



## How to calculate an athletes Maximum Performance Rule (MPR) threshold during a competition?

The calculation differs for timed events (track/running, swimming, snowshoeing, cross country skiing, and speed skating) versus measured events (shot-put, mini javelin and standing or running long jump)

**Timed** events: multiply the preliminary round time by **0.85**, this provides the MPR threshold, the maximum (fastest) time an athlete can achieve during the final round without being flagged for MPR. If an athlete crosses that threshold during the final round, they are flagged and the Maximum Performance Rule is applied.

**Measured** events: multiply the preliminary round distance by **1.15**, this provides the MPR threshold, the maximum (furthest) distance an athlete can achieve during the final round without being flagged for MPR. If an athlete crosses that threshold during the final round, they are flagged and the Maximum Performance Rule is applied.

### **TRACK EVENT (timed) example:**

Athlete Name	Qualifying time	Preliminary Round	Final Round	MPR threshold
Kim	59.00s	53.00s	38.00s	45.05s
Patricia	30.00s	42.00s	38.56s	35.70s
Sandy	14.00s	16.00s	15.03s	52.70s
Karmen	1:02.00s	36.03s	42.33s	30.63s

Kim - preliminary round time 53.00s, to calculate the MPR threshold (fastest time allowed)

Multiply 53s x **0.85** = 45.05s

Kim - final round time **38.00s**, which is faster than the calculated maximum threshold of 45.05s  
Athlete flagged and the Maximum Performance Rule (MPR) applied.

**Note:** All timed events to be converted to seconds for calculations.

### **FIELD EVENT (distance) example:**

Athlete Name	Qualifying time	Preliminary Round	Final Round	MPR threshold
Mike	9.35m	7.31m	8.02m	8.41m
Keith	5.92 m	8.34m	6.31m	9.59m
Bob	13.97m	12.32m	15.99m	14.17m

Bob - preliminary round distance thrown 12.32m, to calculate the MPR threshold (furthest distance allowed)

Multiply 12.32m x **1.15** = 14.17m

Bob - final round distance **15.99m**, further than the calculated maximum threshold of 14.17m  
Athlete flagged and the Maximum Performance Rule (MPR) applied.

**Note:** Unit of measurement used should be consistent when completing calculations.