

uOttawa Varsity Track & Field Standards

These standards will be used to draw a line with athletes during their tenure with the uOttawa Varsity Track & Field Team as well as for participation with the Cross Country Team. These standards will also be used to determine an athlete's ability to be considered for any away team travel. All athletes NEW to the team have 2 seasons in the GG program to better a threshold performance standard listed below. Once achieved, the threshold performance(s) must be achieved annually to remain as member of the team. The window of time for performances to be achieved will begin with January 1 of the previous indoor season. We will also consider results for the outdoor season ending by September 1st. Incoming 1st year students are eligible to use their high school performances from their final senior season. Athletes without standard, may at anytime in the present season, achieve a standard at a home meet competition and become eligible for travel selection. All performances must be listed and validated by presenting a competition result link. Athletes with the standards below will be considered members of the "Varsity Team" with select opportunity for special weight room access, training programs, lockers, medical support and nutritional support and consideration for team travel. Athletes without the team standard will be considered as members of the "Varsity Development Team" and generally will not travel and are expected to compete in all home meet events. This Varsity Development opportunity will exist for the first 2 years only with the team.

Cross Country
Athletes wishing to be considered a part of the X-Country Team must achieve the specific standards of either 3k or 5k distances listed below within the dates listed above. A special challenge opportunity will be provided at the beginning of the season to allow athletes to attempt achieve the listed standard as well.

Effective September 1, 2019, all athletes entering into their 3rd season or more with the team must have achieved a performance minimum listed below to remain with the team after this point during the previous season. Athletes will have the competitive option of joining the Ottawa Lions Track & Field Club at this point.

Other Equivalents	Women	EVENT	Men	Other Equivalents
12.90 (100m)	8.35	60m	7.25	11.40 (100m)
27.00 (200m) 61.75 (400m)	43.50	300m	37.00	23.25 (200m) 52.00 (400m)
1:22.00 (500m)	1:42.00	600m	1:25.00	1:08.50 (500m)
2:24.00 (800m)	3:08.00	1000m	2:37.00	2:00.00 (800m)
5:22.00 (Mile)	4:57.00	1500m	4:07.00	4:27.00 (Mile)
18:39.00 (5000m)	10:45.00	3000m	9:00.00	15:36.00 (5000m)
15.55 (100mH)	9.55	60m Hurdles	8.80	16.00 (110mH)
	1.55	High Jump	1.88	
	3.35	Pole Vault	4.30	
	5.05	Long Jump	6.45	
	10.85	Triple Jump	13.50	
	11.25	Shot Put	13.50	
	13.00	Weight	13.00	
	3300 pts.(Pentathlon)	Combined Events	4300 pts (Heptathlon)	