

ATHLETICS NZ NOMINATION CRITERIA

GLASGOW 2026 COMMONWEALTH GAMES (23 July - 2 August)

Note: Unless specified, when referencing the word 'athlete/s', this applies to both able-bodied and Para-athletes.

1. NOMINATION/SELECTION PHILOSOPHY

- 1.1 The New Zealand Olympic Committee's ("NZOC") Selection Policy – Glasgow 2026 Commonwealth Games ("Selection Policy") sets out the criteria that applies for the selection of athletes by the NZOC to compete at the Glasgow 2026 Commonwealth Games ("2026 CGs").
- 1.2 These Nomination Criteria are issued by the Board of Athletics New Zealand ("Athletics NZ Board") and set out the basis on which Athletics New Zealand's ("Athletics NZ") Nomination Panel will consider athletes for nomination to the NZOC Selection Panel to be considered for selection in the team to compete at the 2026 CGs.
- 1.3 In the event there is any inconsistency between this Nomination Criteria and the NZOC Selection Policy, the NZOC Selection Policy shall prevail. This Nomination Criteria shall take effect from 5 August 2025 and was amended on 12 August 2025.
- 1.4 Quota allocation: The maximum number of able-bodied athletes that Athletics NZ can initially nominate to attend the 2026 CGs events will be limited to the number of quota places allocated to Athletics NZ by the NZOC. The initial number of able-bodied quota places allocated to Athletics NZ is eighteen (18) athletes. Athletes nominated for Relay teams must be included in this figure. There is no quota allocation for Para athletes, but rather Para athlete specific qualification slots are allocated.
 - a) For able-bodied athletes, quota places are allocated to Athletics NZ, not to any individual athlete or Relay team.
 - b) Additional able-bodied quota places may also be available at the sole discretion of the NZOC through the redistribution of unused NZOC quota places and/or additional quota places offered to the NZOC by Commonwealth Sport ("Reallocation Process"), if any. This Reallocation Process will take place before Monday 15 June 2026. There is no guarantee that Athletics NZ will be allocated any additional places as a result of any Reallocation Process.
 - c) For Para-athletes, a qualification slot is allocated by name for a specific athlete and is not transferable to another athlete in accordance with the Para Athletics Qualification System for the 2026 CGs.
 - d) Qualification slots for each Para athlete event will be allocated to the seven highest World Para Athletics (WPA) ranked athletes from Commonwealth countries within the 2026 CGs Qualification Period. Allocation of a qualification slot does not guarantee that the Para-athlete will be nominated or selected to compete at the 2026 CGs.
 - e) Non-travelling reserve able-bodied athletes may be nominated in accordance with this Nomination Criteria. However, non-travelling reserves may only be nominated for the initial able-bodied allocation places. No reserves can be nominated under any Reallocation Process.

2. NOMINATION PANEL

- 2.1 The Athletics NZ Board has endorsed the following Nomination Panel to consider and nominate athletes for the 2026 CGs:

- a) Stephen Brown (“Convenor”); and
 - b) Craig Motley; and
 - c) Jo Mersh.
- 2.2 The Athletics NZ Board reserves the right to replace any member of the Nomination Panel at any time for any reason. Any replacement of any member of the Nomination Panel will be published on the Athletics NZ website.

