



Athletics Manitoba
2026 Performance Pathway Standards

Women				
100m		20 & Under	21-23	24 +
CAPP Talent Conf Std		11.71	11.57	11.41
3% off		12.06	11.92	11.75
6% off		12.41	12.26	12.09
Women				
200m		20 & Under	21-23	24 +
CAPP Talent Conf Std		24.56	23.90	23.52
3% off		25.30	24.62	24.23
6% off		26.03	25.33	24.93
Women				
400m		20 & Under	21-23	24 +
CAPP Talent Conf Std		55.66	54.61	53.17
3% off		57.33	56.25	54.77
6% off		59.00	57.89	56.36
Women				
800m		20 & Under	21-23	24 +
CAPP Talent Conf Std		2.07.88	2.06.88	2.05.13
3% off		2.11.72	2.10.69	2.08.88
6% off		2.15.55	2.14.49	2.12.64
Women				
1500m		20 & Under	21-23	24 +
CAPP Talent Conf Std		4.28.82	4.18.15	4.14.08
3% off		4.36.88	4.25.89	4.21.70
6% off		4.44.95	4.33.64	4.29.32

Men				
100m		20 & Under	21-23	24 +
CAPP Talent Conf Std		10.60	10.51	10.38
3% off		10.92	10.83	10.69
6% off		11.24	11.14	11.00
Men				
200m		20 & Under	21-23	24 +
CAPP Talent Conf Std		21.56	21.33	20.91
3% off		22.21	21.97	21.54
6% off		22.85	22.61	22.16
Men				
400m		20 & Under	21-23	24 +
CAPP Talent Conf Std		47.78	47.73	46.70
3% off		49.21	49.16	48.10
6% off		50.65	50.59	49.50
Men				
800m		20 & Under	21-23	24 +
CAPP Talent Conf Std		1.50.59	1.49.62	1.48.32
3% off		1.53.91	1.52.91	1.51.57
6% off		1.57.23	1.56.20	1.54.82
Men				
1500m		20 & Under	21-23	24 +
CAPP Talent Conf Std		3.49.27	3.42.17	3.41.95
3% off		3.56.15	3.48.84	3.48.61
6% off		4.03.03	3.55.50	3.55.27



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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		1.00.14	58.15	57.18
3% off		1.01.94	59.89	58.90
6% off		1.03.75	1.01.64	1.00.61
Women				
3000m S/C		20 & Under	21-23	24 +
CAPP Talent Conf Std		10.29.59	10.11.00	9.59.61
3% off		10.48.48	10.29.33	10.17.60
6% off		11.07.37	10.47.66	10.35.59
Women				
3000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		9.34.29	9.09.09	9.01.78
3% off		9.51.52	9.25.56	9.18.03
6% off		10.08.75	9.42.04	9.34.29
Women				
5000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		16.14.09	15.41.49	15.31.25
3% off		16.43.31	16.09.73	15.59.19
6% off		17.12.54	16.37.98	16.27.13

Men				
110mh		20 & Under	21-23	24 +
CAPP Talent Conf Std			13.76	13.66
3% off			14.17	14.07
6% off			14.59	14.48
CAPP Talent Conf Std 99cm		13.58		
3% off		13.99		
6% off		14.39		
Men				
400mh		20 & Under	21-23	24 +
CAPP Talent Conf Std		52.32	51.12	50.46
3% off		53.89	52.65	51.97
6% off		55.46	54.19	53.49
Men				
3000m S/C		20 & Under	21-23	24 +
CAPP Talent Conf Std		8.53.08	8.41.23	8.35.05
3% off		9.09.07	8.56.87	8.50.50
6% off		9.25.06	9.12.50	9.05.95
Men				
3000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		8.10.00	7.58.65	7.55.13
3% off		8.24.70	8.13.01	8.09.38
6% off		8.39.40	8.27.37	8.23.64
Men				
5000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		14.03.28	13.51.89	13.33.98
3% off		14.28.58	14.16.85	13.58.40
6% off		14.53.88	14.41.80	14.22.82



