

Special Olympics Canada has established Minimum Qualifying Standards (MQS) for two summer sports (athletics and swimming) in order to ensure fair and meaningful competition for each participating athlete. MQS have only been established for longer distance events and the specifications are outlined in the respective technical packages. Athletes will be required to meet the minimum times in order to be eligible to qualify for the Special Olympics Canada Summer Games 2022.

### **Athletics**

Minimum Qualifying Standards (MQS) have been established for the following events: 1500M, 3000M, 5000M and 10,000M.

Distance	Qualifying Time (Female)	Qualifying Time (Male)
1500M	10:44	8:50
3000M	24:58	19:42
5000M	44:04	36:38
10,000M	1:40.22	1:17.24

### **Swimming**

Minimum Qualifying Standards (MQS) have been established for the following events: 200M Freestyle, 400M Freestyle, 800M Freestyle, 1500M Freestyle, 200M Backstroke, 200M Breaststroke, 200M Butterfly and the 200M Individual Medley.

Distance	Qualifying Time (Female)	Qualifying Time (Male)
200M Freestyle	5:24	4:22
400M Freestyle	11:38	9:14
800M Freestyle	23:28	19:10
1500M Freestyle	44:20	35:46
200M Backstroke	6:34	5:20
200M Breaststroke	7:14	5:52
200M Butterfly	7:20	4:46
200M Individual Medley	6:34	4:50