

## 2026 Sask Excellence Program Identification Guidelines



### Purpose

To identify the top U16 and U18 athletes for the upcoming year.

### Criteria

Athletes will be ranked based on their proximity to the Sask Excellence Program standards. Athlete rankings will be based on the proximity of an athlete's performance in an event to the event standard. The standards are calculated using the average of the third-place performance over the last three years at the Legion National Track and Field Championships. The top 26 U16 athletes (13 men, 13 women) and the top 26 U18 athletes (13 men, 13 women) based on their overall ranking will be invited to be part of the Sask Excellence program for the upcoming year. No more than 2 men and 2 women in each event in each age category may be selected. If selected, athletes must pay the required program fee and complete all required registration forms by deadline stated in their program invitation. Athletes will be selected based only on their performances in outdoor events in the 2025 year. Wind-assisted performances will not be considered.

### Example

U16 Athletes	M/F	Event	Performance	Standard	Percentage from Standard	Rank
Athlete 1	M	100m	11.65	11.24	96.48%	4
Athlete 2	M	Long Jump	6.72	6.58	102.13%	1
Athlete 3	M	Shot Put	13.88	14.24	97.47%	3
Athlete 4	M	200mH	25.88	25.80	99.69%	2

### Benefits to athletes

- Selected athletes will receive a t-shirt, bag, and certificate.
- Selected athletes will receive a \$25 discount to attend the Sask Athletics Spring Camp in April.
- Selected athletes will receive an automatic selection to the provincial team that will compete at the Western Canada Team Challenge, provided that the athlete competes at the Trials Meet in their event area to confirm their spot on the team.
- Additional learning and development opportunities (webinars on nutrition, mental performance, university recruitment, etc.) may be organized for Sask Excellence athletes.



## 2026 Sask Excellence Standards

<u>Men</u>		<u>EVENTS</u>	<u>Women</u>	
<u>U18</u>	<u>U16</u>		<u>U16</u>	<u>U18</u>
10.82	11.24	<b>100</b>	12.32	12.01
21.80	22.55	<b>200</b>	25.25	24.59
	36.19	<b>300</b>	40.59	
48.16		<b>400</b>		56.16
1:54.61	1:58.00	<b>800</b>	2:14.13	2:10.77
	3:11.40	<b>1200</b>	3:39.37	
4:01.51		<b>1500</b>		4:35.20
	5:50.20	<b>2000</b>	6:29.96	
8:46.05		<b>3000</b>		9:56.36
	4:31.62	<b>1500SC</b>	5:11.21	
6:07.21		<b>2000mSC</b>		7:21.68
		<b>80mH</b>	12.15	
	13.88	<b>100mH</b>		14.11
14.24		<b>110mH</b>		
	25.80	<b>200mH</b>	28.88	
54.79		<b>400mH</b>		62.00
1.93	1.83	<b>HJ</b>	1.59	1.64
6.85	6.58	<b>LJ</b>	5.40	5.60
13.91	12.96	<b>TJ</b>	11.01	11.67
4.13	3.50	<b>PV</b>	2.73	3.18
15.97 (5kg)	14.24 (4kg)	<b>SP</b>	12.60 (3kg)	14.58 (3kg)
48.28 (1.5kg)	49.74 (1kg)	<b>DT</b>	32.12 (1kg)	37.69 (1kg)
57.65 (700g)	46.53 (600g)	<b>JT</b>	35.71 (500g)	41.25 (500g)
56.49 (5kg)	49.26 (4kg)	<b>HT</b>	46.05 (3kg)	52.98 (3kg)
	2861	<b>Pentathlon</b>	2865	
		<b>Heptathlon</b>		4436
5942		<b>Decathlon</b>		

\*\*\*Athletes do not need to meet or exceed these standards to be invited to the Sask Excellence Program. These standards are meant to be benchmarks to help determine the top athletes in the province.