

Events	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
Runs	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
100m	12.10	12.30	12.60	12.90	13.25	13.75	14.20	15.00	16.00	17.80	20.00
200m	24.80	25.20	25.75	26.40	27.30	28.40	29.60	31.00	33.00	37.00	43.00
400m	54.50	55.50	56.60	58.00	61.00	64.00	67.00	71.00	76.00	84.00	95.00
800m	2:05.00	2:10.00	2:15.00	2:20.00	2:26.00	2:33.00	2:40.00	2:48.00	3:00.00	3:15.00	3:40.00
1500m	4:22.00	4:27.00	4:37.00	4:48.00	5:00.00	5:16.00	5:35.00	6:00.00	6:30.00	7:15.00	8:30.00
5000m	16:30.00	17:00.00	17:30.00	18:00.00	19:00.00	20:00.00	21:00.00	22:15.00	23:45.00	26:00.00	30:00.00
10000m	35:00.00	35:40.00	37:00.00	38:15.00	39:40.00	41:20.00	43:10.00	45:20.00	50:00.00	55:00.00	70:00.00
Marathon	3h00:00	3h10:00	3h20:00	3h30:00	3h45:00	4h00:00	4h15:00	4h30:00	4h45:00	5h00:00	5h30:00
Hurdles	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
110mH106,7/10/13,72-9,14-14,02	17.70										
110mH99,1/10/13,72-9,14-14,02		18.70	19.60	20.50							
100mH91,4/10/13-8,5-10,5					19.20	20.50					
100mH84,0/10/12-8-16							20.50	22.00			
80mH76,2/8/12-7-19									20.00	22.50	
80mH68,6-7/8/12-7-19											26.00
400mH91,4/10/45-35-40	62.00	64.00	66.00	69.00							
400mH84,0/10/45-35-40					72.00	75.00					
300mH76,2/7/50-35-40							55.00	60.00			
300mH68,6/7/50-35-40									67.00	75.00	
200mH68,6/5/20-35-40											50.00
3000m Steeplechase91,4/28b+7w	10:15.00	10:30.00	10:45.00	11:15.00	11:45.00	12:30.00					
2000m Steeplechase68,6/18b+5w							9:00.00	10:00.00	11:00.00	12:30.00	15:00.00
Jumps	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
High Jump	1.70	1.65	1.60	1.50	1.45	1.40	1.35	1.25	1.15	1.05	1.00
Pole Vault	3.60	3.40	3.20	3.00	2.80	2.60	2.40	2.20	2.00	1.80	1.60
Long Jump	5.80	5.60	5.40	5.20	4.90	4.60	4.30	3.90	3.50	3.10	2.70
Triple Jump	11.80	11.40	11.00	10.50	10.00	9.40	8.80	8.00	7.20	6.30	5.50
Throws	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
Shot Put 7,26kg	12.00	11.00	10.40	9.90							
Shot Put 6kg					10.20	9.60					
Shot Put 5kg							10.20	9.50			
Shot Put 4kg									9.80	8.70	
Shot Put 3kg											8.00
Discus Throw 2kg	35.00	33.00	31.00	30.00							
Discus Throw 1,5kg					34.00	31.00					
Discus Throw 1kg							33.00	30.00	27.00	24.00	18.00
Javelin Throw 800g	48.00	45.00	42.00	38.00							
Javelin Throw 700g					38.00	35.00					
Javelin Throw 600g							35.00	31.00			
Javelin Throw 500g									28.00	23.00	
Javelin Throw 400g											20.00
Hammer Throw 7,26kg	40.00	38.00	35.00	32.00							
Hammer Throw 6kg					35.00	31.00					
Hammer Throw 5kg							35.00	30.00			
Hammer Throw 4kg									34.00	27.00	
Hammer Throw 3kg											20.00
Weight Throw 15,88kg	13.50	12.50	11.50	10.50							
Weight Throw 11,34kg					14.00	12.50					
Weight Throw 9,08kg							14.00	12.50			
Weight Throw 7,26kg									13.00	11.00	
Weight Throw 5,45kg											9.00
Combined Events	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
Decathlon ^{iaaf/wma}	5000	5000	5000	5000	5000	5000	5000	5000	5000	5000	5000
Pentathlon ^{iaaf/wma}	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500
Throwing-Pentathlon ^{iaaf/wma}	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500
Relays	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
4x100m	48.00	49.00	50.00	51.00	52.50	55.00	60.00	64.00	68.00	73.00	80.00
