

Events	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
<b>Runs</b>	<b>M30</b>	<b>M35</b>	<b>M40</b>	<b>M45</b>	<b>M50</b>	<b>M55</b>	<b>M60</b>	<b>M65</b>	<b>M70</b>	<b>M75</b>	<b>M80</b>
100m	12.10	12.30	12.60	12.90	13.25	13.75	14.20	15.00	16.00	17.80	20.00
200m	24.80	25.20	25.75	26.40	27.30	28.40	29.60	31.00	33.00	37.00	43.00
400m	54.50	55.50	56.60	58.00	61.00	64.00	67.00	71.00	76.00	84.00	95.00
800m	2:05.00	2:10.00	2:15.00	2:20.00	2:26.00	2:33.00	2:40.00	2:48.00	3:00.00	3:15.00	3:40.00
1500m	4:22.00	4:27.00	4:37.00	4:48.00	5:00.00	5:16.00	5:35.00	6:00.00	6:30.00	7:15.00	8:30.00
5000m	16:30.00	17:00.00	17:30.00	18:00.00	19:00.00	20:00.00	21:00.00	22:15.00	23:45.00	26:00.00	30:00.00
<b>Hurdles</b>	<b>M30</b>	<b>M35</b>	<b>M40</b>	<b>M45</b>	<b>M50</b>	<b>M55</b>	<b>M60</b>	<b>M65</b>	<b>M70</b>	<b>M75</b>	<b>M80</b>
110mH106,7/10/13.72-9.14-14.02	17.70										
110mH99,1/10/13.72-9.14-14.02		18.70	19.60	20.50							
100mH91,4/10/13-8.5-10.5					19.20	20.50					
100mH84,0/10/12-8-16							20.50	22.00			
80mH76,2/8/12-7-19									20.00	22.50	
80mH68,6-7/8/12-7-19											26.00
400mH91,4/10/45-35-40	62.00	64.00	66.00	69.00							
400mH84,0/10/45-35-40					72.00	75.00					
300mH76,2/7/50-35-40							55.00	60.00			
300mH68,6/7/50-35-40									67.00	75.00	
200mH68,6/5/20-35-40											50.00
<b>Jumps</b>	<b>M30</b>	<b>M35</b>	<b>M40</b>	<b>M45</b>	<b>M50</b>	<b>M55</b>	<b>M60</b>	<b>M65</b>	<b>M70</b>	<b>M75</b>	<b>M80</b>
High Jump	1.70	1.65	1.60	1.50	1.45	1.40	1.35	1.25	1.15	1.05	1.00
Pole Vault	3.60	3.40	3.20	3.00	2.80	2.60	2.40	2.20	2.00	1.80	1.60
Long Jump	5.80	5.60	5.40	5.20	4.90	4.60	4.30	3.90	3.50	3.10	2.70
Triple Jump	11.80	11.40	11.00	10.50	10.00	9.40	8.80	8.00	7.20	6.30	5.50
<b>Throws</b>	<b>M30</b>	<b>M35</b>	<b>M40</b>	<b>M45</b>	<b>M50</b>	<b>M55</b>	<b>M60</b>	<b>M65</b>	<b>M70</b>	<b>M75</b>	<b>M80</b>
Shot Put 7,26kg	12.00	11.00	10.40	9.90							
Shot Put 6kg					10.20	9.60					
Shot Put 5kg							10.20	9.50			
Shot Put 4kg									9.80	8.70	
Shot Put 3kg											8.00
Discus Throw 2kg	35.00	33.00	31.00	30.00							
Discus Throw 1,5kg					34.00	31.00					
Discus Throw 1kg							33.00	30.00	27.00	24.00	18.00
Javelin Throw 800g	48.00	45.00	42.00	38.00							
Javelin Throw 700g					38.00	35.00					
Javelin Throw 600g							35.00	31.00			
Javelin Throw 500g									28.00	23.00	
Javelin Throw 400g											20.00
<b>Walking</b>	<b>M30</b>	<b>M35</b>	<b>M40</b>	<b>M45</b>	<b>M50</b>	<b>M55</b>	<b>M60</b>	<b>M65</b>	<b>M70</b>	<b>M75</b>	<b>M80</b>
5000m Track Walk	24:30	25:00	25:45	26:30	27:30	28:30	30:00	31:30	33:30	36:30	40:00
<b>Events</b>	<b>M30</b>	<b>M35</b>	<b>M40</b>	<b>M45</b>	<b>M50</b>	<b>M55</b>	<b>M60</b>	<b>M65</b>	<b>M70</b>	<b>M75</b>	<b>M80</b>

