

2026 Western Canada Team Challenge Standards



U16 Women	A Standard	B Standard	C Standard
80mH	12.85	13.21	14.19
200mH	30.98	31.97	32.74
100m	12.52	38.45	13.06
200m	25.81	26.29	27.31
300m	42.81	43.72	44.32
800m	2:20.06	02:24.52	02:29.87
1200m	03:49.23	03:56.06	03:59.40
2000m	06:53.21	07:15.11	07:51.90
1500m Steeple	05:45.99	6:00.96	6:15.50
High Jump	1.52	1.40	1.33
Long Jump	5.18	4.89	4.71
Triple Jump	10.49	10.21	9.87
Pole Vault	2.27	2.20	2.15
Shot Put 3kg	10.84	9.92	9.64
Discus 1kg	29.99	27.31	25.33
Hammer 3kg	31.69	27.74	25.26
Javelin 500g	29.15	23.36	22.18
Pentathlon	2283	1830	1750

U18 Women	A Standard	B Standard	C Standard
100mH	14.57	15.25	16.77
400mH	68.61	72.90	77.26
100m	12.26	12.53	12.63
200m	25.26	25.81	26.34
400m	58.66	59.70	01:00.58
800m	02:14.12	02:22.13	02:29.02
1500m	04:45.56	04:53.25	05:06.45
3000m	10:34.57	10:45.24	11:08.28
2000m Steeple	07:52.42	08:20.69	08:45.87
High Jump	1.53	1.50	1.48
Long Jump	5.32	5.22	4.94
Triple Jump	10.52	10.36	10.13
Pole Vault	2.82	2.22	2.15
Shot Put 3kg	11.87	11.20	10.50
Discus 1kg	31.00	29.07	27.95
Hammer 3kg	42.38	35.11	34.32
Javelin 500g	32.36	28.02	24.90
Heptathlon	3640	3190	2985

U16 Men	A Standard	B Standard	C Standard
100mH	14.95	15.71	16.97
200mH	30.47	32.25	33.75
100m	11.42	11.73	12.01
200m	23.33	24.41	24.68
300m	38.40	38.78	40.68
800m	02:08.94	02:13.24	02:18.69
1200m	03:27.03	03:33.07	03:41.43
2000m	06:16.84	06:17.02	06:41.14
1500m Steeple	5:00.10	5:05.10	5:10.10
High Jump	1.69	1.53	1.50
Long Jump	5.96	5.71	5.48
Triple Jump	11.49	10.43	10.30
Pole Vault	3.10	2.90	2.75
Shot Put 4kg	13.90	11.37	11.00
Discus 1kg	42.13	34.42	31.53
Hammer 4 kg	38.85	30.43	29.00
Javelin 600g	39.56	23.93	23.00
Pentathlon	2000	1800	1600

U18 Men	A Standard	B Standard	C Standard
110mH	15.27	15.54	17.01
400mH	1:01.42	1:02.50	1:03.50
100m	11.05	11.24	11.50
200m	22.12	22.57	22.94
400m	49.96	50.64	51.84
800m	1:54.90	1:58.54	2:02.73
1500m	4:05.38	4:10.96	4:18.02
3000m	8:54.51	9:09.42	9:25.61
2000m Steeple	6:37.31	6:58.23	7:05.50
High Jump	1.80	1.65	1.63
Long Jump	6.39	5.82	5.65
Triple Jump	13.10	12.06	11.45
Pole Vault	3.16	3.00	2.90
Shot Put 5 kg	14.02	12.16	11.41
Discus 1.5kg	37.65	31.44	30.50
Hammer 5kg	51.43	34.41	33.00
Javelin 700g	49.08	44.15	38.76
Decathlon	5059	3627	3200