

2015 Performance Pathway Provincial Standards

100m	Women										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	11.91	11.85	11.74	11.62	11.52	11.48	11.44	11.40	11.38	11.36	11.35
3% off	12.27	12.21	12.09	11.97	11.87	11.82	11.78	11.74	11.72	11.70	11.69
6% off	12.62	12.56	12.44	12.32	12.21	12.17	12.13	12.08	12.06	12.04	12.03
200m	Women										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	24.71	24.44	24.26	24.04	23.89	23.76	23.69	23.62	23.57	23.51	23.47
3% off	25.45	25.17	24.99	24.76	24.61	24.47	24.40	24.33	24.28	24.22	24.17
6% off	26.19	25.91	25.72	25.48	25.32	25.19	25.11	25.04	24.98	24.92	24.88
400m	Women										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	56.31	55.43	54.85	54.31	53.31	52.76	52.56	52.32	52.02	51.85	51.79
3% off	58.00	57.09	56.46	55.94	54.91	54.34	54.14	53.89	53.58	53.41	53.34
6% off	59.69	58.76	58.14	57.57	56.51	55.93	55.71	55.46	55.14	54.96	54.90
800m	Women										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	2:07.63	2:06.45	2:05.63	2:04.87	2:03.71	2:03.28	2:02.87	2:02.53	2:02.12	2:01.76	2:01.53
3% off	2:11.46	2:10.24	2:09.40	2:06.62	2:07.42	2:06.98	2:06.56	2:06.21	2:05.78	2:05.41	2:05.18
6% off	2:15.29	2:14.04	2:13.17	2:12.36	2:11.13	2:10.68	2:10.24	2:09.88	2:09.45	2:09.07	2:08.82
1500m	Women										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	4:32.14	4:26.02	4:21.36	4:15.23	4:14.23	4:13.61	4:12.56	4:11.67	4:10.57	4:09.63	4:08.57
3% off	4:40.30	4:34.00	4:29.20	4:22.89	4:21.86	4:21.22	4:20.14	4:19.22	4:18.09	4:17.12	4:16.03
6% off	4:48.47	4:41.98	4:37.04	4:30.54	4:29.48	4:28.83	4:27.71	4:26.77	4:25.60	4:24.61	4:23.48
100mh	Women										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	14.23	14.01	13.77	13.69	13.54	13.47	13.33	13.18	13.12	13.08	13.05
3% off	14.66	14.43	14.18	14.10	13.95	13.87	13.73	13.58	13.51	13.47	13.44
6% off	15.08	14.85	14.60	14.51	14.35	14.28	14.13	13.97	13.91	13.86	13.83

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Women											
20km RW	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	1:39:14	1:39:14	1:38:21	1:38:21	1:37:38	1:37:38	1:36:41	1:36:41	1:35:02	1:35:02	1:34:12
3% off	1.42.13	1.42.13	1.41.18	1.41.18	1.40.34	1.40.34	1.39.35	1.39.35	1.37.53	1.37.53	1.37.02
6% off	1.45.11	1.45.11	1.44.15	1.44.15	1.43.29	1.43.29	1.42.29	1.42.29	1.40.44	1.40.44	1.39.51
	1997 or earlier	1996									
	48:30.00	48:30.00									
3% off	49.57.00	49.57.00									
6% off	51.25.00	51.25.00									
Women											
Long Jump	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	5.79	5.91	6.05	6.07	6.15	6.25	6.45	6.45	6.45	6.45	6.45
3% off	5.62	5.73	5.87	5.89	5.97	6.06	6.26	6.26	6.26	6.26	6.26
6% off	5.44	5.56	5.69	5.71	5.78	5.88	6.06	6.06	6.06	6.06	6.06
Women											
Triple Jump	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	12.72	12.72	13.17	13.17	13.44	13.44	13.56	13.56	13.76	13.76	13.91
3% off	12.34	12.34	12.77	12.77	13.04	13.04	13.15	13.15	13.35	13.35	13.49
6% off	11.96	11.96	12.38	12.38	12.63	12.63	12.75	12.75	12.93	12.93	13.08
Women											
High Jump	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	1.76	1.78	1.78	1.81	1.84	1.87	1.89	1.90	1.90	1.91	1.91
3% off	1.71	1.73	1.73	1.76	1.78	1.81	1.83	1.84	1.84	1.85	1.85
6% off	1.65	1.69	1.69	1.70	1.73	1.76	1.78	1.79	1.79	1.80	1.80
Women											
Pole Vault	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	3.80	3.90	4.00	4.10	4.20	4.30	4.35	4.40	4.45	4.50	4.50
3% off	3.69	3.78	3.88	3.98	4.07	4.17	4.22	4.27	4.32	4.37	4.37
6% off	3.57	3.67	3.76	3.85	3.95	4.04	4.09	3.76	4.18	4.23	4.23

