



## 2019-20 Standards

Men	Varsity	CIS		Women	Varsity	CIS
60m	7.02			60m	7.79	
300m	35.55			300m	41.16	
600m	1'22.02			600m	1'36.40	
1000m	2'31.34			1000m	2'58.09	
1500m	3'59.09			1500m	4'41.17	
3000m	8'35.20			3000m	10'15.86	
60mH	8.86			60mH	8.99	
HJ	1.91			HJ	1.58	
PV	4.13			PV	3.61	
LJ	6.59			LJ	5.46	
TJ	13.56			TJ	11.13	
SP	13.37			SP	11.76	
WT	14.81			WT	13.83	
Hept	4093			Pent	3193	
4x200m	1'29.42			4x200m	1'39.96	
4x400m	3'20.67			4x400m	3'52.66	
4x800m	7'42.76			4x800m	9'04.53	

CW Standards are based on the average of the past 5 CW Championships.  
 Individual events are based on 6<sup>th</sup> place  
 Relays are based on 2<sup>nd</sup> place  
 All Standards listed here are flat Track Standards