


# Western Canada Summer Games

## 2019 Selection Standards

Women			Men	
A Standard	B Standard		A Standard	B Standard
12.20	12.40	100m	10.80	10.95
25.25	25.50	200m	21.80	22.10
57.00	57.80	400m	48.90	49.90
2:12.00	2:14.00	800m	1:52.00	1:54.00
4:38.00	4:39.00	1500m	3:56.00	3:58.00
10:22.00	10:50.00	3000m	8:50.00	8:54.00
17:30.00	17:47.00	5000m	15:10.00	15:20.00
14.70	15.20	100m Hurdles		
		110m Hurdles	15.70	15.90
1:04.00	1:05.00	400m Hurdles	56.00	57.50
25:00.00	27:30.00	5000m Race Walk	22:00.00	24:00.00
1.65	1.60	High Jump	1.95	1.90
3.40	3.25	Pole Vault	4.00	3.80
5.60	5.40	Long Jump	6.60	6.40
11.30	11.00	Triple Jump	14.00	13.60
12.00	11.40	Shot Put	13.50	13.00
37.00	33.00	Discus Throw	42.00	40.00
38.00	33.00	Javelin Throw	55.00	50.00
46.00	42.00	Hammer Throw	45.00	40.00
4300	4100	Heptathlon		
		Decathlon	5900	5500