Masters Women's All American Standards

	30-34	35-39	40-44	45-49	50-54	55-59
50m	8.20	8.40	8.50	8.50	8.60	9.20
55m	9.00	9.10	9.20	9.30	9.60	10.40
60m	9.60	9.70	9.80	10.00	10.30	11.10
100m	14.60	14.70	15.10	15.30	15.70	17.00
200m	30.10	29.40	30.60	31.80	33.10	36.10
400m	1:10.00	1:11.00	1:13.00	1:15.00	1:22.00	1:28.00
800m	2:49.00	2:52.00	2:54.00	3:04.00	3:15.00	3:30.00
1500m	5:35.00	5:45.00	5:50.00	6:05.00	6:25.00	6:55.00
Mile	6:05.00	6:19.00	6:20.00	6:35.00	6:55.00	7:30.00
3000m	12:50.00	13:00.00	13:30.00	13:35.00	13:50.00	15:25.00
5000m	21:50.00	22:05.00	22:45.00	23:50.00	25:20.00	27:05.00
10000m	38:30.00	38:50.00	39.50.00	41:25.00	43:55.00	47:00.00
55m Hurdles	9.20	9.50	10.10	10.70	11.10	11.70
60m Hurdles	10.00	10.30	10.90	11.50	11.90	12.60
Short Hurdles	17.40	17.80	15.30	16.10	17.30	18.40
Long Hurdles	1:15.00	1:17.00	1:21.00	1:27.00	1:05.00	1:10.00
Steeplechase	9:10.00	9:30.00	9:55.00	10:20.00	10:45.00	11:05.00
High Jump	1.40m	1.35m	1.27m	1.22m	1.12m	1.07m
Pole Vault	3.20m	3.00m	2.70m	2.50m	2.30m	2.10m
Long Jump	3.90m	3.80m	3.60m	3.40m	3.10m	2.90m
Triple Jump	10.10m	9.40m	8.70m	8.10m	6.60m	6.10m
Shot Put	7.90m	7.50m	7.10m	6.90m	8.20m	7.40m
Discus	27.00m	26.00m	24.00m	22.00m	21.00m	18.00m
Hammer	35.00m	31.00m	26.00m	21.00m	23.00m	22.00m
Javelin	20.00m	19.70m	18.70m	16.00m	18.00m	16.00m
Wt. Throw	10.90m	9.60m	8.40m	8.20m	8.00m	7.30m
Super Wt.	6.50m	6.75m	5.30m	4.90m	5.40m	5.00m
Decathlon	4800pts	4800pts	4200pts	4200pts	4000pts	4000pts
Heptathlon	3200pts	3000pts	2900pts	2800pts	2800pts	2700pts
Pentathlon	2400pts	2400pts	2100pts	2100pts	2000pts	2000pts
Throws Pent	2600pts	2300pts	2300pts	2900pts	2600pts	2900pts
Ultra Wt. Pent	2800pts	2800pts	2800pts	2800pts	3000pts	3000pts

60-64	65-69	70-74	75-79	80-84	85-89	90-94
9.70	10.60	11.60	12.60	13.90	15.60	19.30m
11.20	12.40	13.70	15.30	17.20	19.40	23.60m
11.90	13.20	14.60	16.40	18.30	20.70	25.20m
18.30	20/30	22.50	25.20	28.00	34.20	42.60m
39.30	42.80	46.50	50.50	58.10	1:10.00	n/a
1:35.00	1:43.00	1:54.00	2:13.00	2:33.00	3:01.00	n/a
3:45.00	4:05.00	4:35.00	5:10.00	5:50.00	6:45.00	n/a
7:35.00	8:25.00	9:20.00	10:35.00	12:00.00	14:20.00	n/a
8:10.00	9:05.00	10:05.00	11:25.00	n/a	n/a	n/a
17:15.00	18:40.00	20:15.00	n/a	n/a	n/a	n/a
29:00.00	31:20.00	34:00.00	37:15.00	na/	n/a	n/a
50:30.00	n/a	n/a	n/a	n/a	n/a	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a
17.40	19.30	n/a	n/a	n/a	n/a	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a
12:05.00	n/a	n/a	n/a	n/a	n/a	n/a
1.02m	0.97m	0.92m	0.89m	0.84m	n/a	n/a
1.90m	1.60m	1.40m	n/a	n/a	n/a	n/a
2.70m	2.40m	2.10m	2.80m	1.60m	1.30m	n/a
5.70m	5.20m	4.80m	4.30m	4.10m	3.50m	n/a
7.00m	6.40m	5.80m	5.80m	4.90m	4.00m	3.60m
16.00m	15.00m	14.00m	12.00m	10.00m	8.00m	7.00m
20.00m	18.00m	16.00m	16.00m	14.00m	n/a	n/a
16.00m	14.00m	12.00m	10.00m	9.00m	7.00m	5.00m
9.40m	8.40m	7.20m	6.50m	n/a	n/a	n/a
6.40m	5.70m	4.90m	n/a	n/a	n/a	n/a
3800pts	3800pts	3600pts	3400pts	2800pts	n/a	n/a
2700pts	2600pts	2500pts	2400pts	2200pts	n/a	n/a
1900pts	1900pta	1800pts	1700pts	1400pts	n/a	n/a
2800pts	2800pts	2600pts	2800pts	2800pts	n/a	n/a
3000pts	3000pts	3000pts	3000pts	3000pts	n/a	n/a

95+

n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a