

AADP Standards for 2020 Indoor Season

1994 & earlier	A	B	C	< 26 Age			
1995 & 96		A	B	C	< 25 - 24		
1997 & 98			A	B	C	< 23 - 22	
1999 & 00				A	B	C	< 21 - 20
2001 & later					A	B	C < 19
Men	1	2	3	4	5	6	7
60m	6.68	6.70	6.73	6.77	6.83	6.91	7.00
200m	21.38	21.42	21.50	21.63	21.79	22.00	22.25
300m	33.83	33.89	34.01	34.18	34.42	34.71	35.06
400m	47.83	47.91	48.07	48.31	48.63	49.03	49.51
600m	1:19.11	1:19.23	1:19.48	1:19.84	1:20.33	1:20.94	1:21.67
800m	1:49.16	1:49.42	1:49.95	1:50.73	1:51.78	1:53.09	1:54.66
1000m	2:22.71	2:23.00	2:23.57	2:24.43	2:25.57	2:27.00	2:28.72
1500m	3:45.79	3:46.30	3:47.32	3:48.84	3:50.88	3:53.42	3:56.47
3000m	8:03.44	8:05.62	8:09.97	8:16.51	8:25.22	8:36.10	8:49.17
5000m	13:55.99	13:59.68	14:07.06	14:18.12	14:32.88	14:51.33	15:13.46
60m H (42")	8.18	8.21	8.27	8.35	8.47	8.62	8.79
60m H (39")				Junior	8.15	8.29	8.46
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
WT (15.88 kg)	17.00	16.77	16.30	15.60	14.67	13.50	12.10
WT (11.34 kg)				Junior	16.13	14.85	13.39
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
JT (800 g)	62.99	62.37	61.12	59.25	56.76	53.65	49.91
CE (Sen specs)	4630	4606	4559	4488	4394	4276	4134
2019 Outdoor Rankings Converted to Indoor Specs						2019 Outdoor Rankings Converted to Indoor Specs	

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 (2020 ONLY)

Athletes receive points based on performance, provincial indoor ranking, and national indoor ranking.

AADP STANDARDS

The AADP Standards are based on Canadian outdoor 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. **For 2020 only these performances have been converted to indoor distances.**

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1999 & 00				A	B	C	< 21 - 20
2001 & later					A	B	C < 19
Women	1	2	3	4	5	6	7
100m	7.42	7.43	7.46	7.50	7.55	7.62	7.70
200m	24.19	24.23	24.32	24.44	24.61	24.82	25.07
300m	38.58	38.66	38.83	39.07	39.40	39.82	40.31
400m	53.90	54.04	54.32	54.73	55.29	55.98	56.81
600m	1:28.67	1:28.94	1:29.49	1:30.32	1:31.41	1:32.78	1:34.43
800m	2:04.75	2:05.16	2:05.99	2:07.23	2:08.89	2:10.96	2:13.44
1000m	2:41.70	2:42.23	2:43.29	2:44.88	2:47.00	2:49.66	2:52.84
1500m	4:14.83	4:15.66	4:17.31	4:19.79	4:23.10	4:27.23	4:32.19
3000m	9:43.30	9:44.71	9:47.53	9:51.75	9:57.39	10:04.44	10:12.89
5000m	16:15.07	16:22.66	16:37.85	17:00.63	17:31.00	18:08.97	18:54.53
60m H (33")	8.27	8.30	8.37	8.46	8.59	8.75	8.94
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
WT (9.07 kg)	16.20	16.01	15.62	15.04	14.27	13.30	12.14
DT (1 kg)	46.06	45.75	45.14	44.23	43.01	41.48	39.65
JT (600 g)	47.22	46.88	46.20	45.18	43.82	42.12	40.08
CE (Pent)	3610	3587	3541	3472	3380	3266	3128
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