



# TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

## 2008 JUVENILE PROVINCIAL TEAM STANDARDS

EVENT	JUVENILE WOMEN			JUVENILE MEN		
	A	B	C	A	B	C
100 meters	13.5	13.9	14.1	11.5	11.8	12.0
200 meters	28.0	28.5	29.0	24.0	24.5	25.0
400 meters	1:04.0	1:05.0	1:06.0	55.0	56.0	57.0
800 meters	2:37.0	2:43.0	2:46.0	2:10.0	2:12.0	2:14.0
1500 meters	5:22.0	5:26.0	5:32.0	4:27.0	4:32.0	4:50.0
3000 meters	12:18.0	12:40.0	12:48.0	10:10.0	10:30.0	10:45.0
100m/110m hurdles	17.9	18.9	19.9	17.5	19.0	20.5
Long Jump	4.55	4.30	4.25	5.70	5.40	5.30
High Jump	1.45	1.40	1.35	1.70	1.65	1.60
Triple Jump	9.45	9.40	9.30	13.00	12.30	11.50
Pole Vault	3.00	2.60	2.30	3.50	3.20	3.00
Shot Put	10.00	9.90	9.80	16.00	15.00	14.50
Discus	26.0	23.0	20.0	40.0	35.0	32.0
Javelin	18.5	16.5	15.8	40.0	32.0	28.0
Hammer	22.0	18.0	16.0	33.0	28.0	22.0

### ATHLETICS MANITOBA JUVENILE PROVINCIAL TEAM ATHLETE IDENTIFICATION FORM

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Address: \_\_\_\_\_

Alt. Tel: \_\_\_\_\_

City, Prov, P.C.: \_\_\_\_\_

email: \_\_\_\_\_

Coach: \_\_\_\_\_

School / Club: \_\_\_\_\_

Coach Tel: \_\_\_\_\_

Coach email: \_\_\_\_\_

Performances:

Event: \_\_\_\_\_

Performance: \_\_\_\_\_

When/Where: \_\_\_\_\_

Event: \_\_\_\_\_

Performance: \_\_\_\_\_

When/Where: \_\_\_\_\_

Event: \_\_\_\_\_

Performance: \_\_\_\_\_

When/Where: \_\_\_\_\_

Event: \_\_\_\_\_

Performance: \_\_\_\_\_

When/Where: \_\_\_\_\_

Event: \_\_\_\_\_

Performance: \_\_\_\_\_

When/Where: \_\_\_\_\_

Event: \_\_\_\_\_

Performance: \_\_\_\_\_

When/Where: \_\_\_\_\_

Comments: \_\_\_\_\_

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