


Alberta Western Tri-Province 2016 Selection Standards

| Women | |  | Men | |
|---------|----------|---|---------|---------|
| Midget | Youth | | Midget | Youth |
| 12.90 | 12.65 | 100m | 11.75 | 11.20 |
| 26.55 | 25.60 | 200m | 23.90 | 22.70 |
| 43.05 | | 300m | 37.95 | |
| | 59.30 | 400m | | 51.40 |
| 2:23.80 | 2:18.20 | 800m | 2:06.40 | 1:58.70 |
| 3:54.55 | | 1200m | 3:25.70 | |
| | 4:52.20 | 1500m | | 4:10.15 |
| 7:10.25 | | 2000m | 6:24.95 | |
| | 11:01.15 | 3000m | | 9:26.80 |
| 12.60 | | 80m Hurdles | | |
| | 15.15 | 100m Hurdles | 14.85 | |
| | | 110m Hurdles | | 15.65 |
| 30.15 | | 200m Hurdles | 27.60 | |
| | 1:12.00 | 400m Hurdles | | 58.00 |
| 1.45 | 1.52 | High Jump | 1.65 | 1.75 |
| 2.30 | 2.70 | Pole Vault | 2.50 | 2.90 |
| 4.70 | 5.05 | Long Jump | 5.55 | 6.00 |
| 9.65 | 10.60 | Triple Jump | 11.05 | 12.25 |
| 9.55 | 10.80 | Shot Put | 11.20 | 12.50 |
| 24.20 | 27.65 | Discus Throw | 33.30 | 36.45 |
| 24.30 | 32.20 | Javelin Throw | 37.50 | 40.80 |
| 27.00 | 36.00 | Hammer Throw | 33.25 | 40.00 |