



STANDARDS – FINAL

RESULTS | RÉSULTATS: <https://bit.ly/2025-canadian-indoor>

The following are the seeding requirements: January 1, 2024 through to March 9, 2025, including outdoor performance. Eligible seeds are automatically synchronized from the [Athletics Canada rankings](#).

	Girls / Women Filles / Femmes					Boys / Men Garçons / Hommes			
	U16	U18	U20	Open		U16	U18	U20	Open
60m	8.50	8.27	8.20	8.20	60m	8.10	7.50	7.30	7.30
200m	28.20	26.80	26.70	26.70	200m	26.20	23.70	23.20	23.20
300m	46.11	-	-	-	300m	42.50	-	-	-
400m	-	1:04.3	1:02.50	1:02.50	400m	-	54.50	53.75	53.75
800m	2:33.50	2:28.50	2:26.00	2:26.00	800m	2:20.50	2:06.50	2:02.00	2:02.00
1200m	4:15.00	-	-	-	1200m	3:58.00	-	-	-
1500m	-	5:00.00	4:55.00	4:55.00	1500m	-	4:20.00	4:15.00	4:15.00
2000m	7:45.00	-	-	-	2000m	7:00.00	-	-	-
3000m	-	11:30.00	11:20.00	11:20.00	3000m	-	9:45.00	9:25.00	9:25.00
60mh	11.50	10.33	10.20	10.20	60mh	10.38	9.89	9.10	9.10
RW	-	-	-	-	RW	-	-	-	-
Relay	-	-	-	-	Relay	-	-	-	-
HJ	1.45m	1.50m	1.50m	1.50m	HJ	1.55m	1.70m	1.75m	1.75
PV	2.15m	2.25m	2.65m	2.85m	PV	2.15m	3.20m	3.50m	3.50m
LJ	4.50m	4.65m	4.90m	4.90m	LJ	4.90m	5.60m	6.10m	6.10m
TJ	9.00m	9.00m	9.65m	9.65m	TJ	10.75m	11.15m	12.00m	12.00m
SP	8.50m	9.50m	7.75m	8.00m	SP	9.00m	11.00m	11.25m	11.25m
WT	10.00m	11.00m	9.00m	10.00m	WT	10.00m	13.00m	13.25m	13.25m
CE	1650 pts	1900 pts	2500 pts	2500 pts	CE	1650 pts	2600 pts	3500pts	3500pts

h: Hurdles | Haies

PV: Pole Vault | Saut à la perche

SP: Shot Put | Lancer du poids

RW: Race Walk | Marche

LJ: Long Jump | Saut en longueur

WT: Weight Throw | Marteau

HJ : High Jump | Saut en hauteur

TJ: Triple Jump | Triple Saut

CE: Combined Events | Épreuves combinés



CONVERSIONS – FINAL

RESULTS | RÉSULTATS: <https://bit.ly/2025-canadian-indoor>

	Girls / Women Filles / Femmes					Boys / Men Garçons / Hommes			
Conversion To	U16	U18	U20	Open	Conversion From	U16	U18	U20	Open
300m	1:04.97	-	-	-	400m	59.59	-	-	-
400m	-	45.63	45.14	45.14	300m	-	38.75	38.19	38.19
800m	1:49.25	1:45.62	1:43.76	1:43.76	600m	1:40.07	1:30.11	1:26.91	1:26.91
800m	3:18.53	3:12.17	3:08.91	3:08.91	1000m	3:02.77	2:44.34	2:38.42	2:38.42
1500m	-	5:20.08	5:14.69	5:14.69	Mile	-	4:34.14	4:31.67	4:31.67
1500m	-	5:24.35	5:18.93	5:18.93	Mile (Short Track)	-	4:40.55	4:35.21	4:35.21
SP (6kg)	-	-	-	-	SP (5.44kg/12lb)	-	-	14.50	-