

## INDIVIDUAL SPORTS

CRITERIA/CATEGORY	12 – 13 years	14 – 15 years	16 – 17 years	18 – 20 years
<b>Achievements/Results at National Level</b>	Medalist in National Championships or National Youth Games	Medalist in National Championships or National Youth Games	Medalist in National Championships or National Youth Games	Medalist in National Championships
<b>Minima/points, where applicable (To attach documents, if necessary)</b>	As established by National Sports Federation	As established by National Sports Federation	As established by National Sports Federation	As established by National Sports Federation
<b>Ranking at National Level, where applicable</b>	<i>National:</i> Classified Top 3	<i>National:</i> Classified Top 3	<i>National:</i> Classified Top 3	<i>National:</i> Classified Top 3
<b>Training Requirements</b>	Minimum : 3 sessions per week (Annual basis) – Daily Hours of training : <i>as determined by the National Sports Federation</i>	Minimum : 3 sessions per week (Annual basis) – Daily Hours of training : <i>as determined by the National Sports Federation</i>	Minimum : 3 sessions per week (Annual basis) – Daily Hours of training : <i>as determined by the National Sports Federation</i>	Minimum : 3 sessions per week (Annual basis) – Daily Hours of training : <i>as determined by the National Sports Federation</i>

**The applicant shall have recorded an outstanding performance in an international competition at least one (1) year prior to application**