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Shot Put	Women										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	14.10	14.87	15.32	15.70	16.01	16.28	16.56	16.78	17.28	17.43	17.68
3% off	13.68	14.42	14.86	15.23	15.53	15.79	16.06	16.28	16.76	16.91	17.15
6% off	13.25	13.98	14.40	14.76	15.05	15.30	15.57	15.77	16.24	16.38	16.62
Discus	Women										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	46.85	48.95	51.26	53.26	53.67	54.67	55.88	56.33	57.43	57.78	58.23
3% off	45.44	47.48	49.72	51.66	52.06	53.03	54.20	54.64	55.71	54.05	56.48
6% off	44.04	46.01	48.18	50.06	50.45	51.39	52.53	52.95	53.98	54.31	54.74
Hammer	Women										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	53.74	55.67	57.32	58.37	59.85	59.85	61.84	63.27	64.21	66.54	67.54
3% off	52.13	54.00	55.60	56.62	58.05	58.05	59.98	61.37	62.28	64.54	65.51
6% off	50.52	52.33	53.88	54.87	56.26	56.26	58.13	59.47	60.36	62.55	63.49
Javelin	Women										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	46.84	48.35	51.73	52.69	53.94	55.54	56.23	56.89	57.65	57.93	58.36
3% off	45.43	46.90	50.18	51.11	52.32	53.87	54.54	55.18	55.92	56.19	56.61
6% off	44.03	45.45	48.63	49.53	50.70	52.21	52.86	53.48	54.19	54.45	54.86
Hep	Women										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	4666	4840	5167	5273	5463	5587	5767	5823	5896	5923	5976
3% off	4526	4695	5012	5115	5299	5419	5594	5648	5719	5745	5797
6% off	4386	4550	4857	4957	5135	5252	5421	5474	5542	5568	5617

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100m	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	10.64	10.54	10.45	10.39	10.37	10.30	10.24	10.22	10.18	10.18	10.18
3% off	10.96	10.86	10.76	10.70	10.68	10.61	10.55	10.53	10.49	10.49	10.49
6% off	11.28	11.17	11.08	11.01	10.99	10.92	10.85	10.83	10.79	10.79	10.79
200m	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	21.60	21.53	21.36	21.18	21.12	20.92	20.81	20.72	20.68	20.64	20.62
3% off	22.25	22.18	22.00	21.82	21.75	21.55	21.43	21.34	21.30	21.26	21.24
6% off	22.90	22.82	22.64	22.45	22.39	22.18	22.06	21.96	21.92	21.88	21.86
400m	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	48.30	47.84	47.21	46.86	46.64	46.53	46.42	46.21	46.08	45.87	45.68
3% off	49.75	49.28	48.63	48.27	48.04	47.93	47.81	47.60	47.46	47.25	47.05
6% off	51.20	50.71	50.04	49.67	49.44	49.32	49.21	48.98	48.84	48.62	48.42
800m	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	1:49.20	1:48.98	1:48.23	1:47.88	1:47.23	1:46.82	1:46.62	1:46.42	1:46.12	1:46.12	1:46.12
3% off	1:52.48	1:52.25	1:51.48	1:51.12	1:50.45	1:50.02	1:49.82	1:49.61	1:49.30	1:49.30	1:49.30
6% off	1:55.75	1:55.20	1:54.72	1:54.35	1:53.66	1:53.23	1:53.02	1:52.81	1:52.49	1:52.49	1:52.49
1500m	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	3:50.42	3:48.26	3:47.67	3:45.42	3:43.65	3:42.65	3:42.01	3:41.76	3:40.14	3:39.26	3:38.61
3% off	3:57.33	3:55.11	3:54.50	3:52.18	3:50.36	3:49.33	3:48.67	3:48.41	3:46.74	3:45.84	4:45.17
6% off	4:04.25	4:01.96	4:01.33	3:58.95	3:57.07	3:56.01	3:55.33	3:55.07	3:53.35	3:52.42	3:51.73

