



GHANA ATHLETICS

2024 NATIONAL TEAM SELECTION POLICY
AND QUALIFYING STANDARDS



Ghana Athletics (GA)
December, 2023

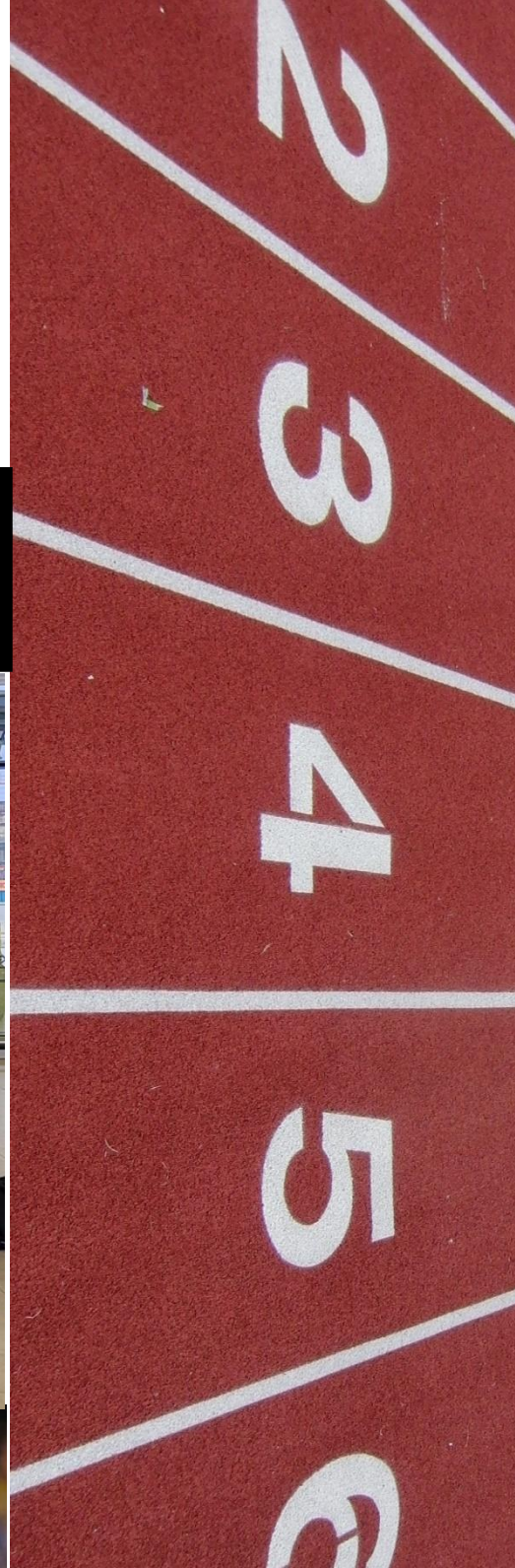


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GHANA ATHLETICS - NATIONAL TEAM SELECTION POLICY, 2024

PREAMBLE

Over the past several years, *Ghana Athletics* has committed to developing selection criteria for senior national teams each year. The primary bases for the selection standards are the recent relevant performances from the previous season associated with the international competition in question; i.e., for an Olympiad or World Championship, world rankings will serve as the basis for developing the selection criteria, whereas for the Commonwealth Games, it will be the ranking of Commonwealth athletes. Likewise, selection criteria for the African Championships or the All-Africa Games will be based on African rankings from the previous year. The criteria will ensure that all events receive equitable treatment. As in past years, additional criteria include qualifying standards set by the international body fielding the competition (World Athletics Championships, CAA Championships, etc.) are taken into account. These Federation criteria may include but are not restricted to participation in specific competitions (e.g., National Circuit Event), which will be expressly clarified to athletes.

2024 SELECTION CRITERIA

World Athletics Indoor Championships in Glasgow, United Kingdom (March 1-3, 2024)

The selection criteria for the 2024 World Athletics Indoor Championships is strictly based on the WA Qualification System and Entry Standards. This means that GA's entry standards for World Indoor Championships are the same as the WA standards. The qualification period is from 1 January 2023 to 18 February 2024; except for combined events. Qualified athletes who achieved the qualifying standard in 2023 may have to produce a performance/mark close to their qualifying one in the 6 weeks prior to the naming of the team for the championships, to receive final confirmation. The team will likely be named around 18th February, 2024. To view the full WA Qualification System and Entry Standards, including qualification for combined events, visit: <https://worldathletics.org/news/press-releases/qualification-system-indoor-championships-glasgow-24>

