



Athletics Manitoba  
2018 Performance Pathway Standards

Women				
100m		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		11.77	11.60	11.44
3% off		12.12	11.95	11.78
6% off		12.48	12.30	12.13
Women				
200m		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		24.80	24.13	23.76
3% off		25.54	24.85	24.47
6% off		26.29	25.58	25.19
Women				
400m		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		55.97	54.52	53.47
3% off		57.65	56.16	55.07
6% off		59.33	57.79	56.68
Women				
800m*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		2.06.44	2.05.46	2.03.71
3% off		2.10.23	2.09.22	2.07.42
6% off		2.14.03	2.12.99	2.11.13
Women				
1500m*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		4.30.27	4.19.53	4.15.43
3% off		4.38.38	4.27.32	4.23.09
6% off		4.46.49	4.35.10	4.30.76

Men				
100m*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		10.54	10.45	10.32
3% off		10.86	10.76	10.63
6% off		11.17	11.08	10.94
Men				
200m*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		21.44	21.21	20.79
3% off		22.08	21.85	21.41
6% off		22.73	22.48	22.04
Men				
400m		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		45.76	45.31	44.72
3% off		47.13	46.67	46.06
6% off		48.51	48.03	47.40
Men				
800m*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		1.50.79	1.49.80	1.48.54
3% off		1.54.11	1.53.09	1.51.80
6% off		1.57.44	1.56.39	1.55.05
Men				
1500m*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		3.48.21	3.43.30	3.40.78
3% off		3.55.06	3.50.00	3.47.40
6% off		4.01.90	3.56.70	3.54.04



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Women				
100mh*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		13.41	13.20	13.01
3% off		13.81	13.60	13.40
6% off		14.21	13.99	13.79
Women				
400mh*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		1.00.17	58.23	57.23
3% off		1.01.98	59.98	58.95
6% off		1.03.78	1.01.72	1.00.66
Women				
3000msc*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		10.33.97	10.15.62	10.04.17
3% off		10.52.99	10.34.09	10.22.30
6% off		11.12.01	10.52.56	10.40.42
Women				
3000m		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		9.34.33	9.12.50	9.04.94
3% off		9.51.56	9.29.08	9.21.29
6% off		10.08.79	9.45.65	9.37.64
Women				
5000m		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		16.19.45	15.46.42	15.36.13
3% off		16.48.83	16.14.81	16.04.21
6% off		17.18.22	16.43.21	16.32.30

Men				
110mh		20 & Under	21-23	24 +
PS 4 (HPAD Entry)			13.85	13.72
3% off			14.27	14.13
6% off			14.68	14.54
Men				
400mh*		20 & Under	21-23	24 +
PS 4 99 cm		13.77		
3% off		14.18		
6% off		14.60		
Men				
400mh*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		52.76	51.52	50.86
3% off		54.34	53.07	52.39
6% off		55.93	54.61	53.91
Men				
3000msc*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		8.50.09	8.45.36	8.39.22
3% off		9.05.99	9.01.12	8.54.80
6% off		9.21.90	9.16.88	9.10.37
Men				
3000m		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		8.10.33	7.58.68	7.53.35
3% off		8.25.04	8.13.04	8.07.57
6% off		8.39.75	8.27.40	8.21.75



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Women				
10000m*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		34.26.43	33.14.62	32.26.46
3% off		35.28.42	34.14.46	33.24.85
6% off		36.30.51	35.14.30	34.23.25
Women				
10000m		20 & Under	21-23	24 +
Road				
PS 4 (HPAD Entry)		34.47.00	33.35.00	32.48.00
3% off		35.50.00	34.35.00	33.47.00
6% off		36.52.00	35.36.00	34.26.00
Women				
Half		20 & Under	21-23	24 +
Marathon				
PS 4 (HPAD Entry)		1.16.00	1.13.22	1.11.41
3% off		1.18.16	1.15.34	1.13.50
6% off		1.20.34	1.17.46	1.15.59
Women				
Marathon		ALL		
PS 4 (HPAD Entry)		2.33.39		
3% off		2.38.16		
6% off		2.42.52		
Women				
20km rw		20 & Under	21-23	24 +
PS 4 (HPAD Entry)			1.36.02	1.34.26
3% off			1.38.55	1.37.16
6% off			1.41.48	1.40.06

Men				
5000m*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		14.02.10	13.40.76	13.32.60
3% off		14.27.36	14.05.38	13.56.98
6% off		14.52.63	14.30.01	14.21.36
Men				
10000m*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		28.34.12	27.47.42	27.39.18
3% off		29.25.54	28.27.44	28.28.96
6% off		30.16.97	29.27.47	29.18.73
Men				
10000m		20 & Under	21-23	24 +
Road				
PS 4 (HPAD Entry)		28.40.00	27.54.00	27.45.00
3% off		29.32.00	28.46.00	28.35.00
6% off		30.23.00	29.34	29.25.00
Men				
Half		20 & Under	21-23	24 +
Marathon				
PS 4 (HPAD Entry)		1.02.46	1.00.59	1.00.40
3% off		1.04.39	1.02.49	1.02.29
6% off		1.06.32	1.04.39	1.04.18
Men				
Marathon		ALL		
PS 4 (HPAD Entry)		2.09.08		
3% off		2.13.00		
6% off		2.16.53		