3. CONDITIONS OF NOMINATION

3.1 As a condition of nomination for the 2026 CGs, an athlete must:

- a) **For able-bodied athletes:** meet the World Athletics Eligibility Rules in being eligible to represent New Zealand at the time of achieving the relevant Athletics NZ 2026 CGs Performance Standard/s (as outlined in Schedule 2) within the able-bodied athlete 2026 CGs Qualification Period (as set out in clause 4.3); or
- b) **For Para athletes:** be listed within the seven (7) highest WPA ranked athletes from Commonwealth countries per medal event 2026 CGs Qualification Period (as outlined in clause 4.1); and
- c) Be on the Athletics NZ Long List for the 2026 CGs by meeting the able-bodied Long List Standards (as set out in Schedule 1) or falling within the top 15 ranked Commonwealth Para-athletes per individual medal event and having submitted an [Application for the NZOC Long List](#) on the Athletics NZ website by the following dates:
 - i. 5pm Friday 19 September 2025; or
 - ii. 5pm Tuesday 20 January 2026 (or such extended date as agreed by the NZOC Board) where an athlete has received approval to be added to the Long List for the 2026 CGs after 5pm Friday 19 September 2025, subject to an NZOC 2026 CGs Athlete Application Form being received by the NZOC 5pm Thursday 22 January 2026; and
 - iii. Athletics NZ providing the NZOC with evidence that an athlete has demonstrated such extraordinary circumstances that they could not have reasonably been in contention on or before 5pm Friday 19 September 2025.
- d) Complete an NZOC 2026 CGs Athlete Application Form in full and submitted that form to NZOC no later than:
 - i. 5pm Monday 24 November 2025; or
 - ii. 5pm Thursday 22 January 2026 (or such extended date as agreed by the NZOC Board) for any athletes added to the Long List after 5pm Friday 19 September 2025.
- e) Sign the NZOC 2026 CGs Team Agreement on or before the Nomination Date; and
- f) Comply with all Commonwealth Sport eligibility, nationality and participation requirements, including, but not limited to, being a New Zealand citizen with a New Zealand passport; and
- g) Be a member of, and remain in “good standing” with, Athletics NZ;
- h) Not have breached, or be under any investigation for any breach of, any Athletics NZ, NZOC and where relevant, World Athletics, International Olympic Committee, Commonwealth Sport, World Para Athletics, International Paralympic Committee or Paralympics NZ code of conduct, Athlete or Team Agreement or other regulations and have otherwise conducted themselves in a way that has not or was not likely to bring their sport or the 2026 CGs team into disrepute; and
- i) Have competed internationally (outside of their country of residence); and
- j) Not have:

- i. Used or administered any substance, which, if it had been detected as being present in the athlete's body tissue or fluids, would have constituted doping; or
- ii. Used any prohibited method or committed any other doping offence as defined in [Athletics NZ Integrity Regulations](#), [NZOC's Integrity Regulations](#), World Athletics ("WA") [Anti-Doping Regulations](#) or [WA Integrity Regulations](#);
- k) Agree that they are required to receive approval from the 2026 CGs Team Leader before they compete in any event exceeding 10km after Sunday 21 June 2026; and
- l) Have demonstrated to the satisfaction of Athletics NZ that they are not suffering any physical or psychological condition that would compromise the Athlete's ability to compete at the Games to the selection standard set out in the NZOC Selection Policy or may compromise the health and safety of themselves, a NZ Team member or another participant at the Games.

Note: Athletes should be aware that failure to comply with any of the requirements set out in clause 3.1 may render an athlete ineligible for nomination or selection.

3.2 In addition to the above, Para-athletes must also:

- a) Have satisfied all International Paralympic Committee ("IPC") and World Para Athletics ("WPA") eligibility, age and participation requirements; and
- b) Hold a WPA Classification (Review or Confirmed) as per the WPA Classification Master list with a fixed review date of 2027 or later as at the Nomination Date; and
- c) Hold an active WPA Athlete License for the 2026 season.

4. NOMINATION CONSIDERATIONS

Para-athlete Individual Events

- 4.1 Para-athletes do not have any Athletics NZ Performance Standards. Qualification slots are offered by name to the athletes within the seven (7) highest WPA ranked athletes from Commonwealth countries per medal event in the 2026 CGs Qualification Period of 1 January 2025 to 31 March 2026 ("WPA Ranking"). Para-athletes who qualify within the six (6) highest WPA Ranking will be nominated. For a Para-athlete who is ranked seventh (7th) highest, the Nomination Panel must be satisfied that the Para-athlete is capable of achieving a top six (6) placing at the Games. In determining this, the Nomination Panel will have regard to:
 - a) The results and performances from World Para Athletics Approved Competitions within the period 1 January 2025 – 31 March 2026; and
 - b) The Para-athlete's track record of competition in elite events demonstrating they will be competitive at the 2026 CGs.
- 4.2 On or before the Nomination Date for Para-athletes (as set out in clause 7.6), subject to the NZOC receiving a qualification slot for the Para-athlete by name from World Para Athletics, Athletics NZ will nominate for consideration for selection by the NZOC, Para-athletes who have met the requirements as outlined in clauses 3.1, 3.2 and 4.1.

