

USATF Masters All American Standards – Track and Field – Men - Imperial

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	-
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	-
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	-
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	-
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	-
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	-
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	-
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	-
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5	-	-
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6	-	-
110H	15.4	16.5	17.8	18.8	-	-	-	-	-	-	-	-	-
100H	-	-	-	-	18.0	19.0	20.0	21.0	-	-	-	-	-
80H	-	-	-	-	-	-	-	-	18.0	21.0	25.0	30.0	-
400H	58.0	60.0	62.0	64.0	68.0	71.0	-	-	-	-	-	-	-
300H	-	-	-	-	48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	-
200H											56.0	63.0	70.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00	-	-	-	-	-	-	-
2K-SC	-	-	-	-	-	-	9:30	10:30	12:00	14:00	16:30	19:30	-
HJ	6-2 ³ / ₄	6- ³ / ₄	5-9 ¹ / ₄	5-6	5-3	4-11	4-9	4-6 ¹ / ₄	4-1 ¹ / ₄	3-9 ¹ / ₄	3-3 ¹ / ₄	2-7 ¹ / ₂	-
PV	14-5 ¹ / ₄	13-5 ¹ / ₄	12-11 ¹ / ₂	12-1 ¹ / ₂	11-7 ³ / ₄	10-0	8-10 ¹ / ₄	7-10 ¹ / ₂	7-6 ¹ / ₂	6-6 ³ / ₄	5-10 ³ / ₄	4-3 ¹ / ₄	-
LJ	21-4	20- ¹ / ₄	19-2 ¹ / ₄	18-4 ¹ / ₂	17-8 ¹ / ₂	16- ³ / ₄	14-9	13-9 ¹ / ₄	12-5 ¹ / ₂	10-11 ³ / ₄	9-4 ¹ / ₄	7-2 ¹ / ₂	-
TJ	43-3 ³ / ₄	41-4 ¹ / ₄	37-8 ³ / ₄	35-5 ¹ / ₄	34-1 ¹ / ₂	31-2	29-2 ¹ / ₂	26-11	22-10	21-4	19-5 ³ / ₄	18-1	-
Shot	47-7	46-0	44-0	41-5	42-11 ³ / ₄	39-4 ¹ / ₂	42-0	37-8 ³ / ₄	36-1 ¹ / ₄	29-6 ¹ / ₂	26-3	19-8 ¹ / ₄	-
Discus	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 ¹ / ₄	50-0	-
Hammer	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 ¹ / ₂	56-0	-
Javelin	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	-
Weight	49-2 ¹ / ₂	45-11 ¹ / ₄	43-5 1/4	41-0 1/4	46-9	43-5 1/4	45-11 1/4	43-5 1/4	44-3 1/2	38-6 1/4	32-9 1/4	28-8 1/4	19-8 1/4
Super Weight	31-2	29-6 ¹ / ₂	27-10 ³ / ₄	26-5	19-8 ¹ / ₄	18- ¹ / ₂	14-9	13-1 ¹ / ₂	11-5 ³ / ₄	9-10	8-2 ¹ / ₂	6-6 ³ / ₄	
Pentathlon	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	-
Decathlon	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	-
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	-

USATF Masters All American Standards – Track and Field – Men - Metric

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	-
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	-
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	-
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	-
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	-
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	-
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	-
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	-
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
Super WT	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
Heptathlon	3920	3640	3640	3640	3640	3640	3640	3640	3640	3360	3080	2800	
Pentathlon	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	-
Decathlon	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	-
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	-

Verified 1/9/2017

USATF Masters All American Standards – Track and Field – Women

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
55H	8.00	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80		
60H	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	
100H	17.2	18.2	-	-	-	-	-	-	-	-	-
80H	-	-	15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0	-	-	-	-	-	-	-
300H	-	-	-	-	66.0	72.0	79.0	87.0	96.0	110.0	120.0
200H									64.0	73.0	80.0
2k SC	8.20	8.25	9:00	9:30	10:00	10:25	11:00	11:55	12:50		
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
-	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 ¹ / ₄	3-0 ¹ / ₄	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
-	8-10 ¹ / ₄	7-10 ¹ / ₂	6-10 ³ / ₄	5-10 ³ / ₄	4-11	3-11 ¹ / ₄	3-7 ¹ / ₄	3-3 ¹ / ₄	2-11 ¹ / ₂	2-7 ¹ / ₂	2-3 ¹ / ₂
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
-	15-1	14-6	13-3	12-6	11-1 ³ / ₄	10-6	10-2	8-6 ¹ / ₄	7-6 ¹ / ₂	6-10 ³ / ₄	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
-	31-2	29-10	27-8	24-7	23-0	21-0	20-4 ¹ / ₄	19-8 ¹ / ₄	18-1 ¹ / ₂	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
-	33-9 ¹ / ₂	30-7	27-11	27-6 ³ / ₄	26-3	25-6	24-7 ¹ / ₄	21-8	19-8 ¹ / ₄	17- ³ / ₄	14-1 ¹ / ₄
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
-	114-10	109-11	91-10	82-0	75-5 ¹ / ₂	72-8	65-7 ¹ / ₂	55-9 ¹ / ₄	52-6	49-2 ¹ / ₂	39-4 ¹ / ₂
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
-	105-0	98-5	82-0	78-9	72-2 ¹ / ₄	68-10 ³ / ₄	59- ³ / ₄	52-6	45-11 ¹ / ₄	42-8	36-1 ¹ / ₄
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
-	114-10	106-7	98-5	82-0	75-5 ¹ / ₂	72-2 ¹ / ₄	68-10 ³ / ₄	59- ³ / ₄	45-11 ¹ / ₄	39-4 ¹ / ₂	29-6 ¹ / ₂
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50
-	32-9 3/4	32-9 3/4	29-6 1/2	26-3	29-6 1/2	26-3	31-2	28-8 1/2	25-5 1/4	21-4	18-0 1/2
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
-	21-4	19-8 ¹ / ₄	18-1 ¹ / ₂	16-4 ³ / ₄	17-2 ³ / ₄	16-4 ³ / ₄	15-7	14-9	13-1 ¹ / ₂	11-5 ³ / ₄	9-10
Pent.	2400	2300	2100	2100	2100	2100	2100	2100	2100	2100	
Decath.			4800	4200	4000	4000	3900	3700	3600	3500	
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300