



Athletics Manitoba  
2022 Performance Pathway Standards

Women				
100m		20 & Under	21-23	24 +
CAPP Talent Conf Std		11.75	11.61	11.45
3% off		12.10	11.96	11.79
6% off		12.46	12.31	12.14
Women				
200m		20 & Under	21-23	24 +
CAPP Talent Conf Std		24.55	23.90	23.52
3% off		25.29	24.62	24.23
6% off		26.02	25.33	24.93
Women				
400m		20 & Under	21-23	24 +
CAPP Talent Conf Std		55.30	53.88	52.82
3% off		56.96	55.50	54.40
6% off		58.62	57.11	55.99
Women				
800m		20 & Under	21-23	24 +
CAPP Talent Conf Std		2:06.30	2:05.31	2:03.58
3% off		2:10.09	2:09.07	2:07.29
6% off		2:13.88	2:12.83	2:10.99
Women				
1500m		20 & Under	21-23	24 +
CAPP Talent Conf Std		4:27.93	4:17.29	4:13.24
3% off		4:35.97	4:25.01	4:20.84
6% off		4:44.01	4:32.73	4:28.43

Men				
100m		20 & Under	21-23	24 +
CAPP Talent Conf Std		10.56	10.47	10.34
3% off		10.88	10.78	10.65
6% off		11.19	11.10	10.96
Men				
200m		20 & Under	21-23	24 +
CAPP Talent Conf Std		21.54	21.31	20.89
3% off		22.19	21.95	21.52
6% off		22.83	22.59	22.14
Men				
400m		20 & Under	21-23	24 +
CAPP Talent Conf Std		47.82	47.75	46.74
3% off		49.25	49.18	48.14
6% off		50.69	50.63	49.54
Men				
800m		20 & Under	21-23	24 +
CAPP Talent Conf Std		1:50.24	1:49.27	1:47.97
3% off		1:53.55	1:52.55	1:51.21
6% off		1:56.85	1:55.83	1:54.45
Men				
1500m		20 & Under	21-23	24 +
CAPP Talent Conf Std		3:47.47	3:42.62	3:40.20
3% off		3:54.29	3:49.30	3:46.81
6% off		4:01.12	3:55.98	3:53.41



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Women				
100mh		20 & Under	21-23	24 +
CAPP Talent Conf Std		13.81	13.58	13.39
3% off		14.22	13.99	13.79
6% off		14.64	14.39	14.19
Women				
400mh		20 & Under	21-23	24 +
CAPP Talent Conf Std		1.00.07	58.18	57.21
3% off		1.01.87	59.93	58.93
6% off		1.03.67	1.01.67	1.00.64
Women				
3000msc		20 & Under	21-23	24 +
CAPP Talent Conf Std		10.37.44	10.18.62	10.07.09
3% off		10.56.56	10.37.18	10.25.30
6% off		11.15.69	10.55.74	10.43.52
Women				
3000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		9.33.03	9.08.16	9.00.59
3% off		9.50.22	9.24.60	9.16.81
6% off		10.07.41	9.41.05	9.33.03
Women				
5000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		16.13.53	15.40.96	15.30.72
3% off		16.42.74	16.09.19	15.58.64
6% off		17.11.94	16.37.42	16.26.56

Men				
110mh		20 & Under	21-23	24 +
CAPP Talent Conf Std			13.90	13.78
3% off			14.32	14.19
6% off			14.73	14.61
Men				
110mh		20 & Under	21-23	24 +
CAPP Talent Conf Std - 99 cm		13.84		
3% off		14.26		
6% off		14.67		
Men				
400mh		20 & Under	21-23	24 +
CAPP Talent Conf Std		52.67	51.45	50.79
3% off		54.25	52.99	52.31
6% off		55.83	54.54	53.84
Men				
3000msc		20 & Under	21-23	24 +
CAPP Talent Conf Std		8.54.02	8.42.15	8.35.96
3% off		9.10.04	8.57.81	8.51.44
6% off		9.26.06	9.13.48	9.06.92
Men				
3000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		8.10.20	7.58.83	7.53.62
3% off		8.24.91	8.13.19	8.07.83
6% off		8.39.61	8.27.56	8.22.04



