard which will allow a swimmer to apply for early selection (prior to the end of the qualifying period)</li> <li>• Times must be achieved in a 50m (Long Course) pool in official competition.</li> <li>• Qualifying period: 1 December 2020 to 31 January 2022</li> <li>• 50m Freestyle – for Open and Junior events there is no qualifying time for 50m Freestyle. Competitors wishing to race this event at the Maccabiah must qualify in another event.</li> <li>• Non qualifiers – swimmers with neither an A nor B time may be added to the team by the selectors if their presence on the team will benefit Australia’s overall team goals (relays, strength of competition)</li> </ul> <p><b>Training and Competitions:</b></p> <ul style="list-style-type: none"> <li>• Suggested minimum training is detailed in this document</li> <li>• Each swimmer will be guided by the team Coach/Coaches on their training regime.</li> <li>• Swimmers must maintain or, even more preferably, increase their training upon selection to the Maccabiah Team.</li> <li>• Failure to maintain sufficient and agreed upon training could jeopardise a selected swimmer’s position on the team.</li> <li>• Regular <b>competition</b> is required for all swimmers prior to and following selection.</li> <li>• Prospective team members are expected to compete at the highest State or National level for which they qualify.</li> </ul> <p><b>Fundraising and Participation</b></p> <ul style="list-style-type: none"> <li>• In alignment with the Swim Team Culture and Ideals, all nominated and selected swimmers are expected to participate in all swim team fundraising initiatives and events.</li> <li>• Participation in the <b>MS Maccabi National Swimathon</b> in 2020 and 2021 is a compulsory selection requirement.</li> </ul>
<p><b>Process for Selection</b></p>	<p><b>1 December 2020:</b> Qualifying period opens – all races in these 13 months count towards a swimmer’s selection.</p> <p><b>Achieve an “A” time:</b> At any time during the qualifying period, a swimmer who achieves an “A” time becomes eligible for selection.</p> <p><b>Early selection:</b> An “A” qualifier will be proposed to the next quarterly selectors meeting with all supporting documents regarding times and training. If successful, the swimmer will be proposed by the selectors to Australian Team Management for ratification. Once ratified, the swimmer will be named to the Australian 21<sup>st</sup> Maccabiah Games Team</p>

	<p><b>31 January 2022:</b></p> <p>Close of Qualifying period – “B” qualifiers will be proposed for selection. Any applications or appeals from non-qualifiers must be completed and submitted to the Swimming Team Management by this date for selectors consideration.</p> <p>Similar to the Early selection process, selected swimmers will be presented for ratification</p>
<b>Additional Information</b>	<p><b>1. <u>Event Allocations for the Maccabiah Games</u></b></p> <ul style="list-style-type: none"> <li>Once selected, a swimmer may contest in additional pool swimming events at the Maccabiah, despite not having a qualifying time for these events. This will be dependent on Australian team entry limitations, and the size/scope of the Australian swimming team. All entries will be finalised by the Swimming Team Management/coaches.</li> <li>Selection onto the Australian Maccabiah Swimming Team is not a guarantee that any swimmer will contest their preferred or favoured events at the Maccabiah.</li> <li>Following final selections selected swimmers will have until 31<sup>st</sup> March 2022 to establish their “portfolio” of best times. In early April 2022, The Swimming Team Coaches will allocate events based on the best times achieved throughout the selection period and up to 21<sup>st</sup> March 2022. Swimmers with the fastest times will be given preference for the allocation of events.</li> </ul> <p>Further information relating to the “portfolio” of best times and allocation of events will be released by Swimming Team Management following final selection of the swimming team.</p> <p><b>2. <u>Relay team selections</u></b></p> <p>Relay team selections will be made at the Maccabiah by Swimming Team Management/coaches.</p> <p>In most cases, the priority for relay team selection will be to field the fastest team available.</p>
<b>Team</b>	<p>Time must be achieved in a 50m (Long Course) Pool in official competition</p> <ul style="list-style-type: none"> <li>a) Open Men: No age restriction</li> <li>b) Open Women: No age restriction</li> <li>c) Junior Boys:</li> <li>d) Junior Girls:</li> </ul>
<b>Finalisation of Selections</b>	TBC
<b>Notes</b>	
<b>Last Updated</b>	December 2019

