

Masters Track All American Bronze Standards for Men

January, 2017

Event	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	M100
50	6.7	6.8	7.1	7.3	7.6	7.9	8.1	8.4	8.7	9.0	9.4	10.1	11.7	15.9	27.7
55	7.2	7.3	7.6	7.9	8.2	8.5	8.8	9.0	9.3	9.7	10.2	10.9	12.7	17.2	29.8
60	7.7	7.8	8.1	8.4	8.8	9.1	9.4	9.7	10.0	10.4	10.9	11.6	13.5	18.4	31.9
100	11.8	12.0	12.4	12.8	13.3	13.7	14.1	14.6	15.0	16.0	17.2	18.7	20.5	24.0	48.9
200	23.3	24.2	25.1	26.1	27.1	28.0	29.0	29.9	31.1	33.7	36.7	41.0	49.4	61.5	96.4
400	53.4	55.0	57.1	59.1	61.2	63.3	65.3	67.4	72.9	80.3	87.7	101.3	122.3	167.4	220.6
800	2:08.0	2:08.4	2:14.7	2:21.0	2:27.3	2:33.6	2:39.9	2:46.2	2:55.4	3:09.5	3:26.4	3:58.0	4:58.8	6:42.0	8:49.6
1000	2:46	2:47	2:55	3:04	3:12	3:20	3:29	3:37	3:48	4:06	4:26	5:05	6:21	8:40	11:24
1500	4:25	4:30	4:40	4:50	5:02	5:15	5:29	5:44	6:01	6:28	7:10	8:17	10:11	13:52	23:33
Mile	4:47	4:52	5:02	5:14	5:27	5:40	5:55	6:12	6:30	7:00	7:45	8:58	11:01	15:00	25:28
Steeple	11:18	11:45	12:20	12:55	13:30	14:04	9:18	10:23	11:28	12:33	13:38	15:30	18:36	23:50	29:59
3000	9:57	10:08	10:30	10:54	11:20	11:49	12:20	12:54	13:33	14:34	16:09	18:40	22:57	31:14	53:04
5000	17:06	17:26	18:03	18:45	19:30	20:19	21:12	22:11	23:18	25:03	27:47	32:07	39:28	53:43	1:31:17
10000	35:41	36:22	37:40	39:07	40:41	42:24	44:15	46:17	48:38	52:17	57:59	1:07:02	1:22:22	1:52:07	3:10:31
55MH	8.9	9.3	9.7	10.1	10.5	10.7	10.7	11.9	12.3	12.5	14.4	17.6	22.3	28.4	37.3
60MH	9.6	10.1	10.5	10.9	11.3	11.6	11.6	12.9	13.2	13.5	15.6	19.0	24.0	30.7	40.3
Short Hurdles	17.0	17.3	18.1	18.8	17.7	19.0	19.1	20.7	17.4	18.3	20.0	23.4	28.0	36.1	53.4
Long Hurdles	62.4	64.7	68.1	71.6	77.5	78.4	56.5	59.8	62.8	69.9	56.5	59.8	62.8	69.9	84.6

Masters Track All American Silver Standards for Men

Event	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	M100
50	6.3	6.4	6.7	6.9	7.2	7.4	7.7	7.9	8.2	8.5	8.9	9.5	11.1	15.0	26.1
55	6.8	6.9	7.2	7.4	7.7	8.0	8.3	8.5	8.8	9.1	9.6	10.2	11.9	16.2	28.1
60	7.3	7.4	7.7	8.0	8.3	8.5	8.8	9.1	9.4	9.8	10.3	11.0	12.8	17.3	30.1
100	11.2	11.3	11.7	12.1	12.5	12.9	13.3	13.8	14.2	15.0	16.2	17.7	19.4	22.6	46.1
200	22.0	22.8	23.7	24.6	25.5	26.4	27.3	28.2	29.4	31.8	34.6	38.7	46.6	58.0	90.9
400	50.3	51.8	53.7	55.7	57.6	59.6	61.5	63.5	68.7	75.6	82.6	95.4	115.2	157.7	207.8
800	2:00.4	2:00.8	2:06.7	2:12.6	2:18.5	2:24.4	2:30.4	2:36.3	2:44.9	2:58.3	3:14.1	3:43.9	4:41.0	6:18.1	8:18.1
1000	2:36	2:37	2:45	2:53	3:01	3:08	3:16	3:24	3:34	3:52	4:10	4:47	5:58	8:09	10:43
1500	4:09	4:14	4:23	4:33	4:44	4:56	5:09	5:23	5:39	6:05	6:44	7:48	9:34	13:02	22:08
Mile	4:29	4:35	4:44	4:55	5:07	5:20	5:34	5:49	6:07	6:34	7:17	8:26	10:21	14:05	23:56
Steeple	10:32	10:58	11:31	12:03	12:36	13:08	8:41	9:42	10:42	11:43	12:43	14:28	17:21	22:15	27:59
3000	9:19	9:30	9:50	10:13	10:37	11:04	11:33	12:05	12:41	13:39	15:08	17:30	21:29	29:15	49:42
5000	16:01	16:19	16:54	17:34	18:16	19:02	19:52	20:46	21:50	23:28	26:02	30:05	36:58	50:19	1:25:30
10000	33:26	34:04	35:17	36:39	38:07	39:43	41:27	43:21	45:33	48:58	54:19	1:02:48	1:17:09	1:45:02	2:58:27
55MH	8.4	8.8	9.1	9.5	9.8	10.0	10.1	11.2	11.5	11.7	13.5	16.5	20.9	26.7	35.0
60MH	9.0	9.5	9.9	10.3	10.6	10.8	10.9	12.1	12.4	12.6	14.6	17.8	22.5	28.8	37.8
Short Hurdles	16.0	16.2	16.9	17.7	16.6	17.8	17.9	19.4	16.3	17.2	18.8	21.9	26.3	33.8	50.0
Long Hurdles	58.5	60.7	63.9	67.1	72.7	73.5	52.9	56.1	58.8	65.5	52.9	56.1	58.8	65.5	79.3

