



Athletics Manitoba
2019 Performance Pathway Standards

Women				
100m		20 & Under	21-23	24 +
CAPP Talent Conf Std		11.85	11.67	11.51
3% off		12.21	12.02	11.86
6% off		12.56	12.37	12.20
Women				
200m		20 & Under	21-23	24 +
CAPP Talent Conf Std		24.39	23.73	23.36
3% off		25.12	24.44	24.06
6% off		25.85	25.15	24.76
Women				
400m		20 & Under	21-23	24 +
CAPP Talent Conf Std		55.22	53.77	52.72
3% off		56.88	55.38	54.30
6% off		58.53	57.00	55.88
Women				
800m		20 & Under	21-23	24 +
CAPP Talent Conf Std		2:07.51	2:06.50	2:04.75
3% off		2:11.34	2:10.30	2:08.49
6% off		2:15.16	2:14.09	2:12.24
Women				
1500m		20 & Under	21-23	24 +
CAPP Talent Conf Std		4:29.18	4:18.58	4:14.51
3% off		4:37.26	4:26.34	4:22.15
6% off		4:45.33	4:34.09	4:29.78

Men				
100m		20 & Under	21-23	24 +
CAPP Talent Conf Std		10.59	10.50	10.37
3% off		10.91	10.82	10.68
6% off		11.23	11.13	10.99
Men				
200m		20 & Under	21-23	24 +
CAPP Talent Conf Std		21.56	21.33	20.91
3% off		22.21	21.97	21.54
6% off		22.85	22.61	22.16
Men				
400m		20 & Under	21-23	24 +
CAPP Talent Conf Std		47.43	46.96	46.36
3% off		48.85	48.37	47.75
6% off		50.28	49.78	49.14
Men				
800m		20 & Under	21-23	24 +
CAPP Talent Conf Std		1:50.47	1:49.48	1:48.18
3% off		1:53.78	1:52.76	1:51.43
6% off		1:57.10	1:56.05	1:54.67
Men				
1500m		20 & Under	21-23	24 +
CAPP Talent Conf Std		3:49.41	3:44.47	3:42.03
3% off		3:56.29	3:51.20	3:48.69
6% off		4:03.17	3:57.94	3:55.35



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Women				
100mh		20 & Under	21-23	24 +
CAPP Talent Conf Std		13.87	13.65	13.45
3% off		14.29	14.06	13.85
6% off		14.70	14.47	14.26
Women				
400mh		20 & Under	21-23	24 +
CAPP Talent Conf Std		1.00.82	58.88	57.90
3% off		1.02.64	1.00.65	59.64
6% off		1.04.47	1.02.41	1.01.37
Women				
3000msc		20 & Under	21-23	24 +
CAPP Talent Conf Std		10.18.96	10.00.93	9.49.73
3% off		10.37.53	10.18.96	10.07.42
6% off		10.56.10	10.36.99	10.25.11
Women				
3000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		9.33.46	9.08.77	9.01.19
3% off		9.50.66	9.25.23	9.17.43
6% off		10.07.87	9.41.70	9.33.66
Women				
5000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		16.10.62	15.37.80	15.27.60
3% off		16.39.74	16.05.93	15.55.43
6% off		17.08.86	16.34.07	16.23.26

Men				
110mh		20 & Under	21-23	24 +
CAPP Talent Conf Std			14.15	14.02
3% off			14.57	14.44
6% off			15.00	14.86
Men				
400mh		20 & Under	21-23	24 +
CAPP Talent Conf Std - 99 cm		14.07		
3% off		14.49		
6% off		14.91		
Men				
400mh		20 & Under	21-23	24 +
CAPP Talent Conf Std		52.76	51.52	50.87
3% off		54.34	53.07	52.40
6% off		55.93	54.61	53.92
Men				
3000msc		20 & Under	21-23	24 +
CAPP Talent Conf Std		8.52.87	8.48.12	8.41.86
3% off		9.08.86	9.03.96	8.57.52
6% off		9.24.84	9.19.81	9.13.17
Men				
3000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		8.19.62	8.07.91	8.02.60
3% off		8.34.61	8.22.55	8.17.08
6% off		8.49.60	8.37.18	8.31.56



