


**AB Tri-Province
2019 Selection Standards**

Women			Men	
Midget	Youth		Midget	Youth
12.85	12.50	100m	11.65	11.25
26.50	25.50	200m	23.60	22.75
42.50		300m	38.00	
	59.00	400m		50.85
2:21.00	2:16.00	800m	2:06.50	1:58.50
4:00.00		1200m	3:24.00	
	4:55.00	1500m		4:10.00
7:19.00		2000m	6:24.00	
	11.01.00	3000m		9:40.00
12.95		80m Hurdles		
	15.30	100m Hurdles	15.25	
		110m Hurdles		15.60
30.00		200m Hurdles	28.05	
	1:10.00	400m Hurdles		61.00
5:40.00		1500m Steeple	4:52.00	
	8:01.00	2000m Steeple		6:45.00
1.48	1.55	High Jump	1.65	1.88
2.30	2.50	Pole Vault	2.50	2.90
4.80	5.15	Long Jump	5.55	6.20
10.00	10.65	Triple Jump	10.85	12.25
9.70	11.10	Shot Put	11.20	12.20
23.00	31.50	Discus Throw	33.00	36.00
27.00	33.00	Javelin Throw	36.00	47.00
29.50	40.00	Hammer Throw	28.00	35.00