Athletics Manitoba

2024 Performance Pathway Standards

Women				
100m		20 & Under	21-23	24 +
CAPP Talent Conf Std		11.74	11.60	11.44
3% off		12.09	11.95	11.78
6% off		12.44	12.30	12.13
Women				
200m		20 & Under	21-23	24 +
CAPP Talent Conf Std		24.58	23.92	23.54
3% off		25.32	24.64	24.25
6% off		26.05	25.36	24.95
Women				
400m		20 & Under	21-23	24 +
CAPP Talent Conf Std		55.53	54.47	53.04
3% off		57.20	56.10	54.63
6% off		58.86	57.74	56.22
Women				
800m		20 & Under	21-23	24 +
CAPP Talent Conf Std		2.08.02	2.07.01	2.05.26
3% off		2.11.86	2.10.82	2.09.02
6% off		2.15.70	2.14.63	2.12.78
Women				
1500m		20 & Under	21-23	24 +
CAPP Talent Conf Std		4.28.88	4.18.21	4.14.14
3% off		4.31.05	4.25.96	4.21.76
6% off		4.45.01	4.33.70	4.29.39

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		21.52	21.29	20.87
3% off		22.17	21.93	21.50
6% off		22.81	22.57	22.12
Men				
400m		20 & Under	21-23	24 +
CAPP Talent Conf Std		47.74	47.70	46.67
3% off		49.17	49.13	48.07
6% off		50.60	50.56	49.47
Men				
800m		20 & Under	21-23	24 +
CAPP Talent Conf Std		1.51.10	1.50.12	1.48.81
3% off		1.54.43	1.53.42	1.52.07
6% off		1.57.77	1.56.73	1.55.34
Men				
1500m		20 & Under	21-23	24 +
CAPP Talent Conf Std		3.50.53	3.45.40	3.43.17
3% off		3.57.46	3.52.16	3.49.87
6% off		4.04.36	3.58.92	3.56.56

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Women				
100mh		20 & Under	21-23	24 +
CAPP Talent Conf Std		13.76	13.53	13.34
3% off		14.17	13.94	13.74
6% off		14.59	14.34	14.14

Women				
400mh		20 & Under	21-23	24 +
CAPP Talent Conf Std		59.97	58.08	57.11
3% off		1.01.77	59.82	58.82
6% off		1.03.57	1.01.56	1.00.54

Women				
3000m S/C		20 & Under	21-23	24 +
CAPP Talent Conf Std		10.32.16	10.13.50	10.02.06
3% off		10.51.12	10.31.91	10.20.12
6% off		11.10.09	10.50.31	10.38.18

Women				
3000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		9.35.24	9.10.03	9.02.68
3% off		9.52.50	9.27.56	9.18.96
6% off		10.09.75	9.43.03	9.35.24

Women				
5000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		16.17.05	15.44.35	15.34.08
3% off		16.46.36	16.12.68	16.02.10
6% off		17.15.67	16.41.01	16.30.89

Men				
110mh		20 & Under	21-23	24 +
CAPP Talent Conf Std			13.77	13.67
3% off			14.18	14.08
6% off			14.60	14.49
CAPP Talent Conf Std 99cm		13.75		
3% off		14.16		
6% off		14.58		

Men				
400mh		20 & Under	21-23	24 +
CAPP Talent Conf Std		52.51	51.30	50.64
3% off		54.09	52.84	52.16
6% off		55.66	54.38	53.68

Men				
3000m S/C		20 & Under	21-23	24 +
CAPP Talent Conf Std		8.54.60	8.42.72	8.36.52
3% off		9.10.64	8.58.40	8.52.02
6% off		9.26.68	9.14.08	9.07.51

Men				
3000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		8.14.20	8.02.74	7.59.18
3% off		8.29.03	8.17.22	8.11.81
6% off		8.43.85	831.7	8.26.14

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2024 Performance Pathway Standards