## 21<sup>st</sup> Australian Maccabiah Games Qualifying Times – Open & Junior

Event	Men		Women		Junior Boys		Junior Girls	
	A	B	A	B	A	B	A	B
Freestyle								
50m	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
100m	54.50	56.70	1:01.50	1:03.40	58.90	1:01.00	1:04.80	1:06.50
200m	2:00.00	2:05.60	2:12.00	2:19.00	2:09.20	2:14.00	2:20.40	2:25.40
400m	4:20.50	4:26.80	4:40.00	4:49.00	4:32.90	4:42.00	4:51.00	5:00.50
800m			9:25.00	9:50.00				
1500m	16.50.00	17:20.00						
4 x 100m	3:48.00		4:08.00		4:03.00		4:20.00	
4 x 200m	8:25.00		9:10.00		8:55.00		9:35.00	
Backstroke								
100m	1:04.50	1:06.12	1:11.00	1:14.50	1:08.70	1:12.00	1:15.70	1:17.00
200m	2:18.50	2:23.10	2:35.50	2:41.00	2:31.00	2:36.00	2:39.80	2:44.00
Breastroke								
100m	1:12.00	1:14.30	1:21.50	1:23.60	1:18.50	1:22.00	1:26.70	1:28.00
200m	2:37.00	2:41.60	2:53.50	3:04.30	2:51.50	2:56.00	3:04.10	3:08.00
Butterfly								
100m	1:00.00	1:02.60	1:09.00	1:11.50	1:05.50	1:08.00	1:12.60	1:15.00
200m	2:15.00	2:19.10	2:34.40	2:38.50	2:28.00	2:33.00	2:39.30	2:48.50
IM								
200m	2:19.00	2:24.00	2:33.50	2:38.50	2:26.90	2:32.00	2:40.90	2:42.50
400m	4:57.00	5:04.60	5:20.00	5:30.50	5:09.80	5:20.00	5:36.00	5:38.00
4 x 100m	4:15.00		4:45.00		4:25.00		5:00.00	

### Suggested Minimum Training Program

Time Period	Men	Women	Junior Boys	Junior Girls
Pre QP	6 Sessions P/W	6 Sessions P/W	5 Sessions P/W	5 Sessions P/W
During QP	7 Sessions P/W	7 Sessions P/W	6 Sessions P/W	6 Sessions P/W
Post Selection	7 Session P/W	7 Session P/W	6 Session P/W	6 Session P/W
Dry Land	3 Session P/W	3 Session P/W	2 Session P/W	2 Session P/W

\*\* The training requirements are “suggested” only because different competitors will have different training needs dependent on the events they are concentrating on. All prospective swimmers are advised to consult with the team coach as well as their own coach regarding their training program.

#### 4.19 SWIMMING – MASTERS COMPETITION

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above. To be read in conjunction with <a href="#">2021 Maccabiah Games Australia Swim Team Criteria (Provisional)</a>
<b>Factors in Selection</b>	<p><b>Qualifying period:</b> The qualifying period for the 21<sup>st</sup> Maccabiah will commence on 1<sup>st</sup> December 2020 and extends through to 31<sup>st</sup> January 2022.</p> <p><b>Qualifying Times</b></p> <ul style="list-style-type: none"> <li>Qualifying times for the 21<sup>st</sup> Maccabiah can be found in the table below. These times will serve purely as a guideline for the</li> </ul>