Able-Bodied Events (Individual & Relay Teams)

- 4.3 Athletics NZ Performance Standards (refer Schedule 2) must be achieved within the able-bodied athlete 2026 CGs Qualification Period of 1 January 2025 to 3 May 2026 at a competition that meets all WA rules and regulations with the result being published on WA rankings.
- 4.4 In determining whether to nominate up to 18 athletes (including any Relay teams) or non-travelling reserves to the NZOC for consideration of selection, the Nomination Panel must apply the following criteria in order of priority:

- a) Individual athletes in field events and track events up to and including 5,000m in distance that have achieved at least two (2) Athletics NZ A Performance Standards (APS) at different meets in the events they are seeking nomination and selection in; and, Individual athletes in 10,000m, 10km Race Walk, Heptathlon, or Decathlon that have achieved at least one (1) Athletics NZ APS in the events they are seeking nomination and selection in. In addition, the athletes must demonstrate a positive track record of sufficient quality and depth to demonstrate the athletes are capable of a top six (6) placing at the Games; then
- b) Individual athletes in field events and track events up to and including 5,000m in distance that have achieved at least one (1) Athletics NZ APS and at least one (1) Athletics NZ B Performance Standard (BPS), each in different meets during the 2026 CGs Qualification Period, then
- c) Provided at least four (4) quota places remain available, at least four (4) athletes (up to six (6) athletes if quotas are available) as members of a Relay team that has each met the Athletics NZ Relay Event APS; or
If less than four (4) quota places remain available, Athletics NZ may apply for additional quota places through any Reallocation Process to enable at least four (4) (up to six (6)) Relay team athletes to be nominated. In this case, relay athletes may be conditionally nominated pending confirmation of any additional quota allocation to enable a Relay team to be formed; then
- d) Individual athletes that have achieved at least two (2) Athletics NZ BPS, in different meets in the events they are seeking nomination and selection in; and, Individual athletes in 10,000m, 10km Race Walk, Heptathlon, or Decathlon that have achieved at least one (1) Athletics NZ BPS in the events they are seeking nomination and selection in. In addition, the athletes must demonstrate a positive track record of sufficient quality and depth to demonstrate the athletes are capable of a top six (6) placing at the Games.

Relay Team Members

- 4.5 If a Relay team or teams are being nominated in accordance with clause 4.4c), then subject to clause 5.6, the four (4) athletes who set the fastest time under the Relay Event Athletics NZ APS during the 2026 CGs Qualification Period will be the athletes nominated. A fifth and sixth athlete may also be nominated where it can be evidenced (through comparison of like-for-like Individual Event times) that the nominated athlete(s) replacing an athlete in the team who set the fastest time under the Relay Event Athletics NZ APS will result in a team performance being no slower than the relevant Relay Event Athletics NZ APS. In addition, Relay Event priorities take precedence over Individual Event priorities for athletes who have not achieved a minimum of one Athletics NZ APS in an Individual Event.

Quota place Discretionary Considerations for the able-bodied events

- 4.6 When applying the Nomination Considerations in clauses 4.4 and 4.5 above, there are more athletes at a particular priority level who meet the criteria than quota places available, nomination will be decided by the Nomination Panel who may consider any combination of factors that they deem relevant to make their decision regarding which athlete or Relay team they will nominate, including but not limited to the following Discretionary Considerations:
- a) Current Commonwealth Top List rankings during the 2026 CGs Qualification Period;
 - b) Performance record against key competitors during the 2026 CGs Qualification Period in the following key meets:
 - i. Tokyo 2025 WA Championships,
 - ii. 2025 Diamond League Final/s (WA “DF” Category Meets),

iii. 2025 or 2026 WA “GW” or “GL” Category meets, 2025 or 2026 WA “A” to “F” Category meets;

- c) Performance at the 2026 Athletics NZ Track and Field Championships;
- d) Potential to be highly competitive;
- e) Competitive record against other NZ athletes under consideration for nomination and selection in the same event;
- f) Quality and consistency of performances during the 2026 CGs Qualification Period;
- g) Commitment and focus on competing at the 2026 CGs;
- h) Understanding and respect for the obligations that accompany being a member of a New Zealand team when competing at the 2026 CGs, including respect for team members and support staff;
- i) The potential of the athlete or Relay team to qualify, and be nominated for, the Los Angeles 2028 Olympic Games.
- j) History of behaviours and breaches of agreements from previous international competitions.

