

Canterbury Selection Standards - National Championships 2019

Event	SM	M-U20	M-U18	SW	W-U20	W-U18
100	11.25	11.50	11.70	12.50	13.00	13.20
200	22.50	23.50	23.45	25.30	26.50	26.75
400	51.00	53.00	52.50	58.50	60.50	62.00
800	1:58.00	2:00.00	2:03.00	2:17.00	2:25.00	2:29.00
1500	3:55.00	4:07.50	4:14.00	4:38.00	4:50.00	4:55.00
3000	8:45.00	9:05.00	9:15.00	10:25.00	10:45.00	10:50.00
5000	15:00.00	16:15.00		18:00.00	19:00.00	
10000	34:00.00	39:00.00		40:00.00		
100/110 Hurdles	16.75	17.00	17.50	15.65	16.50	16.50
300/400 Hurdles	62.50	65.00	45.00	67.00	71.00	50.00
Steeplechase	10:25.00	10:45.00	7:00.00	11:10.00	11:45.00	7:45.00
Long Jump	6.50	6.30	5.80	5.20	4.95	4.95
Triple Jump	13.20	12.00	11.75	10.75	10.25	10.00
High Jump	1.90	1.85	1.75	1.65	1.60	1.55
Pole Vault	4.00	3.50	3.10	3.20	2.70	2.50
Shot Put	13.00	13.00	12.00	11.30	10.30	11.00
Discus	40.00	39.00	38.00	39.50	32.00	29.50
Javelin	49.00	43.50	41.00	36.00	30.00	27.00
Hammer	45.00	38.50	37.00	40.00	36.50	33.00
3000m Track Walk	15:00.00	16:15.00	17:30.00	17:30.00	18:30.00	19:00.00
Combined Events	5000	4500	3750	4000	3500	3100