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110mh	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	14.58	14.42	14.31	14.18	13.99	13.95	13.91	13.81	13.76	13.72	13.68
3% off	15.02	14.85	14.74	14.61	14.41	14.37	14.33	14.22	14.17	14.13	14.09
6% off	15.45	15.29	15.17	15.03	14.83	14.79	14.74	14.64	14.59	14.54	14.50
	1997 or earlier	1996									
PS 4 99 cm	14.23	14.13									
3% off	14.65	14.55									
6% off	15.08	14.98									
400mh	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	53.45	52.76	52.22	51.73	51.23	50.78	50.42	50.57	50.45	50.27	49.86
3% off	55.05	54.34	53.79	53.28	52.77	52.30	51.93	52.09	51.96	51.78	51.36
6% off	56.66	55.93	55.35	54.83	54.30	53.83	53.45	53.60	53.48	53.29	52.85
3000msc	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	08:44.01	08:44.01	08:39.21	08:36.12	08:33.84	08:33.84	08:33.84	08:24.51	08:24.51	08:22.63	08:22.63
3% off	8.59.73	8.59.73	8.54.79	8.51.60	8.49.26	8.49.26	8.49.26	8.39.65	8.39.65	8.37.71	8.37.71
6% off	9.15.45	9.15.45	9.10.36	9.07.09	9.04.67	9.04.67	9.04.67	8.54.78	8.54.78	8.52.79	8.52.79
3000m	Men										
	18	19	20	21	22	23					
	1997 or earlier	1996	1995	1994	1993	1992					
PS 4 (HPAD Entry)	8.07.79	8.03.46	7.59.87	7.57.49	7.54.62	7.53.78					
3% off	8.22.42	8.17.96	8.14.24	8.11.81	8.08.86	8.07.99					
6% off	8.37.06	8.32.47	8.28.66	8.26.14	8.23.10	8.22.21					
5000m	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	13:50.63	13:44.53	13:35.63	13:33.78	13:30.12	13:29.43	13:24.65	13:22.78	13:21.57	13:19.87	13:18.87
3% off	14.15.55	14.09.27	14.00.10	13.58.19	13.54.42	13.53.71	13.48.79	13.46.86	13.45.62	13.43.87	13.42.84
6% off	14.40.47	14.34.00	14.24.57	14.22.61	14.18.73	14.18.00	14.12.93	14.10.95	14.09.66	14.07.86	14.06.80