	<p>Selection Panel and Swimming Team Management. Greater weight will be given to fulfilment of the additional criteria set out below.</p> <ul style="list-style-type: none"> <li>• Once a swimmer has been selected, he or she may contest in additional swimming events at the Maccabiah, despite not having a qualifying time for these events. This will be dependent on Australian team entry limitations, and the size/scope of the Australian swimming team. All entries will be finalised by the Swimming Team Management.</li> <li>• A non-qualifier can be considered for selection if their presence on the team will enable Australia to field a full relay in their age/gender division. A non-qualifier may be added to the team if their presence will benefit the team or the competition overall, as determined by the Selection Panel and Australian Maccabiah Team Management.</li> <li>• Qualifying times will only be accepted from competition in a long course (50m) pool.</li> <li>• Qualifying times are preferred to be achieved at an approved (official) meet or club race meet as these times are verifiable through the master's Swimming Australia National Results Database.</li> </ul> <p><b>Training Component:</b> Swimmers will need to demonstrate a consistent effort in training, striving for improvement in overall conditioning, technique and race skills. A minimum of 3 sessions per week in the pool is recommended. Land sessions should count as additional, not as a replacement of the pool sessions.</p> <p><b>Competition:</b></p> <ol style="list-style-type: none"> <li>1. Besides achieving the qualifying time, swimmers will need to compete regularly, demonstrating a competence and familiarity with the events they intend to enter at the 20<sup>th</sup> Maccabiah Games.</li> <li>2. A minimum of 3 attempts at each event during the qualifying period is considered sufficient. However, swimmers are encouraged to race more often in their preferred, "best" events.</li> <li>3. Swimmers are expected to compete at the highest level available during the qualifying period. Eg: either State or National Masters</li> </ol> <p><b>Membership/Participation:</b> Swimmers representing Maccabi Australia must be members of Maccabi Australia. Membership of a Maccabi Swimming Club is preferred.</p> <p><b>Post Selection Maintenance:</b></p> <ul style="list-style-type: none"> <li>• Swimmers selected to compete at the 21<sup>st</sup> Maccabiah must maintain their commitment to training and competition in line with the above criteria.</li> </ul>
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	<ul style="list-style-type: none"> <li>The swimming team coaches will consult with each selected swimmer and their personal coach to determine if any further training/preparation will be required.</li> <li>Should Swimming Team Management notice a failure to maintain training and competition or membership and participation requirements, the swimmer's position on the 21<sup>st</sup> Maccabiah team may be jeopardised.</li> </ul> <p><b>Fundraising and Participation</b></p> <ul style="list-style-type: none"> <li>In alignment with the Swim Team Culture and Ideals, all nominated and selected swimmers are expected to participate in swim team fundraising initiatives and events.</li> <li>Participation in the <b>MS Maccabi National Swimathon</b> in 2020 and 2021 is a compulsory selection requirement.</li> </ul>
<b>Additional Information</b>	<p><b>1. <u>Event Allocations for the Maccabiah Games</u></b> Selection onto the Australian Maccabiah Swimming Team is not a guarantee that any swimmer will contest their preferred or favoured events at the Maccabiah. Based on previous years Australia may only enter 5 swimmers per division per event.</p> <p>Once the swimming team has been named, members of the team will have until 31<sup>st</sup> March 2022 to establish their "portfolio" of best times. During April and May, 2022, Swimming Team Management, in consultation with the swimmers, will allocate events based on the best times achieved throughout the summer. Further information relating to the "portfolio" of best times and allocation of events will be released by Swimming Team Management following final selection of the swimming team.</p> <p><b>2. <u>Relay team selections</u></b> Relay team selections will be made at the Maccabiah by Swimming Team Management. Relay selections will be at the discretion of Swimming Team Management with the highest weighting toward results at the Maccabiah. In most cases, the priority for relay team selection will be to field the fastest team available.</p>
<b>Team</b>	All Masters Swimmers must be 35+
<b>Finalisation of Selections</b>	TBC
<b>Notes</b>	
<b>Last Updated</b>	July 2020

## 21<sup>st</sup> Australian Maccabiah Games Qualifying Times – Masters Men

Event	MASTERS MEN									
Freestyle	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50m	31.00	32.50	34.00	35.50	38.00	40.00	42.00	45.00	50.00	TBA
100m	1.10.00	1.14.00	1.18.00	1.21.00	1.27.00	1.31.00	1.39.50	1.45.00	1.55.00	TBA
200m	2.30.00	2.38.00	2.44.00	2.50.00	3.08.00	3.20.00	3.35.00	3.55.00	4.10.00	TBA
400m	5.25.00	5.40.00	5.55.00	6.05.00	6.25.00	6.45.00	7.10.00	8.20.00	9.20.00	TBA

<b>Backstroke</b>										
50m	39.20	41.00	42.50	44.50	46.50	50.00	53.00	58.00	1:07.00	TBA
100m	1.27.00	1.30.00	1.35.00	1.39.00	1.47.00	1.58.00	2.07.00	2.17.00	2:35.00	TBA
200m	2.59.00	3.07.00	3.20.00	3.24.00	3.45.00	4.05.00	4.23.00	4.43.00	5.20.00	TBA
<b>Breastroke</b>										
50m	41.50	42.60	45.00	47.50	49.50	52.00	55.00	1.00.00	1.08.00	TBA
100m	1.33.00	1.36.00	1.40.00	1.46.00	1.54.00	2.00.00	2.10.00	2.22.00	2.43.00	TBA
200m	3.17.00	3.26.00	3.35.00	3.45.00	4.00.00	4.13.00	4.36.00	4.58.00	5.36.00	TBA
<b>Butterfly</b>										
50m	35.00	37.00	38.50	40.00	42.00	46.00	50.00	56.50	1:08.50	TBA
100m	1.19.00	1.23.00	1.27.00	1.32.00	1.44.00	1.54.00	2.07.00	2.16.00	3.02.00	TBA
200m	3.05.00	3.13.00	3.21.00	3.40.00	4.00.00	4.17.00	4.50.00	5.20.00	6.10.00	TBA
<b>IM</b>										
200m	2.58.00	3.08.00	3.19.00	3.25.00	3.35.00	3.55.00	4.15.00	4.37.00	5.18.00	TBA
400m	6.30.00	6.40.00	7.00.00	7.30.00	8.00.00	8.40.00	9.35.00	10.28.00	12.55.00	TBA

