

medal standards
MAN

	Runs	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75
60m		8.00	8.10	8.20	8.40	8.70	9.00	9.40	9.90	10.50	11.50
100m		12.80	13.00	13.30	13.80	14.30	14.80	15.40	16.00	16.60	17.50
200m		26.30	27.00	28.00	29.00	30.00	31.00	32.00	34.00	36.00	38.00
300m		40.00	41.00	42.50	44.00	46.00	48.00	51.00	54.00	57.50	62.00
400m		56.20	57.20	59.10	61.20	64.00	66.00	69.00	73.00	78.00	84.00
600m		1:35	1:39	1:42	1:46	1:49	1:54	2:00	2:07	2:16	2:26
800m		2:30	2:35	2:41	2:47	2:52	3:00	3:10	3:20	3:40	4:00
1000m		3:15	3:20	3:27	3:35	3:42	3:50	4:00	4:20	4:40	5:00
1500m		5:10	5:17	5:30	5:40	5:55	6:10	6:30	6:50	7:20	8:00
3000m		11:05	11:15	11:40	12:10	12:40	13:15	14:00	14:45	16:00	17:45
5000m		18:45	19.00	19:45	20:30	21:15	22:15	23:30	25.00	26:45	29:30
	Hurdles	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75
60mH106,7/13.72-9.14-9.72		10.00									
60mH99,1/13.72-9.14-9.72			10.20	10.50	11.00						
60mH91,4/13-8.5-13						11.20	11.70				
60mH84,0/12-8-12								12.00	12.50		
60mH76,2/12-7-20										13.20	14.30
60mH68,6/12-7-20											
110mH106,7/13.72-9.14-14.02		18.00									
110mH99,1/13.72-9.14-14.02			19.00	20.50	22.00						
100mH91,4/13-8.5-10.5						20.00	22.00				
100mH84,0/12-8-16								23.00	25.00		
80mH76,2/12-7-19										21.00	23.00
.0080mH68,6-7/12-7-19											
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
200mH68,6/20-35-40											
3000m Steeplechase91,4/28b+7w		11:50	12:15	12:45	13:20	14:00	15:00				
2000m Steeplechase68,6/18b+5w								10:00	11:00	12:00	13:00
	Jumps	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75
High Jump		1.65	1.62	1.55	1.48	1.40	1.32	1.24	1.16	1.08	1.00
Pole Vault		3.50	3.30	3.10	2.90	2.70	2.50	2.30	2.10	1.90	1.70
Long Jump		5.60	5.40	5.15	4.90	4.60	4.30	4.00	3.70	3.35	3.00
Triple Jump		11.60	11.20	10.70	10.20	9.60	9.00	8.30	7.60	6.90	6.20
	Throws	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75
Shot Put 7,26kg		11.10	10.40	9.70	9.00						
Shot Put 6kg						9.00	8.00				
Shot Put 5kg								8.50	7.50		
Shot Put 4kg										8.00	7.00
Shot Put 3kg											
Discus Throw 2kg		32.00	31.00	30.00	28.00						
Discus Throw 1,5kg						30.00	28.00				
Discus Throw 1kg								30.00	28.00	26.00	23.00
Javelin Throw 800g		45.00	42.00	39.00	36.00						
Javelin Throw 700g						34.00	31.00				
Javelin Throw 600g								30.00	27.00		
Javelin Throw 500g										25.00	22.00
Javelin Throw 400g											
Hammer Throw 7,26kg		37.50	37.00	35.00	33.00						
Hammer Throw 6kg						33.00	30.00				
Hammer Throw 5kg								30.00	27.00		
Hammer Throw 4kg										27.00	24.00
Hammer Throw 3kg											
Weight Throw 15,88kg		11.00	10.50	10.00	9.50						
Weight Throw 11,34kg						10.50	9.50				
Weight Throw 9.08kg								10.50	9.50		
Weight Throw 7,26kg										10.00	9.00
Weight Throw 5,45kg											
	Combined Events	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75
Decathlon _{nwa/wma}		4500	4450	4400	4350	4300	4350	4200	4150	4100	4050
Pentathlon _{nwa/wma}		2500	2475	2450	2425	2400	2375	2350	2325	2300	2275
SMA-Pentathlon _{nwa/wma}		2500	2475	2450	2425	2400	2375	2350	2325	2300	2275
SMAi-Triathlon _{nwa/wma}		1500	1490	1480	1470	1460	1450	1440	1430	1420	1410
Indoor-Pentathlon _{nwa/wma}		2500	2475	2450	2425	2400	2375	2350	2325	2300	2275
Throws-Pentathlon _{nwa/wma}		2500	2475	2450	2425	2400	2375	2350	2325	2300	2275
	Relays	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75
4x100m		51.20	51.40	53.20	55.20	57.20	59.20	61.60	64.00	70.00	75.00
4x200m		1:43	1:45	1:48	1:52	1:56	2:00	2:06	2:14	2:22	2:30
4x400m		3:45	3:50	3:57	4:07	4:20	4:35	4:52	5:20	5:50	6:30
	Walking	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75
3000m Track Walk		14:30	14:45	15:15	15:45	16:30	17:30	18:30	20:00	22:00	24:30
5000m Track Walk		25:00	26:00	27:00	28:00	29:00	30:00	31:00	34:00	37:00	41:00
	Events	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75