Sources: scoring tables IAAF(Spiriev)2011; age factors WMA2010; medal standards AUT, participation minima GER 2012, medal standards EVAA 2011/2012; propositions 2013 ACVCM; EB2017

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Events	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
<b>Runs</b>	<b>W30</b>	<b>W35</b>	<b>W40</b>	<b>W45</b>	<b>W50</b>	<b>W55</b>	<b>W60</b>	<b>W65</b>	<b>W70</b>	<b>W75</b>	<b>W80</b>
100m	14.00	14.50	15.00	15.75	16.50	17.25	18.00	19.00	20.50	22.50	28.00
200m	30.00	31.00	32.50	34.00	35.50	37.00	38.50	40.00	43.00	47.00	52.00
400m	70.00	71.00	73.00	76.00	80.00	85.00	91.00	98.00	1:46.00	2:00.00	2:20.00
800m	2:36.00	2:37.50	2:44.00	2:52.00	3:00.00	3:09.00	3:20.00	3:33.00	3:52.00	4:20.00	5:00.00
1500m	5:30.00	5:33.00	5:45.00	6:00.00	6:20.00	6:45.00	7:15.00	7:50.00	8:30.00	9:15.00	10:20.00
5000m	20:30.00	20:45.00	21:15.00	22:00.00	23:00.00	24:15.00	25:45.00	27:30.00	29:30.00	33:00.00	38:00.00
<b>Hurdles</b>	<b>W30</b>	<b>W35</b>	<b>W40</b>	<b>W45</b>	<b>W50</b>	<b>W55</b>	<b>W60</b>	<b>W65</b>	<b>W70</b>	<b>W75</b>	<b>W80</b>
100mH84,0/10/13-8.5-10.5	18.00	18.50									
80mH76,2/8/12-8-12			15.50	16.50							
80mH76,2/8/12-7-19					17.00	18.00					
80mH68,6/8/12-7-19							18.50	20.00	22.50	26.00	30.00
400mH76,2/10/45-35-40	75.00	77.00	82.00	90.00							
300mH76,2/7/50-35-40					65.00	70.00					
300mH68,6/7/50-35-40							75.00	80.00			
200mH68,6/5/20-35-40									50.00	57.00	65.00
<b>Jumps</b>	<b>W30</b>	<b>W35</b>	<b>W40</b>	<b>W45</b>	<b>W50</b>	<b>W55</b>	<b>W60</b>	<b>W65</b>	<b>W70</b>	<b>W75</b>	<b>W80</b>
High Jump	1.40	1.35	1.25	1.20	1.15	1.10	1.05	1.00	0.95	0.90	0.85
Pole Vault	2.80	2.60	2.40	2.20	2.10	2.00	1.90	1.70	1.50	1.30	1.10
Long Jump	5.00	4.70	4.40	4.10	3.80	3.50	3.20	2.90	2.60	2.30	2.00
Triple Jump	10.00	9.40	8.80	8.20	7.60	7.00	6.40	5.80	5.20	4.60	4.00
<b>Throws</b>	<b>W30</b>	<b>W35</b>	<b>W40</b>	<b>W45</b>	<b>W50</b>	<b>W55</b>	<b>W60</b>	<b>W65</b>	<b>W70</b>	<b>W75</b>	<b>W80</b>
Shot Put 4kg	10.50	10.00	9.50	9.00							
Shot Put 3kg					10.00	9.00	8.00	7.00	6.00		
Shot Put 2kg										6.00	5.00
Discus Throw 1kg	30.00	29.00	27.00	25.00	23.00	21.00	19.00	17.00	15.00		
Discus Throw 750g										17.00	13.00
Javelin Throw 600g	30.00	29.00	27.00	25.00							
Javelin Throw 500g					25.00	23.00	21.00	19.00	17.00		
Javelin Throw 400g										17.00	13.00
<b>Walking</b>	<b>W30</b>	<b>W35</b>	<b>W40</b>	<b>W45</b>	<b>W50</b>	<b>W55</b>	<b>W60</b>	<b>W65</b>	<b>W70</b>	<b>W75</b>	<b>W80</b>
5000m Track Walk	29:45	30:15	31:00	32:00	33:15	34:45	37:00	39:00	41:00	43:30	47:00
<b>Events</b>	<b>W30</b>	<b>W35</b>	<b>W40</b>	<b>W45</b>	<b>W50</b>	<b>W55</b>	<b>W60</b>	<b>W65</b>	<b>W70</b>	<b>W75</b>	<b>W80</b>

Sources: scoring tables IAAF(Spiriev)2011; age factors WMA2010; medal standards AUT, participation minima GER 2012, medal standards EVAA 2011/2012; propositions 2013 ACVCM