

AADP Standards for 2015 Outdoor Season

1990 & earlier	A	B	C	< 26 Age			
1991 & 92		A	B	C	< 25 - 24		
1993 & 94			A	B	C	< 23 - 22	
1995 & 96				A	B	C	< 21 - 20
1997 & later					A	B	C < 19
Men	1	2	3	4	5	6	7
100m	10.32	10.35	10.40	10.49	10.60	10.73	10.9
200m	20.90	20.96	21.08	21.26	21.50	21.79	22.15
400m	47.21	47.30	47.48	47.74	48.10	48.54	49.07
800m	1:48.82	1:49.10	1:49.65	1:50.47	1:51.57	1:52.95	1:54.60
1500m	3:41.50	3:42.28	3:43.85	3:46.21	3:49.35	3:53.27	3:57.98
5000m	13:58.52	14:01.84	14:08.49	14:18.46	14:31.75	14:48.37	15:08.31
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	3:53.56	3:54.33	3:56.30	3:59.25	4:03.18	4:08.10	
110m H (42")	14.49	14.54	14.65	14.81	15.02	15.29	15.61
110m H (39")				Junior	14.46	14.71	15.02
400m H (36")	53.09	53.22	53.47	53.84	54.35	54.98	55.73
3km S/C	8:51.25	8:53.36	8:57.57	9:03.89	9:12.31	9:22.84	9:35.48
HJ	2.06	2.05	2.04	2.03	2.01	1.98	1.95
PV	4.72	4.68	4.60	4.47	4.31	4.10	3.85
LJ	7.36	7.33	7.26	7.16	7.03	6.86	6.66
TJ	14.49	14.44	14.34	14.18	13.98	13.72	13.41
SP (16 lb)	15.78	15.65	15.40	15.02	14.51	13.88	13.12
SP (6 kg)				Junior	15.96	15.27	14.43
DT (2 kg)	48.06	47.66	46.86	45.65	44.05	42.05	39.64
DT (1.75 kg)				Junior	47.09	44.95	42.35
HT (16 lb)	59.87	59.06	57.43	54.98	51.72	47.65	42.76
HT (6 kg)				Junior	56.89	52.41	47.04
JT (800 g)	64.73	63.95	62.39	60.04	56.92	53.01	48.32
CE (Sen specs)	6435	6387	6290	6144	5950	5708	5417
CE (Jun specs)				Junior	6075	5828	5522
2014-2016 National Senior Rankings Average 10th				~2012-2016 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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1997 & later					A	B	C < 19
Women	1	2	3	4	5	6	7
100m	11.60	11.63	11.70	11.79	11.92	12.08	12.27
200m	23.79	23.85	23.96	24.13	24.36	24.65	24.99
400m	53.62	53.75	54.02	54.42	54.96	55.63	56.43
800m	2:02.84	2:03.30	2:04.22	2:05.60	2:07.44	2:09.74	2:12.50
1500m	4:13.94	4:14.99	4:17.08	4:20.23	4:24.42	4:29.65	4:35.94
3000m	9:55.86	9:56.66	9:58.25	10:00.64	10:03.82	10:07.80	10:12.58
5000m	16:12.11	16:16.79	16:26.14	16:40.16	16:58.86	17:22.24	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")	13.44	13.49	13.60	13.77	13.99	14.26	14.59
400m H	58.94	59.13	59.50	60.05	60.79	61.72	62.83
3km S/C	10:46.26	10:48.39	10:52.65	10:59.04	11:07.56	11:18.20	11:30.98
2km S/C	7:08.34			Junior	7:13.76	7:22.67	7:45.07
HJ	1.77	1.76	1.75	1.73	1.70	1.67	1.63
PV	4.00	3.96	3.89	3.79	3.64	3.46	3.25
LJ	5.98	5.96	5.91	5.84	5.75	5.64	5.50
TJ	11.84	11.82	11.78	11.71	11.63	11.52	11.39
SP (4 kg)	14.13	14.02	13.79	13.45	13.00	12.43	11.75
DT (1 kg)	45.33	44.93	44.12	42.90	41.29	39.27	36.84
HT (4 kg)	57.87	57.33	56.25	54.62	52.46	49.75	46.5
JT (600 g)	47.22	46.83	46.04	44.86	43.29	41.32	38.96
CE	5161	5108	5001	4842	4629	4362	4043
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