

AADP Standards for 2025 Outdoor Season (Men)

1999 & earlier	A	B	C	26 yrs +			
2001 & 2000		A	B	C	25 - 24 yrs		
2003 & 2002			A	B	C	23 - 22 yrs	
2005 & 2004				A	B	C	21 - 20 yrs
2006 & later					A	B	C 19&U
Men	1	2	3	4	5	6	7
100m	10.23	10.25	10.29	10.35	10.43	10.53	10.65
200m	20.71	20.75	20.83	20.95	21.11	21.30	21.54
400m	46.84	46.91	47.06	47.27	47.56	47.92	48.35
800m	1:47.79	1:48.00	1:48.43	1:49.08	1:49.93	1:51.00	1:52.29
1500m	3:40.37	3:40.92	3:42.01	3:43.64	3:45.83	3:48.56	3:51.83
3000m				Junior	8:18.91	8:23.95	8:29.04
5000m	13:47.07	13:50.63	13:57.75	14:08.43	14:22.67	14:40.47	15:01.83
10000m	28:58.48	29:09.39	29:31.20	30:03.93	30:47.56	31:42.10	
Marathon	2:14.53	2:15.63	2:17.83	2:21.13	2:25.53	2:31.03	
10km RW				Junior	47:12.49	47:41.10	48:10.00
20km RW	1:27.02	1:27.79	1:29.33	1:31.64	1:34.72	1:38.57	
110m H (42")	14.04	14.09	14.19	14.34	14.53	14.78	15.08
110m H (39")				Junior	13.99	14.22	14.51
400m H (36")	52.06	52.19	52.44	52.82	53.33	53.97	54.73
3000m S/C	8:48.17	8:51.02	8:56.73	9:05.30	9:16.72	9:30.99	9:48.12
HJ	2.08	2.07	2.06	2.05	2.02	1.99	1.96
PV	5.03	5.00	4.95	4.87	4.77	4.64	4.48
LJ	7.31	7.29	7.25	7.19	7.11	7.00	6.88
TJ	15.02	14.97	14.88	14.73	14.54	14.30	14.01
SP (16 lb)	15.91	15.76	15.47	15.03	14.44	13.70	12.82
SP (6 kg)				Junior	15.88	15.07	14.10
DT (2 kg)	47.94	47.56	46.79	45.65	44.12	42.21	39.91
DT (1.75 kg)				Junior	47.16	45.12	42.64
HT (16 lb)	59.43	58.73	57.33	55.24	52.44	48.95	44.76
HT (6 kg)				Junior	57.69	53.85	47.82
JT (800 g)	64.67	64.06	62.84	61.00	58.56	55.51	51.84
CE (Sen specs)	6806	6755	6654	6502	6299	6045	5741
CE (Jun specs)				Junior	6431	6172	5852
2022, 2023, 2024, and 2025 National Senior Rankings Average 10th				2022, 2023, 2024, and 2025 National Junior Rankings Average 12th			

AADP Standards for 2025 Outdoor Season (Women)

1999 & earlier	A	B	C	26 yrs +			
2001 & 2000		A	B	C	25 - 24 yrs		
2003 & 2002			A	B	C	23 - 22 yrs	
2005 & 2004				A	B	C	21 - 20 yrs
2006 & later					A	B	C 19&U
Women	1	2	3	4	5	6	7
100m	11.48	11.50	11.54	11.59	11.67	11.76	11.87
200m	23.46	23.50	23.59	23.71	23.88	24.10	24.35
400m	52.67	52.85	53.20	53.73	54.44	55.32	56.38
800m	2:03.99	2:04.28	2:04.87	2:05.75	2:06.92	2:08.38	2:10.14
1500m	4:12.59	4:13.31	4:14.75	4:16.91	4:19.79	4:23.40	4:27.72
3000m				Junior	9:37.61	9:43.45	9:49.34
5000m	15:40.34	15:44.73	15:53.50	16:06.66	16:24.20	16:46.13	17:12.45
10000m	33:00.21	33:10.25	33:30.32	34:00.43	34:40.57	35:30.75	
Marathon	2:33.19	2:34.18	2:36.17	2:39.16	2:43.14	2:48.11	
10km RW				Junior	48:55.40	49:25.05	49:55.00
20km RW	1:33.00	1:34.30	1:35.30	1:36.30	1:37.15	1:38.00	
100m H (33")	13.49	13.55	13.66	13.83	14.05	14.33	14.67
400m H	58.50	58.65	58.94	59.38	59.97	60.71	61.59
3000m S/C	10:03.53	10:06.96	10:13.83	10:24.13	10:37.87	10:55.04	11:15.64
HJ	1.76	1.75	1.74	1.73	1.71	1.68	1.65
PV	4.13	4.11	4.06	3.98	3.89	3.77	3.62
LJ	6.07	6.05	6.00	5.92	5.82	5.70	5.55
TJ	12.27	12.23	12.15	12.03	11.87	11.66	11.42
SP (4 kg)	13.90	13.78	13.54	13.19	12.71	12.11	11.40
DT (1 kg)	44.86	44.47	43.69	42.52	40.96	39.00	36.66
HT (4 kg)	58.19	57.76	56.90	55.61	53.89	51.73	49.15
JT (600 g)	47.58	47.14	46.26	44.95	43.19	40.99	38.36
CE	5312	5264	5168	5023	4831	4590	4301
2022, 2023, 2024, and 2025 National Senior Rankings Average 10th					2022, 2023, 2024, and 2025 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 2025, 2024, 2023, and 2022

Column #7 – Average of 12th place in National Rankings for 2025, 2024, 2023, and 2022

Variation Notes:

5000m WA Points Equivilant used to create 3000m S/C, 10000m, 10km (Junior) and 20km Racewalk, and Marathon Standards. 1500m WA Points Equivilant used to create 3000m S/C for Junior Men. CE, PV, 400mH, and 110mH calcaulted by the 6th average over 4 years.