

INDIVIDUAL SPORTS

CRITERIA/CATEGORY	16 years and above
Achievements / Results at National Level	Medalist in National Championships
Achievements / Results at International Level	Medalist in an international Competition (Regional, Continental, Inter-continental or World) listed in the Schemes of the Ministry of Youth Empowerment, Sports and Recreation for Elite athletes
Minima/points, where applicable (To attach documents, if necessary)	As established by National Sports Federation
Ranking at National level, where applicable	<i>National :</i> Classified Top 3
Ranking at International level, where applicable	Regional : Top 4 African : Top 20
Training Requirements	Minimum : 4 sessions per week (Annual basis) – Twice daily Hours of training : <i>as determined by the national Coach / National Sports Federation</i>

The applicant shall have recorded an outstanding performance in an international competition prior to application