## 21<sup>st</sup> Australian Maccabiah Games Team Qualifying Times – Masters Women

Event	MASTERS WOMEN									
Freestyle	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
50m	35.00	37.00	40.00	42.50	45.00	51.00	55.50	1.00.00	1.05.00	TBA
100m	1.18.00	1.23.00	1.30.00	1.40.00	1.50.00	1.56.00	2.07.00	2.14.00	2.32.00	TBA
200m	2.55.00	3.10.00	3.25.00	3.45.00	3.58.00	4.10.00	4.28.00	4.42.00	5.10.00	TBA
400m	6.00.00	6.20.00	6.45.00	7.30.00	8.10.00	8.45.00	9.30.00	10.15.00	11.25.00	TBA
<b>Backstroke</b>										
50m	46.00	49.00	52.00	54.50	57.50	1.01.50	1.06.50	1.12.00	1.20.00	TBA
100m	1.42.00	1.48.00	1.53.50	2.02.00	2.11.00	2.20.00	2.31.00	2.40.00	3.00.00	TBA
200m	3.30.00	3.45.00	3.56.00	4.15.00	4.30.00	4.43.00	5.14.00	5.34.00	6.05.00	TBA
<b>Breastroke</b>										
50m	50.00	52.00	54.00	58.00	1.01.00	1.04.00	1.11.00	1.17.00	1.30.00	TBA
100m	1.49.00	1.55.00	2.02.00	2.08.00	2.17.00	2.26.00	2.40.00	2.55.00	3.30.00	TBA
200m	3.50.00	4.02.00	4.12.00	4.25.00	4.40.00	5.00.00	5.25.00	5.50.00	6.35.00	TBA
<b>Butterfly</b>										
50m	42.50	45.00	48.00	50.00	55.00	1.00.00	1.08.00	1.20.00	1.38.00	TBA
100m	1.37.00	1.44.00	1.53.00	2.07.00	2.17.00	2.32.00	2.53.00	3.25.00	3.55.00	TBA
200m	3.38.00	3.50.00	4.12.00	4.42.00	4.57.00	5.30.00	5.55.00	7.00.00	8.20.00	TBA
<b>IM</b>										
200m	3.29.00	3.37.00	3.50.00	4.10.00	4.20.00	4.40.00	5.12.00	5.40.00	6.20.00	TBA
400m	7.20.00	7.50.00	8.27.00	9.10.00	9.50.00	10.25.00	11.30.00	13.44.00	15.55.00	TBA

### 4.20 SWIMMING – OPEN WATER COMPETITION

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above. To be read in conjunction with <a href="#">2021 Maccabiah Games Australia Swim Team Criteria (Provisional)</a>
<b>Factors in Selection</b>	<p>The following elements will be considered by the Selection Panel for each nominated swimmer:</p> <ul style="list-style-type: none"> <li>• <b>Competition</b> – swimmers must achieve a minimum level of participation in open water competitions relevant to their event.</li> <li>• <b>Qualifying standards</b> – Time guidelines are provided for each event and age division, achievement of times during the qualifying period.</li> <li>• <b>Fundraising and participation.</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Qualifying period:</b> The qualifying period for the 21<sup>st</sup> Maccabiah will commence on 1<sup>st</sup> December 2020 and extends through to 31 January 2022</li> </ul>																											
<p><b>Competition Criteria</b></p>	<p><b>1500m Open Water Event</b></p> <ul style="list-style-type: none"> <li>• Candidates must contest and complete a minimum of 3 Open Water and/or Ocean competition races of an equal or greater distance to 1000m during the qualifying period.</li> <li>• One of the above races must be of an equal or greater distance to 1500m.</li> <li>• Ocean races must be a structured, timed competition. Sunday surf club competitions or time trials will not count.</li> <li>• Candidates are advised to check with a member of the Swim Team Management if they are unsure of the validity of the race they are contesting.</li> </ul> <p><b>5000m Open Water Event</b></p> <ul style="list-style-type: none"> <li>• Candidates must contest and complete a minimum of 5 Open Water and/or Ocean competition races of an equal or greater distance to 1500m during the qualifying period.</li> <li>• Two of the above races must be of an equal or greater distance to 5000m</li> <li>• It would be preferable for one of these swims to be a 5km or longer event, contested under Swimming Australia (or affiliated state body) Open Water race conditions.</li> <li>• Ocean races must be a structured, timed competition. Sunday surf club competitions or time trials will not count.</li> <li>• Candidates are advised to check with a member of the Swim Team Management if they are unsure of the validity of the race they are contesting.</li> </ul> <p><b>Time Trial/Pool Component</b> Candidates must complete a swimming pool time trial/race in a 50m (long course) venue, with the following distances/times as a guideline for selection:</p> <table border="1" data-bbox="603 1346 1385 1910"> <thead> <tr> <th></th> <th>1500m Swim</th> <th>5000m Swim</th> </tr> </thead> <tbody> <tr> <td>Junior Boys U17</td> <td>800m in 10:20.00</td> <td>1500m in 19:30.00</td> </tr> <tr> <td>Junior Girls U17</td> <td>800m in 11:00.00</td> <td>1500m in 20:30.00</td> </tr> <tr> <td>Open Men 18-34</td> <td>800m in 9:45.00</td> <td>1500m in 18:45.00</td> </tr> <tr> <td>Open Women 18-34</td> <td>800m in 10:45.00</td> <td>1500m in 19:45.00</td> </tr> <tr> <td>Masters Men 35-49</td> <td>800m in 11:45.00</td> <td>1500m in 22:30.00</td> </tr> <tr> <td>Masters Men 50+</td> <td>800m in 14:30.00</td> <td>1500m in 25:30.00</td> </tr> <tr> <td>Masters Women 35-49</td> <td>800m in 15:00.00</td> <td>1500m in 25:30.00</td> </tr> <tr> <td>Masters Women 50+</td> <td>800m in 17:00.00</td> <td>1500m in 28:00.00</td> </tr> </tbody> </table> <p>e.g.: a Junior Girl Candidate for the 1500m Open Water event must swim an 800m time trial with a time guide of 11 minutes, whilst a Junior Girl wanting to contest the 5km event must do a 1500m time trial in 20 minutes and 30 seconds</p>		1500m Swim	5000m Swim	Junior Boys U17	800m in 10:20.00	1500m in 19:30.00	Junior Girls U17	800m in 11:00.00	1500m in 20:30.00	Open Men 18-34	800m in 9:45.00	1500m in 18:45.00	Open Women 18-34	800m in 10:45.00	1500m in 19:45.00	Masters Men 35-49	800m in 11:45.00	1500m in 22:30.00	Masters Men 50+	800m in 14:30.00	1500m in 25:30.00	Masters Women 35-49	800m in 15:00.00	1500m in 25:30.00	Masters Women 50+	800m in 17:00.00	1500m in 28:00.00
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Masters Women 50+	800m in 17:00.00	1500m in 28:00.00																										

