

Track & Field Records (RSEQ, Fieldhouse & McGill)

(updated on Feb. 16, 2023)

(WOMEN)	McGILL	TOMLINSON	RSEQ	U SPORTS QUALIFYING STANDARDS
EVENT	TEAM RECORDS	FIELDHOUSE RECORDS	CONFERENCE RECORDS	Banked Track
60m	0:07.38	0:07.29	0:07.31	0:07.51
300m	0:39.48	0:37.46	0:38.30	0:38.68
600m	1:29.97	1:29.51	1:28.13	1:30.29
1000m	2:45.1 (h)	2:45.1 (h)	2:41.22	2:45.83
1500m	4:22.82	4:18.75	4:22.32	4:23.24
3000m	9:18.70	9:11.69	8:59.26	9:33.10
60m hurdles	0:08.55	0:08.28	0:08.23	0:07.24
4x200m	1:41.18	1:37.57	1:38.84	1:39.95
4x400m	3:52.94	3:43.90	3:45.66	3:48.49
4x800m	8:54.21	8:56.63	8:50.03	9:00.71
High Jump	1.84m	1.89m	1.84m	1.71m
Pole Vault	3.65m	4.35m	4.35m	3.83m
Long Jump	5.80m	6.17m	6.06m	5.89m
Triple Jump	12.46m	13.16m	12.49m	11.95m
Shot Put	12.18m	16.22m	14.09m	13.59m
Weight Throw (20 lbs)	15.71m	18.25m	18.96m	17.07m
Pentathlon	3,868 pts	4,380 pts	3,926 pts	3,645 pts

h (hand-timed)

(MEN)	McGILL	TOMLINSON	RSEQ	U SPORTS QUALIFYING STANDARDS
EVENT	TEAM RECORDS	FIELDHOUSE RECORDS	CONFERENCE RECORDS	Banked Track
60m	0:06.78	0:06.56	0:06.58	0:06.83
300m	0:34.14	0:32.95	0:33.40	0:33.89
600m	1:19.15	1:16.90	1:17.26	1:19.10
1000m	2:24.76	2:21.02	2:21.01	2:23.29
1500m	3:48.01	3:43.21	3:43.21	4:45.43
3000m	8:18.79	8:00.09	7:51.37	8:01.59
60m hurdles	0:08.19	0:07.75	0:07.85	0:08.09
4x200m	1:27.92	1:24.85	1:26.01	1:27.53
4x400m	3:14.98	3:14.12	3:14.98	3:17.19
4x800m	7:38.96	7:30.83	7:35.00	7:35.88
High Jump	2.07m	2.27m	2.27m	2.05m
Pole Vault	4.86m	5.40m	5.50m	4.87m
Long Jump	7.20m	7.63m	7.64m	7.18m
Triple Jump	14.90m	16.15m	15.89m	14.97m
Shot Put	16.35m	18.33m	17.93m	15.61m
Weight Throw (35 lbs)	(n/a)	23.61m	20.09m	16.80m
Pentathlon	3,669 pts	3,877 pts	3,685 pts	(n/a)
Heptathlon	4,739 pts	4,957 pts	5,267 pts	4,767 pts