

<b>Athletics Manitoba</b>			
<b>Standards for</b>			
<b>2005 Regina Canada Summer Games</b>			
A standard	Possibility of a medal		
B standard	Potential to advance to an A Final		
C standard	Point scorer		
<b>Women</b>	<b>A</b>	<b>B</b>	<b>C</b>
100m	11.98	12.39	12.82
200m	24.44	25.27	26.10
400m	55.78	57.73	61.20
800m	2:12.04	2:15.60	2:20.48
1500m	4:29.38	4:36.32	4:55.47
5000m	17:16.45	18:01.25	18:50.00
3000m EQ	9:57.29	10:23.56	10:52.21
10000m	37:48.66	40:07.38	45:50.5
100mH	14.18	15.25	16.79
400mH	61.16	64.43	69.37
3000mSC	10:51.7	11:21.41	12:30.00
4 X 100m	46.80	52.26	
4 X 400m	3:48.12	4:05.77	
High Jump	1.74	1.63	1.54
Long Jump	5.80	5.41	4.92
Triple Jump	12.37	11.39	10.73
Pole Vault	3.60	3.30	2.50
Discus	44.82	38.43	28.58
Shot Put	13.65	12.29	10.76
Javelin	44.63	39.92	29.83
Hammer	51.43	41.42	28.44
Heptathlon	4780	3570	3200
<b>Men</b>	<b>A</b>	<b>B</b>	<b>C</b>
100m	10.62	10.85	11.24
200m	21.45	21.95	22.98
400m	48.11	49.64	51.86
800m	1:54.09	1:54.09	1:59.74
1500m	3:55.31	3:59.77	4:06.18
5000m	14:47.12	15:20.33	15:44.65
3000m EQ	8:32.65	8:51.75	9:05.74
10000m	30:58.02	32:35.99	33:29.75
110mH	14.35	15.12	17.50
400mH	53.09	56.43	
3000mSC	9:01.58	9:30.95	10:32.32
4 X 100m	40.99	43.30	
4 X 400m	3:14.61	3:26.37	
High Jump	2.10	2.00	1.85
Long Jump	7.30	6.91	6.39
Triple Jump	15.20	13.94	12.82
Pole Vault	4.83	4.55	3.90
Discus	47.21	40.18	34.60
Shot Put	15.45	13.00	11.57
Javelin	60.09	52.61	45.69
Hammer	54.51	43.01	28.57
Decathlon	6677	5996	4390