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Women				
PS 4 Jr 10k rw		45.56.00		
3% off		48.20.00		
6% off		49.45.00		
Women				
<b>Long Jump</b>		<b>20 &amp; Under</b>	<b>21-23</b>	<b>24 +</b>
PS 4 (HPAD Entry)		5.90	6.17	6.33
3% off		5.72	5.98	6.14
6% off		5.55	5.80	5.95
Women				
<b>Triple Jump</b>		<b>20 &amp; Under</b>	<b>21-23</b>	<b>24 +</b>
PS 4 (HPAD Entry)		13.09	13.43	13.64
3% off		12.70	13.03	13.23
6% off		12.30	12.62	12.82
Women				
<b>High Jump</b>		<b>20 &amp; Under</b>	<b>21-23</b>	<b>24 +</b>
PS 4 (HPAD Entry)		1.80	1.82	1.85
3% off		1.75	1.77	1.79
6% off		1.69	1.71	1.74
Women				
<b>Pole Vault</b>		<b>20 &amp; Under</b>	<b>21-23</b>	<b>24 +</b>
PS 4 (HPAD Entry)		3.76	3.96	4.14
3% off		3.65	3.84	4.02
6% off		3.53	3.72	3.89

Men				
<b>20km rw</b>		<b>20 &amp; Under</b>	<b>21-23</b>	<b>24 +</b>
PS 4 (HPAD Entry)			1.26.44	1.24.47
3% off			1.29.20	1.27.20
6% off			1.31.56	1.29.52
PS 4 Jr 10k rw		40.48.00		
3% off		42.01.00		
6% off		43.15.00		
Men				
<b>50kmrw</b>		<b>ALL</b>		
PS 4 (HPAD Entry)		3.53.37	3.51.36	
3% off		3.59.59	3.58.32	
6% off		4.07.38	4.05.30	
Men				
<b>Long Jump*</b>		<b>20 &amp; Under</b>	<b>21-23</b>	<b>24 +</b>
PS 4 (HPAD Entry)		7.49	7.61	7.73
3% off		7.27	7.38	7.50
6% off		7.04	7.15	7.27
Men				
<b>Triple Jump*</b>		<b>20 &amp; Under</b>	<b>21-23</b>	<b>24 +</b>
PS 4 (HPAD Entry)		15.06	15.80	16.07
3% off		14.61	15.33	15.59
6% off		14.16	14.85	15.11



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Women				
Shot Put*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		14.77	16.05	16.64
3% off		14.33	15.57	16.14
6% off		13.88	15.09	15.64
Women				
Discus*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		51.54	56.39	58.60
3% off		50.00	54.70	56.84
6% off		48.45	53.01	55.08
Women				
Hammer*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		55.26	58.94	62.17
3% off		53.60	57.17	60.30
6% off		51.94	55.40	58.44
Women				
Javelin		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		49.95	55.16	58.29
3% off		48.45	53.51	56.54
6% off		46.95	51.85	55.37
Women				
Hep*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		4802	5427	5733
3% off		4658	5264	5561
6% off		4514	5101	5389

Men				
High Jump		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		2.14	2.18	2.21
3% off		2.08	2.11	2.14
6% off		2.01	2.05	2.08
Men				
Pole Vault*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		5.04	5.19	5.31
3% off		4.89	5.03	5.15
6% off		4.74	4.88	4.99
Men				
Shot Put*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)			18.07	18.97
3% off			17.53	18.40
6% off			16.99	17.83
PS 4 (HPAD Entry) 6KG		17.53		
3% off		17.00		
6% off		16.48		
Men				
Discus*		20 & Under	21-23	24 +
PS 4 (HPAD Entry)			56.38	58.82
3% off			54.69	57.05
6% off			53.00	55.29



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Men				
Discus				
PS 4 (HPAD Entry) 1.75 KG		51.96		
3% off		50.40		
6% off		48.84		
Men				
Hammer*				
		20 & Under	21-23	24 +
PS 4 (HPAD Entry)			70.38	72.23
3% off			68.27	70.06
6% off			66.16	67.90
PS 4 (HPAD Entry) 6KG		66.04		
3% off		64.06		
6% off		62.08		
Men				
Javelin*				
		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		77.81	80.86	83.59
3% off		75.47	78.43	81.08
6% off		73.14	76.01	78.57
Men				
Dec*				
		20 & Under	21-23	24 +
PS 4 (HPAD Entry)		7047	7317	7538
3% off		6835	7097	7312
6% off		6624	6878	7086