

EMAC/BMAF MEDAL STANDARDS

(Based on BMAF +/- 10% of their Standards, as at 2018-02-26)

EMAC Indoor Track & Field Medal Standards

Men	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
60m	8.58	8.8	9.02	9.24	9.57	10.01	10.56	11.22	11.88	12.98
200m	28.16	28.6	29.37	30.36	31.46	33.11	34.98	37.95	41.8	48.95
400m	61.16	63.25	64.9	67.1	70.4	75.35	80.3	89.1	106.7	132
800m	02:23.0	02:27.4	02:31.8	02:37.3	02:45.0	02:58.2	03:12.5	03:31.2	04:03.1	04:46.0
1500m	05:04.7	05:10.2	05:17.9	05:30.0	05:43.2	06:05.2	06:41.5	07:23.3	08:29.3	10:16.0
3000m	10:07.2	10:38.0	11:16.5	11:52.8	12:39.0	13:23.0	14:07.0	15:24.0	17:03.0	19:17.2
60mH	10.01	10.78	11.77	11.99	12.87	12.54	14.08	13.53	15.62	17.93
3000mW	0	0	0	0	0	0	0	0	0	0
HJ	1.42	1.40	1.35	1.30	1.23	1.17	1.10	1.04	0.93	0.85
PV	2.88	2.75	2.65	2.50	2.34	2.16	1.98	1.85	1.76	1.62
LJ	4.68	4.50	4.32	4.10	3.87	3.60	3.24	2.79	2.34	1.89
TJ	10.17	9.81	9.45	9.05	8.60	8.01	7.29	6.39	5.58	4.86
SP	9.90	9.27	8.46	8.82	8.19	8.69	7.56	8.28	6.48	5.85

Women	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
60m	9.35	9.68	10.23	10.78	11.44	12.1	12.87	13.64	14.63	15.73
200m	32.45	33.55	34.76	36.52	38.28	40.7	44.44	50.49	59.62	68.2
400m	72.49	75.57	79.09	82.83	86.9	91.08	95.48	103.4	116.6	129.8
800m	02:48.3	02:53.8	03:01.5	03:09.2	03:21.3	03:34.5	03:53.2	04:14.1	04:35.0	05:05.8
1500m	05:59.7	06:07.4	06:18.4	06:34.9	06:55.8	07:25.5	08:01.8	08:44.7	09:36.4	10:38.0
3000m	12:22.5	12:57.7	13:23.0	13:58.2	14:40.0	15:24.0	16:24.5	17:41.5	19:15.0	21:16.0
60mH	11.88	11.77	12.21	12.87	13.31	13.97	14.52	14.96	15.51	15.95
3000mW	20:15.5	20:32.0	20:59.5	21:38.0	22:05.5	22:49.5	23:44.5	24:56.0	26:13.0	27:41.0
HJ	1.26	1.22	1.14	1.08	1.01	0.95	0.91	0.84	0.77	0.68
PV	2.16	1.98	1.80	1.67	1.58	1.44	1.35	1.26	1.13	1.04
LJ	3.83	3.60	3.38	3.13	2.88	2.66	2.41	2.18	1.95	1.67
TJ	8.01	7.56	7.11	6.75	6.30	5.85	5.36	4.86	4.32	3.78
SP	7.56	7.25	6.75	6.75	6.39	5.76	5.09	4.41	3.74	3.11

