



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5744 FAX: 204-925-5792 www.athleticsmanitoba.com

U16/U18 Provincial Team

The U16/U18 Provincial Team program is a competitive opportunity organized annually by Athletics Manitoba. The program is targeted towards athletes that fall into the U16 (14 or 15 years of age) and U18 age categories (16 or 17 years of age). Each year the U16/U18 Team attends the Tri Province meet.

Standards used for potential provincial team selection are outlined below. Please note that achieving the standard or being named to the Prep Squad allows the athlete to enter the selection pool; it does not guarantee selection. Standards in the events must be met or exceeded in an Outdoor sanctioned competition between the dates of April 1st 2020 and the start of trials (exact dates are TBD).

General Information

- This year's event will be held in Manitoba (exact location TBD). Dates will be distributed once they have been finalized.
- Team Size: 40-athlete U16 Team & 40-athlete U18 team.
- Team fee: TBD- will include transportation, accommodations, competition uniform and some meals.

Athlete Eligibility

- Must be a registered member in good standing with Athletics Manitoba.
- Tri-Province Meets are open to Canadian citizens and permanent residents (a permanent resident is someone who has been granted permanent residency 90 days prior to the start of the meet). Permanent residents must have a Record of Landing (IMM 100), a confirmation of Permanent Residency (IMM 5292), a Permanent Resident Card, or any other document deemed eligible by Immigration Canada as proof of their status.

Selection Process

- U16/U18 Provincial Trials will be held in June (Meet/Date TBD).
- All athletes interested in being considered for the team must submit a declaration of interest form by **before June 15th**. This declaration will be made available in early May on [TrackieReg](#).
- As noted above, the qualifying period for achieving standards will begin April 1st and includes all performances achieved at Trials.
- Final Team Selection will occur after the completion of the event with all members being contacted shortly concluding the meet.
- The process to finalize team selections will occur in the order listed in the selection criteria.



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2020 Tri-Province Standards

U16 Women (2005-2006)			
Event	A	B	C
100m	12.76	12.94	13.17
200m	26.63	26.87	27.45
300m	41.00	42.46	42.87
800m	2:18.62	2:20.03	2:21.81
1200m	3:43.76	3:47.09	3:54.58
2000m	6:43.84	7:02.01	7:15.46
80m H-30'	12.75	13.07	13.50
200m H-30'	28.64	31.35	31.61
High Jump	1.55	1.51	1.42
Pole Vault	2.26	2.20	2.10
Long Jump	5.18	4.92	4.81
Triple Jump	10.76	10.43	10.25
Shot Put-3Kg	10.96	10.07	9.53
Discus-1Kg	30.41	26.73	24.41
Javelin-500g	31.60	28.13	24.36
Hammer-3Kg	35.61	28.26	27.73

U18 Women (2003-2004)			
Event	A	B	C
100m	12.54	12.69	12.85
200m	25.89	26.10	26.57
400m	57.60	1:00.00	1:00.83
800m	2:16.70	2:21.48	2:29.34
1500m	4:42.83	4:56.01	5:04.67
3000m	10:30.11	11:24.53	11:29.62
100m H-30'	15.41	16.09	16.56
400m H-30'	1:06.63	1:10.13	1:14.13
High Jump	1.57	1.55	1.47
Pole Vault	3.09	2.47	2.30
Long Jump	5.20	5.00	4.92
Triple Jump	11.26	11.09	10.90
Shot Put-3Kg	11.66	10.56	10.19
Discus-1Kg	33.34	30.60	28.40
Javelin-500g	35.31	34.34	30.52
Hammer-3Kg	41.01	38.30	32.85

U16 Men (2005-2006)			
Event	A	B	C
100m	11.48	11.68	11.93
200m	23.68	24.07	24.37
300m	37.40	38.07	38.84
800m	2:06.28	2:09.60	2:12.03
1200m	3:24.97	3:29.01	3:34.77
2000m	6:08.04	6:22.88	6:39.08
100m H-33'	15.04	15.22	16.00
200m H-30'	27.28	27.84	28.24
High Jump	1.74	1.69	1.61
Pole Vault	2.75	2.65	2.55
Long Jump	5.89	5.60	5.34
Triple Jump	11.55	10.85	10.43
Shot Put-4Kg	12.73	11.80	11.18
Discus-1Kg	39.95	34.95	32.71
Javelin-600g	39.93	35.26	33.92
Hammer-4Kg	34.61	27.30	25.73

U18 Men (2003-2004)			
Event	A	B	C
100m	11.18	11.38	11.55
200m	22.61	23.17	23.37
400m	50.02	50.98	52.14
800m	1:57.40	1:58.42	2:00.49
1500m	4:04.30	4:10.00	4:14.41
3000m	9:12.00	9:24.42	9:31.46
100m H-36'	15.40	16.30	16.87
400m H-33'	58.24	59.51	1:02.66
High Jump	1.83	1.74	1.67
Pole Vault	3.39	3.00	2.90
Long Jump	6.40	5.91	5.72
Triple Jump	13.07	12.28	11.96
Shot Put-5Kg	12.97	11.54	11.32
Discus-1.5Kg	40.60	36.87	33.78
Javelin-700g	47.41	43.36	39.81
Hammer-5Kg	39.09	30.76	27.08

*Standards have been based off the last 4-years of results at the Tri-Province Challenge. A Standard is compiled of averaged 2nd place results, B Standard is from the 4th place average, and C Standard is from the 6th place average.