



Athletics Manitoba  
2017 Performance Pathway Standards

Women				
100m		U 20	21-23	24 +
PS 4 (HPAD Entry)		11.91	11.74	11.35
3% off		12.27	12.09	11.69
6% off		12.62	12.44	12.03
Women				
200m		U 20	21-23	24 +
PS 4 (HPAD Entry)		24.71	24.04	23.28
3% off		25.45	24.76	23.98
6% off		26.19	25.48	24.68
Women				
400m		U 20	21-23	24 +
PS 4 (HPAD Entry)		56.31	54.85	52.75
3% off		58.00	56.50	54.33
6% off		59.69	58.14	55.92
Women				
800m*		U 20	21-23	24 +
PS 4 (HPAD Entry)		2:07.63	2:06.64	2:02.64
3% off		2:11.46	2:10.44	2:06.32
6% off		2:15.29	2:14.24	2:10.00
Women				
1500m*		U 20	21-23	24 +
PS 4 (HPAD Entry)		4:32.14	4:21.36	4:12.60
3% off		4:40.30	4:29.20	4:20.18
6% off		4:48.47	4:37.04	4:27.76

Men				
100m*		U 20	21-23	24 +
PS 4 (HPAD Entry)		10.64	10.54	10.32
3% off		10.96	10.86	10.63
6% off		11.28	11.17	10.94
Men				
200m*		U 20	21-23	24 +
PS 4 (HPAD Entry)		21.60	21.36	20.85
3% off		22.25	22.00	21.48
6% off		22.90	22.64	22.10
Men				
400m		U 20	21-23	24 +
PS 4 (HPAD Entry)		48.30	47.84	46.22
3% off		49.75	49.28	47.61
6% off		51.20	50.71	48.99
Men				
800m*		U 20	21-23	24 +
PS 4 (HPAD Entry)		1:49.20	1:48.23	1:46.90
3% off		1:52.48	1:51.47	1:50.11
6% off		1:55.75	1:54.72	1:53.31
Men				
1500m*		U 20	21-23	24 +
PS 4 (HPAD Entry)		3:50.42	3:45.42	3:39.30
3% off		3:57.33	3:52.18	3:45.88
6% off		4:04.25	3:58.95	3:52.46



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Women				
100mh*		U 20	21-23	24 +
PS 4 (HPAD Entry)		14.23	14.01	13.32
3% off		14.66	14.43	13.72
6% off		15.08	14.85	14.12
Women				
400mh*		U 20	21-23	24 +
PS 4 (HPAD Entry)		60.87	58.90	56.65
3% off		1.02.70	1.00.67	58.35
6% off		1.04.52	1.02.43	1.00.05
Women				
3000msc*		U 20	21-23	24 +
PS 4 (HPAD Entry)		10.38.81	10.20.31	9.52.50
3% off		10.57.97	10.38.92	10.10.28
6% off		11.17.14	10.57.53	10.28.05
Women				
3000m		U 20	21-23	24 +
PS 4 (HPAD Entry)		9.44.14	9.22.14	9.02.08
3% off		10.01.66	9.39.00	9.18.34
6% off		10.19.19	9.55.87	9.34.60
Women				
5000m		U 20	21-23	24 +
PS 4 (HPAD Entry)		16.47.15	16.13.14	15.37.60
3% off		17.17.37	16.42.33	16.05.73
6% off		17.47.58	17.11.53	16.33.86

Men				
110mh		U 20	21-23	24 +
PS 4 (HPAD Entry)			14.31	13.81
3% off			14.74	14.22
6% off			15.17	14.64
Men				
400mh*		U 20	21-23	24 +
PS 4 (HPAD Entry)		14.23		
3% off		14.66		
6% off		15.08		
Men				
400mh*		U 20	21-23	24 +
PS 4 (HPAD Entry)		53.45	52.22	50.14
3% off		55.05	53.79	51.64
6% off		56.66	55.35	53.15
Men				
3000msc*		U 20	21-23	24 +
PS 4 (HPAD Entry)		8.44.01	8.39.21	8.30.00
3% off		8.59.73	8.54.79	8.45.30
6% off		9.15.45	9.10.36	9.00.60
Men				
3000m		U 20	21-23	24 +
PS 4 (HPAD Entry)		8.15.72	8.03.98	7.52.45
3% off		8.30.59	8.18.50	8.06.62
6% off		8.45.46	8.33.02	8.20.80



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Women				
10000m*		U 20	21-23	24 +
PS 4 (HPAD Entry)		35.41.87	34.27.50	33.10.30
3% off		36.46.13	35.29.53	34.20.31
6% off		37.30.38	36.31.55	35.20.02
Women				
10000m		U 20	21-23	24 +
Road				
PS 4 (HPAD Entry)		36.02.00	34.48.00	33.32.00
3% off		37.07.00	35.51.00	35.04.00
6% off		38.12.00	26.53.00	36.05.00
Women				
Half Marathon		U 20	21-23	24 +
PS 4 (HPAD Entry)		1.18.26	1.15.43	1.12.53
3% off		1.20.47	1.18.59	1.15.57
6% off		1.23.08	1.20.16	1.18.08
Women				
Marathon		ALL		
PS 4 (HPAD Entry)		2.34.10		
3% off		2.38.48		
6% off		2.43.25		
Women				
20km rw		U 20	21-23	24 +
PS 4 (HPAD Entry)			1.39.14	1.38.21
3% off			1.42.27	1.41.39
6% off			1.45.25	1.44.36