EMAC Outdoor Track & Field Medal Standards

Men	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
100m	13.42	13.75	14.19	14.63	15.18	15.84	16.94	18.15	19.8	22
200m	27.39	27.94	28.6	29.59	30.91	32.56	34.65	36.85	41.03	47.3
400m	61.93	62.59	63.91	66.33	69.85	73.81	78.76	86.9	100.1	125.4
800m	02:20.8	02:24.1	02:28.5	02:35.1	02:41.7	02:54.9	03:07.0	03:27.9	03:56.5	04:35.0
1500m	04:51.5	05:02.5	05:06.9	05:20.1	05:38.8	06:01.9	06:31.6	07:12.3	08:20.5	09:59.5
5000m	17:58.0	18:28.8	19:16.1	20:10.0	21:21.5	22:44.0	24:13.1	26:24.0	28:58.0	32:38.0
10000m	37:02.0	38:16.8	40:02.4	42:21.0	44:52.8	47:44.4	51:02.4	55:22.0	00:30.0	05:33.6
Sprint Hurdles	19.8	20.35	20.79	21.34	21.89	22.22	23.65	21.45	22.77	24.97
Long Hurdles	69.3	71.72	73.81	79.31	80.19	59.51	63.91	73.7	78.76	85.8
Steeplechase	11:57.2	12:15.9	12:36.8	12:57.7	13:20.8	09:54.0	10:27.0	11:11.0	12:06.0	13:01.0
3000m Walk	16:52.0	17:14.0	17:41.5	18:20.0	19:04.0	19:55.7	20:57.3	22:11.0	23:40.1	25:29.0
5000m Walk	31:32.0	32:10.5	32:43.5	33:22.0	34:06.0	35:01.0	36:07.0	37:35.0	39:25.0	41:48.0
High Jump	1.44	1.41	1.37	1.31	1.25	1.19	1.12	1.04	0.95	0.86
Pole Vault	2.93	2.79	2.68	2.54	2.39	2.25	2.12	1.98	1.85	1.71
Long Jump	4.95	4.77	4.59	4.32	4.05	3.69	3.33	2.88	2.43	1.94
Triple Jump	10.35	9.99	9.54	9.14	8.69	8.10	7.43	6.57	5.67	4.86
Shot Putt	10.17	9.54	8.73	9.18	8.28	8.82	7.92	7.20	6.21	5.85
Discus	29.79	28.80	27.18	29.25	26.19	26.19	23.22	20.25	17.28	14.49
Hammer	31.14	30.06	28.98	29.70	27.18	27.81	25.56	22.50	19.89	16.74
Javelin	36.45	33.48	31.68	30.15	26.55	27.54	23.49	19.71	16.29	13.59
Weighted	9.54	8.55	7.92	10.62	8.46	10.62	9.09	10.71	8.46	7.47

Women	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
100m	15.62	16.06	16.61	17.27	18.04	18.92	19.69	20.57	22	23.32
200m	31.68	32.67	33.99	35.2	36.63	39.16	42.02	46.75	54.12	63.25
400m	71.39	74.25	77.88	81.62	85.36	89.21	93.17	100.98	113.96	127.05
800m	02:46.1	02:51.6	02:59.3	03:07.0	03:19.1	03:32.3	03:51.0	04:13.0	04:35.0	04:57.0
1500m	05:56.4	06:00.8	06:11.8	06:25.0	06:49.2	07:18.9	07:55.2	08:37.0	09:26.5	10:27.0
5000m	21:27.0	22:00.0	22:55.0	23:55.5	25:07.0	26:46.0	28:14.0	29:42.0	31:54.0	35:23.0
10000m	44:33.0	45:58.8	47:51.0	49:52.0	51:53.0	53:54.0	56:50.0	00:30.0	06:00.0	13:20.0
Short Hurdles	20.68	16.28	17.16	17.6	18.37	19.14	20.79	23.65	26.95	32.89
Long Hurdles	78.32	83.71	89.98	67.21	72.71	73.15	77.66	83.82	91.19	100.98
Steeplechase	10:10.5	10:24.8	10:42.4	11:02.2	11:11.0	11:44.0	12:28.0	13:12.0	14:29.0	15:46.0
3000m Walk	20:15.5	20:32.0	20:59.5	21:38.0	22:05.5	22:49.5	23:44.5	24:56.0	26:13.0	27:41.0
5000m Walk	34:17.0	35:01.0	35:56.0	36:56.5	37:57.0	39:03.0	40:20.0	41:59.0	43:49.0	45:39.0
High Jump	1.30	1.22	1.15	1.09	1.03	0.97	0.93	0.86	0.81	0.75
Pole Vault	2.34	2.16	1.98	1.84	1.67	1.53	1.43	1.31	1.17	1.08
Long Jump	4.01	3.75	3.51	3.28	3.05	2.84	2.61	2.39	2.16	1.89
Triple Jump	8.19	7.74	7.25	6.84	6.44	6.03	5.58	5.13	4.68	4.23
Shot Putt	7.74	7.47	7.02	7.07	6.53	5.99	5.31	4.68	3.96	3.29
Discus Throw	23.40	21.60	19.89	18.45	16.74	15.39	13.86	11.88	9.63	8.46
Hammer Throw	23.94	22.32	20.52	18.90	17.46	17.10	16.02	13.50	10.98	8.33
Javelin Throw	23.85	21.60	19.89	18.90	17.19	16.65	16.20	12.60	9.90	8.10
Weight Throw	7.65	7.29	7.02	7.74	7.38	8.91	8.37	7.38	6.66	6.12

