

QUALIFYING STANDARDS/STANDARDS DE QUALIFICATION
THE 2010 LEGION CANADIAN YOUTH ATHLETIC CHAMPIONSHIP /
LE CHAMPIONNAT CANADIEN D'ATHLÉTISME DE LA LÉGION POUR LES JEUNES 2010
Ottawa, ON, August 6-8, 2010

*Performances must have been achieved outdoors between January 1, 2010 and July 29, 2010/
 Les performances doivent avoir été réalisées en plain air entre le 1^{er} janvier 2010 et le 29 juillet 2010*

Track Events				
Event	U16 Male	U16 Female	U18 Male	U18 Female
100m	11.95	13.50	11.50	13.00
200m	24.49	28.16	23.44	26.96
300m - U16	40.50 - New Event **400m = 54.50	46.50 - New Event **400m = 63.50		
400m - U18			52.88	62.22
800m	2:09.67	2:32.50	2:03.29	2:25.28
1200m - U16	3:34.00 - New Event **1500m = 4:22.00	4:12.00 - New Event **1500m = 5:15.00		
1500m - U18			4:13.88	5:00.68
2000m - U16	6:22.00 - New Event **3000m = 9:30.00	7:30.00 - New Event **3000m = 11:10.00		
3000m - U18			9:06.18	10:50.28
80m Hurdles - U16		13.80		
100m Hurdles - U16/U18	16.25			15.67 @ 76cm / 30"
110m Hurdles - U18			16.40	
200m Hurdles - U16	28.50 - New Event @ 76cm / 30" **300mH = 45.00	31.00 - New Event @ 76cm / 30" **300mH = 54.50		
300m Hurdles - U18			43.50 - New Event @ 84cm / 33" **400mH = 58.00	52.00 - New Event @ 76cm / 30" **400mH = 69.00
Steeple Ch. 1500m - U16 2000m - U18	5:05.00 - New Event @ 76cm - no water jump **5:20.00 with water jump	5:55.00 - New Event @ 76cm - no water jump **6:10.00 with water jump	6:45.00	7:50.00
Walks 1500m - U16 3000m - U18	no standard	no standard	no standard	no standard
Relay Events				
4 x 100m Relay	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club
4 x 400m Relay			no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club
Medley Relay (400-200-200-800)	no standard - relay athletes must represent one Club or School	no standard - relays athletes must represent one Club or School		

SPECIAL ENTRY NOTIFICATION: (Athletes Born in 1995 and younger)

All Under 16 Age Category are REQUIRED to compete in their own age classification and may **NOT** move up to compete in the Under 18 Age Category in any or all individual events. (As per Athletics Canada Long Term Development Model)
This rule does not apply to the relay events. Age composition is exempted at the U18 level to allow Clubs to field relay teams if so needed.

Field Events

Event	U16 Male	U16 Female	U18 Male	U18 Female
Pole Vault			3.50 * see information on height progress chart below	2.80 * see information on height progression chart below
High Jump	1.65 * see information height progression chart below	1.45 * see information height progression chart below	1.80 * see information on height progression chart below	1.50 * see information on height progress chart below
Long Jump	5.64	4.89	6.25	5.10
Triple Jump	11.61	10.10	12.50	10.50
Shot Put	12.50 - 4kg	10.05 - 3kg **10.05 with 4kg accepted	13.00 - 5kg or 12lb	10.50
Discus	40.00 - 1kg	29.00	40.00 – 1.5kg or 1.6kg	33.00
Hammer			38.00	33.00
Javelin	40.00 - 600gm	30.00 - 600gm	40.00 – 700gm or 800gm	34.00

**** NOTE** - Entries for ALL Field Events made via the Open Entry Process are “LIMITED” to an athlete maximum field size of 18 athletes. If the Championship registration exceeds 18 in any field event, then the best 18 ranked athletes (with performance validation) will be accepted.

Wind readings in the horizontal jumps are required with standard achievement performances and must be +2.0 mps or less.

See Entry Technical Information.

Combined Events

Heptathlon / Octathlon			4330 pts *	3548 pts *
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**** NOTE** - Entries in the Combined - Events made via the Open Entry Process will be “LIMITED” to an athlete field size of 10 athletes in each event (+ Legion Branch Entries). If the Championship registration exceeds 10, then the best 10 ranked athletes will be accepted in each event. Preference will be given to those athletes that have achieved the entry Standard in an actual Heptathlon or Octathlon.

Athletes may also petition an entry based on achieving the entry standard by using a “potential score”. The “potential score” is achieved by scoring the Heptathlon or Octathlon individual event bests performed by the athlete in the actual championship year. All the individual events must be validated directly to the Entry Committee and not via the Online Entry Process. Athletes wishing to enter the Combined Events using the “potential score” method must contact the Entry Committee (refer to the Technical Package) by Friday, July 16, 12:00 pm EST.