

APPENDIX A

Standards – 2008 ATHLETICS CANADA NACAC U-23 CHAMPIONSHIPS

ON-DEMAND PERFORMANCE

Eligible athletes that achieve the applicable standards listed below at the Qualifying Trials, and finish among the first 2 eligible athletes will automatically be selected.

REPEATABILITY

Unless achieved at the Qualifying Trials, athletes must achieve the standards listed below twice by July 6th, 2008 (once after April 1st, 2008 and an additional time after May 15th, 2008) in order to be eligible for selection.

EXCEPTIONS

10,000m and Race Walks- only one standard is required between Jan 1st, 2008 and July 6th, 2008.
3000mS/C, 5000m, Combined Events- only one standard is required between May 15th and July 6th, 2008

2008 NACAC U-23 CHAMPIONSHIP		
Men	Event	Women
10.50	100m	11.75
21.30	200m	24.10
47.00	400m	54.00 (53.80)
01:50.00	800m	02:07.50
03:48.00	1500m	04:26.00 (4:14.00)
14:15.00 (14:14.00)	5000m	16:30.00
31:00.00	10,000m	35:00.00
1:39:00/46:00.00	20kRW/10kRW	1:50.00/52:00.00
14.30	110mH / 100mH	13.75
51.00	400mH	60.40 (58.20)
9:03.00 (8:54.75)	3000mSC	10:45.00 (9:58.56)
2.15	High Jump	1.80
7.50	Long Jump	6.10
15.60	Triple Jump	12.90 (13.30)
5.05	Pole Vault	3.95
16.50	Shot Put	14.60
50.50 (60.00)	Discus	48.50 (50.60)
58.00 (66.00)	Hammer Throw	56.56 (60.40)
66.50	Javelin	49.50 (50.02)
6875	DEC / HEP	5150

Performances must appear on Athletics Canada's Rankings. It is the responsibility of the athlete to submit eligible performances to AC in order to be considered for selection. Please consult the Rankings section on Athletics Canada's website for further details: <http://www.athletics.ca/page.asp?id=65>.

Standards must be achieved in accordance with the Performance Regulations outlined in section 2.0 of the 2008 National Team – Selection Rules Book (which will be updated and published by March 1st, 2008.)