

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, 2010 and July 4, 2011 for Juniors. Senior performances between May 1, 2010 to June 13, 2011.
 - The first five finishers at the Provincial Senior Championships and designated Trial (regardless of standards) are automatically eligible. **Senior 10, 000m** – Regina, May 14, 2011.
 - The first three finishers at the designated Trials (regardless of standards) are automatically eligible – **Juniors** - Saskatoon, June 18-19, 2011.
 - The first five finishers at the designated Trials (regardless of standards) are automatically eligible. **Seniors** –Saskatoon, June 18-19, 2011.
- a) Athletes placing 1st, 2nd, and 3rd in the **Senior** category at the SHSAA Championships (June 3-4, 2011 –Regina) 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 June 24-25. All other Senior athletes will compete on June 22-23. If you are unsure contact the office.**

SASKATCHEWAN ATHLETICS FUNDING STANDARDS

- a) Standards must be achieved OUTDOORS from January 1, 2011 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 and Athlete Assistance Standards 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.

NATIONAL CHAMPIONSHIP FUNDING & ENTRY STANDARDS

MEN

Funding Sr.	Entry Sr.	Events	Funding Jr.	Entry Jr.
10.42	10.60	100m	11.09	11.10
14.46	14.80	110mH 1.067"/.99"	14.83 (.99")	15.90 (.99") 16.00 (1.067")
21.28	21.60	200m	22.06	22.30
47.52	48.30	400m	48.64	50.40
53.37	55.00	400mH	55.18	57.00 (40.00 - 300mH)
1:49.74	1:51.50	800m	1:54.05	1:55.00
3:46.34	3:49.00	1500m	3:55.18	4:00.00
9:01.79	9:20.00	3,000SC	9:32.02	10:20.00 (6:35.00 - 2000st)
14:22.85	14:25.00	5,000m	15:20.10	15:35.00 (8:55.00 - 3000m)
31:00.00	31:00.00	10,000m	No Event	No Event
N/S	N/S	20km/10km RW	N/S	N/S
2.09m	2.00m	HJ	1.99m	1.90m
4.90m	4.90m	PV	4.21m	3.80m
7.40m	7.40m	LJ	6.77m	6.45m
14.68m	14.50m	TJ	13.83m	13.30m
16.08m	15.80m	SP	15.19m (6.0kg)	14.00m (6.0kg)
49.96m	48.00m	DT	46.80m (1.75kg)	43.00m (1.75kg)
59.19m	59.00m	HT	50.92m (6.0kg)	42.00m (6.0kg)
63.20m	59.00m	JT	57.72m	50.00m (800gr)
6599 pts	6500pts	Dec.	5500 pts	5500 pts

WOMEN

Funding Sr.	Entry St.	Events	Funding Jr.	Entry St.
11.81	12.10	100m	12.26	12.40
13.82	14.20	100mH	14.74	15.50
24.07	24.50	200m	24.97	25.40
55.15	57.00	400m	56.72	58.00
61.61	62.00	400mH	62.24	65.50 (49.50 - 300mH)
2:06.48	2:10.50	800m	2:12.35	2:15.00
4:18.17	4:27.00	1500m	4:33.56	4:43.00
10:50.73	12:00.00	3,000SC	7:14.98	N/S
16:41.52	17:00.00	5,000m	No Event	No Event
34:39.52	36:50.00	10km/3km	9:52.95	10:25.00
N/S	N/S	20km/10km RW	N/S	N/S
1.76m	1.73m	HJ	1.68m	1.62m
4.00m	4.00m	PV	3.43m	3.20m
5.90m	5.90m	LJ	5.40m	5.25m
11.87m	11.70m	TJ	11.41m	11.00m
13.65m	13.00m	SP	12.48m	11.00m (4kg)
44.63m	42.00m	DT	40.12m	34.20m (1kg)
56.67m	55.00m	HT	44.37m	34.00m (4kg)
46.20m	42.00m	JT	41.70m	35.00m (600g)
4882pts	4700 pts	Hep	4221 pts	4000 pts