

## International Calendar 2023



Date	Type	Designation	Organizer	Categories	Eligibility	Qualification Period
2-5 March	TF	European Athletics Indoor Championships - Istanbul (TUR)	EA	U18, Senior	Citizenship	1st Dec 2022 - 19th Feb 2023
11-12 March	TF	European Throwing Cup - Leira/Portugal	WA	Senior	Citizenship	1st Dec 2022 - 19th Feb 2023
25-31 March	TF	World Indoor Masters - Torun (POL)	WA	Masters	Citizenship	1st Dec 2022 - 19th Feb 2023
23-3 May-Jun		Games Small States of Europe - Marsa (MLT)	MOC	U18 -Seniors	Citizenship or 3 yr Residency	1st Jan - 1st May 2023
20-22 June	TF	European Athletics Team Championships -Silesia (POL)	EA	U18 -Seniors	Citizenship	still to be announced
26-9 Jun-Jul	TF	European Masters Games	EA	Masters	Citizenship	1st Dec 2022 - 19th Feb 2023
8 Jul	TF	EAP Malta	PAAT	U16-Seniors	N/A	1st Dec 2022 - 19th Feb 2023
6-9 Jul	TF	European Athletics U20 Championships - Cluj- Napoca (ROU)	EA	U20	Citizenship	still to be announced
13-16 Jul	TF	European Athletics U23 Championships - Espoo (FIN)	EA	U23	Citizenship	still to be announced
25-29 July	TF	European Youth Olympic Festival - Maribor (SLO)	MOC	U16	Citizenship	still to be announced
28-8 Jul-Aug	TF	FISU World University Games - Chengdu (CHN)	MUSC	U20	Citizenship	still to be announced
19-27 Aug	TF	World Athletics Championships - Budapest (HUN)	EA	U18	Citizenship	12 months from 20 Feb 2022 to 19 Feb 2023

Note: In cases where the Qualification period extends over more than a 12month period, this period applies only for MQSs set by the International Organising Committee or the Malta Olympic Committee. When an athlete achieves only the MQS set by AM this has to be set within the restricted period realting to the current year of competition (or is in close proximate of the said MQS).

# European Athletics Indoor Championships - Istanbul (TUR)



Event	Organisers MQS		Athletics Malta MQS	
	Male	Female	Male	Female
60m	6.63	7.24	6.90	7.53
(100m Outdoors)	10.08	11.1	10.48	11.54
400m	46.35	52.2	48.20	54.29
(400m Outdoors)	45.15	50.8	46.96	52.83
800m	1:46.75	2:02.20	01:51.0	02:07.1
(800m Outdoors)	1:44.70	1:59.00	01:48.9	02:03.8
1,500m	3:37.40	4:09.00	03:46.1	04:19.0
(1,500m Outdoors)	3:32.80	4:02.50	03:41.3	04:12.2
3,000m	7:44.00	8:48.00	08:02.6	09:09.1
(3,000m outdoors)	7:37.00	8:39.00	07:55.3	08:59.8
60mH	7.64	8.03	7.95	8.35
110mH/100mH (outdoors)	13.3	12.9	13.83	13.42
HJ	2.3	1.96	2.21	1.88
PV	5.82	4.7	5.59	4.51
LJ	8.12	6.75	7.80	6.48
TJ	17.02	14.32	16.34	13.75
SP	21.2	18.6	20.35	17.86
4x400m	Qualification	Qualification	N/A	N/A
Combined Events	6140 (8400 for Dec)	4580 (6650)	N/A	N/A

European Throwing Cup - Leira/Portugal 2022



Event	Organisers MQS		Athletics Malta MQS	
<b>U23</b>				
	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
Shot	N/A	N/A	16.5	13.3
Discus			47	42
Hammer			57	51
Javelin			61	44
<b>Senior</b>				
	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
Shot	N/A	N/A	17	13.75
Discus			50	45
Hammer			61	55
Javelin			65	48

Games Small States of Europe - Marsa (MLT)



