



2018-19 Standards

Men	Varsity	CIS		Women	Varsity	CIS
60m	7.01	6.88		60m	7.81	7.57
300m	35.54	34.46		300m	41.20	39.38
600m	1'21.79	1'19.90		600m	1'36.14	1'30.93
1000m	2'31.04	2'25.83		1000m	2'56.66	2'47.39
1500m	3'58.98	3'50.71		1500m	4'39.07	4'25.87
3000m	8'35.09	8'19.15		3000m	10'18.67	9'29'75
60mH	8.85	8.26		60mH	9.01	8.42
HJ	1.90	2.07		HJ	1.58	1.70
PV	4.17	4.91		PV	3.58	3.90
LJ	6.64	7.13		LJ	5.48	5.84
TJ	13.61	14.63		TJ	11.15	11.82
SP	13.40	16.12		SP	11.82	13.62
WT	14.61	17.35		WT	13.92	16.64
Hept	3929	4837		Pent	3240	3567
4x200m	1'29.42	1'29.01		4x200m	1'40.43	1'40.31
4x400m	3'21.01	3'20.46		4x400m	3'52.56	3'50.62
4x800m	7'42.84	7'40.90		4x800m	9'02.97	8'58.67

CW Standards are based on the average of the past 5 CW Championships.

Individual events are based on 6th place

Relays are based on 2nd place

All Standards listed here are flat Track Standards