

Maximum Performance Rule in Action

INDIVIDUAL SPORTS ONLY

Preliminary Round (Results)

Time submitted by club to SONL -Athlete placed in Pre Lim Division - Athlete competes during Pre Lim Rd at Comp

DIVISION F1	DIVISION F2	DIVISION F3
0:11.00 Lucy	0:21.00 Sally	0:51.00 Mary
0:11.89 Tammy	0:22.89 Sue	0:52.89 Kim
0:13.00 Chantelle	0:23.00 Molly	1:03.00 Emma
0:13.76 Brenda	0:23.76 Dorothy	1:11.76 Emily
0:16.00 Sara	0:24.00 Heidi	

Final Round Results

Final *Unofficial* Results (as submitted by officials to Results Coordinator)

DIVISION F1	DIVISION F2	DIVISION F3
0:8.00 Sara	0:13.25 Sally	0:39.00 Kim
0:12.89 Tammy	0:22.00 Sue	0:50.89 Mary
0:13.50 Chantelle	0:23.00 Molly	1:00.00 Emma
0:13.76 Lucy	0:23.76 Dorothy	1:11.76 Emily
0:14.00 Brenda	0:25.00 Heidi	

Final Round Results - with MPR Flagged

Final *Official* Results Posted (after Results Coordinator has entered results into games management system)

- Exceeded 15%
- already in highest division
- athlete remains in same division
- MPR flag removed
- athlete selection points not affected

- athlete finished second
- awarded gold because Sally moved divisions due to MPR

- athlete exceeded 15%
- flagged MPR
- moved up one division as time warrants
- awarded bronze
- does not affect other athlete placings
- no selection points awarded to athlete flagged.

DIVISION F1		DIVISION F2		DIVISION F3	
Gold	0:08.00s Sara	Gold	0:22.00s Sue	Gold	0:39.00s Kim
Silver	0:12.89s Tammy	Silver	0:23.00s Molly	Silver	0:50.89s Mary
Bronze	0:13.50s Chantelle	Bronze	0:23.76s Dorothy	Bronze	1:00.00s Emma
Bronze	0:13.25s Sally	4 th	0:25.00s Heidi	4 th	1:11.76s Emily
4 th	0:13.76s Lucy				
5 th	0:14.00s Brenda				

- athlete exceeded 15%
- does not move to another division as time does not warrant move (moving the athlete would not place them in a division with similar ability athletes)
- MPR flag removed
- athlete selection points not affected

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.