4x400m	3:45.00	3:50.00	3:57.50	4:07.50	4:20.00	4:35.00	4:52.50	5:20.00	5:50.00	6:30.00	7:30.00
Walking	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
5000m Track Walk	24:30	25:00	25:45	26:30	27:30	28:30	30:00	31:30	33:30	36:30	40:00
10km Road Walk	53:00	54:00	56:00	57:30	59:30	1h02:00	1h05:00	1h09:00	1h15:00	1h22:00	1h30:00
20km Road Walk	1h51:00	1h53:00	1h57:00	2h00:00	2h05:00	2h10:00	2h17:00	2h27:00	2h42:00	3h00:00	3h20:00
Events	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80

Events	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
Runs	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
100m	14.00	14.50	15.00	15.75	16.50	17.25	18.00	19.00	20.50	22.50	28.00
200m	30.00	31.00	32.50	34.00	35.50	37.00	38.50	40.00	43.00	47.00	52.00
400m	70.00	71.00	73.00	76.00	80.00	85.00	91.00	98.00	1:46.00	2:00.00	2:20.00
800m	2:36.00	2:37.50	2:44.00	2:52.00	3:00.00	3:09.00	3:20.00	3:33.00	3:52.00	4:20.00	5:00.00
1500m	5:30.00	5:33.00	5:45.00	6:00.00	6:20.00	6:45.00	7:15.00	7:50.00	8:30.00	9:15.00	10:20.00
5000m	20:30.00	20:45.00	21:15.00	22:00.00	23:00.00	24:15.00	25:45.00	27:30.00	29:30.00	33:00.00	38:00.00
10000m	44:00.00	45:00.00	46:30.00	48:00.00	50:00.00	52:30.00	55:00.00	58:00.00	62:00.00	70:00.00	80:00.00
Marathon	3h30:00	3h40:00	3h50:00	4h00:00	4h15:00	4h30:00	4h45:00	5h00:00	5h30:00	6h00:00	6h30:00
Hurdles	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
100mH84,0/10/13-8.5-10.5	18.00	18.50									
80mH76,2/8/12-8-12			15.50	16.50							
80mH76,2/8/12-7-19					17.00	18.00					
80mH68,6/8/12-7-19							18.50	20.00	22.50	26.00	30.00
400mH76,2/10/45-35-40	75.00	77.00	82.00	90.00							
300mH76,2/7/50-35-40					65.00	70.00					
300mH68,6/7/50-35-40							75.00	80.00			
200mH68,6/5/20-35-40									50.00	57.00	65.00
2000m Steeplechase68,6/18b+5w	8:30.00	8:40.00	9:00.00	9:30.00	10:10.00	11:00.00	12:00.00	13:00.00	14:15.00	15:30.00	17:00.00
Jumps	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
High Jump	1.40	1.35	1.25	1.20	1.15	1.10	1.05	1.00	0.95	0.90	0.85
Pole Vault	2.80	2.60	2.40	2.20	2.10	2.00	1.90	1.70	1.50	1.30	1.10
Long Jump	5.00	4.70	4.40	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	10.50	10.00	9.50	9.00							
Shot Put 3kg					10.00	9.00	8.00	7.00	6.00		
Shot Put 2kg										6.00	5.00
Discus Throw 1kg	30.00	29.00	27.00	25.00	23.00	21.00	19.00	17.00	15.00		
Discus Throw 750g										17.00	13.00
Javelin Throw 600g	30.00	29.00	27.00	25.00							
Javelin Throw 500g					25.00	23.00	21.00	19.00	17.00		
Javelin Throw 400g										17.00	13.00
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	13.00
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	5.00
Combined Events	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
Heptathlon ^{iaaf/wma}	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500
Throwing-Pentathlon ^{iaaf/wma}	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500
Relays	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
4x100m	58.00	60.00	62.00	65.00	68.00	71.00	75.00	79.00	85.00	93.00	1:45.00
4x400m	4:50.00	4:55.00	5:02.50	5:15.00	5:30.00	5:50.00	6:15.00	6:45.00	7:15.00	8:15.00	9:45.00
Walking	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
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
10km Road Walk	1h01:00	1h02:00	1h03:00	1h06:00	1h10:00	1h15:00	1h21:00	1h25:00	1h31:00	1h37:00	1h45:00