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Women				
10000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		34.44.16	33.31.74	32.42.67
3% off		35.46.68	34.32.09	33.41.55
6% off		36.49.21	35.32.44	34.40.43
Women				
10000m		20 & Under	21-23	24 +
Road				
CAPP Talent Conf Std		35.05.00	33.52.00	33.04.00
3% off		36.08.00	34.53.00	34.04.00
6% off		37.11.00	35.54.00	35.03.00
Women				
Half Marathon		20 & Under	21-23	24 +
CAPP Talent Conf Std		1.15.23	1.12.46	1.11.04
3% off		1.17.39	1.14.57	1.13.12
6% off		1.19.54	1.17.08	1.15.20
Women				
Marathon		ALL		
CAPP Talent Conf Std		2.29.24		
3% off		2.33.53		
6% off		2.38.22		
Women				
20km rw		20 & Under	21-23	24 +
CAPP Talent Conf Std			1.40.03	1.38.23
3% off			1.43.03	1.41.20
6% off			1.46.03	1.44.13

Men				
5000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		14.29.88	14.07.84	13.59.45
3% off		14.55.98	14.33.28	14.24.63
6% off		15.22.07	14.58.71	14.49.82
Men				
10000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		30.17.00	29.27.51	29.18.72
3% off		31.32.11	30.20.54	30.11.48
6% off		32.06.02	31.13.76	31.04.24
Men				
10000m		20 & Under	21-23	24 +
Road				
CAPP Talent Conf Std		30.21.00	29.33.00	29.24.00
3% off		31.16.00	30.26.00	30.17.00
6% off		32.10.00	31.19.00	31.10.00
Men				
Half Marathon		20 & Under	21-23	24 +
CAPP Talent Conf Std		1.04.05	1.02.24	1.02.05
3% off		1.06.00	1.04.16	1.03.57
6% off		1.07.56	1.06.08	1.05.49
Men				
Marathon		ALL		
CAPP Talent Conf Std		2.12.25		
3% off		2.16.23		
6% off		2.20.22		



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Women				
CAPP Talent Conf Std - 10k rw		47.51.00		
3% off		49.17.00		
6% off		50.43.00		
Women				
Long Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		5.76	6.02	6.18
3% off		5.59	5.84	5.99
6% off		5.41	5.66	5.81
Women				
Triple Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		12.85	13.18	13.39
3% off		12.46	12.78	12.99
6% off		12.08	12.39	12.59
Women				
High Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		1.80	1.82	1.85
3% off		1.75	1.77	1.79
6% off		1.69	1.71	1.74
Women				
Pole Vault		20 & Under	21-23	24 +
CAPP Talent Conf Std		3.71	3.91	4.09
3% off		3.60	3.79	3.97
6% off		3.49	3.68	3.84

Men				
20km rw		20 & Under	21-23	24 +
CAPP Talent Conf Std			1.28.38	1.26.38
3% off			1.31.18	1.29.14
6% off			1.33.57	1.31.50
CAPP Talent Conf Std - 10k rw		41.42.00		
3% off		42.57.00		
6% off		44.12.00		
Men				
50kmrw		ALL		
CAPP Talent Conf Std		3.55.39		
3% off		4.02.43		
6% off		4.09.47		
Men				
Long Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		7.62	7.74	7.86
3% off		7.39	7.51	7.62
6% off		7.16	7.28	7.39
Men				
Triple Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		15.06	15.80	16.06
3% off		14.61	15.33	15.58
6% off		14.16	14.85	15.10



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Women				
Shot Put		20 & Under	21-23	24 +
CAPP Talent Conf Std		14.58	15.84	16.42
3% off		14.14	15.36	15.93
6% off		13.71	14.89	15.43
Women				
Discus		20 & Under	21-23	24 +
CAPP Talent Conf Std		48.23	52.77	54.84
3% off		46.78	51.19	53.19
6% off		45.23	49.60	51.55
Women				
Hammer		20 & Under	21-23	24 +
CAPP Talent Conf Std		55.36	59.04	62.28
3% off		53.70	57.27	60.41
6% off		52.04	55.50	58.54
Women				
Javelin		20 & Under	21-23	24 +
CAPP Talent Conf Std		46.35	51.59	54.52
3% off		44.96	50.04	52.88
6% off		43.57	48.49	51.25
Women				
Hep		20 & Under	21-23	24 +
CAPP Talent Conf Std		4494	5079	5365
3% off		4359	4927	5204
6% off		4224	4774	5043

