



**Orkney Athletic and Running Club**  
**SCIO SC051316**  
**International Island Games Selection Policy**  
**Orkney 2025**  
**12- 18 July**



Orkney Athletic and Running Club (OARC) recognise the profile of the International Island Games and the particular importance of a Home Games. We have set a selection policy aimed at maximising performance opportunities here in 2025. The policy also considers the International Island Games' role in developing upcoming athletes and has applicable standards, aimed at progressing such athletes.

### **Eligibility**

- 1) To be considered for selection, athletes must:
  - a. be eligible to compete for Orkney (i.e. by birth or been a resident for a minimum of 12 months prior to the Opening Ceremony of the Island Games);
  - b. be 15 years or older on 1<sup>st</sup> June 2025 (or 18 years or older for half marathon);
  - c. be fully paid members of OARC for the duration of the qualification period and the Games period itself.
  - d. for the duration of the qualification period and for the Games period itself, engage with OARC, primarily the Island Games Athletics Team Manager, to demonstrate their current and ongoing commitment to training and the team.
  - e. not be currently under disqualification or suspension under the rules of the relevant International Federation or their own member Sports Association.
  - f. for the duration of the qualification period and for the Games period itself, as club members, athletes will have to abide by all OARC Policies and Procedures and those of the National Governing Body, Scottish Athletics.

### **Qualification**

- 1) Qualification performances must be achieved on or after **1<sup>st</sup> February 2024** and before **21<sup>st</sup> April 2025**.
- 2) Athletes must achieve at least two Standard performances within the qualification period, including at least one in 2025.
- 3) Performances must be achieved during competitions where the results are eligible to be entered on to the Power of 10 database.



- 4) For all relevant track and field events, wind assisted performances (performances with a wind value more than 2.0 m/s) **shall not** be accepted as formal qualifying marks but may be considered when assessing form or head to heads.
- 5) Hand timed performances in 100m, 200m, 400m, 100m/110m hurdles and 400m hurdles **shall not** be accepted as formal qualifying marks but may be considered by the panel when assessing form or head to heads.
- 6) Indoor performances for all field events and for races of 200m or longer shall be accepted.
- 7) Performances in road races (if eligible for Power of 10) will be accepted for 5,000m and 10,000m.
- 8) Travelling to compete as much as possible is a requirement. All athletes wishing to be considered for selection must compete in Orkney **and** on the Scottish Mainland or in England, at least once in both 2024 **and** 2025. The commitment shown will strengthen the case for selection.

### Standards

The Qualification Standards for Orkney 2025 are shown in **red**. We have also included probable medal standards FOR YOUR INFORMATION ONLY.

<b>Orkney Island Games 2025</b> <b><u>Qualification Standards</u></b>			Average Bronze Medal Standard Between Previous Two Games <b>FOR INFORMATION ONLY</b>	
<b>Event</b>	<b>Men</b>	<b>Women</b>	<b>Men</b>	<b>Women</b>
100m	<b>11.60</b>	<b>13.10</b>	10.88	12.57
200m	<b>23.50</b>	<b>26.80</b>	22.65	24.87
400m	<b>53.00</b>	<b>62.00</b>	48.79	57.86
800m	<b>2:05.00</b>	<b>2:23.00</b>	1:55.39	2:16.52
1500m	<b>4:17</b>	<b>5:05</b>	3:55.51	4:42.97
5000m	<b>17:00</b>	<b>19:10</b>	15:44.61	18:21.01
10000m	<b>36:00</b>	<b>40:50</b>	31:44.22	39:20.00
110m/100m Hurdles	<b>17.80 (110m)</b>	<b>18.00 (100m)</b>	16.50	16.77
400m Hurdles	<b>63.00</b>	<b>74.00</b>	55.54	68.45
Half Marathon	<b>1:20:00</b>	<b>1:31.50</b>	1:09:09	1:24:21
High Jump	<b>1.75</b>	<b>1.50</b>	1.94	1.58
Long Jump	<b>6.00</b>	<b>4.75</b>	6.82	5.08
Javelin	<b>43.00</b>	<b>28.50</b>	60.04	35.47
Shot Put	<b>11.50</b>	<b>9.00</b>	13.30	11.16



