

AADP Standards for 2021 Outdoor Season

1995 & earlier	A	B	C	< 26 Age			
1996 & 97		A	B	C	< 25 - 24		
1998 & 99			A	B	C	< 23 - 22	
2000 & 01				A	B	C	< 21 - 20
2002 & later					A	B	C < 19
Men	1	2	3	4	5	6	7
100m	10.29	10.32	10.37	10.44	10.55	10.68	10.83
200m	20.95	20.99	21.08	21.20	21.37	21.59	21.84
400m	46.93	47.01	47.18	47.42	47.75	48.16	48.65
800m	1:49.35	1:49.53	1:49.88	1:50.42	1:51.13	1:52.02	1:53.09
1500m	3:42.41	3:42.93	3:43.98	3:45.54	3:47.63	3:50.24	3:53.37
5000m	13:56.50	14:00.60	14:08.79	14:21.08	14:37.47	14:57.96	15:22.54
10000m	29:27.00	29:36.01	29:54.02	30:21.04	30:57.07	31:42.10	
Marathon	2:18.44	2:19.28	2:20.96	2:23.48	2:26.83	2:31.03	
10km RW				Junior	46:16.00	47:58.00	50:02.00
20km RW	1:28.40	1:29.08	1:30.43	1:32.47	1:35.18	1:38.57	
110m H (42")	14.41	14.47	14.58	14.75	14.98	15.27	15.61
110m H (39")				Junior	14.42	14.69	15.02
400m H (36")	53.43	53.56	53.83	54.23	54.76	55.43	56.23
3000m S/C	8:57.09	8:57.93	8:59.62	9:02.15	9:05.52	9:09.74	9:14.80
HJ	2.10	2.09	2.08	2.05	2.02	1.99	1.94
PV	4.93	4.89	4.80	4.66	4.49	4.27	4.00
LJ	7.21	7.19	7.15	7.08	7.00	6.89	6.76
TJ	14.52	14.49	14.42	14.32	14.19	14.03	13.83
SP (16 lb)	15.59	15.43	15.10	14.62	13.97	13.15	12.18
SP (6 kg)				Junior	15.36	14.47	13.40
DT (2 kg)	46.43	46.06	45.33	44.23	42.76	40.93	38.73
DT (1.75 kg)				Junior	45.71	43.76	41.38
HT (16 lb)	56.96	56.17	54.59	52.22	49.06	45.12	40.38
HT (6 kg)				Junior	53.97	49.63	44.42
JT (800 g)	61.46	61.08	60.31	59.15	57.62	55.70	53.39
CE (Sen specs)	6434	6382	6277	6121	5912	5651	5338
CE (Jun specs)				Junior	6036	5770	5441
2018-2019,2021 National Senior Rankings Average 10th				2018-2019,2021 National Junior Rankings Average 12th			

Notes:

5000m WA Points Equilant used to create 10000m, 10km and 20km Racewalk, and Marathon Standards. 1500m WA Points Equilant used to create 3000m S/C for Junior Men. 2000m S/C WA Points Equivalent used to create the 3000m S/C Standard for 2000 & 2001 Women.

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 12th place in National Rankings for the past four years. The standards are subject to adjustment to better represent the level of performance expected. The rankings from the 2020 outdoor season have been excluded due to the limited competition opportunities as a result of COVID-19.

Column #1 – Average of 10th place in National Rankings for 2021, 2019, and 2018

Column #7 – Average of 12th place in National Rankings for 2021, 2019, and 2018