

AADP Standards for 2022 Outdoor Season

1996 & earlier	A	B	C	26 yrs +			
1997 & 98		A	B	C	25 - 24 yrs		
1999 & 00			A	B	C	23 - 22 yrs	
2001 & 02				A	B	C	21 - 20 yrs
2003 & later					A	B	C 19&U
Women	1	2	3	4	5	6	7
100m	11.48	11.51	11.56	11.64	11.75	11.89	12.05
200m	23.64	23.68	23.77	23.91	24.08	24.30	24.57
400m	53.05	53.22	53.55	54.06	54.73	55.57	56.58
800m	2:03.24	2:03.61	2:04.36	2:05.47	2:06.96	2:08.83	2:11.06
1500m	4:11.97	4:12.83	4:14.55	4:17.14	4:20.58	4:24.88	4:30.05
3000m	9:37.41	9:38.33	9:40.17	9:42.93	9:46.61	9:51.20	9:56.72
5000m	15:52.27	15:56.00	16:03.46	16:14.66	16:29.58	16:48.23	17:10.62
10000m	33:27.01	33:35.26	33:51.76	34:16.51	34:49.50	35:30.75	
Marathon	2:37.07	2:37.81	2:39.28	2:41.49	2:44.43	2:48.11	
10km RW				Junior	47:43.00	48:44.00	49:56.00
20km RW	1:34.16	1:34.57	1:35.39	1:36.62	1:38.26	1:40.31	
100m H (33")	13.47	13.53	13.65	13.83	14.07	14.37	14.73
400m H	59.63	59.82	60.21	60.78	61.55	62.51	63.66
3000m S/C	10:03.72	10:08.55	10:18.21	10:32.70	10:52.02	11:16.17	
2000m S/C				Junior	7:13.76	7:22.67	7:20.37
HJ	1.74	1.74	1.73	1.72	1.70	1.68	1.66
PV	3.95	3.92	3.86	3.78	3.66	3.52	3.35
LJ	6.02	6.00	5.96	5.90	5.82	5.73	5.61
TJ	12.09	12.06	12.00	11.92	11.80	11.66	11.49
SP (4 kg)	13.38	13.30	13.15	12.92	12.61	12.23	11.77
DT (1 kg)	44.92	44.58	43.89	42.85	41.48	39.76	37.69
HT (4 kg)	58.15	57.67	56.72	55.29	53.38	51.00	48.14
JT (600 g)	47.16	46.76	45.95	44.75	43.14	41.12	38.71
CE	4866	4846	4807	4747	4668	4570	4451
2018-2019,2021,2022 National Senior Rankings Average 10th				2018-2019,2021,2022 National Junior Rankings Average 12th			

Notes:

5000m WA Points Equivalent used to create 10000m, 10km and 20km Racewalk, and Marathon Standards. 1500m WA Points Equivalent used to create 3000m S/C for Junior Men. 2000m S/C WA Points Equivalent used to create 3000m S/C for Junior Women. CE calculated by the 6th average over 4 years.

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 on a four year average 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 2022, 2021, 2019, and 2018

Column #7 – Average of 12th place in National Rankings for 2022, 2021, 2019, and 2018