



Qualification Criteria for Commonwealth Games – Glasgow 2026

Team sports and Para sports have set qualification criteria by the IF's, individual sports have open criteria and the NNOC will determine the qualification standards:

- The total quota for the individual sports 2026 – 21 athletes.
- The total quota for the team sports and para sports will be additional to the above quota.

ALL SPORT CODES:

- All continental championships shall have a minimum of four countries taking part. In the event of the continental championship has less than four countries partaking or is cancelled, the IF world ranking on 31st May 2022 will be taken into consideration and placement among the top 2 African Countries shall qualify. The ranking relative to the other Commonwealth countries in Africa will be considered
- The Qualification period is from June 1, 2025 until May 31, 2026
- Athletes who have had international exposure as well as Athletes who are Paris OS scholarship holders will have preference.
- The names for athletes and coaches with a copy of their passports valid until January 2027 for the long list must be submitted to the NNOC office not later than Friday 29th October.

AQUATICS:

The time equal to 8th place in the semi-finals of the Commonwealth Games 2012 to qualify for the finals will be the qualifying time.

- The performance must be achieved once between 1st June 2025 up to 31st May 2025 of the swimming season.
- Performances must be achieved during competitions sanctioned by World Aquatics.

Event	Men	Women
100m Backstroke	00:54.78	01:00.67
100m Breaststroke	01:00.64	01:08.08
100m Butterfly	00:52.27	00:58.62
100m Freestyle	00:48.91	00:55.17
1500m Freestyle	15:47.77	
800m Freestyle		08:46.85
200m Backstroke	02:00.26	02:12.71
200m Breaststroke	02:11.94	02:28.01
200m Butterfly	01:58.42	02:11.36
200m Freestyle	01:48.08	01:59.18
200m Individual Medley	02:01.33	02:13.63
400m Freestyle	03:50.13	04:13.33
400m Individual Medley	04:21.34	04:44.39
50m Backstroke	00:25.38	00:28.37
50m Breaststroke	00:27.69	00:31.31
50m Freestyle	00:22.20	00:25.36
50m Butterfly	00:23.59	00:26.42

ATHLETICS:

The time equal to the 8th place in the semi-finals of Commonwealth Games 2018 to qualify for the finals for track events.

For field events and marathon, the result (time / distance) of the 8th placing of the overall results of Commonwealth Games 2022.

- Performance must be achieved between 1st June 2025 up to 31st May 2026 Athletics season.
- Performances must be achieved during competitions sanctioned by World Athletics.
- Wind assisted performances will not be accepted.

Men	Event	Women
10,21	100 m	11,34
20,54	200 m	23,23
45,55	400 m	51,85
01:47,4	800 m	2.00.74
03:41,6	1500 m	04:08,9
13:24,2	5000 m	15:13,5
27:56,2	10 000 m	32:01,0
02:14,1	Marathon	02:35,0
08:48,4	3000 m SC	09:48,0

13,64	110 m H/100 m H	13,19
49,49	400m H	55,66
2,21	High Jump	1,86
5	Pole Vault	4,3
7,88	Long Jump	6,42
16,24	Triple Jump	13,46
19,42	Shot Put	16,92
59,56	Discus Throw	55,02
68,28	Hammer Throw	61,84
77,93	Javelin	56,37
	Heptathlon	5695
7516	Decathlon	
41:28,1	10km Race Walk	47:14,1
Top 8 at IWR+8 from Top Lists (39.39)	4x100m	Top 8 at IWR+8 from Top Lists (44.66)
Top 8 at IWR+8 from Top Lists (3:07.43)	4x400m	Top 8 at IWR+8 from Top Lists (3:33.67)

BOXING

Qualify through the continental championships recognised by the CGF.

Achieve the top two in Africa at these championships.

BOWLS

Qualification through continental championships sanctioned by World Bowls

Achieve top two in Africa at these championships

Only singles will be taken into consideration.

GYMNASTICS (ARTISTIC AND RHYTHMIC)

Qualify through continental championships sanctioned by FIG

Must achieve top two in Africa

PARA- SPORT

The NNOC is limiting the quota for Para sport to a maximum number of 6, including guides.

Para-athletes are selected according to IPC criteria.