4.7 In considering the nomination of an athlete (clauses 4.1 to 4.6), the Nomination Panel may in its sole discretion take into account extenuating medical circumstances. In such case, the Nomination Panel must be satisfied the athlete is capable of achieving a top six (6) placing in an individual track or field event at the 2026 CGs and has a track record of sufficient quality and depth that the Nomination Panel believes demonstrates the athlete will be competitive at the 2026 CGs and will perform creditably in the individual track or field event. For the purposes of this Nomination Criteria, “extenuating medical circumstances” means the inability of an athlete to compete or perform to an optimum level due to illness or injury for an extended period of time during the Qualification Period and athletes would need to supply detailed evidence to support consideration of such circumstances.

The Nomination Panel may consider any factors, and combination thereof, that they deem relevant in making their decision. They will however have primary consideration of the following elements:

- a) Has the athlete achieved at least one (1) Performance Standard within the Qualification Period (when two (2) performance standards are required)?
- b) Does the athlete have multiple previous performances outside the Qualification Period that better the ANZ-B Performance Standard?
- c) Has the athlete previously been selected for major championships and placed within that specific team’s selection performance expectations in the previous 24 months to Nomination Date (e.g. Top 16 at the Paris 2024 Olympic Games, Top 16 at World Athletics Championships, Top 8 at World Para Championships, etc.)?
- d) Does the athlete have recent competition performances that demonstrates they are tracking back towards full fitness and optimum performance levels?

4.8 The Nomination Panel has the discretion to make enquiries of any athlete and such other persons, as it sees fit, in relation to any potential nomination of an athlete that meets the requirements set out in this Nomination Criteria.

Opportunity to Start in Additional Event/s

- 4.9 Athletes who are nominated and are successfully selected to the NZ Team by the NZOC may be given the opportunity to be entered into an additional event/s.
- 4.10 Permission to start in additional event/s will be considered on the basis of whether or not:

- a) The athlete can be entered into the additional event/s in accordance with the 2026 CGs Local Organising Committee's ("LOC") entry requirements, including but not limited to the limitations set out in clause 5; and
 - b) Entry to the additional event/s impacts the nomination or selection of another athlete that has met the requirements as set out in clause 3.1; and
 - c) Competing in the additional event would have a detrimental effect on the priority event/s for which the athlete gained selection.
- 4.11 Such a decision can be made at the discretion of the NZOC who may take into account feedback or advice from the ANZ-HP Director, the athlete's personal coach and/or other relevant personnel.

5. ENTRY REQUIREMENTS

Age Requirements

- 5.1 Athletes aged 18 or 19 years on the 31 December 2026 (i.e. born in 2008 or 2007) may compete in any event.
- 5.2 Athletes aged 16 or 17 years on the 31 December 2026 (i.e. born in 2010 or 2009) may compete in any event except the Throwing Events, Heptathlon, Decathlon, 10,000m, and Race Walks.
- 5.3 Athletes younger than 16 years on the 31 December 2026 (i.e. born in 2011 or later) cannot be entered in any event.

Individual Events

- 5.4 NZOC may enter up to three (3) athletes for each Individual Event.

Relays

- 5.5 NZOC may enter one (1) Relay Team of up to six (6) athletes in each Relay Event as long as the relevant Relay Team has achieved the Relay Event Athletics NZ APS set out in Schedule 2.
- 5.6 Athletes competing in an Individual Event that corresponds to a Relay Team (i.e. 100m corresponds to the 4x100m and 400m corresponds to the 4x400m) must be listed among the six (6) athletes for the respective Relay Team (i.e. each athlete must be named in the respective Relay Team, even if Athletics NZ does not intend for them to run in the Relay Team).

6. COMPULSORY NOMINATION COMPETITIONS

- 6.1 There are no compulsory nomination competitions for the 2026 CGs, however, as per clause 4.6c), performances achieved at the 2026 Athletics NZ Track and Field Championships may be taken into consideration by the Nomination Panel when considering nominations.

