

Alberta Legion Team

2018 Selection Standards

Women			Men	
Midget	Youth		Midget	Youth
12.60	12.42	100m	11.50	11.15
26.05	25.40	200m	23.25	22.58
41.59		300m	36.90	
	58.30	400m		50.72
2:18.85	2:17.05	800m	2:03.00	1:56.50
3:40.00		1200m	3:18.00	
	4:42.00	1500m		4:00.00
6:39.50		2000m	5:56.00	
	10:16.00	3000m		8:48.31
12.15		80m Hurdles		
	14.80	100m Hurdles	14.30	
		110m Hurdles		15.10
28.55		200m Hurdles	26.70	
	1:05.00	400m Hurdles		56.50
5:11.00		1500m Steeplechase	4:39.00	
	7:26.00	2000m Steeplechase		6:15.30
1.55	1.58	High Jump	1.75	1.90
2.85	3.10	Pole Vault	3.30	3.75
5.10	5.25	Long Jump	5.95	6.45
10.70	11.10	Triple Jump	12.38	13.05
11.50	12.61	Shot Put	13.85	14.50
33.87	35.90	Discus Throw	44.00	41.50
35.50	38.00	Javelin Throw	47.40	50.55
43.00	46.75	Hammer Throw	45.00	50.75
2900		Pentathlon	2700	
	4250	Heptathlon		
		Decathlon		5030