

**University of Calgary Athletics Club
Nationals Standards
2019**

Senior Men	Junior Men	Youth Men	Event	Senior Women	Junior Women	Youth Women
10.38	10.90	11.20	100m	11.72	12.21	12.58
21.35	22.12	22.69	200m	24.16	24.89	25.58
48.09	49.53	50.84	400m	54.86	56.61	58.33
1'50.63	1'55.35	1'56.83	800m	2'06.08	2'14.03	2'18.51
3'50.60	3'55.69	4'03.28	1500m	4'21.22	4'37.78	4'45.01
		8'55.90	3000m		10'04.21	10'22.15
14'31.06	15'22.74		5000m	16'41.72	17'45.56	
			10000m			
		15.23	100m Hurdles	13.79	14.62	15.13
14.58	15.09		110m Hurdles			
54.30	56.31	57.90	400m/300m Hurdles	60.67	63.40	66.04
9'02.85	9'42.55	6'16.04	Steeplechase	10'05.96	11'15.53	7'18.68
		14'42.32	Race Walk			17'18.33
2.04	1.92	1.87	High Jump	1.77	1.62	1.58
4.70	4.24	3.77	Pole Vault	3.85	3.33	3.08
7.06	6.60	6.50	Long Jump	5.66	5.46	5.27
14.42	13.90	13.38	Triple Jump	12.21	11.31	10.93
16.67	15.03	14.45	Shot Put	15.08	11.85	12.49
46.73	42.74	41.22	Discus	46.38	36.85	33.53
57.48	48.81	48.03	Hammer	55.31	45.33	48.17
66.45	54.24	50.91	Javelin	45.43	40.23	38.24
6253	5958	5096	Combined Event	5074	4122	4186
			Marathon			