

2017-18 Qualifying AUTO Standards - University Indoor Track & Field Ontario (OUA), and Canadian (U-Sport) Championships

U-Sport Equivalents	Women U-Sport (AUTO)	Women OUA / RSEQ	EVENT	Men OUA / RSEQ	Men U-Sport (AUTO)	U-Sport Equivalents
7.04 (55m)	7.56	8.30	60m	7.40	6.87	6.42 (55m)
200 - Flat - 24.44 OS/B - 24.13	Flat - 39.23 OS/B - 38.68	42.70	300m	37.00	Flat - 34.39 OS/B - 33.82	200 - Flat - 21.87 OS/B - 21.53
400 - Flat - 55.00 OS/B - 54.27 500 - Flat - 1:12.15 OS/B - 1:11.23	Flat - 1:30.86 OS/B - 1:29.76	1:40.00	600m	1:24.50	Flat - 1:19.84 OS/B - 1:18.66	400 - Flat - 48.46 OS/B - 47.71 500 - Flat - 1:03.49 OS/B - 1:02.52
800 - Flat - 2:08.76 OS/B - 2:07.26	Flat - 2:47.30 OS/B - 2:45.49	3:06.00	1000m	2:37.00	Flat - 2:24.98 OS/B - 2:23.01	800 - Flat - 1:51.96 OS/B - 1:50.38
	Flat - 4:26.40 OS/B - 4:23.76	4:50.00	1500m	4:04.00	Flat - 3:49.84 OS/B - 3:46.90	
5k - Flat - 16:22.27 OS/B - 16:13.90	Flat - 9:29.22 OS/B - 9:24.38	10:30.00	3000m	8:50.00	Flat - 8:16.02 OS/B - 8:10.32	5k - Flat - 14:17.24 OS/B - 14:07.59
7.89 (55mH)	8.51	9.20	60m Hurdles	8.70	8.23	7.67 (55mH)
Average of 25.07 Average of 24.69	Flat - 1:40.30 OS/B - 1:38.77	Top 5 Conference Ranked	4 x 200m	Top 5 Conference Ranked	Flat - 1:29.11 OS/B - 1:27.54	Average of 22.27 Average of 21.88
Average of 57.47 Average of 56.72	Flat - 3:49.91 OS/B - 3:46.90	Top 5 Conference Ranked	4 x 400m	Top 5 Conference Ranked	Flat - 3:20.36 OS/B - 3:17.21	Average of 50.09 Average of 49.51
Average of 2:15.92 Average of 2:14.37	Flat - 9:03.69 OS/B - 8:57.49	Top 5 Conference Ranked	4 x 800m	Top 5 Conference Ranked	Flat - 7:41.08 OS/B - 7:34.58	Average of 1:55.27 Average of 1:53.64
	1.71	1.55	High Jump	1.85	2.06	
	3.85	3.50	Pole Vault	4.30	4.81	
	5.90	5.00	Long Jump	6.30	7.14	
	11.88	11.00	Triple Jump	13.00	14.64	
	13.63	11.00	Shot Put	12.00	16.36	
	16.81	13.00	Weight	13.00	17.95	
	3668 pts.	3000 pts.	C - Events	4100 pts	4922 pts.	