7. NOMINATION AND SELECTION PROCESS

- 7.1 The Nomination Panel may nominate athletes or Relay Team(s) or non-travelling reserves to the NZOC for selection in accordance with this Nomination Criteria as outlined in clause 9 of the 2026 CGs NZOC Nomination and Selection Regulation.
- 7.2 Neither the Nomination Panel, nor Athletics NZ, has the right or the power to select athletes for inclusion to the NZ team to compete at the 2026 CGs.
- 7.3 Athletics NZ is not obliged to nominate any athlete to fill all quota places, or request any available reallocation places regardless of anything else in this Nomination Criteria, the WA Technical Regulations, WPA Technical Regulations or the 2026 LOC Athlete Allocation system.

Nomination and Ratification

- 7.4 The Nomination Panel will provide the Athletics NZ Board with details of the process undertaken by the Nomination Panel in relation to the athletes they wish to nominate for selection or as a reserve.
- 7.5 The Athletics NZ Board must ratify the nomination before it is forwarded to the NZOC Selection Panel for their decision on whether or not to select the athlete(s) to compete at the 2026 CGs.

Nomination/Non-nomination Notifications

- 7.6 Athletics NZ will advise all athletes who have completed an NZOC 2026 CGs Athlete Application Form whether or not they have been nominated for selection to the NZOC by:
- a) 5pm Tuesday 14 April 2026 (“Para-athlete Nomination Date”) as a recipient of a WPA Direct Qualification slot; or
 - b) 5pm Wednesday 20 May 2026 (“abled-bodied athlete Nomination Date”) as a recipient of one of the initial 18 quota places or whether they are nominated as a non-travelling reserve (including their non-travelling reserve priority number (i.e. 1st reserve, 2nd reserve, etc.).
- 7.7 If the Reallocation Process occurs, Athletics NZ will nominate to the NZOC for selection in any Reallocation Process, all able-bodied athletes nominated and successfully selected as non-travelling reserves no later than 5pm Wednesday 3 June 2026.
- 7.8 Any athlete who is not nominated or nominated with conditions or nominated as a non-travelling reserve by Athletics NZ in accordance with this Nomination Criteria may appeal their non-nomination or nomination with conditions or nomination as a non-travelling reserve by following the procedures outlined in clause 8.

Selection/Non-selection Notifications

- 7.9 Athletics NZ will advise all nominated athletes whether they have been subsequently selected for the 2026 CGs as soon as this information is received by the NZOC but no later than the relevant Selection Announcement dates.
- 7.10 Any athlete who is nominated but not selected or is selected with conditions or not selected as a non-travelling reserve by the NZOC may appeal their non-selection or selection with conditions or non-selection as a non-travelling reserve by following the procedures outlined in clause 9.

Selection Announcements

- 7.11 The Selection Announcement of athletes selected for the 2026 CGs will be published on the Athletics NZ website no later than:
- a) 5pm Monday 4 May 2026 (“Para-athlete Selection Announcement”) for Para athletes that have been selected as a recipient of a WPA Direct Qualification slot; or,
 - b) 5pm Monday 15 June 2026 (“Able-bodied Selection Announcement”) for any able-bodied athletes:
 - i) selected in one of the initial eighteen (18) quota places allocated to Athletics NZ; and
 - ii) selected as a non-travelling reserve who were subsequently selected in the reallocation process; and
 - iii) selected as a non-travelling reserve, who were not subsequently selected in the reallocation process and therefore, remain as non-travelling reserves for the initial eighteen 18 quota places allocated to Athletics NZ.

8. NON-NOMINATION APPEALS PROCESS

- 8.1 Any athlete notified of their non-nomination or nomination with conditions or non-travelling reserve status in the initial quota allocation may appeal their non-nomination or nomination with conditions or their non-travelling reserve status to Athletics NZ by following the procedures outlined in clause 13 of the NZOC Nomination and Selection Regulation, providing they:
- Have completed and submitted the NZOC 2026 CGs Athlete Application Form to the NZOC by the relevant date set out in clause 3.1d); and
 - Have completed and signed their NZOC 2026 CGs Team Agreement on or before the Nomination Date; and
 - Submit a notice of their intention to appeal their non-nomination in writing to the Athletics NZ Chief Executive [Cam Mitchell](#) within two business days of receiving notification of their non-nomination or nomination with conditions or nomination as a non-travelling reserve.

