

2025 Western Canada Team Challenge Standards



U16 Women	A Standard	B Standard	C Standard
80mH	12.90	13.04	13.66
200mH	30.34	32.41	34.26
100m	12.65	12.94	13.16
200m	25.95	26.58	27.32
300m	41.64	43.40	44.17
800m	2:19.87	02:23.09	02:29.02
1200m	03:44.56	03:51.83	03:57.30
2000m	06:45.35	07:09.60	07:26.10
1500m Steeple	05:44.41	6:00.96	6:15.00
High Jump	1.49	1.48	1.35
Long Jump	5.14	4.89	4.74
Triple Jump	10.46	10.16	9.81
Pole Vault	2.26	2.25	2.05
Shot Put 3kg	10.83	9.77	9.49
Discus 1kg	28.96	27.66	25.09
Hammer 3kg	31.52	25.12	24.73
Javelin 500g	28.88	25.77	23.23
Pentathlon	2283	1830	1750

U18 Women	A Standard	B Standard	C Standard
100mH	14.91	15.63	16.39
400mH	1:06.82	1:10.88	1:12.96
100m	12.42	12.61	12.73
200m	25.62	26.07	26.44
400m	58.01	59.73	1:00.47
800m	02:13.16	02:20.33	02:28.87
1500m	04:41.69	04:50.58	05:06.35
3000m	10:25.11	11:10.50	11:13.06
2000m Steeple	07:34.26	07:52.94	08:15.00
High Jump	1.57	1.52	1.50
Long Jump	5.24	5.10	4.91
Triple Jump	10.50	10.36	10.24
Pole Vault	3.01	2.51	2.3
Shot Put 3kg	11.82	11.07	10.34
Discus 1kg	30.40	28.44	25.87
Hammer 3kg	39.34	28.98	25.82
Javelin 500g	30.31	27.92	27.74
Heptathlon	3640	3190	2985

U16 Men	A Standard	B Standard	C Standard
100mH	15.14	15.88	16.61
200mH	29.13	30.13	31.13
100m	11.46	11.72	12.05
200m	23.30	24.28	24.07
300m	38.17	38.61	39.77
800m	02:07.46	02:11.25	02:15.65
1200m	03:26.35	03:31.14	03:38.32
2000m	06:19.33	06:24.76	06:51.52
1500m Steeple	05:07.68	5:20.00	05:35.00
High Jump	1.66	1.55	1.53
Long Jump	5.87	5.54	5.23
Triple Jump	11.66	10.34	10.00
Pole Vault	2.86	2.75	2.5
Shot Put 4kg	12.95	11.83	11.47
Discus 1kg	38.35	33.91	30.70
Hammer 4 kg	34.54	31.48	25.73
Javelin 600g	41.76	34.14	32.79
Pentathlon	2000	1800	1600

U18 Men	A Standard	B Standard	C Standard
110mH	15.71	16.01	17.64
400mH	59.79	1:00.50	1:01.50
100m	11.04	11.34	11.51
200m	22.37	22.95	23.28
400m	50.35	51.23	52.89
800m	1:56.01	1:58.27	2:00.92
1500m	4:06.98	4:10.33	4:15.03
3000m	9:09.42	9:15.86	9:26.61
2000m Steeple	6:31.66	6:45.90	6:55.00
High Jump	1.78	1.67	1.63
Long Jump	6.38	5.93	5.85
Triple Jump	13.08	12.17	11.45
Pole Vault	2.98	2.86	2.75
Shot Put 5 kg	13.19	11.35	10.62
Discus 1.5kg	43.91	32.16	31.50
Hammer 5kg	41.53	25.86	24.00
Javelin 700g	48.31	44.92	35.71
Decathlon	5059	3627	3200