	<p>*Note: at this time it is unknown if a junior competition will be run for the 5km event.</p> <p><b>Training Component</b> Due to the physical stress of the open water event, all training must be verified by an ASCTA licensed coach prior to and following selection.</p> <p><b>Suggested minimum training requirements</b> As a guideline, candidates are encouraged to complete the following pool/training sessions relative to the event they are nominating for:</p> <table border="1" data-bbox="603 517 1385 824"> <thead> <tr> <th></th> <th>1500m Swim</th> <th>5000m Swim</th> </tr> </thead> <tbody> <tr> <td>Junior Boys U17</td> <td>5 x per week</td> <td>7+ per week</td> </tr> <tr> <td>Junior Girls U17</td> <td>5 x per week</td> <td>7+ per week</td> </tr> <tr> <td>Open Men 18-34</td> <td>5 x per week</td> <td>8+ per week</td> </tr> <tr> <td>Open Women 18-34</td> <td>5 x per week</td> <td>8+ per week</td> </tr> <tr> <td>Masters Men 35-49</td> <td>4 x per week</td> <td>5 x per week</td> </tr> <tr> <td>Masters Men 50+</td> <td>4 x per week</td> <td>5 x per week</td> </tr> <tr> <td>Masters Women 35-49</td> <td>3 x per week</td> <td>5 x per week</td> </tr> <tr> <td>Masters Women 50+</td> <td>3 x per week</td> <td>5 x per week</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>The above sessions need not all be swimming pool based. Beach/lake sessions can be used to substitute a maximum of two pool sessions, as long as the candidate can verify the sessions contain an ample workload.</li> <li>Multi-sport athletes (triathletes) and masters open water candidates will be able to substitute some of their swimming training requirement with endurance-based training in their other disciplines (run/cycle).</li> <li>Land/weights/gym sessions should not be a replacement for swimming/endurance-based training.</li> <li>Candidates are advised to consult with the Swimming Team Management regarding their training workload.</li> </ul> <p>Post Selection Training: Open Water swimmers will be required to maintain if not increase their training load after selection. Failure to do so may jeopardise the swimmer's position in the Open Water event.</p> <p><b>Fundraising and Participation</b></p> <ul style="list-style-type: none"> <li>In alignment with the Swim Team Culture and Ideals, all nominated and selected swimmers are expected to participate in swim team fundraising initiatives and events.</li> <li>Participation in the <b>MS Maccabi National Swimathon</b> in 2020 and 2021 is a compulsory selection requirement.</li> </ul> <p><b>Important Note:</b> Swimming Team Management and/or the Selection Panel may at their discretion waive certain open water qualifying criteria for swimmers already selected for pool competition who wish to compete in open water events.</p>		1500m Swim	5000m Swim	Junior Boys U17	5 x per week	7+ per week	Junior Girls U17	5 x per week	7+ per week	Open Men 18-34	5 x per week	8+ per week	Open Women 18-34	5 x per week	8+ per week	Masters Men 35-49	4 x per week	5 x per week	Masters Men 50+	4 x per week	5 x per week	Masters Women 35-49	3 x per week	5 x per week	Masters Women 50+	3 x per week	5 x per week
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<b>Finalisation of Selections</b>	TBC																											
<b>Notes</b>																												
<b>Last Updated</b>	July 2020																											