2024 World Athletics Indoor World Championships Entry Standards

The Entry Standards were approved by the Council in March 2023 and are as follows:

WOMEN			MEN	
Indoor	Outdoor	Event	Indoor	Outdoor
7.19	11.05 (100m)	60m	6.58	10.00 (100m)
51.60	50.50	400m	45.90	44.80
2:00.80	1:58.00	800m	1:46.00	1:44.00
4:06.50 / 4:26.00 (Mile)	4:00.00 (4:18.00)	1500m	3:36.00 3:53.50 (Mile)	3:32.00 (3:48>80)

8:37.00	8:27.00 / 14:32.00 (5000)	3000m	7:34.00	7:29.00 / 12:50.00 (5000m)
8.02	12.80 (100mH)	60m H	7.62	13.28 (110mH)
No Standard		4x400 R	No Standard	
1.98		HJ	2.34	
4.80		PV	5.90	
6.89		LJ	8.28	
14.62		TJ	17.25	
19.30		SP	21.70	

CONDITIONS FOR THE VALIDITY OF PERFORMANCES:

- Performances must be achieved during the qualification period of 1 January 2023 to 18 February 2024, except for the Combined Events
- Performances must be achieved during **competitions organized or authorized by World Athletics**, its Area Associations or its National Member Federations. Thus, results achieved at university or school competitions must be certified by the National Federation of the country in which the competition was organized.
- Performances must be achieved during an official competition organized in **conformity with**

World Athletics Rules.

- Performances achieved in **mixed competitions in track events** will not be accepted. Exceptionally, in accordance with Rule 9 of the Technical Rules, performances achieved in the 5000m event may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender under specific circumstances and conditions (see TR9).
- **Wind-assisted performances** will not be accepted.
- **Hand-timed performances** in 60m, 100m, 400m, 800m, 60m Hurdles, and 100m/110m Hurdles will not be accepted.
- For the running events of 400m and over, performances achieved on **oversized tracks** will NOT be accepted.

Africa Games in Accra, Ghana (March 8-23, 2024)

The selection criteria for the 2023 African Games are hinged on the 2023 ranking of African athletes; the ranking list is developed such that each country only has three athletes on it. The Federation has announced two sets of qualifying standards. The A-standard is pegged at the 8th best performer in Africa in 2023, and a lower B-standard pegged at the level of the 16th best African performer in 2023. Adjustments to these standards, where there were only a few African performers in 2023 and where they conflict with the CAA standards are explained in the footnote to the Appendix. Qualified athletes, and particularly those whose qualifying performance was obtained in early 2023, may have to produce a performance close to the B-standard in the six weeks prior to the naming of the team, to receive final confirmation. *The team will likely be named on February 1, 2024.* Qualifying after the team has been selected will not guarantee an athlete a spot on the team.

2024 African Games Qualifying Standards

Women		Event	Men	
A Standard	B Standard		A Standard	B Standard
11.10	11.39	100m	10.04	10.10
22.72	23.22	200m	20.07	20.34
52.00	52.85	400m	44.75	45.42
1:58.75	2:00.91	800m	1:44.07	1:44.87
3:56.72	4:07.11	1500m	3:32.24	3:34.29
14:23.05	14:53.02	5000m	12:46.02	13:02.46
30:27.94	31:40.04	10000m	27:09.96	28:13.72
9:44.92	10:14.00	3000SC	8:30.00	8:43.00
1.82	1.75	High Jump	2.20	2.11
3.70	3.51	Pole Vault	5.20	4.70
6.56	6.26	Long Jump	8.06	7.83
13.57	13.08	Triple Jump	16.05	15.86
16.19	14.02	Shot Put	19.14	16.99
56.21	48.25	Discuss	59.41	53.81
62.22	55.79	Hammer	68.79	60.81
50.48	42.88	Javelin	79.14	73.52
13.14	13.87	100mH		
		110mH	13.54	13.82
56.57	59.54	400mH	49.32	50.27
2:38.00	2:48.00	Marathon	2:17.00	2:23.00
4854 pts		Heptathlon		
		Decathlon	6853 pts	
44.78		4X100	38.26	
3:33.68		4X400	3:10.42	
3:15.47		4X400 Mixed Relay	3:15.47	

Note that the B standard DOES NOT GUARANTEE SELECTION and is primarily used to support GA's developmental agenda. For a more complete interpretation of how the standards above will be applied, see the GAA 2024 Selection Policy.

