

## Canterbury Team Selection Standards - 2023

Event	SM	M-U20	M-U18	M-U16	SW	W-U20	W-U18	W-U16
<b>100</b>	11.25	11.50	11.70	12.25	12.55	13.15	13.20	13.50
<b>200</b>	22.50	23.10	23.50	25.00	25.70	26.50	27.00	28.25
<b>400</b>	51.00	53.00	52.50	56.00	58.50	60.50	62.00	65.50
<b>800</b>	1:55.50	2:00.50	2:02.00	2:11.00	2:17.00	2:20.00	2:25.00	2:35.00
<b>1500</b>	3:55.50	4:05.00	4:08.00	4:30.00	4:37.00	4:54.00	4:56.00	5:20.00
<b>3000</b>	8:45.00	9:05.00	9:15.00	10:10.00	10:25.00	10:45.00	10:50.00	11:45.00
<b>5000</b>	14:49.00	15:45.00			18:10.00	19:20.00		
<b>Short Hurdles</b>	16.54 (110)	16.90 (110)	17.00 (110)	16.50 (100)	16.20 (100)	16.30 (100)	16.50 (100)	15.00 (80)
<b>Long Hurdles</b>	59.24.50 (400)	60.00 (400)	45.00 (300)	NS	67.50 (400)	69.00 (400)	49.50 (300)	NS
<b>Steeplechase</b>	10:14.00 (3km)	10:30.00 (3km)	6:25.00 (2km)	7:45.00 (2km)	12:10.00 (3km)	12:30.00 (3km)	8:00.00 (2km)	9:00.00 (2km)
<b>3000m Track Walk</b>	15:20.00	16:00.00	16:30.00	18:00.00	18:30.00	18:30.00	19:00.00	20:30.00
<b>10k Track Walk</b>	1:00.00	1:05.00	-	-	1:05.00	1:10.00	-	-
<b>Long Jump</b>	6.50m	5.95m	5.90m	5.25m	5.20m	4.90m	4.80m	4.10m
<b>Triple Jump</b>	12.50m	11.50m	11.00m	10.50m	10.50m	10.20m	10.00m	9.30m
<b>High Jump</b>	1.90m	1.80m	1.75m	1.60m	1.65m	1.55m	1.50m	1.35m
<b>Pole Vault</b>	3.80m	3.50m	3.20m	2.75m	3.30m	2.90m	2.80m	2.25m
<b>Shot Put</b>	12.70m	12.30m	12.00m	10.00m	11.60m	10.10m	11.50m	10.00m
<b>Discus</b>	40.00m	36.50m	37.50m	27.50m	40.00m	33.50m	33.00m	27.50m
<b>Javelin</b>	45.50m	42.50m	40.50m	30.00m	35.50m	33.00m	32.00m	23.00m
<b>Hammer</b>	41.00m	37.00m	36.00m	37.00m	40.00m	35.50m	34.00m	30.00m