

swiss masters athletics sma 2024 standards for title and awards

Man

Runs	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
60m	8.00	8.10	8.20	8.40	8.70	9.00	9.40	9.90	10.50	11.50	13
100m	12.80	13	13.30	13.80	14.30	14.80	15.40	16	16.60	17.50	20
200m	26.30	27	28	29	30	31	32	34	36	38	43
300m	40	41	42.50	44	46	48	51	54	57.50	62	70
400m	56.20	57.20	59.10	61.20	64	66	69	73	78	84	92
600m	1:35	1:39	1:42	1:46	1:49	1:54	2:00	2:07	2:16	2:26	2:40
800m	2:30	2:35	2:41	2:47	2:52	3	3:10	3:20	3:40	4	4:30
1000m	3:15	3:20	3:27	3:35	3:42	3:50	4	4:20	4:40	5	5:40
1500m	5:10	5:17	5:30	5:40	5:55	6:10	6:30	6:50	7:20	8	8:45
3000m	11:05	11:15	11:40	12:10	12:40	13:15	14	14:45	16	17:45	19:30
5000m	18:45	19	19:45	20:30	21:15	22:15	23:30	25	26:45	29:30	33
10000m	44	45	46	48	50	52	55	58	62	66	72
Hurdles	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
60mH106,7/13.72-9.14-9.72	10										
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											15.80
110mH106,7/13.72-9.14-14.02	18										
110mH99,1/13.72-9.14-14.02		19	20.50	22							
100mH91,4/13-8.5-10.5					20	22					
100mH84,0/12-8-16							23	25			
80mH76,2/12-7-19									21	23	
80mH68,6-7/12-7-19											26
400mH91,4/45-35-40	62	64	67	70							
400mH84,0/45-35-40					73	77					
300mH76,2/50-35-40							60	65			
300mH68,6/50-35-40									70	75	
200mH68,6/20-35-40											50.00
3000m Steeplechase91,4/28b+7w	11:50	12:15	12:45	13:20	14	15					
2000m Steeplechase68,6/18b+5w							10	11	12	13	15
Jumps	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
High Jump	1.65	1.62	1.55	1.48	1.40	1.32	1.24	1.16	1.08	1.00	0.90
Pole Vault	3.50	3.30	3.10	2.90	2.70	2.50	2.30	2.10	1.90	1.70	1.50
Long Jump	5.60	5.40	5.15	4.90	4.60	4.30	4.00	3.70	3.40	3.10	2.70
Triple Jump	11.80	11.40	11.00	10.50	9.90	9.20	8.50	7.80	7.10	6.30	5.50
Throws	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
Shot Put 7,26kg	11.10	10.40	9.70	9							
Shot Put 6kg					9	8					
Shot Put 5kg							8.50	7.50			
Shot Put 4kg									8	7	
Shot Put 3kg											7
Discus Throw 2kg	32	31	30	28							
Discus Throw 1,5kg					30	28					
Discus Throw 1kg							30	28	26	23	19
Javelin Throw 800g	45	42	39	36							
Javelin Throw 700g					34	31					
Javelin Throw 600g							30	27			
Javelin Throw 500g									25	22	
Javelin Throw 400g											20
Hammer Throw 7,26kg	37.50	37	35	33							
Hammer Throw 6kg					33	30					
Hammer Throw 5kg							30	27			
Hammer Throw 4kg									27	24	
Hammer Throw 3kg											24
Weight Throw 15,88kg	11	10.50	10	9.50							
Weight Throw 11,34kg					10.50	9.50					
Weight Throw 9,08kg							10.50	9.50			
Weight Throw 7,26kg									10	9	
Weight Throw 5,45kg											9.50
Combined Events	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
Decathlon <sub>wa/wma</sub>	4500	4450	4400	4350	4300	4350	4200	4150	4100	4050	4000
Pentathlon <sub>wa/wma</sub>	2500	2475	2450	2425	2400	2375	2350	2325	2300	2275	2250
SMA-Pentathlon <sub>wa/wma</sub>	2500	2475	2450	2425	2400	2375	2350	2325	2300	2275	2250
SMAi-Triathlon <sub>wa/wma</sub>	1500	1490	1480	1470	1460	1450	1440	1430	1420	1410	1400
Indoor-Pentathlon <sub>wa/wma</sub>	2500	2475	2450	2425	2400	2375	2350	2325	2300	2275	2250
Throws-Pentathlon <sub>wa/wma</sub>	2500	2475	2450	2425	2400	2375	2350	2325	2300	2275	2250
Relays	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
4x100m	51.20	51.40	53.20	55.20	57.20	59.20	61.60	64	70	75	90
4x200m	1:43	1:45	1:48	1:52	1:56	2:00	2:06	2:14	2:22	2:30	2:42
4x400m	3:45	3:50	3:57	4:07	4:20	4:35	4:52	5:20	5:50	6:30	7:30
Walking	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
3000m Track Walk	14:30	14:45	15:15	15:45	16:30	17:30	18:30	20:00	22:00	24:30	27:30
5000m Track Walk	25	26	27	28	29	30	31	34	37	41	45
Events	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80