The GA's A and B standards are the adjusted 6th ranked, the 16th ranked 2023 African performances, respectively. All A or B standards that turned out to be higher than the 2023 World Championships entry standards have been revised downwards to the WC standard, so that none of the African Championship A or B standards is stricter than the 2023 World Championships standards.

Although we do not anticipate that a subsequent revision will be necessary, a final adjustment may have to be made once the CAA qualifying standards come out; if the CAA standard is stricter than GA's B-standard, the latter will have to be raised to the level of the CAA standard. It is logical that the CAA standard cannot be higher than our B-standard, because people must at **minimum** make the CAA standard to participate.

****Revised down (less strict) to World Athletics qualifying standard for 2023 World Athletics Championships since 8th ranked in Africa for 2023 is faster/tougher than WA Championships standard.***

Africa Senior Athletics Championships in Cameroon (June 8-12, 2024)

The selection criteria for the 2024 African Championships are hinged on the 2023 ranking of African athletes; the ranking list is developed such that each country only has three athletes on it. The Federation has announced two sets of qualifying standards. The A-standard is pegged at the 8th best performer in Africa in 2023, and a lower B-standard pegged at the level of the 16th best African performer in 2023. Adjustments to these standards, where there were only a few African performers in 2023 and where they conflict with the CAA standards are explained in the footnote to the Appendix. The qualifying period for the African Championships is from middle of 2023 to May 24, 2024. Qualified athletes, and particularly those whose qualifying performance was obtained in early 2023, may have to produce a performance close to the B-standard in the six weeks prior to the naming of the team, to receive final confirmation. *Due to the possible need for visa and other logistical issues, the team will likely be named on May 8, 2024.* Qualifying after the team has been selected will not guarantee an athlete a spot on the team.

2024 African Senior Athletics Championships Qualifying Standards

MEN		EVENTS	WOMEN	
STANDARD A	STANDARD B		STANDARD A	STANDARD B
10.02	10.31	100M	11.36	11.65
20.56	21.00	200M	23.00	23.57
45.61	46.05	400M	51.86	52.47
1:45.42	1:46.08	800M	2:03.55	2:04.20
3:38.51	3:39.29	1500M	4:20.60	4:22.59
13:31.40	13:37.85	5000M	15:37.15	15:43.56
27:59.02	28:11.9	10,000M	31:58.78	32:48.03
14.05	14.27	100M/110M HURDLES	13.40	13.72
49.29	50.58	400M HURDLES	57.66	58.01
8:19.48	8:33.30	3000M STEEPLECHASE	9:38.56	10:07.33
7.72	7.67	LONG JUMP	6.30	6.07
16.53	16.03	TRIPPLE JUMP	13.59	13.00
20.74	17.98	SHOT PUT	14.64	13.21
56.92	53.01	DISCUS THROW	53.95	48.40
73.24	71.28	JAVELIN THROW	53.44	48.79
71.36	59.66	HAMMER THROW	63.97	61.17
1:23.38	1:29.57	20KM RACE WALK	1:35.21	1:41.00
1:02.45	1:03.36	HALF MARATHON	1:12.08	1:13.47
4.7	4.5	POLE VAULT	3.55	3.40
2.15	2.1	HIGH JUMP	1.81	1.78

6920pts		DECATHLON/ HEPTATHLON	5045pts	
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GA's A and B standards are the adjusted 8th ranked, the 16th ranked 2023 African performances, respectively. All A or B standards that turned out to be higher than the 2023 World Championships entry standards have been revised downwards to the WC standard, so that none of the African Championship A or B standards is stricter than the 2023 World Championships standards.

Although we do not anticipate that a subsequent revision will be necessary, a final adjustment may have to be made once the CAA qualifying standards come out; if the CAA standard is stricter than GA's B-standard, the latter will have to be raised to the level of the CAA standard. It is logical that the CAA standard cannot be higher than our B-standard, because people must at **minimum** make the CAA standard to participate.

**Revised down (less strict) to World Athletics qualifying standard for 2023 World Athletics Championships since 8th ranked in Africa for 2023 is faster/tougher than WA Championships standard.*

Olympic Games, Paris – France (July 26-August 11, 2024)

Athletes will be able to qualify in two ways for the Paris 2024 Games, with 50% of qualification places based on achieving the entry standard for an event within the qualification period, and the other 50% based on the World Athletics Ranking within the ranking period.