Men				
High Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		2.11	2.15	2.18
3% off		2.05	2.09	2.11
6% off		1.98	2.02	2.05
Men				
Pole Vault		20 & Under	21-23	24 +
CAPP Talent Conf Std		4.99	5.14	5.26
3% off		4.84	4.99	5.10
6% off		4.69	4.83	4.94
Men				
Shot Put		20 & Under	21-23	24 +
CAPP Talent Conf Std			16.91	17.75
3% off			16.40	17.22
6% off			15.90	16.69
CAPP Talent Conf Std - 6KG		15.85		
3% off		15.37		
6% off		14.90		
Men				
Discus		20 & Under	21-23	24 +
CAPP Talent Conf Std			54.76	57.13
3% off			53.12	55.42
6% off			51.47	53.70



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Men				
Discus				
CAPP Talent Conf Std	1.75 KG	50.47		
3% off		48.96		
6% off		47.44		
Men				
Hammer		20 & Under	21-23	24 +
CAPP Talent Conf Std			68.20	69.99
3% off			66.15	67.89
6% off			64.11	65.79
CAPP Talent Conf Std - 6KG		63.99		
3% off		62.07		
6% off		60.15		
Men				
Javelin		20 & Under	21-23	24 +
CAPP Talent Conf Std		68.65	71.34	73.75
3% off		64.53	69.20	71.54
6% off		64.53	67.06	69.33
Men				
Dec		20 & Under	21-23	24 +
CAPP Talent Conf Std		6664	6919	7128
3% off		6464	6711	6914
6% off		6264	6504	6700



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Women - T53				
100m				
AC - Top 80%		18.62		
3% off		19.18		
6% off		19.73		

Men - T53				
100m				
AC - Top 80%		16.05		
3% off		16.53		
6% off		17.01		

Women - T53				
400m				
AC - Top 80%		61.74		
3% off		63.59		
6% off		65.44		

Men - T53				
400m				
AC - Top 80%		53.42		
3% off		55.02		
6% off		56.63		

Women - T53				
800m				
AC - Top 80%		2.02.29		
3% off		2.05.96		
6% off		2.09.63		

Men - T53				
800m				
AC - Top 80%		1.46.54		
3% off		1.49.74		
6% off		1.52.93		

Women - T54				
100m				
AC - Top 80%		17.96		
3% off		18.50		
6% off		19.04		

Men - T54				
100m				
AC - Top 80%		15.20		
3% off		15.66		
6% off		16.14		

Women - T54				
400m				
AC - Top 80%		60.21		
3% off		62.02		
6% off		63.82		

Men - T54				
400m				
AC - Top 80%		50.20		
3% off		51.71		
6% off		53.21		



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Women - T54				
800m				
AC - Top 80%		1.58.86		
3% off		2.02.42		
6% off		2.05.99		

Men - T54				
800m				
AC - Top 80%		1.40.84		
3% off		1.43.87		
6% off		1.46.89		

Women - T20				
400m				
AC - Top 80%		64.39		
3% off		66.32		
6% off		68.25		

Men - T20				
400m				
AC - Top 80%		52.68		
3% off		54.26		
6% off		55.84		

Women - T20				
1500m				
AC - Top 80%		5.03.72		
3% off		5.12.83		
6% off		5.21.94		

Men - T20				
1500m				
AC - Top 80%		4.13.64		
3% off		4.21.25		
6% off		4.28.68		

Women - T20				
Shot Put				
AC - Top 80%		10.51		
3% off		10.20		
6% off		9.88		

Men - T20				
Shot Put				
AC - Top 80%		12.72		
3% off		12.34		
6% off		11.96		

Women - T20				
Long Jump		20 & Under	21-23	24 +
AC - Top 80%		4.70		
3% off		4.56		
6% off		4.42		

Men - T20				
Long Jump				
AC - Top 80%		6.20		
3% off		6.01		
6% off		5.83		