9. NON-SELECTION APPEALS PROCESS

- 9.1 Athletes not selected by the NZOC after being nominated by Athletics NZ can appeal their non-selection or selection with conditions or non-selection as a non-travelling reserve by following the procedures outlined in clause 14 of the NZOC Nomination and Selection Regulation providing they:
- Have completed and submitted the NZOC 2026 CGs Athlete Application Form to the NZOC by the relevant date set out in clause 3.1d); and
 - Have completed and signed their NZOC 2026 CGs Team Agreement on or before the Nomination Date; and
 - Submit a notice of their intention to appeal their non-selection or selection with conditions or non-selection as a non-travelling reserve in writing to the NZOC at office@olympic.org.nz within 2 business days of the receiving notification of their non-selection or selection with conditions.

10. GAMES PRE-ENTRY PROOF OF FITNESS REQUIREMENTS

- 10.1 All athletes seeking nomination and selection should be aware that selected athletes will be required to undertake the following prior to the 2026 CGs;
- All selected athletes must meet their Games Pre-Entry Proof of Fitness Requirements which will be advised by the 2026 CGs Team Leader or relevant Athletics NZ staff member following their selection.
 - The time frame for all athletes to achieve specific Games Pre-Entry Proof of Fitness Requirements will be at the discretion of the ANZ-HP Director in consultation with the 2026 CGs Team Leader. However, generally it will be prior to them leaving for the 2026 CGs from New Zealand or their normal place of residence.

Generally, failure by a selected athlete to meet the Games Pre-Entry Proof of Fitness Requirements will result in an athlete who has been selected to the team being withdrawn from the 2026 CGs. Such a decision is the responsibility of the NZOC, in consultation with the ANZ-HP Director, based on feedback/advice from the Convenor, relevant 2026 CGs Team Staff and relevant medical personnel.

11. GENERAL INFORMATION

Amendment

- 11.1 This Nomination Criteria may be amended at any time prior to the Nomination Date by the Athletics NZ Board with the approval of the NZOC. Any amendment to this Nomination Criteria will be published on the Athletics NZ website.

Funding

- 11.2 Travel, accommodation and costs of meals for athletes competing at the 2026 CGs will be covered by ANZ-HP Programme and/or the NZOC.

Team Leader/Coach/Staff Appointments

- 11.3 The 2026 CGs Team Leader will be Athletics NZ-HP Director, Scott Newman..
- 11.4 The 2026 CGs Team Leader will identify a shortlist of possible team coaches and liaise with those coaches regarding their availability for the 2026 CGs.
- 11.5 For further information regarding staff appointments contact [Brianna Maynard](#).

12. ADDITIONAL COMPETITION INFORMATION

- 12.1 For further information regarding the [2026 CGs website](#).

13. OTHER APPLICABLE DOCUMENTS

- 13.1 [NZOC Selection Policy for the 2026 CGs](#)
- 13.2 [NZOC Nomination and Selection Regulation](#)

SCHEDULE 1

Athletics NZ 2026 Commonwealth Games Long List Standards for Individual Events

Athletes are required to:

- Submit an [Application for the NZOC Long List](#) by 5pm Friday 19 September 2025; AND
- Submit to NZOC an NZOC 2026 CG Athlete Application Form by 5pm Monday 24 November 2025 (or otherwise as agreed under clause 3.1d) of the Nomination Criteria.
- Athletes eligible to complete the [Application for the NZOC Long List](#) and the NZOC 2026 CG Athlete Application Form are:
 - ANZ-HP/HPSNZ TAPS Athletes (as at 1 July 2025)
 - Athletes that have achieved the Long List Standard (listed below) between 1 January 2024 and 19 September 2025, with the performance recorded on the World Athletics Rankings website.
 - Athletes that are outside the Long List Standards on a case-by-case basis at the sole discretion of the Athletics NZ-HP Director. Note: Potential Relay Squad athletes can be included on the 2026 CG Long List at the discretion of the Athletics NZ High-Performance Director.

