

EMAC

Eastern Masters Athletic Club Standards

INDOOR MEDAL STANDARDS

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
60m	7.98	8.16	8.49	8.83	9.38	10.2	10.88	11.69	12.91	15.63
60mH	10.29	10.51	11.17	11.34	11.88	11.88	12.82	13.2	14.3	15.95
200m	26.4	27.2	28.3	29.6	31.5	34.1	36.6	39.3	44.9	52.8
400m	58	60.6	63	66	70.1	76.1	81.5	87.6	99.9	116.7
800m	02:15	02:20	02:29	02:37	02:48	03:01	03:20	03:40	04:02	04:30
1500m	04:35	04:46	05:03	05:19	05:47	06:14	06:47	07:20	08:04	09:10
3000m	10:20	10:40	11:00	11:24	12:10	12:58	13:58	15:10	16:27	18:37
3000mW	16:30	17:08	18:09	19:15	20:54	22:00	23:39	24:45	25:51	26:57
PV	3.1	3	2.65	2.45	2.15	2.05	1.8	1.5	1.4	1.3
HJ	1.4	1.35	1.3	1.2	1.15	1.1	1.05	1	0.9	0.8
LJ	5.15	5	4.77	4.5	4.18	3.95	3.54	3.18	2.7	2.18
TJ	10.5	10.18	9.54	8.9	8.4	7.54	7.13	6.9	5.54	4.54
SP	10.3	10	9.09	10	9.09	8.63	7.95	7.95	6.36	5

	W35	W40	W45	W50	W55	W60	W65	W70	W75	
60m	9.1	9.79	10.54	11.56	12.57	13.6	14.62	15.63	17	
60mH	12.87	12.87	13.2	13.75	14.3	15.07	15.84	16.94	18.04	
200m	31.5	33.1	36.5	39.3	42.7	46	49.4	52.7	57.2	
400m	74.4	78.8	86.9	94.9	103	111	119	128	137	
800m	02:51	03:02	03:13	03:30	03:46	04:14	04:30	04:52	05:14	
1500m	05:54	06:10	06:32	07:05	07:38	08:17	09:12	09:50	10:40	
3000m	12:41	13:34	14:33	15:46	16:58	18:37	20:16	22:15	24:47	
3000mW	19:15	20:21	21:27	22:33	24:12	25:18	26:57	28:03	29:42	
PV	2.35	2.2	2	1.85	1.7	1.55	1.45	1.3	1.2	
HJ	1.25	1.2	1.1	1	0.95	0.9	0.85	0.8	0.75	
LJ	3.82	3.73	3.64	3.45	3.18	2.9	2.27	1.9	1.8	
TJ	7.36	7	6.64	6.27	5.9	5.55	5.18	4.81	4.35	
SP	8.18	7.95	7.27	6.82	6.36	5.9	5.64	5.23	4.5	

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OUTDOOR MEDAL STANDARDS

Medal Standards – Men

Event	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100m	13.97	14.41	14.96	15.51	16.06	16.61	17.38	18.7	20.46	21.67		
200m	27.72	28.82	29.52	31.13	32.23	33.66	35.64	38.5	42.46	46.2		
400m	62.81	64.9	67.1	69.96	72.82	76.23	80.3	85.36	100.67	125.4		
800m	2.37	2.42	2.48	2.56	3.03	3.12	3.23	3.36	3.54	4.16		
1500m	4.57	5.08	5.2	5.33	5.48	6.06	6.27	6.53	8.20.0	9.55.0		
5000m	20.3	21.15	22.06	23	24.03	25.15	26.4	28.25	30.37	33.34		
10000m												
80mH								21.56	23.82	26.84		
100mH				22.11	23.43	23.87	25.63					
110mH	20.13	21.12	22									
300mH						64.46	68.86	74.47	81.62	91.3		
400mH	69.08	72.38	76.23	79.42	84.26							
2000mS/C						10.27	11.15	12.16	13.33	15.24		
3000mS/C	11.33	12.06	13.22	14.39	15.57							
3000mW	17.24	18.09	18.52	19.36	20.31	21.27	22.43	24	25.39	27.4		
HJ	1.37	1.3	1.24	1.18	1.11	1.06	1	0.95	0.9	0.83		
PV	3.15	2.92	2.7	2.56	2.34	2.2	2.07	1.89	1.8	1.62		
LJ	5.36	5.01	4.68	4.38	4.09	3.82	3.58	2.94	2.43	1.93		
TJ	10.83	10.08	9.37	8.73	8.1	7.55	7.02	5.6	5.19	4.52		
SP	9.99	8.91	8.05	7.96	7.15	7.02	6.3	6.33	5.67	4.86		
DT	29.8	31.05	27.85	28.3	25.38	27.32	24.52	22	17.28	14.5		
HT	35.91	32.35	29.16	28.89	26.01	25.95	23.13	23.31	21	18		
JT	31.2	34.65	31.59	28.74	26.1	25.83	23.4	21.33	16.3	13.6		

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OUTDOOR MEDAL STANDARDS

Medal Standards – Women

Event	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90
100m	16.06	16.88	17.38	18.15	18.92	18.92	20.68	22	24.09	25.52		
200m	31.35	32.67	33.99	35.53	36.96	38.83	41.25	43.67	46.97	51.37		
400m	71.72	74.58	77	81.29	85.36	90.09	95.81	102.74	109.56	118.8		
800m	2.45	2.53	3.01	3.1	3.2	3.32	3.46	4.04	4.26	4.49		
1500m	5.43	5.58	6.15	6.22	6.54	7.18	7.48	8.26	9.12	10.06		
5000m	23.39	24.39	25.51	27.01	28.31	30.15	32.09	34.39	37.57	42.21		
10000m												
80mH		18.26	19.36	20.13	21.45	23.04	24.97	27.5	30.91	35.64		
100mH	20.02											
300mH				66.77	71.06	76.23	82.61	90.58	101.2			
400mH	83.16	87.72	92.84									
2000mS/C	10.57	11.33	12.16	13.06	13.55	14.57	16.12	17.57	20.09			
3000mW	20.09	20.48	21.4	22.43	23.49	25.06	26.34	28.24	30.21	33		
HJ	1.33	1.25	1.17	1.1	1.03	0.97	0.91	0.86	0.81	0.74		
PV	2.34	2.16	1.98	1.84	1.66	1.53	1.44	1.3	1.17	1.89		
LJ	4.15	3.87	3.6	3.34	3.11	2.89	2.7	2.52	2.34	2.11		
TJ	7.74	7.2	6.7	6.24	5.79	5.4	5.02	4.68	4.32	4.05		
SP	7.74	7.65	6.7	6.75	5.85	5.94	4.45	3.87	3.37	2.88		
DT	24.7	21.87	19.35	17.1	15.15	13.41	11.88	10.48	9.27	8.01		
HT	25.05	22.68	20.52	18.9	17.46	17.58	15.93	14.4	10.98	8.32		
JT	24.93	21.96	20.52	19.89	17.2	15.39	13.59	11.97	9.9	8.1		