#### 4.21 TABLE TENNIS

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Team</b>	The strongest Table Tennis squad of up to five (5) players will be selected in the following divisions: a) Open Men b) Open Women c) Junior Boys d) Junior Girls e) Masters 35+ f) Para
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	
<b>Last Updated</b>	July 2020

#### 4.22 TENNIS

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Specific Criteria</b>	All players must be of an appropriate competitive standard to be considered for the Team  A selection trial will be run in the event that nomination numbers are greater than the number of available squad places for a particular division.
<b>Team</b>	The strongest Tennis squad of up to twelve (12) players (6 men and 6 women) in each age group will be selected in the following divisions: a) Open Men b) Open Women c) Junior Boys d) Junior Girls e) Masters 35+ f) Wheelchair Tennis
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	
<b>Last Updated</b>	July 2020

#### 4.23 TENPIN BOWLING

<b>Selection Criteria</b>	Refer to Athlete Selection Criteria Statement above
<b>Team</b>	The strongest and most balanced team of up to six (6) players in the following categories will be selected: a) Open Men b) Open Women
<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	
<b>Last Updated</b>	July 2020

#### 4.24 TRACK & FIELD AND HALF MARATHON

<p><b>Selection Criteria</b></p>	<p>Refer to Athlete Selection Criteria Statement above</p>
<p><b>Specific Criteria</b></p>	<p><b>Qualifying Period</b></p> <ol style="list-style-type: none"> <li>Athletes have until 31 January 2022 (TBA) to achieve the qualifying standard.</li> <li>Times and distances officially recorded in the 2020/21 season may be considered but 'current form' (2021-22 season) will be critically assessed in the selection process.</li> </ol> <p><b>The qualifying guidelines are based on the:</b></p> <ol style="list-style-type: none"> <li>Australian Qualifying standards to qualify for the National Track and Field Championships</li> <li>Results from previous Maccabiah Games</li> <li>Previous Track and Field qualifying standards set for Maccabiah Games</li> </ol> <p><b>Times/distances:</b></p> <ol style="list-style-type: none"> <li>Must be achieved at Athletics Australia sanctioned events and signed off by State recognised officials</li> <li>Must be achieved under 'legal' conditions i.e. within the legal wind condition readings.</li> <li>Ideally athletes will achieve the qualifying standard on at least two occasions and will compete regularly during the 2020-21 track and field season.</li> <li>There is limited discretion in the selection process with respect to qualifying times and distances.</li> </ol> <p><b>Coaching:</b> It is strongly advised that team members have their own coaches. Training programs and liaison with athlete's coaches will be taken into consideration for team selection.</p> <p><b>Registration:</b> All selected athletes must be registered with the state's sports body (e.g. Athletics Victoria, Athletics NSW, WA Athletics etc) and be a member of a state Maccabi club or join the state Maccabi organisation.</p>
<p><b>Team</b></p>	<p>Generally, up to three athletes may be selected per event. In the case of more than three athletes qualifying for an event, there may have to be a special 'run off' (or trial competition) organised prior to final selection. For relay teams it is hoped that five or six athletes may be selected as long as qualifying standards have been reached.</p> <p>The strongest athletes will be selected in the following categories:</p> <ol style="list-style-type: none"> <li>Open Men</li> <li>Open Women</li> <li>Junior Boys</li> <li>Junior Girls</li> <li>Note: Half Marathon age categories (male and female) will be; up to 39, 40-49, 50-59, 60+ (TBA)</li> </ol>

<b>Finalisation of Selections</b>	TBA
<b>Notes</b>	
<b>Last Updated</b>	July 2020