## Selection Process

- 1) The selection panel will consist of:
  - a. OARC Senior Coaches and a non-competing OARC Senior Endurance Athlete;
  - b. Island Games Athletics Team Manager.
- 2) All qualified and eligible athletes will be considered for selection; however, athletes should understand that although achieving the qualifying standard is a requirement of selection, it does not guarantee selection.
- 3) Athletes who are very close to the qualifying standard may be selected for the team in events where there are still spaces, providing they have shown form in 2025, in training or formal races, and if they are one of the following:
  - a. an under-20 athlete (including lower age groups) who the panel believe has the mental aptitude, maturity and focus to absorb and thrive in the environment of a week-long senior competition;
  - b. are identifiable as a developing athlete with the ability to achieve a top 8 finish in 2027/2029.
- 4) Athletes who have competed in previous Island Games will be expected to attain the qualifying standard.
- 5) For individual events, up to two athletes may be selected (three for Half Marathon). For relays, up to six athletes may be selected.
- 6) Where choices have to be made between athletes, the panel will consider the criteria below and any other factors felt relevant. The relative priority of these factors will be entirely at the discretion of the panel, whose task it is to select a team which has the best prospect of the best possible results at these and future games:
  - a. consistency of performances at or around the qualification standard within the qualification period;
  - b. previous championship performances;
  - c. head-to-head competitive records;
  - d. commitment to training;
  - e. current form and fitness;
  - f. injury status;
  - g. potential;
  - h. engagement with OARC and the Island Games Athletics Team Manager.



- 5) The panel reserves the right to make value judgements on selections, in situations they consider to be exceptional circumstances within the spirit and aims of the general policy.
- 6) The panel is **not** obliged to fill all available spaces in all events.
- 7) The panel may add athletes to the team to create relay squads for both 4x100m and 4x400m. If selected for a relay squad, an athlete may be able to compete in another event, provided they are performing at a level which is close to the qualifying standard for that event, that there is space available, and that, in the Team Manager's opinion, it would not detract from their relay performance.
- 8) Athletes may only compete in events that they have been specifically selected for. Reserves may be selected as alternates to injured athletes who form part of a team (e.g. Half Marathon or Relay).
- 9) **The team will be selected in a meeting to be held before the end of April 2025.** Athletes successful in gaining selection will be informed immediately by email. The email will contain details of how to go about accepting a place on the team and what is required of the athlete between that date and the Games.
- 10) The team will be announced once all athletes have accepted their places.
- 11) **There is no right of appeal and the selection panel's decision is final.**

### **Injuries**

- 1) All injuries must be declared to the Island Games Athletics Team Manager prior to the selection meeting. Anyone not declaring an injury at the time of selection may be withdrawn from the team and will not be entitled to a refund for any costs incurred.
- 2) Athletes selected for the team, who declare their injury at the time of selection, will be given 21 days from the date of the selection meeting to prove their fitness. If they are forced to withdraw from the squad, any payment will be reimbursed in full should their place be filled by a 'reserve' athlete.
- 3) The Team will not knowingly allow an athlete to compete if they are carrying a significant injury that may prevent them from fully achieving their potential at the Games.

### **Cost**

- 1) Although the cost to athletes for Orkney 2025 will be significantly lower than for previous Away Games, there will be a cost involved for accreditation, kit etc. At the time of publishing this policy, OARC had not been notified by Orkney Island Games Association what this will be. We will inform all athletes who declare their intent to compete for selection, as soon as we are given costs.



**ATHLETE INITIAL DECLARATION OF INTENT TO COMPETE FOR SELECTION**  
**Orkney 2025 - International Island Games**  
**12-18 July 2025**

**This signed form must be returned to the Island Games Athletics Team Manager**

Athlete's Name:	Date of Birth:	Parent or Guardian's name (if athlete is under 18 years old):
Address:		
Phone:		
Email:		
Parent or Guardian's email (if athlete is under 18 years old):		
Lead Coach:		
Events for which you wish to be considered, ranked in order of priority, with current PB (including relays if applicable):		
1)		
2)		
3)		
4)		
5)		

I, \_\_\_\_\_ (the Athlete), do hereby declare my intent to compete for selection for the 2025 International Island Games. I understand that I must meet all of the Eligibility criteria in order to be considered for team selection. I understand that I am responsible for informing the Team Manager of my results on a regular basis.

Athlete Signature:	Date:
Parent or Guardian's Signature (if athlete is under 18 years old):	Date:

**Please return completed form to Island Games Athletics Team Manager, Inga Linklater, by 29/2/24 and ensure your OARC Membership is up to date.**  
**Email: [clubmanager@orkneyarc.org.uk](mailto:clubmanager@orkneyarc.org.uk)**  
**Mobile: 07786657200**