

AADP Standards for 2017 Outdoor Season

1991 & earlier	A	B	C	< 26 Age			
1992 & 93		A	B	C	< 25 - 24		
1994 & 95			A	B	C	< 23 - 22	
1996 & 97				A	B	C	< 21 - 20
1998 & later					A	B	C < 19
Men	1	2	3	4	5	6	7
100m	10.33	10.36	10.41	10.49	10.59	10.72	10.88
200m	21.02	21.07	21.16	21.30	21.49	21.72	22.00
400m	47.35	47.43	47.59	47.84	48.16	48.57	49.06
800m	1:48.94	1:49.17	1:49.62	1:50.31	1:51.22	1:52.35	1:53.72
1500m	3:41.69	3:42.35	3:43.68	3:45.67	3:48.32	3:51.64	3:55.62
5000m	14:00.08	14:03.23	14:09.52	14:18.95	14:31.54	14:47.27	15:06.14
10000m	30:17.08	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	44:42.0
20km RW	1:34.39	1:35.58	1:36.07	1:36.81	1:37.79	1:39.02	
50km RW	4:00.35	3:54.33	3:56.30	3:59.25	4:03.18	4:08.10	
110m H (42")	14.43	14.49	14.60	14.77	14.99	15.27	15.61
110m H (39")				Junior	14.43	14.70	15.02
400m H (36")	53.29	53.38	53.57	53.85	54.22	54.69	55.25
3km S/C	8:54.79	8:56.99	9:01.39	9:08.00	9:16.80	9:27.80	9:41.01
HJ	2.05	2.05	2.04	2.03	2.01	1.99	1.97
PV	4.73	4.69	4.62	4.52	4.38	4.20	3.99
LJ	7.35	7.32	7.26	7.18	7.06	6.91	6.74
TJ	14.27	14.24	14.19	14.12	14.02	13.89	13.74
SP (16 lb)	16.04	15.91	15.65	15.26	14.74	14.09	13.32
SP (6 kg)				Junior	16.22	15.50	14.65
DT (2 kg)	48.84	48.46	47.69	46.53	44.99	43.07	40.76
DT (1.75 kg)				Junior	48.10	46.04	43.55
HT (16 lb)	59.72	58.86	57.14	54.55	51.11	46.81	41.64
HT (6 kg)				Junior	56.22	51.49	45.81
JT (800 g)	65.12	64.40	62.95	60.79	57.90	54.29	49.96
CE (Sen specs)	6399	6370	6311	6224	6107	5960	5785
2014-2017 National Senior Rankings Average 10th				~2012-2017 National Junior Rankings 12th & National 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 4 years

Column #7 – Average of 8th (or top half) at National Junior Championships for past 5 years, or 12th in U20 Rankings, which ever was the greater performance

AADP Standards for 2017 Outdoor Season

1991 & earlier	A	B	C	< 26 Age			
1992 & 93		A	B	C	< 25 - 24		
1994 & 95			A	B	C	< 23 - 22	
1996 & 97				A	B	C	< 21 - 20
1998 & later					A	B	C < 19
Women	1	2	3	4	5	6	7
100m	11.64	11.66	11.71	11.78	11.87	11.98	12.12
200m	23.81	23.86	23.96	24.11	24.31	24.55	24.85
400m	53.87	54.00	54.25	54.63	55.13	55.76	56.52
800m	2:03.14	2:03.59	2:04.48	2:05.81	2:07.59	2:09.82	2:12.49
1500m	4:16.67	4:17.46	4:19.05	4:21.44	4:24.62	4:28.59	4:33.36
3000m	9:48.31	9:49.57	9:52.08	9:55.84	10:00.87	10:07.15	10:14.68
5000m	16:12.01	16:16.69	16:26.05	16:40.09	16:58.81	17:22.21	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	50:47.00	51:09.05	51:53.14	52:59.29	54:27.48	56:17.71	58:30.00
20km RW	1:47.02	1:47.83	1:49.45	1:51.88	1:55.12	1:59.17	
100m H (33")	13.52	13.57	13.67	13.82	14.02	14.28	14.58
400m H	59.43	59.58	59.89	60.34	60.95	61.72	62.63
3km S/C	10:56.48	10:57.70	11:00.15	11:03.81	11:08.70	11:14.81	11:22.14
2km S/C	7:08.34			Junior	7:13.76	7:22.67	7:36.50
HJ	1.76	1.75	1.74	1.72	1.70	1.67	1.63
PV	3.96	3.93	3.86	3.77	3.64	3.48	3.29
LJ	5.96	5.94	5.89	5.82	5.73	5.61	5.47
TJ	11.83	11.81	11.77	11.71	11.63	11.53	11.41
SP (4 kg)	14.03	13.93	13.74	13.46	13.08	12.60	12.03
DT (1 kg)	45.30	44.92	44.15	43.00	41.47	39.55	37.25
HT (4 kg)	57.83	57.25	56.08	54.32	51.99	49.07	45.56
JT (600 g)	46.82	46.42	45.61	44.40	42.79	40.77	38.35
CE	5020	4979	4896	4772	4606	4399	4151
2014-2017				~2012-2017			
National Senior Rankings				National Junior Rankings 12th &			
Average 10th				National 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 4 years

Column #7 – Average of 8th (or top half) at National Junior Championships for past 5 years, or 12th in U20 Rankings, which ever was the greater performance