EVENT	Malta Olympic Committee MQS			Malta Olympic Committee MQS		
	MEN			WOMEN		
	Athletes achieving Performance in 2022		Performance in 2023 for consideration	Athletes achieving Performance in 2022		Performance required in 2023 for consideration
	MQS A	MQS A1	MQS B	MQS A	MQS A1	MQS B
	2022	2023 @ 98%	2023	2022	2023 @ 98%	2023
100m	10.59	10.80	10.80	11.67	11.90	11.85
200m	21.35	21.78	21.80	24.22	24.70	24.60
400m	48.65	49.62	49.50	55.75	56.87	57.50
800m	01:49.0	01:51.2	01:50.0	02:11.0	02:13.6	02:16.0
1500m	03:43.0	03:47.5	03:50.0	04:29.0	04:34.4	04:33.0
5000m	14:14.0	14:31.1	14:30.0	17:24.0	17:44.9	17:39.0
10,000m	30:15.0	30:51.3	31:00.0	35:30.0	36:12.6	36:30.0
10mH/100m	14.34	14.63	14.70	13.40	13.67	14.50
400mH	53.57	54.64	54.00	62.30	63.55	63.50
3,000mSC	08:57.0	09:07.7	09:10.0	11:13.0	11:26.5	11:25.0
LJ	7.18	7.04	7.10	6.00	5.88	5.90
TJ	14.77	14.48	14.50	12.50	12.20	12.30
PV	4.70	4.61	4.60	3.55	3.48	3.50
HJ	2.13	2.09	2.05	1.80	1.76	1.70
Discus	64.31	63.05	55.00	51.50	50.49	50.00
Hammer	68.55	67.21	65.00	63.00	61.76	58.00
Shot	18.30	17.94	16.50	14.50	14.22	13.50
Javelin	74.00	72.55	65.00	46.00	45.10	45.00

# European Athletics Team Championships - Silesia (POL)



Event	Organisers MQS		Athletics Malta MQS	
	Male	Female	Male	Female
100m	N/A	N/A	N/A	N/A
200m				
400m				
800m				
1,500m				
3,000m				
5,000m				
110mH/100mH				
400mH				
3,000mSC				
PV				
LJ				
TJ				
DT				
HT				
4x100m				
4x400m				

European Athletics U20 Championships - Cluj- Napoca (ROU)



**\*BASED ON THE ENTRY STANDARDS OF U2 European Championships 2021 ENTRY STANDARDS UNTIL 2023 STANDARD IS OFFICIALLY RELEASED**

Event	Organisers MQS		Athletics Malta MQS	
	Male	Female	Male	Female
100m	10.65	11.90	10.97	12.26
200m	21.53	24.30	22.18	25.03
400m	48.20	55.45	49.65	57.11
800m	00:01:51	00:02:08	01:54.3	02:11.8
1,500m	00:03:49	00:04:26	03:55.9	04:34.0
3,000m	00:08:23	09:48:20	08:38.1	10:05:59
5,000m	14:37:50	00:17:15	15:04:10	17:46.1
10,000m Walk	00:46:00	00:52:00	47:22.8	53:33.6
110mH	14.25	13.37	14.68	13.77
400mH	53.50	61.00	55.11	62.83
3,000mSC	00:09:15	00:10:50	09:31.7	11:09.5
HJ	2.12	1.79	2.04	1.72
PV	5.05	4.00	4.85	3.84
LJ	7.35	6.10	7.06	5.86
TJ	15.05	12.75	14.45	12.24
SP	17.75	13.75	16.86	13.06
DT	54.50	47.50	51.78	45.13
HT	69.00	57.50	65.55	54.63
JT	67.50	49.60	64.13	47.12
4x100m				
4x400m				
Dec/Hept	7150	5250	6935.50	5092.50

# European Athletics U23 Championships - Espoo (FIN)



**\*BASED ON THE ENTRY STANDARDS OF U23 European Championships 2021 ENTRY STANDARDS UNTIL 2023 STANDARD IS OFFICIALLY RELEASED**