Men	Event	Women
10.20	100m	11.30
20.60	200m	23.25
46.10	400m	52.40
1:47.00	800m	2:02.00
(3:37.50)	(1500)	(4:10.00)
3:54.50	One Mile	4:29.00
13.23.00	5,000m	15:25.00
28.10.00	10,000m	33:00:00
43.00 (1:26.00)	10,000m / 10K Race Walk (20K Race Walk)	47:00 (1:40.00)
8:40.00	3000m SC	9:55.00
13.75	110mH/100mH	13.25
50.60	400mH	56.50
7500pts	Decathlon/Heptathlon	5700pts
2.22	High Jump	1.85
5.30	Pole Vault	4.30
7.80	Long Jump	6.40
16.20	Triple Jump	13.55
19.80	Shot Put	17.50
61.00	Discus Throw	57.00
67.50	Hammer Throw	65.50
77.00	Javelin Throw	57.00

Para-athletes Long List

Para-athletes ranked inside the top 15 WPA ranked athletes from Commonwealth countries per medal event (refer page 11) on 1 September 2025 will be invited to submit an [Application for the NZOC Long List](#).

Para-Athletics Medal Events

Men	Women
T12 100m (T11/12)	T38 100m (T37/38)
T38 100m (T37/38)	T47 100m (T45/46/47)
T47 100m (T45/46/47)	T38 200m (T37/T38)
T20 1500m (T20)	T54 400m (T53/T54)
T54 1500m (T53/54)	T54 1500m (T53/54)
Discus F42-44/F61-64 (F42/43/44/F61/62/63/64 using Raza points)	Discus F42-44/F61-64 (F42/43/44/F61/62/63/64 using Raza points)
F57 Shot Put (F55/56/57)	F57 Shot Put (F55/56/57)
T20 Long Jump (T20)	T38 Long Jump (T37/T38)

SCHEDULE 2

Athletics NZ 2026 Commonwealth Games Performance Standards

For the purpose of this Nomination Criteria, Athletics NZ 2026 CG Performance Standards are:

Men		Event	Women	
ANZ-APS	ANZ-BPS		ANZ-APS	ANZ-BPS
10.00	10.05	100m	11.00	11.07
20.15	20.24	200m	22.75	22.90
44.40	45.00	400m	50.70	51.30
1:44.30	1:45.10	800m	1:58.10	1:59.30
(3:33.50)	(3:34.80)	(1500)	(4:00.00)	(4:02.50)
3:50.40	3:51.80	One Mile	4:18.40	4:21.00
13:11.00	13:17.00	5,000m	14:57.00	15:03.00
27:08.00	27:28.00	10,000m	31:05.00	31:35.00
40:00	40:45	10,000m / 10K Race Walk	45:15	46.00
(1hr20:30)	(1hr22:00)	(20K Race Walk)	(1hr32:00)	(1hr34:00)
[1hr24:55]	[1hr26:30]	[Half Marathon Race Walk]	[1hr37:05]	[1hr39:10]
8:15.00	8:25.00	3000m SC	9:25.00	9:35.00
13.40	13.50	110mH/100mH	12.70	12.80
48.85	49.25	400mH	54.80	55.20
8000	7750	Decathlon/Heptathlon	6050	5850
2.28	2.24	High Jump	1.94	1.90
5.50	5.35	Pole Vault	4.55	4.45
8.15	8.00	Long Jump	6.75	6.60
16.70	16.40	Triple Jump	14.20	13.85
20.60	20.10	Shot Put	18.30	17.70
67.20	65.10	Discus Throw	61.50	59.00
72.90	70.40	Hammer Throw	71.60	69.50
83.50	80.50	Javelin Throw	62.00	59.50
38.50	-	4 x 100m Relay	43.30	-
3:15.00	-	Mixed 4 x 400 Relay	3:15.00	-

Para-athletes

Para-athletes who earn and receive a Direct Qualification slot, by being ranked within the six (6) highest WPA ranked athletes from Commonwealth countries per medal event (listed in Schedule 1) on 31 March 2026 (Ranking period: 1 Jan 2025 to 31 Mar 2026).

For a Para-athlete who is ranked seventh (7th) highest, the Nomination Panel must be satisfied that the Para-athlete is capable of achieving a top six (6) placing at the Games. In determining this, the Nomination Panel will have regard to:

- the results and performances from World Para Athletics Approved Competitions within the period 1 January 2025 – 31 March 2026; and
- the Para-athlete's track record of competition in elite events demonstrating they will be competitive at the 2026 CGs.

Note: Achieving a Performance Standard, or for Para-athletes being offered a Direct Qualification slot, gives no right or guarantee of nomination.