20km Road Walk	2h07:00	2h09:00	2h11:00	2h18:00	2h26:00	2h37:00	2h49:00	2h59:00	3h12:00	3h30:00	3h50:00
Events	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80

swiss masters athletics sma		2017 standards for championship title and medals										indoor Man	rev. 20.08.2013/24.04.2014/31.01.2017pp
Events	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80		
Runs	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80		
60m	7.90	8.00	8.10	8.25	8.45	8.70	9.00	9.60	10.30	11.30	12.80		
200m	25.00	25.50	26.00	27.00	28.00	29.00	30.00	31.50	34.00	38.00	44.00		
400m	55.00	56.00	57.50	59.00	62.00	65.00	68.00	72.00	77.00	85.00	96.00		
800m	2:08.00	2:13.00	2:18.00	2:24.00	2:30.00	2:37.50	2:45.00	2:53.00	3:05.00	3:20.00	3:45.00		
1500m	4:25.00	4:30.00	4:40.00	4:52.50	5:05.00	5:22.00	5:42.00	6:07.50	6:37.50	7:25.00	8:40.00		
3000m	9:45.00	10:00.00	10:20.00	10:45.00	11:15.00	11:45.00	12:30.00	13:30.00	14:00.00	15:30.00	18:00.00		
Halfmarathon	1h25:00	1h30:00	1h35:00	1h40:00	1h45:00	1h55:00	2h05:00	2h10:00	2h20:00	2h30:00	2h45:00		
Hurdles	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80		
60mH106,7/5/13.72-9.14-9.72	10.00												
60mH99,1/5/13.72-9.14-9.72		10.10	10.50	11.00									
60mH91,4/5/13-8.5-13					11.20	11.70							
60mH84,0/5/12-8-12							12.00	12.50					
60mH76,2/5/12-7-20									13.00	13.50			
60mH68,6/5/12-7-20											14.50		
Jumps	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80		
High Jump	1.70	1.65	1.60	1.50	1.45	1.40	1.35	1.25	1.15	1.05	1.00		
Pole Vault	3.60	3.40	3.20	3.00	2.80	2.60	2.40	2.20	2.00	1.80	1.60		
Long Jump	5.80	5.60	5.40	5.20	4.90	4.60	4.30	3.90	3.50	3.10	2.70		
Triple Jump	11.80	11.40	11.00	10.50	10.00	9.40	8.80	8.00	7.20	6.30	5.50		
Throws	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80		
Shot Put 7,26kg	12.00	11.00	10.40	9.90									
Shot Put 6kg					10.20	9.60							
Shot Put 5kg							10.20	9.50					
Shot Put 4kg									9.80	8.70			
Shot Put 3kg											8.00		
Winter-Discus Throw 2kg	35.00	33.00	31.00	30.00									
Winter-Discus Throw 1,5kg					34.00	31.00							
Winter-Discus Throw 1kg							33.00	30.00	27.00	24.00	18.00		
Winter-Javelin Throw 800g	48.00	45.00	42.00	38.00									
Winter-Javelin Throw 700g					38.00	35.00							
Winter-Javelin Throw 600g							35.00	31.00					
Winter-Javelin Throw 500g									28.00	23.00			
Winter-Javelin Throw 400g											20.00		
Winter-Hammer Throw 7,26kg	40.00	38.00	35.00	32.00									
Winter-Hammer Throw 6kg					35.00	31.00							
Winter-Hammer Throw 5kg							35.00	30.00					
Winter-Hammer Throw 4kg									35.00	27.00			
Winter-Hammer Throw 3kg											20.00		
Winter-Weight Throw 15,88kg	13.50	12.50	11.50	10.50									
Winter-Weight Throw 11,34kg					14.00	12.50							
Winter-Weight Throw 9,08kg							14.00	12.50					
Winter-Weight Throw 7,26kg									13.00	11.00			
Winter-Weight Throw 5,45kg											9.00		
Combined Events	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80		
Pentathlon ¹ _{iaaf/wma}	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500		
Winter-Throwing-Pentathlon ¹ _{iaaf/wma}	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500		
Relays	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80		
4x200	1:40.00	1:42.00	1:44.00	1:48.00	1:52.00	1:56.00	2:00.00	2:06.0	2:14.00	2:30.00	2:56.00		