On 20 December, World Athletics revealed the pathway to qualify for athletics at Paris 2024, including the entry standards athletes will need to achieve during the timeframes* detailed below.

- Individual events - other than the 10,000m, marathon, combined events and race walks: **1 July 2023 and 30 June 2024**
- 10,000m, combined events, race walks and relays: **31 December 2022 and 30 June 2024**
- Marathon: **1 November 2022 and 30 April 2024**

Due to the possible need for visa and other logistical issues, the team will likely be named in mid-June, 2022.
Qualifying after June 30 will not guarantee an athlete a spot on the team.

2024 Olympic Games Qualification Standards

Men	Event	Women
10.00	100m	11.07
20.16	200m	22.57
45.00	400m	50.95
1:44:70	800m	1:59:30
3:33.50 (3:50.40)	1500m (Mile)	4:02.50 (4:20.90)
13:05.00	5000m	14:52.00
27:00.00 (27:00)	10,000m	30:40.00
13.27	110m Hurdles / 100m Hurdles	12.77

Men	Event	Women
48.70	400m Hurdles	54.85
8:15.00	3000m Steeplechase	9:23.00
2.33	High Jump	1.97
5.82	Pole Vault	4.73
8.27	Long Jump	6.86
17.22	Triple Jump	14.55
21.50	Shot Put	18.80
67.20	Discus Throw	64.50
78.20	Hammer Throw	74.00
85.50	Javelin Throw	64.00
8,460	Decathlon / Heptathlon	6,480
1:20:10	20km Race Walk	1:29:20
2:08:10	Marathon	2:26:50

<https://olympics.com/en/news/athletics-paris-2024-entry-standards>

See “GA NATIONAL TEAM SELECTION POLICY 2024” for full explanation of team selection process

GENERAL ELIGIBILITY CRITERIA FOR SELECTION

General Requirements

- a. Athlete must be a Ghanaian citizen by the final team announcement date.
- b. Athlete must achieve the approved qualifying standard within the qualification period.
- c. Athlete must prove fitness and comply with the GA Competitive Readiness Requirements.
 - a. Ghana-based athletes are required to compete in all GA Circuit Championships and open events post attainment of the qualification standard(s). Exemptions from this requirement must be approved by GA.
 - b. Given the variability in competition opportunities for foreign-based athletes, they must consult with GA on how best to meet the “fitness” criteria post attainment of qualification standard.
- d. Athlete must receive disciplinary clearance from the GA.

QUALIFYING COMPETITIONS AND PERFORMANCES

Recognized Competitions

Performances must be achieved at the following competitions:

- a. Organized by or approved by WA
- b. Organized by WA Area Associations
- c. Organized by WA Member Federations
- d. Competitions in Ghana **sanctioned by the GA**

- e. CAA Inter-Country or Regional Competitions
- f. CAA-sanctioned Area Championships
- g. NCAA/NAIA/NJCAA competitions

Acceptable Performances

Hand-timed performances will not be accepted in the following events:

- a. 100m, 200m, 400m, 100m/110m Hurdles, 400m Hurdles and 4x100m Relay
- b. Wind-assisted performances will not be accepted, although they may be used to prove fitness

Eligibility Pool

All athletes achieving the A or B All-Africa Games qualifying standards will be placed in the eligibility pool.

SELECTION PROCESS

Attaining the A-standard for the Africa Games guarantees an athlete selection (pending the availability of funding, disciplinary clearance, and proof of fitness) for the respective competitions. For the avoidance of doubt, given the availability of funding and an athlete's fitness and good discipline, attaining the A-standard guarantees passage to compete at the relevant competition.

It should be noted that the **B-standard is a relaxed standard used primarily to support the Federation's developmental goal of preparing the "next generation" of Ghanaian world class athletes.** To that end, the B-standard will be employed, primarily but not exclusively, to support the development of pipeline prospects (i.e., young potentials, relative newcomers, etc.) with positive or promising career horizons ahead of them. Attaining this lower B-standard DOES NOT guarantee selection. Selection of B-standard qualifiers will be based on additional criteria including the following: number of A-qualifiers in the same event (not more than three athletes in an individual event can be presented at most competitions), consistency of performance, current/recent form, participation in national programs, etc.