BMAF Track & Field Merit Standards (as @ 2018-02-26)

Men's Indoor	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
60m	7.8	8	8.2	8.4	8.7	9.1	9.6	10.2	10.8	11.8
200m	25.6	26	26.7	27.6	28.6	30.1	31.8	34.5	38	44.5
400m	55.6	57.5	59	61	64	68.5	73	81	97	120
800m	02:10.0	02:14.0	02:18.0	02:23.0	02:30.0	02:42.0	02:55.0	03:12.0	03:41.0	04:20.0
1500m	04:37.0	04:42.0	04:49.0	05:00.0	05:12.0	05:32.0	06:05.0	06:43.0	07:43.0	09:20.0
3000m	09:12.0	09:40.0	10:15.0	10:48.0	11:30.0	12:10.0	12:50.0	14:00.0	15:30.0	17:32.0
60m Hurdles	9.1	9.8	10.7	10.9	11.7	11.4	12.8	12.3	14.2	16.3
3000m Walk										
High Jump	1.58	1.55	1.5	1.44	1.37	1.3	1.22	1.15	1.03	0.94
Pole Vault	3.2	3.06	2.94	2.78	2.6	2.4	2.2	2.05	1.95	1.8
Long Jump	5.2	5	4.8	4.55	4.3	4	3.6	3.1	2.6	2.1
Triple Jump	11.3	10.9	10.5	10.05	9.55	8.9	8.1	7.1	6.2	5.4
Shot Putt	11	10.3	9.4	9.8	9.1	9.65	8.4	9.2	7.2	6.5
Women Indoor	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
60m	8.5	8.8	9.3	9.8	10.4	11	11.7	12.4	13.3	14.3
200m	29.5	30.5	31.6	33.2	34.8	37	40.4	45.9	54.2	62
400m	65.9	68.7	71.9	75.3	79	82.8	86.8	94	106	118
800m	02:33.0	02:38.0	02:45.0	02:52.0	03:03.0	03:15.0	03:32.0	03:51.0	04:10.0	04:38.0
1500m	05:27.0	05:34.0	05:44.0	05:59.0	06:18.0	06:45.0	07:18.0	07:57.0	08:44.0	09:40.0
3000m	11:15.0	11:47.0	12:10.0	12:42.0	13:20.0	14:00.0	14:55.0	16:05.0	17:30.0	19:20.0
60m Hurdles	10.8	10.7	11.1	11.7	12.1	12.7	13.2	13.6	14.1	14.5
3000m Walk	18:25.0	18:40.0	19:05.0	19:40.0	20:05.0	20:45.0	21:35.0	22:40.0	23:50.0	25:10.0
High Jump	1.4	1.35	1.27	1.2	1.12	1.06	1.01	0.93	0.85	0.76
Pole Vault	2.4	2.2	2	1.85	1.75	1.6	1.5	1.4	1.25	1.15
Long Jump	4.25	4	3.75	3.48	3.2	2.95	2.68	2.42	2.17	1.85
Triple Jump	8.9	8.4	7.9	7.5	7	6.5	5.95	5.4	4.8	4.2
Shot Putt	8.4	8.05	7.5	7.5	7.1	6.4	5.65	4.9	4.15	3.45

BMAF Track & Field Merit Standards (as @ 2018-02-26)

