

	Team Alberta	
Midget Girls	Legion Nationals	Midget Boys
2013	Standards Proposal	2013
12.75	100m	11.70
26.30	200m	23.80
42.35	300m	37.80
2:20.00	800m	2:04.00
3:47.00	1200m	3:20.00
6:51.00	2000m	6:00.00
12.55	80m/100m Hurdles	14.65
29.60	200m Hurdles	27.20
5:15.00	1500m Steeplechase	4:37.00
1.52	High Jump	1.75
2.50	Pole Vault	3.40
5.00	Long Jump	5.75
10.60	Triple Jump	11.85
10.55	Shot Put	13.65
30.80	Discus	41.40
33.50	Javelin	42.00
41.00	Hammer	44.50
2850	Pentathlon	2700

	Team Alberta	
Youth Girls	Legion Nationals	Youth Boys
2013	Standards Proposal	2013
12.30	100m	11.05
25.30	200m	22.45
58.00	400m	50.70
2:18.00	800m	1:55.20
4:45.00	1500m	4:02.00
10:25.00	3000m	8:56.00
14.90	100m/110m Hurdles	15.10
45.30	300m Hurdles	40.50
7:28.00	2000m Steeplechase	6:20.00
1.58	High Jump	1.85
3.20	Pole Vault	3.60
5.25	Long Jump	6.40
11.00	Triple Jump	13.20
12.50	Shot Put	14.50
34.00	Discus	44.50
36.00	Javelin	51.90
41.00	Hammer	50.00
4200	Heptathlon/Octathlon	4800