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Women				
10000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		35.02.79	33.49.24	33.00.52
3% off		36.05.87	34.50.12	33.59.94
6% off		37.08.96	35.50.99	34.59.35
Women				
10000m		20 & Under	21-23	24 +
Road				
CAPP Talent Conf Std		35.24	34.10	33.22
3% off		36.28	35.12	34.22
6% off		37.31	36.13	35.22
Women				
Half Marathon		20 & Under	21-23	24 +
CAPP Talent Conf Std		1.15.54	1.13.15	1.11.32
3% off		1.18.11	1.15.27	1.13.41
6% off		1.20.27	1.17.39	1.15.50
Women				
Marathon		ALL		
CAPP Talent Conf Std				2.30.00
3% off				2.34.30
6% off				2.39.00
Women				
20km rw		20 & Under	21-23	24 +
CAPP Talent Conf Std			1.35.47	1.34.11
3% off			1.38.39	1.37.01
6% off			1.41.32	1.39.50

Men				
5000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		14.05.22	13.44.01	13.35.85
3% off		14.30.58	14.08.73	14.00.33
6% off		14.55.93	14.33.45	14.22.27
Men				
10000m		20 & Under	21-23	24 +
Road				
CAPP Talent Conf Std		29.12.99	28.25.55	28.16.99
3% off		30.05.58	29.16.72	29.07.90
6% off		30.58.17	30.07.88	29.58.81
Men				
10000m		20 & Under	21-23	24 +
Road				
CAPP Talent Conf Std		29.16	28.32	28.23
3% off		30.09	29.23	29.14
6% off		31.01	30.15	30.05
Men				
Half Marathon		20 & Under	21-23	24 +
CAPP Talent Conf Std		1.03.45	1.02.05	1.01.46
3% off		1.05.40	1.03.57	1.03.37
6% off		1.07.35	1.05.49	1.05.28
Men				
Marathon				ALL
CAPP Talent Conf Std				2.11.33
3% off				2.15.30
6% off				2.19.27



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Women				
Jr 10k RW				
CAPP Talent Conf Std		45.49		
3% off		47.11		
6% off		48.34		
Women				
Long Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		5.89	6.16	6.32
3% off		5.71	5.98	6.13
6% off		5.54	5.79	5.94
Women				
Triple Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		13.14	13.48	13.69
3% off		12.75	13.08	13.28
6% off		12.35	12.67	12.87
Women				
High Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		1.81	1.83	1.86
3% off		1.76	1.78	1.80
6% off		1.70	1.72	1.75
Women				
Pole Vault		20 & Under	21-23	24 +
CAPP Talent Conf Std		3.81	4.02	4.21
3% off		3.70	3.90	4.08
6% off		3.58	3.78	3.96

Men				
20km rw		20 & Under	21-23	24 +
CAPP Talent Conf Std			1.27.00	1.25.03
3% off			1.29.37	1.27.26
6% off			1.32.13	1.30.09
Men				
Jr 10k RW				
CAPP Talent Conf Std		40.56		
3% off		42.10		
6% off		43.23		
Men				
50kmrw				ALL
CAPP Talent Conf Std				3.55.25
3% off				4.02.29
6% off				4.09.33
Men				
Long Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		7.52	7.64	7.76
3% off		7.29	7.41	7.53
6% off		7.07	7.18	7.29
Men				
Triple Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		15.20	15.45	16.21
3% off		14.74	14.99	15.72
6% off		14.29	14.52	15.24



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Women				
Shot Put		20 & Under	21-23	24 +
CAPP Talent Conf Std		15.26	16.58	17.19
3% off		14.80	16.08	16.67
6% off		14.34	15.59	16.16
Women				
Discus		20 & Under	21-23	24 +
CAPP Talent Conf Std		49.82	54.51	56.65
3% off		48.33	52.87	54.95
6% off		46.83	51.24	53.25
Women				
Hammer		20 & Under	21-23	24 +
CAPP Talent Conf Std		57.74	61.58	64.96
3% off		56.01	59.73	63.01
6% off		54.28	57.89	61.06
Women				
Javelin		20 & Under	21-23	24 +
CAPP Talent Conf Std		47.21	52.56	55.54
3% off		45.79	50.98	53.87
6% off		44.38	49.41	52.21
Women				
Hep		20 & Under	21-23	24 +
CAPP Talent Conf Std		4760	5550	5682
3% off		4617	5384	5512
6% off		4474	5217	5341