### Men's Qualifying Times

Event	21 <sup>st</sup> Maccabiah Guidelines	AUS Championships Entry Standard U/23	20 <sup>th</sup> Maccabiah Place getters
<b>100m</b>	10.9 (11.14)	10.6 (10.84)	10.39, 11.13, 11.25
<b>200m</b>	22.1 (22.34)	21.3 (21.54)	21.79, 21.90, 22.48
<b>400m</b>	49.9 (50.04)	48.2 (48.34)	49.09, 50.81, 51.57
<b>800m</b>	1.56.0	1.51.5	1:59.12, 1:59.23, 1.59.3
<b>1500m</b>	4.00.0	3.51.0	3:54.92, 4:01.18, 4:01.28
<b>3000m</b>			No Event
<b>5000m</b>	15.30.0	14.18.0	14:44.5, 14:46.25, 14:47.89
<b>10000m</b>	32.20.0	31.00.0	No Event
<b>110m Hurdles</b>	16.7 (16.94)	15.3 (15.54)	14.25, 14.39, 15.20
<b>400m Hurdles</b>	58.0 (58.14)	54.5 (54.64)	53.32, 53.87, 54.76
<b>3km steeple</b>		9.25	No Event
<b>20km walk</b>	2.10.00	1.50.00	No Event
<b>4x100 R</b>	43.9 (44.14)		40.64, 47.64, 54.56
<b>Individual</b>	11.1 (11.34)		
<b>4x400 R</b>	3.21.0		3:21.87, 3:47.41, 3:52.38
<b>Individual</b>	50.9 (51.04)		
<b>Long Jump</b>	6.85m	7.30m	7.27, 7.18, 7.16
<b>Triple Jump</b>	13.60m	14.50m	14.97, 14.50
<b>High Jump</b>	1.95m	2.06m	2.13, 2.05, 2.05
<b>Pole Vault</b>	4.20m	4.80m	4.70, 4.20, 4.20
<b>Shot Put</b>	13.00m	14.50m	18.00, 15.31, 14.40
<b>Discus</b>	40.00m	47.00m	54.73, 52.67, 51.73
<b>Javelin</b>	53.00m	64.00m	69.23, 65.31, 64.46
<b>Hammer</b>	40.00m	51.00m	55.56, 54.66, 50.68
<b>Decathlon</b>	5500m	6000m	



### Women's Qualifying Times

Event	21 <sup>st</sup> Maccabiah Guidelines	AUS Championships Entry Standard U/23	20 <sup>th</sup> Maccabiah Placegetters
<b>100m</b>	12.8 (13.04)	12.3 (12.54)	11.71, 12.17, 12.18
<b>200m</b>	26.3 (26.54)	24.9 (25.14)	24.85, 25.49, 25.59
<b>400m</b>	60 (60.14)	56.5 (56.64)	57.53, 58.66, 60.24
<b>800m</b>	2.20.0	2.12.0	2:08.87, 2:08.89, 2:16.51
<b>1500m</b>	4.57.0	4.40.0	4:18.41, 4:21.83, 4:27.56
<b>3000m</b>	10.45.0	9.55.0	No Event
<b>5000m</b>	18.30.0	17.10.0	16:22.97, 16:33.68, 18:12.52
<b>10000m</b>		38.30.0	No Event
<b>100m Hurdles</b>	16.5 (16.74)	15.6 (15.84)	13.91, 15.03, 15.73
<b>400m Hurdles</b>	70.0 (70.14)	65.0 (65.14)	1:03.46, 1:03.69, 1:05.63
<b>3km steeple</b>		12.10.0	No Event
<b>4x100 R</b>	51.0 (51.24)		47.10, 49.35
<b>Individual</b>	13.1 (13.34)		
<b>4x400 R</b>	4.04.0		4:00.77, 4:06.42, 4:41.58
<b>Individual</b>	61.5 (61.64)		
<b>Long Jump</b>	5.30m	5.85m	6.22, 5.31, 5.31
<b>Triple Jump</b>	10.50m	11.60m	12.05, 12.04, 11.79
<b>High Jump</b>	1.60m	1.73m	1.78, 1.70, 1.50
<b>Pole Vault</b>	3.30m	3.70m	4.00, 3.85, 3.75
<b>Shot Put</b>	11.20m	12.50m	13.20, 12.75, 11.72
<b>Discus</b>	40.00m	45.00m	46.25, 45.38, 39.54
<b>Javelin</b>	36.00m	42.00m	63.07, 39.60, 29.48
<b>Hammer</b>	33.00m	42.00m	55.94, 53.27, 42.60
<b>Heptathlon</b>	3750m	4000m	

