ANB High Performance Team
Senior Outdoor Qualifying Standards for 2013
(based on 2013outdoor Canadian rankings)

Senior Women				Senior Men		
Criterion	**90%CT5**	**75%CT5**	**Event**	**Criterion**	**90%CT5**	**75%CT5**
11.54	12.15	13.14	100m	10.20	10.55	11.11
23.64	24.96	27.10	200m	20.68	21.44	22.67
53.90	57.14	1:02.36	400m	46.40	48.18	51.03
2:01.35	2:07.99	2:18.60	800m	1:48.58	1:52.46	1:58.68
4:14.54	4:29.29	4:52.92	1500m	3:41.11	3:49.51	4:03.07
9:36.63	10:08.94	11:00.13	3000m	8:07.98	8:26.21	8:55.23
16:00.03	16:58.54	18:32.45	5000m	13:59.32	14:30.18	15:19.71
34:30.11	36:35.74	39:55.82	10,000m	30:25.60	31:33.71	33:23.31
2:48:43	2:59:37	3:17:02	Marathon	2:31:35	2:37:10	2:46:07
27:41.54	29:28.00	32:17.00	5000m RW	24:32.30	25:47.00	27:49.00
13.34	14.27	15.76	100m H			
			110m H	13.95	14.57	15.56
59.05	1:02.72	1:08.57	400m H	52.39	54.68	58.37
7:03.99	7:27.43	8:05.31	2000m SC			
10:20.45	11:06.63	12:19.70	3000m SC	8:38.71	9:04.46	9:45.98
1.83	1.73	1.57	High Jump	2.09	1.99	1.83
5.96	5.51	4.81	Long Jump	7.52	7.03	6.29
12.42	11.51	10.14	Triple Jump	14.43	13.60	12.34
4.11	3.79	3.31	Pole Vault	4.85	4.51	3.99
14.97	13.53	11.37	Shot Put	18.30	16.59	14.01
48.68	43.94	36.83	Discus	54.50	49.25	41.33
51.63	46.61	39.08	Javelin	72.49	65.43	54.88
61.98	56.01	46.97	Hammer	64.87	58.59	49.14
5491	4968	4174	Heptathlon			
			Decathlon	6917	6287	5333

ANB High Performance Team
Junior Outdoor Qualifying Standards for 2013
(based on 2013outdoor Canadian rankings)

Junior Women				Junior Men		
Criterion	**90%CT5**	**75%CT5**	**Event**	**Criterion**	**90%CT5**	**75%CT5**
11.85	12.45	13.41	100m	10.61	10.93	11.46
24.42	25.70	27.78	200m	21.42	22.14	23.30
55.59	58.76	1:03.81	400m	47.82	49.53	52.27
2:09.29	2:15.49	2:25.45	800m	1:49.91	1:53.73	1:59.83
4:28.20	4:42.28	5:04.68	1500m	3:50.04	3:58.05	4:10.82
9:46.75	10:18.34	11:08.96	3000m	8:23.68	8:41.06	9:08.82
17:39.25	18:32.45	19:58.95	5000m	14:47.08	15:15.57	16:01.14
14.21	15.09	16.51	100m H			
			110m H	14.81	15.38	16.31
1:00.42	1:04.23	1:09.95	400m H	54.11	56.33	59.87
7:05.90	7:29.49	8:07.00	2000m SC	6:03.50	6:18.78	6:43.31
11:38.06	13:05.73	14:09.02	3000m SC	9:12.16	9:36.21	10:14.98
1.68	1.59	1.46	High Jump	2.05	1.95	1.80
5.70	5.27	4.61	Long Jump	6.96	6.52	5.86
11.66	10.83	9.56	Triple Jump	14.28	13.47	12.23
3.61	3.34	2.93	Pole Vault	4.15	3.88	3.46
12.70	11.49	9.66	Shot Put	16.70	15.14	12.79
42.82	38.64	32.44	Discus	48.66	43.97	36.97
43.27	39.08	32.80	Javelin	59.01	53.29	44.72
51.03	46.10	38.72	Hammer	55.44	50.07	42.05
4673	4227	3548	Heptathlon			
			Decathlon	6250	5684	4824

ANB High Performance Team

Youth Outdoor **Qualifying Standards for 2013**

(based on 2013 outdoor Canadian rankings)

Youth Girls			Youth Boys	
Criterion	**80%CT5**	**Event**	**Criterion**	**80%CT5**
12.06	13.26	100m	10.93	11.57
24.53	27.17	200m	22.17	23.57
55.65	1:02.15	400m	49.27	52.62
2:10.66	2:23.24	800m	1:53.90	2:01.30
4:31.50	4:59.81	1500m	3:57.10	4:12.76
9:54.15	10:58.31	3000m	8:38.46	9:12.42
14.25	16.06	100m H		
		110m H	14.45	15.67
43.61	47.67	300m H	38.70	40.73
1:01.72	1:08.92	400m H	56.40	1:00.70
7:10.56	7:58.33	2000m SC	84cm 6:02.61 91cm 6:06.24	84cm 6:34.15 91cm 6:37.29
1.65	1.48	High Jump	2.00	1.81
5.56	4.72	Long Jump	6.75	5.91
11.82	10.12	Triple Jump	13.65	12.13
3.11	2.66	Pole Vault	4.20	3.64
13.02	10.52	Shot Put	15.75	12.81
41.82	33.70	Discus	48.15	38.85
42.48	34.24	Javelin	54.11	43.64
51.22	41.35	Hammer	54.16	43.65
4682	3779	Heptathlon		
		Octathlon	5077	4161