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Women				
10000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		34.54.69	33.41.71	32.52.40
3% off		35.57.53	34.42.36	33.51.57
6% off		37.00.37	35.43.01	34.50.74
Women				
10000m		20 & Under	21-23	24 +
Road				
CAPP Talent Conf Std		35.04	33.51	33.03
3% off		36.07	34.52	34.02
6% off		37.10	35.53	35.02
Women				
Half		20 & Under	21-23	24 +
Marathon				
CAPP Talent Conf Std		1.15.59	1.13.41	1.11.37
3% off		1.18.16	1.15.54	1.13.46
6% off		1.20.33	1.18.06	1.15.55
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
Women				
Jr 10k RW				
CAPP Talent Conf Std		45.49		
3% off		47.11		
6% off		48.34		

Men				
10000m		20 & Under	21-23	24 +
CAPP Talent Conf Std		28.49.30	28.04.37	27.56.00
3% off		29.41.18	28.54.90	28.46.28
6% off		30.33.06	29.45.43	29.36.56
Men				
10000m		20 & Under	21-23	24 +
Road				
CAPP Talent Conf Std		28.43	28.10	28.02
3% off		29.35	28.51	28.52
6% off		30.26	29.42	29.43
Men				
Half		20 & Under	21-23	24 +
Marathon				
CAPP Talent Conf Std		1.03.24	1.02.21	1.02.02
3% off		1.05.18	1.04.13	1.03.54
6% off		1.07.12	1.06.05	1.05.45
Men				
Marathon				ALL
CAPP Talent Conf Std				2.12.38
3% off				2.16.37
6% off				2.20.35
Men				
20km RW		20 & Under	21-23	24 +
CAPP Talent Conf Std			1.27.59	1.25.05
3% off			1.30.37	1.27.38
6% off			1.33.16	1.30.11
Men				
Jr 10k RW				
		40.56		
3% off		42.10		
6% off		43.23		



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Women				
Long Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		5.90	6.17	6.33
3% off		5.72	5.98	6.14
6% off		5.55	5.80	5.95
Women				
Triple Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		13.18	13.52	13.73
3% off		12.78	13.11	13.32
6% off		12.39	12.71	12.91
Women				
High Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		1.82	1.84	1.87
3% off		1.77	1.78	1.81
6% off		1.71	1.73	1.76
Women				
Pole Vault		20 & Under	21-23	24 +
CAPP Talent Conf Std		3.88	4.10	4.29
3% off		3.76	3.98	4.16
6% off		3.65	3.85	4.03
Women				
Shot Put		20 & Under	21-23	24 +
CAPP Talent Conf Std		15.23	16.56	17.17
3% off		14.77	16.06	16.65
6% off		14.32	15.57	16.14

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		15.29	15.53	16.30
3% off		14.83	15.06	15.81
6% off		14.37	14.60	15.32
Men				
High Jump		20 & Under	21-23	24 +
CAPP Talent Conf Std		2.15	2.19	2.22
3% off		2.09	2.12	2.15
6% off		2.02	2.06	2.09
Men				
Pole Vault		20 & Under	21-23	24 +
CAPP Talent Conf Std		5.09	5.23	5.36
3% off		4.94	5.07	5.20
6% off		4.78	4.92	5.04
Men				
Shot Put		20 & Under	21-23	24 +
CAPP Talent Conf Std			18.47	19.38
3% off			17.92	18.80
6% off			17.36	18.22
CAPP Talent Conf Std 6KG		17.31		
3% off		16.79		
6% off		16.27		



