

MQS

Glasgow Commonwealth Games 2014

SWIMMING

1. All athletes must be over 100% in index performance as certified by the FDL of the MOC which tests will be done regularly during the period October 2013 – 31st May 2014
2. No athlete with any form of injury will be permitted to compete in the Commonwealth Games Glasgow. This will have to be certified by the M.O.C. Medical Team.
3. Between the period of October 2013 and that of the Commonwealth Games Glasgow 2014, the athlete must continue to train and follow all the agreed programme between coach / federation and MOC.
4. Between the period of October 2013 and that of the Commonwealth Games Glasgow 2014, athletes need to take part in
 - a) National Championships
 - b) At least three international competitions recognised by their respective International Federations and of a level equivalent to the Commonwealth Games
5. The Executive will have the option to nominate and select any athlete/sport that does not have the preset MQS herein so long as there is a valid technical reason which has to be validated by the Executive at the time of selection.
6. 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 (copy enclosed).

7. If an athlete has the following times, he or she will also be eligible for inclusion subject to all preceding articles :-
 Qualification Period : (Jan 2013 – May 2014)

	<u>Men</u>	<u>Women</u>
50m Freestyle	23.00	26.08
50m Butterfly	24.63	27.42
50m Back	25.89	29.14
50m Breast	28.15	32.48
100m Freestyle	49.82	57.17
100m Back	56.00	1.05.00
100m Butterfly	54.03	59.51
100m Breast	1.01.68	1.10.03
200m Freestyle	1.49.19	2.04.40
200m Back	2.01.86	2.12.90
200m Butterfly	2.01.28	2.21.00
200m Breast	2.14.44	2.34.10
200m IM	2.07.24	2.15.75
400m Freestyle	3.58.50	4.20.82
400m IM	4.21.64	4.59.43
800m Freestyle		8.49.38
1500m Freestyle	15.49.63	
4x100m Freestyle	3.30.76	3.54.55
4x100m Medley	3.50.01	4.20.62
4x200m Freestyle	7.38.96	8.36.71