### Junior Boys Qualifying Times

Event	21 <sup>st</sup> Maccabiah Guidelines	AUS Championships Entry Standard U/18	AUS Championships Entry Standard U/16	20 <sup>th</sup> Maccabiah Placegetters
<b>100m</b>	<b>11.84</b>	11.24	11.74	10.51, 10.73, 11.34
<b>200m</b>	<b>24.00</b>	22.84	23.64	21.68, 22.93, 23.01
<b>400m</b>	<b>54.34</b>	51.14	54.14	51.08, 51.51, 51.90
<b>800m</b>	<b>2:05</b>	1:59	2.04	1:58.21, 1:58.24, 1:58.77
<b>1500m</b>	<b>4:20</b>	4:05	4:20	4:15.8, 4:16.5, 4:16.9
<b>3000m</b>	<b>9:40</b>	9:15	9:40	9:07.58, 9:13.8, 9:16.11
<b>110H</b>	<b>17.64</b>	16.74	-	15.07, 15.5, 16.1
<b>400H</b>	<b>65.14</b>	61.14	-	No Event
<b>4x100 R</b>	<b>46.94</b>	-	-	43.07, 45.97, 46.24
<b>Individual</b>	<b>12.14</b>	-	-	
<b>4x400 R</b>	<b>3:42.0</b>	-	-	3:27.37, 3:43.87, 4:04.31
<b>Individual</b>	<b>56.0</b>	-	-	
<b>Long Jump</b>	<b>6.00</b>	6.60	6.10	6.85, 6.78, 6.56
<b>Triple Jump</b>	<b>12.00</b>	13.20	12.30	14.25, 13.73, 12.44
<b>High Jump</b>	<b>1.78</b>	1.90	1.82	1.90, 1.90, 1.90
<b>Pole Vault</b>	<b>3.00</b>	3.20	2.40	4.70, 4.60, 4.20
<b>Shot Put 6kg</b>	<b>10.50</b>	14.40	-	15.30, 12.55, 11.99
<b>Discus 1.5kg</b>	<b>38.00</b>	46.00	-	43.97, 37.41, 31.87
<b>Javelin 700g</b>	<b>42.00</b>	54.00	-	52.85, 48.32, 44.75
<b>Hammer</b>	<b>33.00</b>	40.00	-	No Event

### Junior Girls Qualifying Times

Event	21 <sup>st</sup> Maccabiah Guidelines	AUS Championships Entry Standard U/18	AUS Championships Entry Standard U/16	20 <sup>th</sup> Maccabiah Placegetters
100m	13.44	12.54	12.74	12.21, 12.51, 12.61
200m	27.74	25.74	26.04	25.04, 25.22, 25.53
400m	63.64	59.14	60.14	57.32, 58.61, 60.89
800m	2:28.0	2.19.0	2.22.0	2.14.0, 2.20.0, 2.25.0
1500m	5:05.0	4.46.0	4:50.0	4:34.9, 4:39.1, 4:45.7
3000m	11:30.0	11:00	11:00.0	10:09.26, 10:14.0, 10:22.57
100H	17.44	16.24	-	15.64, 16.37, 17.92
400H	74.00	72.14	-	No Event
4x100 R	54.34	-	-	48.27, 52.51, 55.89
Individual	13.94	-	-	4:01.3, 4:05.6, 4:26.4
4x400 R	4.20.0	-	-	4:01.32, 4:05.54, 4:26.38
Individual	65.00	-	-	
Long Jump	4.90	5.50	5.30	5.56, 5.24, 5.15
Triple Jump	10.40	11.30	11.00	No Event
High Jump	1.55	1.63	1.62	1.70, 1.55, 1.50
Pole Vault	2.20	2.70	2.30	3.20, 3.00
Shot Put 3kg	10.50	12.65	12.00	10.91, 10.40, 9.99
Discus 1kg	30.00	38.00	36:00	25.75, 25.27, 24.61
Javelin 500g	30.00	42.00	38:00	36.00, 33.20, 32.75
Hammer 3kg	26.00	36.00	31:00	No Event

### Technical Specifications

Men	Hammer	Shot Put	Discus	Javelin
Under 18	5kg	5.00kg	1.5kg	700g
Women	Hammer	Shot Put	Discus	Javelin
Under 18	3kg	3.00kg	1kg	500g

### HALF MARATHON STANDARDS

MEN		
	Open	75 minutes
	40-49 years	97 min 30 sec
	50-59 years	110 minutes
	60 plus	125 minutes
WOMEN		
	Open	95 minutes
	40-49 years	130 minutes
	50-59 years	145 minutes
	60 plus	161 minutes

#### 10KM ROAD STANDARDS

MEN		
	Open	32 min 30 sec
	40-49 years	42 min 15 sec
	50-59 years	47 min 40 sec
	60 plus	54 min 10 sec
WOMEN		
	Open	41 min 30 sec
	40-49 years	56 min 20 sec
	50-59 years	63 minutes
	60 plus	69 min 40 sec

## 5 AGE GROUPS FOR THE 21<sup>st</sup> MACCABIAH GAMES (2022)

**Juniors:** 16 and under born: 2006/2007

**Juniors:** Combined age group born between 2004/2005 e.g. cricket,

**Youth:** 18 and under born: 2004/2005

Exceptions:

- Swimming: Junior division for Boys (born 2006-2008) and Girls (born 2006-2008)
- Gymnastics: Junior division for Boys (born 2004/2007) and Girls born (2007/2008)
- Rhythmic Gymnastics: Junior Girls (born 2007/2008)

**Open:**

**Masters 35:** will be 35 in the year of the Games

**Masters 45:** will be 45 in the year of the Games

**Masters 50:** will be 50 in the year of the Games

**Masters 55:** will be 55 in the year of the Games

**Masters 65:** will be 65 in the year of the Games. There is a specific age category of Super Masters in Golf only

**Masters 75:** will be 75 in the year of the Games