Men Outdoor	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
100m	12.2	12.5	12.9	13.3	13.8	14.4	15.4	16.5	18	20
200m	24.9	25.4	26	26.9	28.1	29.6	31.5	33.5	37.3	43
400m	56.3	56.9	58.1	60.3	63.5	67.1	71.6	79	91	114
800m	02:08.0	02:11.0	02:15.0	02:21.0	02:27.0	02:39.0	02:50.0	03:09.0	03:35.0	04:10.0
1500m	04:25.0	04:35.0	04:39.0	04:51.0	05:08.0	05:29.0	05:56.0	06:33.0	07:35.0	09:05.0
5000m	16:20.0	16:48.0	17:31.0	18:20.0	19:25.0	20:40.0	22:01.0	24:00.0	26:20.0	29:40.0
10000m	33:40.0	34:48.0	36:24.0	38:30.0	40:48.0	43:24.0	46:24.0	50:20.0	55:00.0	59:36.0
Sprint Hurdles	18	18.5	18.9	19.4	19.9	20.2	21.5	19.5	20.7	22.7
Long Hurdles	63	65.2	67.1	72.1	72.9	54.1	58.1	67	71.6	78
Steeplechase	10:52.0	11:09.0	11:28.0	11:47.0	12:08.0	09:00.0	09:30.0	10:10.0	11:00.0	11:50.0
3000m Walk	15:20.0	15:40.0	16:05.0	16:40.0	17:20.0	18:07.0	19:03.0	20:10.0	21:31.0	23:10.0
5000m Walk	28:40.0	29:15.0	29:45.0	30:20.0	31:00.0	31:50.0	32:50.0	34:10.0	35:50.0	38:00.0
High Jump	1.6	1.57	1.52	1.46	1.39	1.32	1.24	1.15	1.05	0.96
Pole Vault	3.25	3.1	2.98	2.82	2.65	2.5	2.35	2.2	2.05	1.9
Long Jump	5.5	5.3	5.1	4.8	4.5	4.1	3.7	3.2	2.7	2.15
Triple Jump	11.5	11.1	10.6	10.15	9.65	9	8.25	7.3	6.3	5.4
Shot Putt	11.3	10.6	9.7	10.2	9.2	9.8	8.8	8	6.9	6.5
Discus	33.1	32	30.2	32.5	29.1	29.1	25.8	22.5	19.2	16.1
Hammer	34.6	33.4	32.2	33	30.2	30.9	28.4	25	22.1	18.6
Javelin	40.5	37.2	35.2	33.5	29.5	30.6	26.1	21.9	18.1	15.1
Weighted	10.6	9.5	8.8	11.8	9.4	11.8	10.1	11.9	9.4	8.3

Women Outdoor	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
100m	14.2	14.6	15.1	15.7	16.4	17.2	17.9	18.7	20	21.2
200m	28.8	29.7	30.9	32	33.3	35.6	38.2	42.5	49.2	57.5
400m	64.9	67.5	70.8	74.2	77.6	81.1	84.7	91.8	103.6	115.5
800m	02:31.0	02:36.0	02:43.0	02:50.0	03:01.0	03:13.0	03:30.0	03:50.0	04:10.0	04:30.0
1500m	05:24.0	05:28.0	05:38.0	05:50.0	06:12.0	06:39.0	07:12.0	07:50.0	08:35.0	09:30.0
5000m	19:30.0	20:00.0	20:50.0	21:45.0	22:50.0	24:20.0	25:40.0	27:00.0	29:00.0	32:10.0
10000m	40:30.0	41:48.0	43:30.0	45:20.0	47:10.0	49:00.0	51:40.0	55:00.0	00:00.0	06:40.0
Short Hurdles	18.8	14.8	15.6	16	16.7	17.4	18.9	21.5	24.5	29.9
Long Hurdles	71.2	76.1	81.8	61.1	66.1	66.5	70.6	76.2	82.9	91.8
Steeplechase	09:15.0	09:28.0	09:44.0	10:02.0	10:10.0	10:40.0	11:20.0	12:00.0	13:10.0	14:20.0
3000m Walk	18:25.0	18:40.0	19:05.0	19:40.0	20:05.0	20:45.0	21:35.0	22:40.0	23:50.0	25:10.0
5000m Walk	31:10.0	31:50.0	32:40.0	33:35.0	34:30.0	35:30.0	36:40.0	38:10.0	39:50.0	41:30.0
High Jump	1.44	1.36	1.28	1.21	1.14	1.08	1.03	0.96	0.9	0.83
Pole Vault	2.6	2.4	2.2	2.04	1.86	1.7	1.59	1.45	1.3	1.2
Long Jump	4.45	4.17	3.9	3.64	3.39	3.15	2.9	2.65	2.4	2.1
Triple Jump	9.1	8.6	8.05	7.6	7.15	6.7	6.2	5.7	5.2	4.7
Shot Putt	8.6	8.3	7.8	7.85	7.25	6.65	5.9	5.2	4.4	3.65
Discus Throw	26	24	22.1	20.5	18.6	17.1	15.4	13.2	10.7	9.4
Hammer Throw	26.6	24.8	22.8	21	19.4	19	17.8	15	12.2	9.25
Javelin Throw	26.5	24	22.1	21	19.1	18.5	18	14	11	9
Weight Throw	8.5	8.1	7.8	8.6	8.2	9.9	9.3	8.2	7.4	6.8