

swiss masters athletics sma 2023 standards for title and podium abstract for Bellinzona 20230916

**MAN**

<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>
400m	56.20	57.20	59.10	61.20	64.00	66.00	69.00	73.00	78.00	84.00	92.00
800m	2:30	2:35	2:41	2:47	2:52	3:00	3:10	3:20	3:40	4:00	4:30
1500m	5:10	5:17	5:30	5:40	5:55	6:10	6:30	6:50	7:20	8:00	8:45
5000m	18:45	19:00	19:45	20:30	21:15	22:15	23:30	25:00	26:45	30:00	33:00
<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>
400mH91,4/45-35-40	62.00	64.00	67.00	70.00							
400mH84,0/45-35-40					73.00	77.00					
300mH76,2/50-35-40							60.00	65.00			
300mH68,6/50-35-40									70.00	75.00	
<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>
Pole Vault	3.50	3.30	3.10	2.90	2.70	2.50	2.30	2.10	1.90	1.70	1.50
<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	25	26	27	28	29	30	31	34	37	41	45
<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>

**WOMAN**

<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>
400m	70.00	71.00	73.00	76.00	80.00	85.00	91.00	98.00	1:46	2:00	2:20
800m	2:50	2:53	2:57	3:04	3:14	3:25	3:41	3:58	4:18	4:52	5:40
1500m	5:35	5:42	5:50	6:03	6:22	6:46	7:16	7:50	8:30	9:15	10:20
5000m	22:00	22:30	23:00	24:00	25:00	26:00	27:30	29:00	32:00	35:00	40:00
<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>
400mH76,2/45-35-40	75.00	77.00	82.00	90.00							
300mH76,2/50-35-40					65.00	70.00					
300mH68,6/50-35-40							75.00	80.00			
<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>
Pole Vault	2.80	2.60	2.40	2.20	2.00	1.80	1.70	1.60	1.50	1.40	1.30
<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>