Runs	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
60m	9.30	9.40	9.60	9.80	10	10.30	10.60	11.20	11.80	12.80	14.80
100m	14.70	14.80	15	15.75	16.50	17.25	18	19	20.50	22.50	25
200m	30	31	32.50	34	35.50	37	38.50	40	43	47	52
300m	50	51	52	54	57	61	65	70	76	86	100
400m	70	71	73	76	80	85	91	98	1.46	2	2.20
600m	2	2:02	2:05	2:10	2:17	2:26	2:36	2:48	3:02	3:26	4
800m	2:50	2:53	2:57	3:04	3:14	3:25	3:41	3:58	4:18	4:52	5:40
1000m	3:35	3:40	3:45	3:53	4:05	4:20	4:40	5:00	5:25	6:10	7:10
1500m	5:35	5:42	5:50	6:03	6:22	6:46	7:16	7:50	8:30	9:15	10:20
3000m	12	12:15	12:30	13	13:40	14:30	15:30	16:40	18	19:45	22
5000m	21	22	23	24	25	26	27:30	29	32	35	40
10000m	45	46	47	49	51	53:30	56	59	65	72	81
Hurdles	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
60mH84,0/13-8.5-13	10.90	11									
60mH76,2/12-8-16			12	12.30							
60mH76,2/12-7-20					12.80	13.50					
60mH68,6/12-7-20							13.80	14.50	15.50	16.50	18
100mH84,0/13-8.5-10.5	19	20.50									
80mH76,2/12-8-12			16	16.50							
80mH76,2/12-7-19					17	18					
80mH68,6/12-7-19							18.60	20	22.50	26	30
400mH76,2/45-35-40	75	77	82	90							
300mH76,2/50-35-40					65	70					
300mH68,6/50-35-40							75	80			
200mH68,6/20-35-40									50	57	65
2000m Steeplechase68,6/18b+5w	8:30	8:40	9	9:30	10:10	11	12	13	14:15	15:30	17
Jumps	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
High Jump	1.40	1.35	1.30	1.25	1.20	1.14	1.08	1.02	0.96	0.90	0.84
Pole Vault	2.80	2.60	2.40	2.20	2	1.80	1.70	1.60	1.50	1.40	1.30
Long Jump	4.80	4.60	4.35	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
Throws	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
Shot Put 4kg	9.55	9.00	8.40	7.75							
Shot Put 3kg					8.15	7.60	6.80	6	5.20		
Shot Put 2kg										5.80	5
Discus Throw 1kg	30	29	27	25	23	21	19	17	15		
Discus Throw 750g										15	13
Javelin Throw 600g	30	29	27	24.50							
Javelin Throw 500g					24	21.50	19	16.50	14		
Javelin Throw 400g										14	11
Hammer Throw 4kg	30	29	27	25							
Hammer Throw 3kg					25	23	21	19	17		
Hammer Throw 2kg										17	13
Weight Throw 9.08kg	9.50	9	8.10	7.20							
Weight Throw 7.26kg					8.10	7.20					
Weight Throw 5.45kg							8	7	6		
Weight Throw 4kg										6	5
Combined Events	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
Heptathlon <sub>wa/wma</sub>	3500	3465	3430	3395	3360	3325	3290	3255	3220	3185	3150
SMA-Pentathlon <sub>wa/wma</sub> f	2500	2475	2450	2425	2400	2375	2350	2325	2300	2275	2250
SMAi-Triathlon <sub>wa/wma</sub>	1500	1490	1480	1470	1460	1450	1440	1430	1420	1410	1400
Indoor-Pentathlon <sub>wa/wma</sub> f	2500	2475	2450	2425	2400	2375	2350	2325	2300	2275	2250
Indoor-Pentathlon <sub>wa/wma</sub> f	2500	2475	2450	2425	2400	2375	2350	2325	2300	2275	2250
Throws-Pentathlon <sub>wa/wma</sub>	2500	2475	2450	2425	2400	2375	2350	2325	2300	2275	2250
Relays	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
4x100m	58.80	60	62	65	68	71	75	79	85	93	1:45
4x200m	2:05	2:10	2:15	2:20	2:30	2:40	2:50	3	3:15	3:30	4
4x400m	4:50	5	5:10	5:25	5:40	6:10	6:45	7:30	8:30	9:30	12
Walking	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
3000m Track Walk	18	18:30	19	19:30	20	21	23	25	27	30	35
5000m Track Walk	30	31	32	33	34	36	38	40	42	45	50
Events	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80