

AADP Standards for 2019 Outdoor Season

1993 & earlier	A	B	C	< 26 Age			
1994 & 95		A	B	C	< 25 - 24		
1996 & 97			A	B	C	< 23 - 22	
1998 & 99				A	B	C	< 21 - 20
2000 & later					A	B	C < 19
Men	1	2	3	4	5	6	7
100m	10.29	10.32	10.37	10.44	10.54	10.67	10.82
200m	20.93	20.97	21.05	21.18	21.34	21.55	21.8
400m	46.87	46.95	47.11	47.34	47.66	48.05	48.52
800m	1:49.16	1:49.33	1:49.67	1:50.18	1:50.86	1:51.72	1:52.74
1500m	3:42.13	3:42.65	3:43.68	3:45.24	3:47.31	3:49.89	3:53.00
5000m	13:42.85	13:46.61	13:54.12	14:05.40	14:20.43	14:39.21	15:01.76
10000m	29:50.64	30:44.00	31:03.31	31:32.43	32:11.25	32:59.77	
Marathon	2:23.88	2:25.56	2:26.51	2:28.34	2:30.24	2:32.22	
10km RW				Junior	46:28.0	47:28.0	50:24.0
20km RW	1:24.15	1:35.58	1:36.07	1:36.81	1:37.79	1:39.02	
50km RW	4:00.32	3:54.33	3:56.30	3:59.25	4:03.18	4:08.10	
110m H (42")	14.45	14.50	14.61	14.76	14.97	15.23	15.54
110m H (39")				Junior	14.40	14.65	14.95
400m H (36")	53.04	53.15	53.38	53.72	54.18	54.75	55.43
3km S/C	9:12.36	9:13.92	9:17.05	9:21.73	9:27.98	9:35.79	9:45.16
HJ	2.11	2.10	2.09	2.07	2.05	2.02	1.98
PV	4.86	4.83	4.76	4.65	4.52	4.35	4.14
LJ	7.33	7.31	7.26	7.20	7.11	6.99	6.86
TJ	14.68	14.64	14.57	14.47	14.33	14.15	13.94
SP (16 lb)	15.96	15.81	15.52	15.09	14.51	13.78	12.91
SP (6 kg)				Junior	15.96	15.16	14.20
DT (2 kg)	46.81	46.51	45.91	45.01	43.81	42.30	40.50
DT (1.75 kg)				Junior	46.83	45.22	43.27
HT (16 lb)	58.98	58.24	56.77	54.57	51.63	47.95	43.54
HT (6 kg)				Junior	56.79	52.75	47.9
JT (800 g)	62.99	62.37	61.12	59.25	56.76	53.65	49.91
CE (Sen specs)	6223	6191	6128	6033	5907	5749	5559
2015-2019				2015-2019			
National Senior Rankings				National Junior Rankings 12th &			
Average 10th				National Championships Average 8th			

Philosophy:

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

AADP SCORING CRITERIA

Athletes receive points based on performance, provincial championship placing, national championship placing, for participation on designated National Teams, and for participation in Canada Summer Games or equivalent events.

AADP STANDARDS

The AADP Standards are based on Canadian performances in the previous four years to reflect the strength of each event in Canada. Column 1 (26+ years "A") is based on the average of 10th place in the National Rankings for the past four years. Column 7 (Junior "C") is based on which is a greater performance, the average of 8th place at National Junior Championships or 12th place in National Rankings for the past four years. The standards are subject to adjustment to better represent the level of performance expected.

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1996 & 97			A	B	C	< 23 - 22	
1998 & 99				A	B	C	< 21 - 20
2000 & later					A	B	C < 19
Women	1	2	3	4	5	6	7
100m	11.57	11.59	11.63	11.70	11.78	11.89	12.02
200m	23.68	23.72	23.80	23.92	24.08	24.27	24.51
400m	52.99	53.13	53.40	53.81	54.35	55.03	55.85
800m	2:03.00	2:03.35	2:04.04	2:05.08	2:06.47	2:08.21	2:10.29
1500m	4:12.09	4:12.92	4:14.59	4:17.10	4:20.44	4:24.61	4:29.62
3000m	9:36.85	9:38.57	9:42.00	9:47.15	9:54.01	10:02.59	10:12.89
5000m	16:02.82	16:10.50	16:25.87	16:48.91	17:19.64	17:58.06	18:44.15
10000m	33:50.56	34:10.90	34:51.58	35:52.61	37:13.97	38:55.68	
Marathon	2:39.13	2:42.54	2:44.81	2:48.21	2:50.48	2:56.15	
10km RW	46:16.00	46:50.95	48:00.86	49:45.71	52:05.52	55:00.29	58:30.00
20km RW	1:35.28	1:36.87	1:40.06	1:44.84	1:51.21	1:59.17	
100m H (33")	13.37	13.42	13.53	13.69	13.90	14.17	14.49
400m H	58.95	59.11	59.44	59.93	60.59	61.41	62.39
3km S/C	10:40.07	10:43.55	10:50.52	11:00.98	11:14.91	11:32.33	11:53.24
2km S/C				Junior	7:13.76	7:22.67	7:45.05
HJ	1.76	1.75	1.74	1.73	1.71	1.69	1.67
PV	4.04	4.01	3.95	3.85	3.73	3.57	3.38
LJ	6.01	5.99	5.96	5.90	5.83	5.74	5.63
TJ	12.07	12.05	12.01	11.95	11.87	11.76	11.64
SP (4 kg)	14.00	13.91	13.74	13.48	13.14	12.71	12.19
DT (1 kg)	46.06	45.75	45.14	44.23	43.01	41.48	39.65
HT (4 kg)	57.89	57.36	56.31	54.72	52.61	49.97	46.8
JT (600 g)	47.22	46.88	46.20	45.18	43.82	42.12	40.08
CE	4938	4907	4844	4750	4624	4467	4279
2015-2019	National Senior Rankings			2015-2019			
Average 10th				National Junior Rankings 12th & National Championships Average 8th			

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