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Women				
Discus		20 & Under	21-23	24 +
CAPP Talent Conf Std		50.67	55.46	57.64
3% off		49.15	53.80	55.91
6% off		47.63	52.13	54.18
Women				
Hammer		20 & Under	21-23	24 +
CAPP Talent Conf Std		57.70	61.54	64.91
3% off		55.97	59.69	62.96
6% off		54.24	57.85	61.02
Women				
Javelin		20 & Under	21-23	24 +
CAPP Talent Conf Std		47.46	52.82	55.83
3% off		46.04	51.24	54.16
6% off		44.61	49.65	52.48
Women				
Heptathlon		20 & Under	21-23	24 +
CAPP Talent Conf Std		4776	5568	5699
3% off		4633	5401	5528
6% off		4489	5234	5357

Men				
Discus		20 & Under	21-23	24 +
CAPP Talent Conf Std			56.94	59.44
3% off			55.23	57.66
6% off			53.52	55.87
CAPP Talent Conf Std 1.75KG		52.49		
3% off		50.92		
6% off		49.34		
Men				
Hammer		20 & Under	21-23	24 +
CAPP Talent Conf Std			70.39	72.27
3% off			68.28	70.10
6% off			66.17	67.93
CAPP Talent Conf Std 6KG		67.93		
3% off		65.89		
6% off		63.85		
Men				
Javelin		20 & Under	21-23	24 +
CAPP Talent Conf Std		71.57	73.63	76.14
3% off		69.42	71.42	73.86
6% off		67.28	69.21	71.57
Men				
Decathlon		20 & Under	21-23	24 +
CAPP Talent Conf Std		7271	7551	7777
3% off		7053	7324	7544
6% off		6835	7098	7310



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Women - T53				
100m				
CAPP Talent Conf Std				18.92
3% off				19.49
6% off				20.06
Women - T53				
400m				
CAPP Talent Conf Std				1.03.56
3% off				1.05.47
6% off				1.07.37
Women - T53				
800m				
CAPP Talent Conf Std				2.03.06
3% off				2.06.75
6% off				2.10.44
Women - T54				
100m				
CAPP Talent Conf Std				17.53
3% off				18.06
6% off				18.58
Women - T54				
400m				
CAPP Talent Conf Std				59.46
3% off				1.01.24
6% off				1.03.03

Men - T53				
100m				
CAPP Talent Conf Std				16.14
3% off				16.62
6% off				17.11
Men - T53				
400m				
CAPP Talent Conf Std				53.27
3% off				54.87
6% off				56.52
Men - T53				
800m				
CAPP Talent Conf Std				1.47.77
3% off				1.51.00
6% off				1.54.24
Men - T54				
100m				
CAPP Talent Conf Std				15.05
3% off				15.50
6% off				15.95
Men - T54				
400m				
CAPP Talent Conf Std				49.74
3% off				51.23
6% off				52.72
Men - T54				
800m				
CAPP Talent Conf Std				1.38.59



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Women - T54				
800m				
CAPP Talent Conf Std				1.56.28
3% off				1.59.77
6% off				2.03.26
Women - T20				
400m				
CAPP Talent Conf Std				1.02.87
3% off				1.04.76
6% off				1.06.64
Women - T20				
1500m				
CAPP Talent Conf Std				5.06.79
3% off				5.15.99
6% off				5.25.20
Women - F20				
Shot Put				
CAPP Talent Conf Std				11.23
3% off				10.89
6% off				10.56
Women - T20				
Long Jump				
CAPP Talent Conf Std				4.98
3% off				4.83
6% off				4.68

3% off				1.41.55
6% off				1.44.51
Men - T20				
400m				
CAPP Talent Conf Std				51.56
3% off				53.11
6% off				54.65
Men - T20				
1500m				
CAPP Talent Conf Std				4.09.62
3% off				4.17.11
6% off				4.24.60
Men - F20				
Shot Put				
CAPP Talent Conf Std				13.70
3% off				13.29
6% off				12.88
Men - T20				
Long Jump				
CAPP Talent Conf Std				6.35
3% off				6.16
6% off				5.97
Men - T20				
Long Jump				
CAPP Talent Conf Std				6.21
3% off				6.02
6% off				5.84