

2019 WCSG Team Standards

WOMEN			EVENTS	MEN		
A	B	C		A	B	C
12.14	12.28	12.53	100m	10.86	10.95	11.06
24.82	25.18	25.64	200m	21.99	22.15	22.47
56.76	57.17	58.23	400m	48.68	49.07	49.77
2:13.18	2:14.06	2:16.79	800m	1:53.50	1:54.62	1:55.11
4:39.58	4:42.09	4:45.30	1500m	4:00.30	4:01.22	4:03.58
10:15.53	10:31.42	10:51.57	3000m	8:44.22	8:46.42	8:55.61
18:03.62	18:18.58	19:54.69	5000m	15:16.20	15:25.66	15:43.09
15.23	15.31	15.73	100m/110m H	15.63	15.75	16.18
1:03.67	1:04.75	1:06.79	400m H	55.27	55.78	57.97
1.65	1.59	1.55	High Jump	2.00	1.98	1.88
5.44	5.34	5.20	Long Jump	6.96	6.78	6.50
11.64	11.43	10.90	Triple Jump	14.09	13.77	13.39
3.63	3.35	3.05	Pole Vault	4.53	4.37	4.10
12.06	11.75	10.70	Shot Put	13.78	13.21	12.03
38.08	37.11	34.54	Discus	42.35	41.38	38.44
49.16	45.57	40.67	Hammer	49.86	45.11	40.42
39.88	37.55	33.64	Javelin	55.43	53.60	50.94
4114	3682	3462	Heptathlon/Decathlon	5448	5074	4114

Unfortunately, there is NO STEEPLECHASE being held as part of the 2019 WCSG, however the coaching staff has decided that it is important to maintain a consistent funding opportunity for those athletes. The following standards apply only for purpose of athlete funding. They will not apply for team selection.

The 2000m equivalent steeple standard, ONLY applies to Youth aged athletes. And male athletes (Youth, Junior or Senior) must run these equivalent standards at the proper Senior barrier height.

	3000m SC	2000m SC
Women A	11:30.73	7:15.77
Men A	9:39.09	6:13.61