



## 2019-20 Standards

Men	Varsity	CIS		Women	Varsity	CIS
60m	7.02	6.88		60m	7.79	7.55
300m	35.55	34.22		300m	41.16	39.24
600m	1'22.02	1'19.85		600m	1'36.40	1'30.81
1000m	2'31.34	2'26.10		1000m	2'58.09	2'47.35
1500m	3'59.09	3'51.07		1500m	4'41.17	4'26.02
3000m	8'35.20	8'19.05		3000m	10'15.86	9'32.20
60mH	8.86	8.22		60mH	8.99	8.48
HJ	1.91	2.07		HJ	1.58	1.71
PV	4.13	4.82		PV	3.61	3.86
LJ	6.59	7.15		LJ	5.46	5.82
TJ	13.56	14.61		TJ	11.13	11.89
SP	13.37	15.81		SP	11.76	13.69
WT	14.81	16.97		WT	13.83	16.82
Hept	4093	4737		Pent	3193	3655
4x200m	1'29.42	1'29.07		4x200m	1'39.96	1'40.43
4x400m	3'20.67	3'20.17		4x400m	3'52.66	3'50.17
4x800m	7'42.76	7'42.80		4x800m	9'04.53	9'07.66

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