

2019 WCSG STANDARDS (SR EVENTS, LEGAL WIND & OUTDOORS ONLY)

WOMEN		EVENT	MEN	
“A” Standard	“B Standard		“A” Standard	“B” Standard
12.21	12.30	100m	10.75	11.00
24.98	25.43	200m	21.60	22.20
56.59	57.50	400m	48.10	49.80
2:11.07	2:14.76	800m	1:53.48	1:55.60
4:29.52	4:38.27	1500m	3:55.00	3:59.00
9:48.36	10:30.58	3000m	8:52.00	9:12.66
17:30.63	18:30.13	5000m	15:30.95	16:31.44
29:00.00	30:00.00	5km Walk	28:00.00	29:00.00
14.23	15.20	100mH/110mH	14.70	15.30
60.64	65.00	400mH	55.93	58.36
1.68m	1.61m	HJ	2.06m	1.89m
5.60m	5.45m	LJ	6.93m	6.60m
11.35m	11.00m	TJ	14.10m	13.20m
3.50m	3.15m	PV	4.05m	3.75m
11.50m	10.70m	SP	13.10m	12.50m
37.50m	35.00m	DT	41.82m	37.50m
37.50m	34.00m	JT	51.20m	46.35m
47.40m	36.84m	HT	51.00m	46.00m
4500 pts	3900 pts	HEPT/DEC	5000 pts	4700 pts

2019 WCSG SELECTION CRITERIA

- 1) Winners with A standard at the trials.
- 2) Second with A standard at the trials.
- 3) Thirds with A standard at the trials.
- 4) Winners with A standard during the year.
- 5) Second with A standard during the year.
- 6) Thirds with A standard during the year.
- 7) Athletes with A standard who competed at trials.
- 8) Athletes with A standard unable to compete at the trials due to approved extenuating circumstances.
- 9) Winners with B standard at the trials.
- 10) Seconds with B standard at the trials.
- 11) Thirds with B standard at the trials.
- 12) Winners with B standard during the year.
- 13) Seconds with B standard during the year.
- 14) Thirds with B standard during the year.
- 15) Athletes with B standard who competed at trials.
- 16) Athletes with B standard unable to compete at the trials due to approved extenuating circumstances.

- 17) Winners in 2 events at the trials.
- 18) Winner of one event and second in another event or 2 second places finishes at the trials (one win and one second or two second place finishes).
- 19) Athletes to fill relay positions.
- 20) Additional athletes to fill remaining events selected by the coaching staff.

NOTE:

1. Athletes must be born in 1999 or later.
2. A standard will be the average of the top 3 ranked WCSG eligible performance from rankings across Western Canada.
3. B standard will be the average of the next 5 ranked WCSG eligible performance from rankings across Western Canada.
4. Only personal coaches are allowed to observe the selection meeting. Athlete/coaches or athletes are not allowed to attend. During criteria 17, team staff may ask the personal coaches to leave the meeting for the final selections.
5. Extenuating circumstances, if valid, are to be approved by the Head Coach, in consultation with the Team Staff.
6. Athletes with approved extenuating circumstances and those with known injuries will be given a date by which they must prove fitness. If they do not, they can be replaced with one of the alternates.
7. There are only 54 athletes selected doing Senior events and 3 per event (ratio of plus or minus 2 adding up to 54 = 29-25).
8. Placing 1st, 2nd, or 3rd does not guarantee you a spot on the team.
9. Selection is to select the best team possible based on performances that have legal winds at trials.