Men				
High Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		2.13	2.17	2.20
3% off		2.07	2.10	2.13
6% off		2.00	2.04	2.07
Men				
Pole Vault		20 & Under	21-23	24 +
CAPP Talent Conf Std		5.02	5.16	5.29
3% off		4.87	5.01	5.13
6% off		4.72	4.85	4.97
Men				
Shot Put		20 & Under	21-23	24 +
CAPP Talent Conf Std			18.31	19.22
3% off			17.76	18.64
6% off			17.21	18.07
CAPP Talent Conf Std - 6KG		17.16		
3% off		16.65		
6% off		16.13		
Men				
Discus		20 & Under	21-23	24 +
CAPP Talent Conf Std			56.56	59.01
3% off			54.86	57.24
6% off			53.17	55.47



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Men				
Discus				
CAPP Talent Conf Std	1.75 KG	52.13		
3% off		50.57		
6% off		49.00		
Men				
Hammer		20 & Under	21-23	24 +
CAPP Talent Conf Std			70.83	72.69
3% off			68.71	70.51
6% off			66.58	68.33
CAPP Talent Conf Std - 6KG		66.46		
3% off		64.47		
6% off		62.47		
Men				
Javelin		20 & Under	21-23	24 +
CAPP Talent Conf Std		71.01	73.22	75.70
3% off		68.88	71.02	73.43
6% off		66.75	68.83	71.16
Men				
Dec		20 & Under	21-23	24 +
CAPP Talent Conf Std		7560	7850	8087
3% off		7333	7615	7844
6% off		7106	7379	7602



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Women - T53				
100m				
AC - Top 80%		18.35		
3% off		18.90		
6% off		19.45		

Men - T53				
100m				
AC - Top 80%		16.01		
3% off		16.49		
6% off		16.97		

Women - T53				
400m				
AC - Top 80%		1.01.26		
3% off		1.03.10		
6% off		1.04.94		

Men - T53				
400m				
AC - Top 80%		53.22		
3% off		54.82		
6% off		56.41		

Women - T53				
800m				
AC - Top 80%		2.00.90		
3% off		2.04.53		
6% off		2.08.15		

Men - T53				
800m				
AC - Top 80%		1.46.36		
3% off		1.49.55		
6% off		1.52.74		

Women - T54				
100m				
AC - Top 80%		17.83		
3% off		18.37		
6% off		18.90		

Men - T54				
100m				
AC - Top 80%		15.20		
3% off		15.66		
6% off		16.11		

Women - T54				
400m				
AC - Top 80%		59.80		
3% off		1.01.59		
6% off		1.03.39		

Men - T54				
400m				
AC - Top 80%		50.05		
3% off		51.55		
6% off		53.05		



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Women - T54				
800m				
AC - Top 80%		1.57.95		
3% off		2.01.49		
6% off		2.05.03		

Men - T54				
800m				
AC - Top 80%		1.40.08		
3% off		1.43.08		
6% off		1.46.08		

Women - T20				
400m				
AC - Top 80%		1.03.71		
3% off		1.05.62		
6% off		1.07.53		

Men - T20				
400m				
AC - Top 80%		52.50		
3% off		54.08		
6% off		55.65		

Women - T20				
1500m				
AC - Top 80%		5.03.98		
3% off		5.13.10		
6% off		5.22.22		

Men - T20				
1500m				
AC - Top 80%		4.12.37		
3% off		4.19.94		
6% off		4.37.51		

Women - T20				
Shot Put				
AC - Top 80%		10.56		
3% off		10.24		
6% off		9.93		

Men - T20				
Shot Put				
AC - Top 80%		13.17		
3% off		12.77		
6% off		12.38		

Women - T20				
Long Jump				
AC - Top 80%		4.74		
3% off		4.60		
6% off		4.46		

Men - T20				
Long Jump				
AC - Top 80%		6.22		
3% off		6.03		
6% off		5.85		