Women				
10000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		34.56.06	33.43.02	32.53.69
3% off		35.58.94	34.43.71	33.52.90
6% off		37.01.82	35.44.40	34.52.11

Women				
10000m		20 & Under	21-23	24 +
Road				
CAPP Talent Conf Std		35.05	33.52	33.04
3% off		36.08	34.53	34.04
6% off		37.11	35.54	35.03

Women				
Half		20 & Under	21-23	24 +
Marathon				
CAPP Talent Conf Std		1.15.37	1.13.19	1.11.16
3% off		1.17.53	1.15.31	1.14.04
6% off		1.20.09	1.17.43	1.15.33

Women				
Marathon				ALL
CAPP Talent Conf Std				2.30.49
3% off				2.35.20
6% off				2.39.52

Women				
20km RW		20 & Under	21-23	24 +
CAPP Talent Conf Std			1.35.42	1.34.06
3% off			1.38.34	1.36.55
6% off			1.41.27	1.39.45

Men				
5000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		14.12.68	14.01.16	13.43.05
3% off		14.38.26	14.26.39	14.07.74
6% off		15.03.84	14.51.63	14.32.43

Men				
10000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		29.04.88	28.19.53	28.11.07
3% off		29.57.23	29.10.05	29.01.80
6% off		30.49.57	30.01.50	29.52.53

Men				
10000m		20 & Under	21-23	24 +
Road				
CAPP Talent Conf Std		28.58	28.25	28.17
3% off		29.5	29.16	29.08
6% off		30.42	30.07	29.59

Men				
Half		20 & Under	21-23	24 +
Marathon				
CAPP Talent Conf Std		1.03.16	1.02.13	1.01.54
3% off		1.05.08	1.04.05	1.03.45
6% off		1.07.02	1.05.57	1.05.37

Men				
Marathon				ALL
CAPP Talent Conf Std				2.12.39
3% off				2.16.38
6% off				2.20.37

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2024 Performance Pathway Standards

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		5.94	6.21	6.37
3% off		5.76	6.02	6.18
6% off		5.58	5.84	5.99

Women				
Triple Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		13.19	13.53	13.74
3% off		12.79	13.12	13.33
6% off		12.40	12.72	12.92

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		3.87	4.09	4.28
3% off		3.75	3.97	4.15
6% off		3.64	3.84	4.02

Men				
20km RW		20 & Under	21-23	24 +
CAPP Talent Conf Std			1.27.59	1.25.05
3% off			1.31.02	1.28.03
6% off			1.33.25	1.30.18
Jr 10km RW				
CAPP Talent Conf Std		40.56		
3% off		42.83		
6% off		43.38		

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		15.18	15.42	16.18
3% off		14.72	14.96	15.69
6% off		14.27	14.49	15.21

Men				
High Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		2.14	2.18	2.21
3% off		2.08	2.11	2.14
6% off		2.01	2.05	2.08

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2024 Performance Pathway Standards

Women				
Shot Put		20 & Under	21-23	24 +
CAPP Talent Conf Std		14.89	16.19	16.79
3% off		14.44	15.70	16.29
6% off		14.00	15.22	15.78

Women				
Discus		20 & Under	21-23	24 +
CAPP Talent Conf Std		50.07	54.80	56.96
3% off		48.57	53.16	55.25
6% off		47.07	51.51	53.54

Women				
Hammer		20 & Under	21-23	24 +
CAPP Talent Conf Std		57.01	60.80	64.13
3% off		55.30	58.98	62.21
6% off		53.59	57.15	60.28

Women				
Javelin		20 & Under	21-23	24 +
CAPP Talent Conf Std		47.44	52.80	55.81
3% off		46.02	51.22	54.14
6% off		44.59	49.63	52.46

Women				
Heptathlon		20 & Under	21-23	24 +
CAPP Talent Conf Std		4781	5574	5705
3% off		4638	5407	5534
6% off		4494	5240	5363