Without prejudice to the developmental goals associated with the **B-standard qualified athletes will be ranked according to their best performances.** The top three (3) A-standard eligible athletes in each event who have also satisfied the other selection criteria will be selected onto the team. If two or fewer athletes in any event qualify by the "A" standard, B-standard qualifiers will be ranked, with the best being selected to make up the number in the event, dependent on funding, fitness, and discipline. Finally, **B-standard qualifiers may have to also be ranked across events to determine the most qualified athletes. For example, if funding constraints dictate that only 6 additional athletes can be selected to join the team of A-standard qualifiers, then the top 6 B-qualifiers, ranked across events (and with the prior stated B-standard selection criteria), will be selected.** In the absence of any A-standard qualifiers in an event, up to three (i.e., 0-3) B-standard qualifiers may be selected for an event.

Relay team selection: The Federation retains the prerogative to revert to its traditional policy of not selecting a relay team, unless at least three of the prospective team members have qualified for individual events.

Selection Tie Breaking

Any tie will be broken in the following priority order:

- a. Head-to-head results (in same competition and in same heat/flight)
- b. 2nd best performance
- c. Most recently achieved performance

COMPETITIVE READINESS REQUIREMENTS

Training Camps

The Federation may mandate that athletes attend preparatory camps and retains the right to exclude athletes from selection or drop them from the team if they refuse to attend mandatory camps without the express permission of the Federation. Athletes will also be expected to demonstrate their competitive readiness particularly when their qualifying performances are from the previous year or from early in the current season. Such qualifiers will be expected to liaise with the Federation as early as possible to be given some indication of what further expectations there may be of them.

Injuries

The Federation fully appreciates that top-level competition and training is synonymous with the risk of injury; in other words, injury is part and parcel of training at the highest level of sport. The purpose of this section is not to discourage athletes from reporting injuries, but rather to ensure that Federation is aware of all potential performance-limiting injuries prior to competition. Athletes who are injured or ill after selection and cannot perform at a level approaching the “B” qualifying standard for a given competition owe Ghana the responsibility of not wasting precious national resources when they cannot compete optimally. Thus, it is required that injured or ill athletes report immediately to the Federation, who will determine, in consultation with medical staff, whether the athlete can be competitive at the competition for which they have qualified. Thus, being injured or ill will not automatically disqualify an athlete. Final inclusion decisions by the Federation will incorporate the medical recommendations. The Federation may arrange a trial for an athlete recovering from an injury or illness at the request of the athlete if there are no available competitions for the athlete to prove fitness. However, it is the responsibility of the athlete who is injured to make the necessary arrangements including travel costs. The request and trial must take place before the deadline for final team selection. The location of such a trial will be determined in consultation with the Federation. The required level of performance for the latter (injury) situation will typically be the same as that for proving general fitness. The Federation reserves the right to sanction any athlete who, after being selected to the team, develops an injury but fails to notify the Federation, and subsequently puts up a sub-par performance at a competition because of the undisclosed injury. Athletes should keep in mind that the primary goal of the Federation is to field the most capable Ghana national

team possible for competition. Failing to report an injury and thus performing poorly when an alternate athlete could have done much better is tantamount to undermining the national interest.

DISCIPLINARY CLEARANCE

The Federation has determined that the honor of representing Ghana should be reserved strictly for athletes who demonstrate good judgment and discipline, as these enhance team harmony, cohesion, and performance. Poor judgment and lack of discipline include, but are not limited to, the following:

- 1) Any action of gross disrespect against fellow athletes or officials.
- 2) Any action that may bring the name of Ghana into disrepute.
- 3) Any action that is inconsistent with the Federation's fundamental principles of respect, equity, and fairness.
- 4) Abusive actions (verbal or physical) against fellow athletes and officials

National resources will not be spent on athletes who demonstrate poor judgment and discipline. Consequently, eligible athletes will only be selected after disciplinary clearance from the Federation.

TRAINING AND COMPETITION PLAN

The Federation recognizes that national athletes have their individual coaches whom they spend the bulk of the year working with. Consequently, it is in the best interest of the Federation (and the athlete) to have a collaborative relationship with these coaches. Athletes selected for national duty shall submit to the Coaches or Technical Coordinators of the travel team or national camp; thus, athletes must at the outset of the camp, share their training and competition schedules for the duration of the preparatory period leading up to the competition with the Federation, as this will facilitate coordination of individual and national goals. Those who do not submit their plans must subject themselves strictly to the training regime of the team's coaches, failing which they may be de-selected from the team.