

**University of Calgary Athletics Club  
Nationals Standards  
2017**

<b>Senior Men</b>	<b>Junior Men</b>	<b>Youth Men</b>	<b>Event</b>	<b>Senior Women</b>	<b>Junior Women</b>	<b>Youth Women</b>
10.39	10.91	11.24	<b>100m</b>	11.74	12.12	12.46
21.45	22.20	22.68	<b>200m</b>	24.29	24.98	25.51
48.03	49.31	50.46	<b>400m</b>	55.63	56.92	58.44
1'50.43	1'55.36	1'56.38	<b>800m</b>	2'06.63	2'13.85	2'17.67
3'51.44	3'59.11	4'00.96	<b>1500m</b>	4'24.46	4'39.03	4'43.87
		8'54.67	<b>3000m</b>		10'04.43	10'22.82
14'33.87	15'14.54		<b>5000m</b>	16'55.91	17'52.52	
			<b>10000m</b>			
			<b>100m Hurdles</b>			
14.66	15.11	15.15	<b>110m Hurdles</b>	13.77	14.74	14.96
54.49	55.89	57.35	<b>400m/300m Hurdles</b>	60.45	63.19	65.19
9'03.73	9'40.01	6'13.96	<b>Steeplechase</b>	10'19.99	11'24.53	7'24.20
		13'43.17	<b>Race Walk</b>			18'21'94
2.08	1.93	1.86	<b>High Jump</b>	1.76	1.62	1.56
4.72	4.14	3.65	<b>Pole Vault</b>	3.86	3.30	3.04
7.07	6.54	6.50	<b>Long Jump</b>	5.66	5.43	5.24
14.02	13.98	13.07	<b>Triple Jump</b>	12.10	11.30	10.87
17.11	15.16	14.37	<b>Shot Put</b>	14.63	11.94	12.53
48.06	43.65	41.21	<b>Discus</b>	45.36	36.97	34.52
59.28	49.18	49.00	<b>Hammer</b>	55.83	4.55	46.18
66.22	54.68	50.10	<b>Javelin</b>	46.30	42.42	37.65
6418	6035	5030	<b>Combined Event</b>	4847	4469	4347
2'31			<b>Marathon</b>	3'04		