

2010 NATIONAL CHAMPIONSHIP FUNDING & ENTRY STANDARDS

MEN

Funding Sr.	Entry Sr.	Events	Funding Jr.	Entry Jr.
10.51	10.60	100m	11.00	11.10
14.50	14.80	110mH 1.067"/.99"	14.94 (.99")	15.90 (.99") 16.00 (1.067")
21.24	21.60	200m	22.04	22.30
47.42	48.30	400m	48.83	50.40
53.51	55.00	400mH	55.28	57.00 (40.00 for 300mH)
1:49.40	1:52.00	800m	1:54.38	1:55.00
3:48.65	3:49.00	1500m	3:56.42	4:00.00
9:07.28	9:20.00	3,000SC	9:36.80	10:20.00 (6:35.00 for 2000st)
14:14.01	14:25.00	5,000m	15:23.46	15:40.00 (9:02.00 for 3000m)
31:00.00	31:00.00	10,000m	No Event	No Event
N/S	N/S	20km/10km RW	N/S	N/S
2.10m	2.05m	HJ	1.97m	1.90m
4.93m	4.90m	PV	4.13m	3.80m
7.40m	7.40m	LJ	6.65m	6.45m
14.53m	14.50m	TJ	13.77m	13.30m
15.80m	15.80m	SP	15.02m (6.0kg)	14.00m (6.0kg)
50.89m	48.00m	DT	45.53m (1.75kg)	43.00m (1.75kg)
59.00m	59.00m	HT	48.27m (6.0kg)	42.00m (6.0kg)
60.21m	59.00m	JT	56.65m	50.00m (800gr)
6772 pts	6150 pts	Dec.	5500 pts	5500 pts

WOMEN

Funding Sr.	Entry St.	Events	Funding Jr.	Entry St.
11.82	12.10	100m	12.34	12.40
14.20	14.20	100mH	14.77	15.50
24.18	24.50	200m	25.18	25.40
54.90	57.00	400m	57.21	58.00
62.00	62.00	400mH	62.55	65.50 (50.00 for 300mH)
2:06.43	2:11.00	800m	2:12.75	2:15.00
4:17.73	4:27.00	1500m	4:34.15	4:43.00
11:11.19	12:00.00	3,000SC	7:18.69	N/S
16:39.44	17:00.00	5,000m	No Event	No Event
35:26.16	36:50.00	10km/3km	9:53.85	10:25.00
N/S	N/S	20km/10km RW	N/S	N/S
1.73m	1.73m	HJ	1.67m	1.62m
4.00m	4.00m	PV	3.38m	3.20m
5.90m	5.90m	LJ	5.35m	5.20m
11.80m	11.70m	TJ	11.25m	11.00m
13.04m	13.00m	SP	12.17m	11.00m (4kg)
42.86m	42.00m	DT	39.49m	34.20m (1kg)
55.51m	55.00m	HT	44.02m	34.00m (4kg)
43.53m	42.00m	JT	40.82m	35.00m (600g)
4810 pts	4500 pts	Hep	4152 pts	4000 pts

PLEASE READ THE INFORMATION RELATING ON HOW TO QUALIFY FOR THE NATIONAL CHAMPIONSHIPS AS THIS HAS CHANGED FROM THE PAST.

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, 2009 to June 25, 2010 for Juniors. Senior performances between May 1, 2009 to July 18, 2010.
 - The first five finishers at the Provincial Senior Championships and designated Trial (regardless of standards) are automatically eligible. **Senior 10,000m** – Regina, May 8, 2010.
 - The first three finishers at the Provincial Combined Events Championships for **Seniors** (regardless of standards) are automatically eligible – Prince Albert Trials, June 12-13, 2010. For **Juniors** who want to compete at Nationals on June 12-13 in Toronto contact the office.
 - The first three finishers at the designated Trials meet (regardless of standards) are automatically eligible. **Juniors** – Prince Albert Trials, June 12-13, 2010.
 - The first five finishers at the designated Trials (regardless of standards) are automatically eligible. **Seniors** – Prince Albert Trials, June 12-13, 2010.
- a) Athletes placing 1st, 2nd, and 3rd in the **Senior** category at the SHSAA Championships (June 4-5, 2010 – Moose Jaw) are automatically eligible for the Junior Championships.
- b) **Athletes meeting the entry standard for National Seniors will automatically be placed in the Semi-finals that will compete on July 30-31. All other Senior athletes will compete on July 28-29. If you are unsure contact the office.**

SASKATCHEWAN ATHLETICS FUNDING STANDARDS

- a) Standards must be achieved OUTDOORS from January 1, 2010 up to and including the National Championships ending at the Provincial 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 all Athlete Assistance Athletes must attend Provincial Championships 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.