

*Performances must have been achieved outdoors between May 1, 2008 and June 19, 2009
Les performances doivent avoir été réalisées en plain air entre le 1er mai 2008 et le 19 juin 2009*

ÉPREUVE/EVENT	HOMMES / MEN			FEMMES / WOMEN		
	11	12	13	11	12	13
100m	14.79	14.30	14.25	16.03	16.43	15.96
200m	30.11	29.09	28.93	32.50	32.49	31.78
400m	1:07.17	1:03.21	1:02.24	1:16.00	1:16.00	1:16.00
800m	2:35.99	2:27.94	2:27.38	2:58.34	2:58.34	2:58.34
1500m	5:18.64	5:06.15	5:06.81	6:00.13	6:00.13	6:00.13
5000m	19:53.07	19:25.41	19:11.80			
10000m	42:20.60	44:17.86	41.12.40			
4x100m	Aucun minima / No standard			Aucun minima / No standard		
High Jump/Saut haut.	1.21m	1.40m	1.54m	1.10m	1.19m	1.19m
Long Jump/Saut long.	5.00m	5.34m	5.58m	3.80m	4.00m	4.00m
Triple Jump/Triple saut	10.00m	11.00m	11.00m			
Shot/Poids	8.00m	9.50m	9.50m	7.00m	7.80m	7.80m
Discus / Disque	27.00m	30.00m	30.00m	22.00m	26.00m	26.00m
Javelin /Javelot	24.00m	36.50m	36.50m	20.00m	20.00m	20.00m

ÉPREUVE / EVENT	HOMMES / MEN						
	32	33	34	35	36	37	38
100m				17.12	15.99	15.52	14.92
200m				34.70	32.55	31.15	30.38
400m					1:14.85	1:11.06	1:05.39
800m	Please see Classes 52/53				3:00.91	2:47.83	2:35.40
1500m					6:08.81	5:44.27	5:45.29
5000m						21:32.67	21:57.15
4x100m				Aucun minima / No standard			
Long jump / Saut long.					3.08m	3.52m	3.83m
Shot / Poids	4.19m	5.77m	6.24m	8.00m	7.30m	7.10m	8.34m
Discus / Disque	10.77m	16.72m	22.10m	24.87m	21.64m	25.00m	24.74m
Javelin / Javelot		13.75m	18.00m	23.95m	21.25m	27.47m	26.53
Club	18.77m						

ÉPREUVE / EVENT	FEMMES / WOMEN						
	32	33	34	35	36	37	38
100m				19.05		18.04	18.12
200m	Please see Classes 52/53			54.30		36.95	37.67
400m				1:39.65		1:30.71	1:24.37
Long Jump / Saut Long.					2.15m	2.40m	2.60m
Shot / Poids	2.23m	3.00m	4.50m	4.50m	4.43m	5.53m	6.46m
Discus / Disque	5.16m	9.00m	8.00m	12.60m	12.44m	16.76m	16.22m
Javelin / Javelot		7.70m	9.00m	10.96m	10.30m	13.50m	14.00m
Club							

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ÉPREUVE / EVENT	HOMMES / MEN				FEMMES / WOMEN				
	42	43	44	46	42	43	44	46	
100m	16.33		14.40	13.94	23.48		18.04	16.24	
200m	35.05		29.52	28.38	52.26		37.14	33.59	
400m	1:29.32		1:07.46	1:03.75			1:30.49	1:17.43	
800m			2:45.33	2:29.34			3:39.94	2:52.15	
1500m				5:09.73					
5000m				18:02.89					
4x100m		Aucun Minima / No standard					Aucun Minima / No standard		
High jump/ Saut Haut.			1.25m	1.18m					
Long jump/ Saut Long.	3.34m		4.07m	4.22m	1.76m		3.00 m	3.44 m	
Triple jump/ Triple saut				8.51m					
Shot / Poids	7.11m		8.98m	9.38m	4.96m		6.74m	7.16m	
Discus / Disque	28.71m		32.92m	29.91m	15.98m		20,10	24.11m	
Javelin / Javelot	31.64m		32.97m	35.63m			23.65m	10.30m	

ÉPREUVE / EVENT	HOMMES / MEN				FEMMES / WOMEN			
	51	52	53	54	51	52 / 33*	53 / 34*	54
100m	28.10	21.20	18.50	18.00		27.70	20.70	20.30
200m	51.80	38.90	33.60	32.20		49.00	37.20	36.20
400m	1:41.00	1:15.30	1:03.30	59.80		1:37.00	1:11.80	1:07.00
800m	3:20.00	2:37.80	2:02.50	2:00.00		3:04.60	2:23.90	2:19.70
1500m		4:50.00	3:44.00				4:23.00	
5000m			12:36.00				15:40.50	
10000m			25.32.30					
4x100m			Aucun Minima No standard			Aucun Minima / No standard		
Shot/Poids		5.45m	4.99m	5.70m		2.20m	3.53m	4.01m
Discus / Disque		10.67m	13.82m	17.99m		5.70m	11.50m	15.30m
Javelin / Javelot		9.92	11.60m	15.98m		4.83m	8.00m	11.53m
Club	16.64m				9.50m			

