

AADP Standards for 2024 Outdoor Season (Men)

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
Men	1	2	3	4	5	6	7
100m	10.25	10.27	10.32	10.39	10.48	10.59	10.73
200m	20.86	20.90	20.98	21.11	21.27	21.47	21.72
400m	46.93	47.01	47.18	47.44	47.77	48.19	48.70
800m	1:48.16	1:48.36	1:48.77	1:49.38	1:50.19	1:51.21	1:52.43
1500m	3:40.39	3:40.99	3:42.20	3:44.01	3:46.42	3:49.43	3:53.05
5000m	13:45.64	13:50.12	13:59.09	14:12.55	14:30.49	14:52.91	15:19.82
10000m	28:55.78	29:06.87	29:29.04	30:02.31	30:46.66	31:42.10	
Marathon	2:17.32	2:18.23	2:20.06	2:22.80	2:26.46	2:31.03	
10km RW				Junior	45:51.00	47:35.00	49:40.00
20km RW	1:26.49	1:27.30	1:28.91	1:31.32	1:34.54	1:38.57	
110m H (42")	14.31	14.38	14.51	14.71	14.98	15.32	15.72
110m H (39")				Junior	14.42	14.74	15.13
400m H (36")	52.03	52.19	52.50	52.97	53.60	54.39	55.33
3000m S/C	9:01.77	9:02.34	9:03.49	9:05.21	9:07.50	9:10.37	9:13.81
HJ	2.08	2.07	2.06	2.04	2.01	1.98	1.94
PV	5.02	4.99	4.93	4.84	4.72	4.58	4.40
LJ	7.23	7.21	7.17	7.11	7.03	6.93	6.81
TJ	14.78	14.74	14.65	14.51	14.33	14.11	13.84
SP (16 lb)	15.71	15.55	15.22	14.72	14.06	13.24	12.25
SP (6 kg)				Junior	15.47	14.57	13.48
DT (2 kg)	47.75	47.29	46.38	45.01	43.19	40.91	38.17
DT (1.75 kg)				Junior	46.17	43.73	40.78
HT (16 lb)	57.92	57.09	55.44	52.96	49.65	45.52	40.56
HT (6 kg)				Junior	54.62	50.07	45.21
JT (800 g)	63.42	62.82	61.62	59.81	57.41	54.40	50.79
CE (Sen specs)	6677	6634	6549	6421	6251	6038	5782
CE (Jun specs)				Junior	6382	6165	5894
2021,2022,2023, and 2024 National Senior Rankings Average 10th					2021,2022,2023, and 2024 National Junior Rankings Average 12th		

AADP Standards for 2024 Outdoor Season (Women)

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	11.53	11.55	11.59	11.65	11.73	11.84	11.96
200m	23.52	23.57	23.67	23.81	24.01	24.25	24.54
400m	52.89	53.07	53.43	53.97	54.69	55.60	56.68
800m	2:03.67	2:04.03	2:04.76	2:05.86	2:07.31	2:09.13	2:11.32
1500m	4:12.59	4:13.42	4:15.09	4:17.60	4:20.93	4:25.10	4:30.11
3000m	9:07.10	9:09.56	9:14.49	9:21.88	9:31.73	9:44.04	9:58.82
5000m	15:43.38	15:47.73	15:56.42	16:09.47	16:26.86	16:48.59	17:14.68
10000m	33:08.34	33:17.83	33:36.82	34:05.30	34:43.28	35:30.75	
Marathon	2:35.27	2:36.13	2:37.84	2:40.41	2:43.83	2:48.11	
10km RW				Junior	47:43.00	48:44.00	50:02.00
20km RW	1:33.20	1:33.67	1:34.62	1:36.04	1:37.94	1:40.31	
100m H (33")	13.45	13.51	13.64	13.82	14.07	14.38	14.75
400m H	58.50	58.68	59.04	59.57	60.29	61.18	62.25
3000m S/C	10:08.32	10:12.93	10:22.15	10:35.99	10:54.43	11:17.48	
2000m S/C				Junior	6:56.07	7:09.07	7:24.72
HJ	1.75	1.75	1.74	1.72	1.70	1.68	1.65
PV	4.11	4.09	4.04	3.97	3.88	3.76	3.62
LJ	6.04	6.02	5.97	5.90	5.81	5.69	5.55
TJ	12.19	12.15	12.08	11.97	11.82	11.64	11.42
SP (4 kg)	13.96	13.84	13.59	13.23	12.74	12.13	11.40
DT (1 kg)	44.47	44.10	43.35	42.24	40.75	38.89	36.66
HT (4 kg)	58.20	57.77	56.91	55.61	53.89	51.74	49.15
JT (600 g)	47.72	47.27	46.38	45.05	43.26	41.03	38.36
CE	5101	5063	4987	4872	4720	4530	4301
2021,2022,2023, and 2024 National Senior Rankings Average 10th				2021,2022,2023, and 2024 National Junior Rankings Average 12th			

Philosophy:

Endpoints for each event are based on National performances of Open and U20 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.

Column #1 – Average of 10th place in National Rankings for 2021, 2022, 2023, and 2024

Column #7 – Average of 12th place in National Rankings for 2021, 2022, 2023, and 2024

Variation 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 U20 Men. 2000m S/C WA Points Equivalent used to create 3000m S/C for U20 Women. 3000m S/C WA Points Equivalent used to create 2000m S/C for Open Women. CE, 400mH, PV, calculated by the 6th average over 4 years.