

AADP Standards for 2015 Outdoor Season

1989 & earlier	A	B	C	< 26 Age			
1990 & 91		A	B	C	< 25 - 24		
1992 & 93			A	B	C	< 23 - 22	
1994 & 95				A	B	C	< 21 - 20
1996 & later					A	B	C < 19
Men	1	2	3	4	5	6	7
100m	10.33	10.36	10.41	10.49	10.60	10.73	10.89
200m	21.06	21.11	21.21	21.35	21.55	21.80	22.09
400m	47.54	47.62	47.77	47.99	48.30	48.68	49.13
800m	1:49.14	1:49.40	1:49.92	1:50.70	1:51.74	1:53.04	1:54.60
1500m	3:42.15	3:42.90	3:44.41	3:46.67	3:49.69	3:53.46	3:57.98
5000m	14:07.52	14:10.80	14:17.35	14:27.17	14:40.28	14:56.66	15:16.31
10000m	30:34.20	30:43.90	31:03.31	31:32.43	32:11.25	32:59.77	
Marathon	2:25.08	2:25.56	2:26.51	2:28.34	2:30.24	2:32.22	
10km RW				Junior	46:28.0	47:28.0	48:58.0
20km RW	1:35.33	1:35.58	1:36.07	1:36.81	1:37.79	1:39.02	
50km RW	4:35.35	4:36.33	4:38.30	4:41.25	4:45.18	4:50.10	
110m H (42")	14.37	14.43	14.54	14.72	14.95	15.23	15.58
110m H (39")				Junior	14.38	14.66	14.99
400m H (36")	53.40	53.50	53.69	53.98	54.37	54.86	55.44
3km S/C	8:59.25	9:01.02	9:04.57	9:09.89	9:16.98	9:25.84	9:36.48
HJ	2.03	2.03	2.02	2.01	1.99	1.97	1.95
PV	4.68	4.64	4.56	4.44	4.28	4.09	3.85
LJ	7.33	7.30	7.23	7.13	6.99	6.82	6.62
TJ	14.11	14.09	14.05	13.98	13.90	13.79	13.66
SP (16 lb)	16.35	16.21	15.92	15.49	14.92	14.21	13.35
SP (6 kg)				Junior	16.42	15.63	14.69
DT (2 kg)	49.49	49.08	48.25	47.00	45.34	43.27	40.78
DT (1.75 kg)				Junior	48.47	46.26	43.57
HT (16 lb)	60.15	59.32	57.65	55.14	51.80	47.63	42.62
HT (6 kg)				Junior	56.98	52.39	46.89
JT (800 g)	65.97	65.15	63.52	61.07	57.81	53.73	48.83
CE (Sen specs)	6300	6276	6229	6158	6064	5946	5805
CE (Jun specs)				Junior	6191	6071	5917
2013-2015 National Senior Rankings Average 10th				2013-2015 National Junior Championships Average 8th			

Note:

Men Marathon, 20k RW and 50K RW(column 6) - Use IAAF table equivalent to 10000m

JrMen 10k RW(column 5&6) - Use IAAF Womens table equivalent for 20kRW

Women 10000, Marathon (column 6) - Use IAAF equivalent to 5000m

Women 20k RW (column 6) - use IAAF equivalent to 10k RW

Women 2000m S/C (column 5,6&7) - use IAAF equivalent to 3000m S/C

Philosophy:

Endpoints for each event are based on National performances of senior and junior athletes and reflect the strength of the event in Canada.

Column #1 – Average of 10th place in National Rankings for past 3 years

Column #7 – Average of 8th (or top half) at National Junior Championships for past 5 years

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1994 & 95				A	B	C	< 21 - 20
1996 & later					A	B	C < 19
Women	1	2	3	4	5	6	7
100m	11.66	11.68	11.73	11.79	11.88	11.99	12.12
200m	23.86	23.91	24.01	24.16	24.36	24.61	24.91
400m	54.07	54.20	54.47	54.87	55.41	56.08	56.88
800m	2:03.14	2:03.63	2:04.62	2:06.10	2:08.07	2:10.54	2:13.50
1500m	4:16.67	4:17.61	4:19.48	4:22.29	4:26.04	4:30.73	4:36.35
3000m	10:03.86	10:04.70	10:06.39	10:08.92	10:12.30	10:16.52	10:21.58
5000m	16:19.48	16:23.97	16:32.94	16:46.41	17:04.36	17:26.80	17:50.29
10000m	34:26.29	34:44.25	35:20.17	36:14.05	37:25.88	38:55.68	
Marathon	2:42.25	2:43.58	2:45.43	2:48.21	2:51.52	2:56.15	
10km RW	53:41.00	53:54.76	54:22.29	55:03.57	55:58.62	57:07.43	58:30.00
20km RW	1:50.32	1:50.91	1:52.09	1:53.86	1:56.22	1:59.17	
100m H (33")	13.57	13.62	13.73	13.90	14.12	14.39	14.72
400m H	59.59	59.75	60.07	60.55	61.19	62.00	62.96
3km S/C	11:03.30	11:04.62	11:07.25	11:11.21	11:16.48	11:23.07	11:30.98
2km S/C	7:08.34			Junior	7:13.76	7:24.62	7:52.07
HJ	1.76	1.75	1.74	1.72	1.69	1.65	1.61
PV	3.90	3.87	3.81	3.71	3.59	3.43	3.24
LJ	5.96	5.93	5.88	5.79	5.68	5.55	5.38
TJ	11.76	11.74	11.70	11.65	11.57	11.48	11.37
SP (4 kg)	13.96	13.85	13.62	13.29	12.84	12.27	11.6
DT (1 kg)	44.98	44.59	43.82	42.65	41.10	39.17	36.84
HT (4 kg)	57.63	56.96	55.61	53.60	50.91	47.54	43.51
JT (600 g)	46.52	46.05	45.12	43.71	41.84	39.50	36.69
CE	4983	4938	4847	4710	4528	4301	4028
2013-2015 National Senior Rankings Average 10th				~2011-2015 National Junior Championships Average 8th			

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