Men				
5000m*		U 20	21-23	24 +
PS 4 (HPAD Entry)		14.11.83	13.50.63	13.34.80
3% off		14.37.38	14.15.55	13.59.24
6% off		15.02.94	14.40.47	14.23.69
Men				
10000m*		U 20	21-23	24 +
PS 4 (HPAD Entry)		30.14.91	29.25.24	28.25.90
3% off		31.09.36	30.18.20	29.17.08
6% off		32.03.80	31.11.15	30.08.25
Men				
10000m		U 20	21-23	24 +
Road				
PS 4 (HPAD Entry)		30.20.00	29.30.00	28.32.00
3% off		31.15.00	30.23.00	29.24.00
6% off		32.09.00	31.16.00	30.15.00
Men				
Half Marathon		U 20	21-23	24 +
PS 4 (HPAD Entry)		1.06.33	1.04.41	1.02.28
3% off		1.08.23	1.06.37	1.04.20
6% off		1.10.33	1.08.34	1.06.13
Men				
Marathon		ALL		
PS 4 (HPAD Entry)		2.13.59		
3% off		2.18.17		
6% off		2.24.01		



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Women				
PS 4 Jr 10k rw		48.30.00		
3% off		50.27.00		
6% off		51.55.00		
Women				
<b>Long Jump</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		5.79	6.05	6.50
3% off		5.62	5.87	6.31
6% off		5.44	5.69	6.11
Women				
<b>Triple Jump</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		12.40	12.72	13.72
3% off		12.03	12.34	13.31
6% off		11.66	11.96	12.90
Women				
<b>High Jump</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		1.76	1.78	1.90
3% off		1.71	1.73	1.84
6% off		1.65	1.67	1.79
Women				
<b>Pole Vault</b>		U 20	21-23	24 +
				1996
PS 4 (HPAD Entry)		3.80	4.00	4.35
3% off		3.69	3.88	4.22
6% off		3.57	3.76	4.09

Men				
<b>20km rw</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)			1.31.02	1.29.04
3% off			1.33.48	1.31.48
6% off			1.36.32	1.34.25
PS 4 Jr 10k rw		43.00.00		
3% off		44.17.00		
6% off		45.35.00		
Men				
<b>50kmrw</b>		ALL		
PS 4 (HPAD Entry)		3:58:21		
3% off		4:03.51		
6% off		4:11.00		
Men				
<b>Long Jump*</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		7.32	7.44	7.71
3% off		7.17	7.22	7.48
6% off		6.88	6.99	7.25
Men				
<b>Triple Jump*</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		15.14	15.88	16.34
3% off		14.69	15.40	15.85
6% off		14.23	14.93	15.36



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Women				
<b>Shot Put*</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		14.10	15.32	16.86
3% off		13.68	14.86	16.35
6% off		13.25	14.40	15.85
Women				
<b>Discus*</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		46.85	51.26	57.98
3% off		45.44	49.72	56.24
6% off		44.04	48.18	54.5
Women				
<b>Hammer*</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		53.74	57.32	65.97
3% off		52.13	55.60	63.99
6% off		50.52	53.88	62.01
Women				
<b>Javelin</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		46.84	51.73	55.55
3% off		45.43	50.18	53.88
6% off		44.03	48.63	52.22
Women				
<b>Hep*</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		4666	5273	5738
3% off		4526	5115	5566
6% off		4386	4957	5394

Men				
<b>High Jump</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		2.07	2.11	2.22
3% off		2.01	2.05	2.15
6% off		1.95	1.98	2.09
Men				
<b>Pole Vault*</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		5.00	5.15	5.47
3% off		4.85	5.00	5.31
6% off		4.70	4.84	5.14
Men				
<b>Shot Put*</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)			17.33	19.30
3% off			16.81	18.72
6% off			16.29	18.14
PS 4 (HPAD Entry) 6KG		16.81		
3% off		16.31		
6% off		15.80		
Men				
<b>Discus*</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)			55.63	60.55
3% off			53.96	58.73
6% off			52.29	56.92



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Men				
<b>Discus</b>				
PS 4 (HPAD Entry) 1.75 KG		51.27		
3% off		49.73		
6% off		48.19		
Men				
<b>Hammer*</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)			64.32	73.11
3% off			62.39	70.92
6% off			60.46	68.72
PS 4 (HPAD Entry) 6KG		60.35		
3% off		58.54		
6% off		56.73		
Men				
<b>Javelin*</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		66.64	69.34	76.30
3% off		64.64	67.26	74.01
6% off		62.64	65.18	71.72
Men				
<b>Dec*</b>		U 20	21-23	24 +
PS 4 (HPAD Entry)		6688	6944	7760
3% off		6487	6736	7527
6% off		6287	6527	7294