Men				
Pole Vault		20 & Under	21-23	24 +
CAPP Talent Conf Std		5.05	5.19	5.32
3% off		4.90	5.03	5.16
6% off		4.75	4.88	5.00

Men				
Shot Put		20 & Under	21-23	24 +
CAPP Talent Conf Std			18.46	19.37
3% off			17.91	18.79
6% off			17.35	18.21
CAPP Talent Conf Std 6KG		17.30		
3% off		16.78		
6% off		16.26		

Men				
Discus		20 & Under	21-23	24 +
CAPP Talent Conf Std			56.85	59.34
3% off			55.10	57.56
6% off			54.44	55.78

Men				
Discus				
CAPP Talent Conf Std 1.75KG		52.40		
3% off		50.83		
6% off		49.26		

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2024 Performance Pathway Standards

Men				
Hammer		20 & Under	21-23	24 +
CAPP Talent Conf Std			70.74	72.63
3% off			68.62	70.45
6% off			66.5	68.27
CAPP Talent Conf Std 6KG		68.27		
3% off		66.22		
6% off		64.17		
Men				
Javelin		20 & Under	21-23	24 +
CAPP Talent Conf Std		70.52	72.54	75.02
3% off		68.40	70.36	72.77
6% off		66.29	68.19	70.52
Men				
Decathlon		20 & Under	21-23	24 +
CAPP Talent Conf Std		7575	7867	8102
3% off		7348	7631	7859
6% off		7121	7395	7616

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2024 Performance Pathway Standards

Women - T53				
100m				
AC - Top 80%		18.45		
3% off		19.00		
6% off		19.56		

Men - T53				
100m				
AC - Top 80%		16.07		
3% off		16.55		
6% off		17.03		

Women - T53				
400m				
AC - Top 80%		1.02.19		
3% off		1.04.06		
6% off		1.05.92		

Men - T53				
400m				
AC - Top 80%		53.45		
3% off		55.05		
6% off		56.66		

Women - T53				
800m				
AC - Top 80%		2.00.79		
3% off		2.04.41		
6% off		2.08.04		

Men - T53				
800m				
AC - Top 80%		1.47.49		
3% off		1.50.71		
6% off		1.53.94		

Women - T54				
100m				
AC - Top 80%		17.69		
3% off		18.22		
6% off		18.75		

Men - T54				
100m				
AC - Top 80%		15.10		
3% off		15.55		
6% off		16.01		

Women - T54				
400m				
AC - Top 80%		59.46		
3% off		1.01.24		
6% off		1.03.03		

Men - T54				
400m				
AC - Top 80%		50.02		
3% off		51.52		
6% off		53.02		

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2024 Performance Pathway Standards

Women - T54				
800m				
AC - Top 80%		1.57.50		
3% off		2.01.03		
6% off		2.04.55		

Men - T54				
800m				
AC - Top 80%		1.39.66		
3% off		1.42.65		
6% off		1.45.64		

Women - T20				
400m				
AC - Top 80%		1.03.65		
3% off		1.05.56		
6% off		1.07.47		

Men - T20				
400m				
AC - Top 80%		51.89		
3% off		53.45		
6% off		55.00		

Women - T20				
1500m				
AC - Top 80%		5.08.04		
3% off		5.17.25		
6% off		5.26.52		

Men - T20				
1500m				
AC - Top 80%		4.10.22		
3% off		4.17.73		
6% off		4.25.23		

Women - T20				
Shot Put				
AC - Top 80%		10.90		
3% off		10.57		
6% off		10.25		

Men - T20				
Shot Put				
AC - Top 80%		13.31		
3% off		12.91		
6% off		12.51		

Women - T20				
Long Jump				
AC - Top 80%		4.88		
3% off		4.73		
6% off		4.59		

Men - T20				
Long Jump				
AC - Top 80%		6.21		
3% off		6.02		
6% off		5.84		