Event	Organisers MQS		Athletics Malta MQS	
	Male	Female	Male	Female
100m	10.50	11.80	10.82	12.15
200m	21.30	24.20	21.94	24.93
400m	47.60	55.00	49.03	56.65
800m	00:01:49	00:02:08	01:52.3	02:11.8
1,500m	00:03:45	00:04:25	03:51.7	04:32.9
5,000m	00:14:10	00:16:40	14:35.5	17:10.0
10,000m	00:30:05	00:36:00	30:59.2	37:04.8
110mH	14.50	14.05	14.94	14.47
400mH	52.50	60.75	54.08	62.57
3,000mSC	00:09:05	00:10:36	09:21.4	10:55.1
HJ	2.16	1.81	2.07	1.74
PV	5.25	4.05	5.04	3.89
LJ	7.60	6.20	7.30	5.95
TJ	15.55	12.80	14.93	12.29
SP	17.55	12.80	16.67	12.16
DT	54	48.50	51.30	46.08
HT	66	61	62.70	57.95
JT	72	51	68.40	48.45
4x100m				
4x400m				
Dec/Hept	7300	5500	7081.00	5335.00
10km RW				
20km RW	00:01:30	00:01:48	01:32.7	01:51.2
35km RW				
Marathon				

**\*BASED ON THE ENTRY STANDARDS OF EYOF 2022 ENTRY STANDARDS UNTIL 2023 STANDARD IS OFFICIALLY RELEASED**

Event	Organisers MQS		Malta Olympic Committee MQS	
	Male	Female	Male	Female
100m			10.83	12.02
200m			21.98	24.61
400m			48.27	55.92
800m			1:56.13	2:14.47
1,500m			4:00.00	4:35.32
3,000m			8:36.48	10:20.93
5,000m				
10,000m				
110mH/100mH	<i>N</i>	<i>N</i>	14.09	13.93
400mH	<i>o</i>	<i>t</i>	53.87	1:01.69
2,000mSC	<i>t</i>	<i>t</i>	6:11.25	7:24.87
HJ	<i>A</i>	<i>A</i>	1.94	1.72
PV	<i>p</i>	<i>p</i>	4.70	3.80
LJ	<i>p</i>	<i>p</i>	6.83	5.46
TJ	<i>l</i>	<i>l</i>	14.09	11.91
SP	<i>i</i>	<i>i</i>	16.86	14.52
DT	<i>c</i>	<i>c</i>	50.69	44.14
HT	<i>a</i>	<i>a</i>	61.17	55.02
JT	<i>b</i>	<i>b</i>	62.66	44.00
4x100m	<i>l</i>	<i>l</i>		
4x400m	<i>e</i>	<i>e</i>		
Medley				
Dec/Hept				
5km RW				
10km RW				
50km RW				
Marathon				





# World Athletics Championships - Budapest (HUN) 2023



Event	Organisers MQS		Athletics Malta MQS	
	Male	Female	Male	Female
100m	10.00	11.08	<i>N o t  A p p l i c a b l e</i>	<i>N o t  A p p l i c a b l e</i>
200m	20.16	22.60		
400m	45.00	51.00		
800m	1:44.70	1:59.80		
1,500m	3:34.00	4:03.00		
3,000m	N/A	N/A		
5,000m	13:07.00	14:57.00		
10,000m	00:27:10	00:30:40		
110mH/100mH	13.28	12.78		
400mH	48.70	54.90		
3,000mSC	8:15.00	9:23.00		
HJ	2.32	1.97		
PV	5.81	4.71		
LJ	8.25	6.85		
TJ	17.20	14.52		
SP	21.40	18.80		
DT	67.00	64.20		
HT	78.00	73.60		
JT	85.20	63.80		
4x100m	Top 12 at WR 2023* + 4 from Top Lists	Top 12 at WR 2023* + 4 from Top Lists		
4x400m	Top 12 at WR 2023* + 4 from Top Lists	Top 12 at WR 2023* + 4 from Top Lists		
Dec/Hept	8460	6480		
20km RW	1:20.10	1:29:20		
35km RW	2:29.40	00:2:51.30		
Marathon	2:09.40	00:2:28		