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		
Winter-10km Road Walk	53:00	54:00	56:00	57:30	59:30	1h02:00	1h05:00	1h09:00	1h15:00	1h22:00	1h30:00		
Events	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80		

Sources: scoring tables IAAF(Spiriev)2011; age factors WMA2010; medal standards AUT; participation minima GER 2012; medal standards EVAA 2011/2012; propositions 2013 ACVCM;EB2017

Events	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
Runs	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
60m	9.30	9.40	9.60	9.80	10.00	10.30	10.60	11.20	11.80	12.80	14.80
200m	30.50	31.50	33.00	34.50	36.00	37.50	39.00	41.00	44.00	48.00	53.00
400m	71.00	72.00	74.00	77.00	82.00	87.00	93.00	100.00	1:48.00	2:03.00	2:25.00
800m	2:40.00	2:41.50	2:47.00	2:55.00	3:03.00	3:12.00	3:23.00	3:36.00	3:55.00	4:25.00	5:05.00
1500m	5:31.00	5:34.00	5:47.00	6:02.00	6:23.00	6:48.00	7:20.00	8:00.00	8:40.00	9:30.00	11:00.00
3000m	12:00.00	12:10.00	12:30.00	13:00.00	13:45.00	14:45.00	16:00.00	17:30.00	19:00.00	21:00.00	22:00.00
Halfmarathon	1h40:00	1h45:00	1h50:00	1h55:00	2h00:00	2h10:00	2h20:00	2h30:00	2h45:00	3h00:00	3h15:00
Hurdles	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
60mH84,0/5/13-8-5-13	10.90	11.00									
60mH76,2/5/12-8-16			12.00	12.30							
60mH76,2/5/12-7-20					12.80	13.50					
60mH68,6/5/12-7-20							13.80	14.50	15.50	16.50	18.00
Jumps	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
High Jump	1.40	1.35	1.25	1.20	1.15	1.10	1.05	1.00	0.95	0.90	0.85
Pole Vault	2.80	2.60	2.40	2.20	2.10	2.00	1.90	1.70	1.50	1.30	1.10
Long Jump	5.00	4.70	4.40	4.10	3.80	3.50	3.20	2.90	2.60	2.30	2.00
Triple Jump	10.20	9.50	8.90	8.30	7.70	7.10	6.50	5.90	5.30	4.70	4.10
Throws	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
Shot Put 4kg	10.50	10.00	9.50	9.00							
Shot Put 3kg					10.00	9.00	8.00	7.00	6.00		
Shot Put 2kg										6.00	5.00
Winter-Discus 1kg	30.00	29.00	27.00	25.00	23.00	21.00	19.00	17.00	15.00		
Winter-Discus 750g										17.00	13.00
Winter-Javelin 600g	30.00	29.00	27.00	25.00							
Winter-Javelin 500g					25.00	23.00	21.00	19.00	17.00		
Winter-Javelin 400g										17.00	13.00
Winter-Hammer 4kg	30.00	29.00	27.00	25.00							
Winter-Hammer 3kg					25.00	23.00	21.00	19.00	17.00		
Winter-Hammer 2kg										17.00	13.00
Winter-Weight 9.08kg	9.50	9.00	8.10	7.20							
Winter-Weight 7.26kg					8.10	7.20					
Winter-Weight 5.45kg							8.00	7.00	6.00		
Winter-Weight 4.00kg										6.00	5.00
Combined Events	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
Pentathlon ^{iaaf/wma}	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500
Winter-Throwing-Pentathlon ^{iaaf/wma}	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500
Relays	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
4x200	2:05.00										
Walking	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
3000m Track	17:50	18:10	18:30	19:00	19:40	20:40	21:50	23:10	24:30	28:30	33:30
Winter-10km Road	1h01:00	1h02:00	1h03:00	1h06:00	1h10:00	1h15:00	1h21:00	1h25:00	1h31:00	1h37:00	1h45:00
Events	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80

Sources: scoring tables IAAF(Spiriev)2011; age factors WMA2010; medal standards AUT, participation minima GER 2012, medal standards EVAA 2011/2012; propositions 2013 ACVCM