

2009 Junior Standards

In order to participate at the National Senior Championships following criteria must be met (All performances eligible to qualify for standards must have been achieved in a sanctioned competition as defined by Athletics Canada)

The achievement of all performances must be recognized on the official Athletics Canada outdoor performance ranking lists.

Wind reading and implement certification must be recorded on results to guarantee their validity.

Performances that meet the Athletics Canada Standard or the Windsor Legion Standard must have been achieved outdoors between July 18, 2008 and June 20, 2009 in order to compete in the National Junior Championships.

Athletes will be responsible for 100% of the transportation, accommodation and entry fee costs if they place in the top positions at the OTFA Qualifier meet on June 13th & 14th.

Athletes will be responsible for 100% of the transportation and accommodation expense if they achieve the Athletics Canada standard but do not achieve the Club standard where the Club standard is more difficult.

Athlete will be responsible for 75% of the transportation and accommodation expense if they achieve the most difficult of the Athletics Canada or Club standard as listed below.

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Event	MEN		WOMEN	
	Athletics Canada	Club Standard	Athletics Canada	Club Standard
100m	11.30	11.08	12.70	12.52
200m	22.70	22.51	25.60	25.30
400m	50.80	49.16	60.00	57.65
800	1:56.50	1:54.28	2:17.00	2:14.76
1500	4:05.00	3:59.87	4:43.00	4:36.75

5000/3000	15:40.00	15:22.4	10:25.00	10:08.59
110/100mh	16.00(99cm)16.10(167cm)	15.10 (14.65 36")	16.00	14.98
400mh	57.00	56.76	1:06.20	1:03.58
2000m/3000m				
Steep	10:20.00	9:45.84 (6:06.50 2k)	No Standard	7:22.08/11:30.00
High Jump	1.90	1.93	1.62	1.64
Pole Vault	3.80	4.05	3.20	3.32
Long Jump	6.45	6.59	5.20	5.25
Triple Jump	13.30	13.34	11.00	11.05
Shot Put	14.00	14.27	11.00	11.41
Discus	43.00(1.75kg)	43.67	34.00	37.80
Hammer	42.00(6kg)	45.07	34.20	44.64
Javelin	50.00(800g)	51.98	35.00	38.83