

NATIONAL CHAMPIONSHIPS STANDARDS

ATHLETICS CANADA ENTRY STANDARDS

Saskatchewan athletes achieving the enclosed standards are automatically eligible if:

- Performances have been achieved in a competition which has been sanctioned by: Athletics Canada, Athletics Canada Provincial Branch, USTFA, NCAA, IAAF.
 - Performances have been achieved Outdoors between May 1, 2018 and July 17, 2019 for Juniors and Senior performances.
 - Any athlete that has met the entry standard from May 1, 2018 to July 17, 2019 is eligible to take part.
 - The Saskatchewan Provincial Championships for Combined Events will take place in Calgary, on May 11-12 at the Spring Combined Events meet.
- a) Any athlete can now compete at the National Championships. But performances on the track from High School Provincials will not count towards National entry or funding due to the 2 false start rule adopted by SHSAA. Although, this year we will try to track the amount of false starts at the Championship. Also, some throws performances will not count due to different weights, hurdle spacing / heights used at the championships.
- b) Carded athletes (2019) are automatically eligible to compete in the Championships event in which they are carded. They must process their registration form with appropriate payment to the National Office.

SASKATCHEWAN ATHLETICS FUNDING STANDARDS

- a) Standards must be achieved OUTDOORS from January 1, 2019 up to and including the National Championships.
- b) Athletes achieving funding standard may receive up to 75% of transportation to the National Championships.
- c) **Athletes achieving funding standards to Nationals and Athlete Assistance Standards must attend Provincial Championships in order to receive provincial funding.** Sask Athletics will accept as an exemption from the Provincial Championships a doctor's certificate for injury, illness, death in the immediate family, letter from University, school, and technical school stating that an individual cannot attend due to commitments of the institution or if an athlete is competing at a conflicting National team event.

NATIONAL CHAMPIONSHIPS FUNDING

MEN

Funding Sr.	Entry Sr.	Events	Funding Jr.	Entry Jr.
10.28	10.45	100m	10.85	10.90
14.01	14.80	110mH 1.07cm / .99cm	14.65 (.99cm)	15.30 .99cm
20.80	21.30	200m	21.94	22.10
46.79	48.00	400m	48.82	49.00
52.82	54.50	400mH	54.48	57.00 (40.00 - 300mH)
1:49.36	1:50.00	800m	1:53.25	1:53.50
3:46.00	3:46.00	1500m	3:56.77	3:57.00
8:50.58	9:10.00	3,000SC	9:27.05	9:55.00 (6:20.00 - 2000st)
14:15.00	14:15.00	5,000m	15:10.00	15:10.00 (8:35.00 - 3000m)
31:00.00	31:00.00	10,000m	N/S	N/S
N/S	N/S	20km RW / 10km RW	N/S	N/S
2.09m	2.05m	HJ	2.00m	1.95m
4.90m	4.90m	PV	4.35m	4.10m
7.40m	7.40m	LJ	6.91m	6.75m
14.96m	14.70m	TJ	14.00m	13.80m
17.03m	16.00m	SP	15.52m (6.0kg)	14.50m (6.0kg)
50.61m	48.00m	DT	45.45m (1.75kg)	43.00m (1.75kg)
60.69m	59.00m	HT	53.23m (6.0kg)	48.00m (6.0kg)
67.07m	63.00m	JT	55.34m (800g)	52.00m (800g)
6566 pts	5800 pts	Dec.	5903pts	5500 pts

WOMEN

Funding Sr.	Entry St.	Events	Funding Jr.	Entry St.
11.56	11.80	100m	12.10	12.10
13.45	13.90	100mH .84m	14.10	14.80
23.67	24.15	200m	24.52	24.75
53.12	55.00	400m	55.71	57.00
58.20	61.00	400mH	61.30	63.50 (45.00 - 300mH)
2:04.85	2:06.00	800m	2:11.55	2:13.00
4:18.42	4:24.00	1500m	4:33.69	4:38.00
10:06.53	11:20.00	3,000m SC	11:16.74	11:50.00 7:25.00 for 2km St
No Event	No Event	3000m	9:45.97	10:10.00
16:20.42	16:40.00	5,000m	18:23.61	19:00.00
36:08.37	37:00.00	10,000m	No Event	No Event
N/S	N/S	10km RW	N/S	N/S
1.76m	1.75m	HJ	1.69m	1.65m
4.06m	4.05m	PV	3.45m	3.45m
5.90m	5.90m	LJ	5.70m	5.70m
12.49m	11.90m	TJ	11.80m	11.50m
14.68m	14.00m	SP	12.06m	12.00m (4kg)
47.63m	45.00m	DT	41.00m	41.00m (1kg)
62.27m	57.00m	HT	51.85m	47.00m (4kg)
47.74m	47.00m	JT	42.36m	39.00m (600g)
5240 pts	4000 pts	Hept	4361 pts	3800 pts