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10000m	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	29:25.24	29:25.24	29:07.74	29:07.74	28:59.68	28:59.68	28:33.17	28:21.95	28:11.21	28:02.43	27:56.39
3% off	30.18.20	30.18.20	30.02.23	30.02.23	29.51.87	29.51.87	29.24.57	29.13.01	29.01.95	28.52.90	28.46.68
6% off	31.11.15	31.11.15	30.54.72	30.54.72	30.44.06	30.44.06	30.15.96	30.04.07	29.52.68	29.43.38	29.36.97
Marathon	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	2:14:55	2:14:55	2:14:55	2:14:55	2:13:59	2:13:48	2:13:48	2:13:48	2:13:48	2:13:48	2:13:48
3% off	2.18.58	2.18.58	2.18.58	2.18.58	2.18.00	2.17.49	2.17.49	2.17.49	2.17.49	2.17.49	2.17.49
6% off	2.23.01	2.23.01	2.23.01	2.23.01	2.22.01	2.21.50	2.21.50	2.21.50	2.21.50	2.21.50	2.21.50
20km rw	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	1:31:02	1:31:02	1:29:04	1:29:04	1:25:52	1:25:52	1:25:19	1:25:19	1:24:45	1:24:45	1:24:21
3% off	1.33.48	1.33.48	1.31.48	1.31.48	1.27.19	1.27.19	1.28.12	1.28.12	1.27.03	1.27.03	1.26.53
6% off	1.36.30	1.36.30	1.34.24	1.34.24	1.31.53	1.31.53	1.30.45	1.30.45	1.29.35	1.29.35	1.29.25
PS 4 Jr 10k rw	43:00.00	43:00.00									
3% off	44.17.00	44.17.00									
6% off	45.35.00	45.35.00									
50kmrw	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	3:58:21	3:58:21	3:58:21	3:58:21	3:48:19	3:47:46	3:47:46	3:47:46	3:47:46	3:47:46	3:47:46
3% off	4.03.51	4.03.51	4.03.51	4.03.51	3.43.29	3.53.10	3.53.10	3.53.10	3.53.10	3.53.10	3.53.10
6% off	4.11.00	4.03.51	4.03.51	4.03.51	4.00.01	4.01.26	4.01.26	4.01.26	4.01.26	4.01.26	4.01.26
Long Jump	Men										
	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	7.32	7.44	7.48	7.50	7.60	7.76	7.80	7.84	7.88	7.90	7.92
3% off	7.10	7.22	7.26	7.28	7.37	7.53	7.57	7.60	7.64	7.66	7.68
6% off	6.88	6.99	7.03	7.05	7.14	7.29	7.33	7.37	7.41	7.43	7.44

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Men											
Discus	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	48.59	52.99	55.63	56.85	57.98	58.37	60.67	61.44	62.12	62.74	63.12
3% off	47.13	51.40	53.96	55.14	56.24	56.62	58.85	59.60	60.26	60.86	61.23
6% off	45.67	49.81	52.29	53.44	54.50	54.87	57.03	57.75	58.39	58.98	59.33
1997 or earlier	1997 or earlier	1996									
PS 4 (HPAD Entry)	51.27	54.76									
3% off	49.73	53.12									
6% off	48.19	51.47									
Men											
Hammer	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	57.29	62.12	64.32	65.37	66.78	67.72	68.78	70.16	71.63	72.65	73.78
3% off	55.57	60.26	62.39	63.41	64.78	65.69	66.72	68.06	69.48	70.47	71.57
6% off	53.85	58.39	60.46	61.45	62.77	63.66	64.65	65.95	67.33	68.29	69.35
1997 or earlier	1997 or earlier	1996									
PS 4 (HPAD Entry)	60.35	64.23									
3% off	58.54	62.30									
6% off	56.73	60.38									
Men											
Javelin	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	66.64	66.83	69.34	71.33	72.67	74.78	76.40	77.67	78.47	79.14	80.23
3% off	64.60	64.83	67.26	69.19	70.49	72.54	74.11	75.34	76.12	76.77	77.82
6% off	62.64	62.82	65.18	67.05	68.31	70.29	71.82	73.01	73.76	74.39	75.42
Men											
Dec	18	19	20	21	22	23	24	25	26	27	28+
	1997 or earlier	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987 or later
PS 4 (HPAD Entry)	6688	6756	6944	7177	7389	7555	7635	7795	7835	7885	7936
3% off	6487	6553	6736	6962	7167	7328	7406	7561	7600	7648	7698
6% off	6287	6351	6257	6746	6946	7102	7177	7327	7365	7412	7236