medal standards

WOMAN

	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75
Runs										
60m	9.30	9.40	9.60	9.80	10.00	10.30	10.60	11.20	11.80	12.80
100m	14.70	14.80	15.00	15.75	16.50	17.25	18.00	19.00	20.50	22.50
200m	30.00	31.00	32.50	34.00	35.50	37.00	38.50	40.00	43.00	47.00
300m	50.00	51.00	52.00	54.00	57.00	61.00	65.00	70.00	76.00	86.00
400m	70.00	71.00	73.00	76.00	80.00	85.00	91.00	98.00	1:46	2:00
600m	2:00	2:02	2:05	2:10	2:17	2:26	2:36	2:48	3:02	3:26
800m	2:50	2:53	2:57	3:04	3:14	3:25	3:41	3:58	4:18	4:52
1000m	3:35	3:40	3:45	3:53	4:05	4:20	4:40	5:00	5:25	6:10
1500m	5:35	5:42	5:50	6:03	6:22	6:46	7:16	7:50	8:30	9:15
3000m	12:00	12:15	12:30	13:00	13:40	14:30	15:30	16:40	18:00	19:45
5000m	21:00	22:00	23:00	24:00	25:00	26:00	27:30	29:00	32:00	35:00
Hurdles										
60mH84,0/13-8-5-13	10.90	11.00								
60mH76,2/12-8-16			12.00	12.30						
60mH76,2/12-7-20					12.80	13.50				
60mH68,6/12-7-20							13.80	14.50	15.50	16.50
100mH84,0/13-8-5-10.5	19.00	20.50								
80mH76,2/12-8-12			16.00	16.50						
80mH76,2/12-7-19					17.00	18.00				
80mH68,6/12-7-19							18.60	20.00	22.50	26.00
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		
200mH68,6/20-35-40									50.00	57.00
2000m Steeplechase68,6/18b+5w	8:30	8:40	9:00	9:30	10:10	11:00	12:00	13:00	14:15	15:30
Jumps										
High Jump	1.40	1.35	1.30	1.25	1.20	1.14	1.08	1.02	0.96	0.90
Pole Vault	2.80	2.60	2.40	2.20	2.00	1.80	1.70	1.60	1.50	1.40
Long Jump	4.80	4.60	4.35	4.10	3.80	3.50	3.20	2.90	2.60	2.30
Triple Jump	10.00	9.40	8.80	8.20	7.60	7.00	6.40	5.80	5.20	4.60
Throws										
Shot Put 4kg	9.55	9.00	8.40	7.75						
Shot Put 3kg					8.15	7.60	6.80	6.00	5.20	
Shot Put 2kg										5.80
Discus Throw 1kg	30.00	29.00	27.00	25.00	23.00	21.00	19.00	17.00	15.00	
Discus Throw 750g										15.00
Javelin Throw 600g	30.00	29.00	27.00	24.50						
Javelin Throw 500g					24.00	21.50	19.00	16.50	14.00	
Javelin Throw 400g										14.00
Hammer Throw 4kg	30.00	29.00	27.00	25.00						
Hammer Throw 3kg					25.00	23.00	21.00	19.00	17.00	
Hammer Throw 2kg										17.00
Weight Throw 9.08kg	9.50	9.00	8.10	7.20						
Weight Throw 7.26kg					8.10	7.20				
Weight Throw 5.45kg							8.00	7.00	6.00	
Weight Throw 4kg										6.00
Combined Events										
Heptathlon ^{1wa/wma}	3500	3465	3430	3395	3360	3325	3290	3255	3220	3185
SMA-Pentathlon ^{1wa/wma} f	2500	2475	2450	2425	2400	2375	2350	2325	2300	2275
SMAi-Triathlon ^{1wa/wma}	1500	1490	1480	1470	1460	1450	1440	1430	1420	1410
Indoor-Pentathlon ^{1wa/wma} f	2500	2475	2450	2425	2400	2375	2350	2325	2300	2275
Indoor-Pentathlon ^{1wa/wma} f	2500	2475	2450	2425	2400	2375	2350	2325	2300	2275
Throws-Pentathlon ^{1wa/wma}	2500	2475	2450	2425	2400	2375	2350	2325	2300	2275
Relays										
4x100m	58.80	60.00	62.00	65.00	68.00	71.00	75.00	79.00	85.00	93.00
4x200m	2:05	2:10	2:15	2:20	2:30	2:40	2:50	3:00	3:15	3:30
4x400m	4:50	5:00	5:10	5:25	5:40	6:10	6:45	7:30	8:30	9:30
Walking										
3000m Track Walk	18:00	18:30	19:00	19:30	20:00	21:00	23:00	25:00	27:00	30:00
5000m Track Walk	30:00	31:00	32:00	33:00	34:00	36:00	38:00	40:00	42:00	45:00
Events										
	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75