* In accordance with IPC classification rules

ÉPREUVE / EVENT	HOMMES / MEN				FEMMES / WOMEN			
	55	56	57	58	55	56	57	58
Shot/Poids	6.95m	6.91m	8.03m	7.00m	5.39m	4.48m	5.27m	5.57m
Discus/ Disque	22.33m	22.42m	27.74m	25.50m	16.49m	13.48m	14.72m	18.95m
Javelin/ Javelot	19.43m	19.87n	23.18m	25.95m	13.63m	13.99m	13.18m	15.58m

All qualification results for entry into the Championships will be checked and verified. Any false claims could result in disciplinary actions and/or non-participation in the meet. / Toutes les performances qualificatives au Championnat seront vérifiées. Toute fausse déclaration pourrait entraîner des mesures disciplinaires et/ou à la non-participation à la compétition.

The achievement of all performances must be recognized on the official outdoor Athletics Canada performance ranking lists. These results must have been achieved at competitions listed on the Athletics Canada or IAAF Member Federation fixtures lists. All results must be achieved in conformity with IAAF/Athletics Canada rules. Wind readings and implement certification must always be recorded on results to guarantee their validity. / Toutes les performances doivent être reconnues au classement officiel d'Athlétisme Canada. Ces résultats doivent avoir été obtenus lors de compétitions apparaissant sur le calendrier officiel d'Athlétisme Canada ou d'un membre de la Fédération AIFA. Tous les résultats doivent avoir été obtenus en conformité avec les règlements AIFA/Athlétisme Canada et les lectures de vent ainsi que la certification des engins doivent toujours être enregistrées afin d'être validés.

IMPLEMENT WEIGHTS

OPEN MEN

	SHOT	DISCUS	JAVELIN	CLUB
F11	7.26kg	2.00kg	800gm	
F12	7.26kg	2.00kg	800gm	
F13	7.26kg	2.00kg	800gm	
F32	2.00kg	1.00kg		397gm
F33	3.00kg	1.00kg	600gm	
F34	4.00kg	1.00kg	600gm	
F35	4.00kg	1.00kg	600gm	
F36	4.00kg	1.00kg	600gm	
F37	5.00kg	1.00kg	600gm	
F38	5.00kg	1.50kg	800gm	
F40	4.00kg	1.00kg	600gm	
F41	6.00kg	1.00kg	800gm	
F42	6.00kg	1.50kg	800gm	
F43	6.00kg	1.50kg	800gm	
F44	6.00kg	1.50kg	800gm	
F46	6.00kg	1.50kg	800gm	
F51		1.00kg		397gm
F52	2.00kg	1.00kg	600gm	
F53	3.00kg	1.00kg	600gm	
F54	4.00kg	1.00kg	600gm	
F55	4.00kg	1.00kg	600gm	
F56	4.00kg	1.00kg	600gm	
F57	4.00kg	1.00kg	600gm	
F58	5.00kg	1.00kg	600gm	

OPEN WOMEN

	SHOT	DISCUS	JAVELIN	CLUB
F11	4.00kg	1.00kg	600gm	
F12	4.00kg	1.00kg	600gm	
F13	4.00kg	1.00kg	600gm	
F32	2.00kg	1.00kg		397gm
F33	3.00kg	1.00kg	600gm	
F34	3.00kg	1.00kg	600gm	
F35	3.00kg	1.00kg	600gm	
F36	3.00kg	1.00kg	600gm	
F37	3.00kg	1.00kg	600gm	
F38	3.00kg	1.00kg	600gm	
F40	3.00kg	0.75kg	400gm	
F41	4.00kg	1.00kg	600gm	
F42	4.00kg	1.00kg	600gm	
F43	4.00kg	1.00kg	600gm	
F44	4.00kg	1.00kg	600gm	
F46	4.00kg	1.00kg	600gm	
F51		1.00kg		397gm
F52	2.00kg	1.00kg	600gm	
F53	3.00kg	1.00kg	600gm	
F54	3.00kg	1.00kg	600gm	
F55	3.00kg	1.00kg	600gm	
F56	3.00kg	1.00kg	600gm	
F57	3.00kg	1.00kg	600gm	
F58	4.00kg	1.00kg	600gm	