

Masters Men's All American Standards

	30-34	35-39	40-44	45-49	50-54	55-59
50m	6.60	6.60	6.70	6.90	7.10	7.40
55m	7.10	7.10	7.30	7.50	7.70	8.00
60m	7.60	7.60	7.80	8.00	8.20	8.50
100m	11.30	11.40	11.80	12.00	12.30	12.80
200m	22.50	23.20	24.10	24.90	25.60	26.40
400m	53.00	54.00	56.00	57.00	58.00	60.00
800m	2:05.00	2:05.00	2:10.00	2:14.00	2:19.00	2:28.00
1500m	4:25.00	4:26.00	4:32.00	4:39.00	4:47.00	5:14.00
Mile	4:50.00	4:51.00	4:58.00	5:16.00	5:14.00	5:44.00
3000m	10:00.00	10:05.00	10:25.00	10:45.00	11:05.00	11:55.00
5000m	17:25.00	17:40.00	18:10.00	18:45.00	19:30.00	20:30.00
10000m	36:55.00	37:20.00	38:25.00	39:40.00	41:00.00	44:20.00
55m Hurdles	9.00	9.40	9.80	10.20	10.50	10.80
60m Hurdles	9.70	10.20	10.60	11.00	11.40	11.70
Short Hurdles	17.90	18.20	18.90	19.60	18.30	19.50
Long Hurdles	59.00	1:01.00	1:04.00	1:07.00	1:12.00	1:18.00
Steeplechase	11:25.00	11:55.00	12:30.00	13:05.00	13:40.00	14:15.00
High Jump	1.92m	1.84m	1.75m	1.67m	1.58m	1.47m
Pole Vault	4.00m	3.80m	3.60m	3.40m	3.20m	2.9m
Long Jump	6.20m	6.00m	5.70m	5.40m	5.00m	4.80m
Triple Jump	11.40m	11.20m	10.60m	10.00m	9.40m	8.80m
Shot Put	13.30m	12.90m	12.70m	12.20m	13.10m	12.00m
Discus	39.00m	38.00m	37.00m	35.00m	42.00m	37.00m
Hammer	41.00m	40.00m	37.00m	34.00m	36.00m	31.00m
Javelin	50.00m	49.00m	46.00m	43.00m	42.00m	41.00m
Wt. Throw	12.90m	12.60m	11.80m	11.00m	13.90m	12.80m
Super Wt.	8.15m	7.95m	7.45m	6.96m	6.40m	6.10m
Decathlon	5000pts	4900pts	4800pts	4700pts	4600pts	4500pts
Heptathlon	3500pts	3400pts	3350pts	3300pts	3200pts	3100pts
Pentathlon	2500pts	2450pts	2400pts	2350pts	2300pts	2250pts
Throws Pent	2700pts	2700pts	2900pts	2900pts	3000pts	3000pts
Ultra Wt. Pent	2900pts	2900pts	2900pts	2900pts	2900pts	3000pts

60-64	65-69	70-74	75-79	80-84	85-89	90-94
7.70	8.10	8.50	9.20	10.20	11.60	14.80
8.40	8.80	9.30	10.00	11.00	12.60	16.00
8.90	9.30	9.90	10.60	11.80	13.40	17.10
13.30	14.30	15.20	16.80	19.30	22.40	30.60
27.70	29.50	31.90	37.20	44.30	56.70	1:19 .00
1:04 .00	1:10 .00	1:20 .00	1:35 .00	1:50 .000	2:25 .00	3:20 .00
2:40 .000	2:55 .00	3:15 .00	3:50 .00	4:25 .00	5:30 .00	7:30 .00
5:45.00	6:20 .00	7:05 .00	8:10 .00	9:40 .00	12:00 .00	15:55.00
6:20 .00	6:55 .00	7:45.00	8:55 .00	10:35 .00	n/a	n/a
12:50 .00	14:15 .00	15:55.00	18:15 .00	22:05 .00	n/a	n/a
21:40 .00	24:20 .00	27:40 .00	32:20.00	39:10 .00	n/a	n/a
48:15 .00	52:35.00	57:50 .00	1:05.00	n/a	n/a	n/a
10.80	12.00	12.40	12.60	15.60	n/a	n/a
11.70	13.00	13.40	13.60	n/a	n/a	n/a
20.30	22.80	19.80	21.70	26.30	n/a	n/a
1:01.00	1:10.00	1:21.00	1:40.00	n/a	n/a	n/a
9:55.00	11:35.00	13:30.00	15:40.00	n/a	n/a	n/a
1.37m	1.27m	1.17m	1.07m	0.98m	0.89m	0.78m
2.60m	2.40m	2.10m	1.8m	1.60m	1.30m	n/a
4.50m	4.00m	3.60m	3.00m	2.50m	2.00m	1.30m
8.10m	7.50m	6.90m	6.00m	5.20m	4.40m	3.40m
12.80m	11.50m	11.00m	9.00m	8.00m	6.00m	4.20m
42.00m	37.00m	33.00m	28.00m	20.00m	16.00m	12.00m
33.00m	28.00m	27.00m	23.00m	20.00m	16.00m	12.00m
40.00m	33.00m	30.00m	26.00m	22.00m	14.00m	9.00m
13.60m	12.30m	11.00m	9.70m	9.00m	7.60m	n/a
6.40m	5.60m	6.10m	4.70m	3.50m	2.80m	n/a
4400pts	4300pts	4200pts	4000pts	3200pts	n/a	n/a
3050pts	3000pts	2900pts	2700pts	2300pts	n/a	n/a
2200pts	2150pts	2100pts	2000pts	1600pts	n/a	n/a
3000pts	3000pts	3000pts	3000pts	3000pts	n/a	n/a
3100pts	3100pts	2900pts	2800pts	2800pts	n/a	n/a

95+

n/a

n/a

n/a

49.70

n/a

2.70m

8.00m

n/a

4.00m

n/a

n/a

n/a

n/a

n/a

n/a

n/a