Masters Track All American Gold Standards for Men

Event	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	M100
50	6.0	6.1	6.3	6.5	6.8	7.0	7.3	7.5	7.7	8.0	8.4	9.0	10.5	14.2	24.7
55	6.5	6.5	6.8	7.0	7.3	7.6	7.8	8.1	8.3	8.6	9.1	9.7	11.3	15.3	26.6
60	6.9	7.0	7.3	7.5	7.8	8.1	8.4	8.6	8.9	9.2	9.7	10.4	12.1	16.4	28.5
100	10.6	10.7	11.1	11.5	11.9	12.2	12.6	13.0	13.4	14.2	15.3	16.7	18.3	21.4	43.6
200	20.8	21.6	22.5	23.3	24.2	25.0	25.9	26.7	27.8	30.0	32.7	36.6	44.1	54.9	86.0
400	47.5	49.0	50.8	52.6	54.5	56.3	58.2	60.0	64.9	71.5	78.1	90.2	108.8	149.0	196.4
800	1:53.7	1:54.0	1:59.6	2:05.2	2:10.7	2:16.3	2:21.9	2:27.5	2:35.7	2:48.3	3:03.2	3:31.3	4:25.2	5:56.9	7:50.1
1000	2:27	2:28	2:36	2:43	2:51	2:58	3:05	3:13	3:22	3:39	3:56	4:31	5:38	7:41	10:07
1500	3:55	3:59	4:08	4:18	4:28	4:39	4:51	5:05	5:20	5:44	6:22	7:21	9:02	12:17	20:52
Mile	4:14	4:19	4:28	4:39	4:50	5:02	5:15	5:29	5:46	6:12	6:53	7:57	9:46	13:17	22:35
Steeple	9:53	10:17	10:48	11:18	11:48	12:19	8:09	9:05	10:02	10:59	11:55	13:34	16:16	20:52	26:14
3000	8:46	8:56	9:15	9:36	9:59	10:24	10:52	11:22	11:56	12:50	14:14	16:27	20:13	27:31	46:45
5000	15:04	15:21	15:54	16:31	17:11	17:54	18:41	19:32	20:32	22:04	24:29	28:18	34:46	47:20	1:20:25
10000	31:26	32:02	33:11	34:28	35:51	37:21	38:59	40:46	42:50	46:03	51:05	59:03	1:12:34	1:38:47	2:47:50
55MH	7.9	8.2	8.6	9.0	9.2	9.5	9.5	10.5	10.8	11.0	12.7	15.5	19.7	25.1	33.0
60MH	8.5	8.9	9.3	9.7	10.0	10.2	10.2	11.3	11.7	11.9	13.8	16.8	21.2	27.1	35.6
Short Hurdles	15.0	15.2	15.9	16.6	15.6	16.8	16.9	18.3	15.3	16.1	17.7	20.6	24.8	31.8	47.1
Long Hurdles	55.1	57.1	60.1	63.1	68.4	69.2	49.8	52.8	55.4	61.7	49.8	52.8	55.4	61.7	74.7

Masters Track All American Bronze Standards for Women

January, 2017

Event	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95	W100
50	7.7	7.7	8.0	8.4	8.9	9.3	9.8	10.3	10.7	11.4	12.2	13.1	15.1	18.8	31.7
55	8.3	8.3	8.6	9.1	9.6	10.1	10.6	11.1	11.6	12.4	13.2	14.2	16.3	20.4	34.3
60	8.9	8.9	9.3	9.8	10.3	10.8	11.4	11.9	12.4	13.3	14.2	15.2	17.5	21.8	36.8
100	13.5	13.5	14.1	15.0	15.8	16.6	17.4	18.2	19.1	20.4	21.6	25.1	29.5	38.5	55.7
200	27.4	27.4	29.1	30.9	32.7	34.5	36.3	38.2	40.0	41.8	46.2	53.9	66.7	87.2	113.2
400	62.7	65.4	69.1	72.9	76.6	80.3	84.0	87.7	94.8	106.6	118.5	135.6	157.9	197.4	259.2
800	2:33.2	2:33.2	2:37.5	2:44.6	2:51.7	3:03.3	3:17.1	3:37.9	4:01.0	4:33.3	5:10.2	5:56.4	6:56.4	8:24.2	10:33.5
1000	3:18	3:18	3:26	3:36	3:46	4:01	4:19	4:45	5:13	5:52	6:36	7:35	9:05	11:45	17:14
1500	5:15	5:20	5:33	5:52	6:14	6:40	7:09	7:42	8:22	9:09	10:05	11:36	14:50	23:19	18:59
Mile	5:41	5:46	6:00	6:20	6:44	7:12	7:43	8:20	9:02	9:53	10:54	12:33	16:03	25:10	23:43
Steeple	8:40	9:03	9:25	9:47	10:10	10:32	11:28	12:24	13:26	14:56	16:47	19:41	24:19	34:44	51:53
3000	11:57	12:07	12:30	13:10	14:01	14:58	16:03	17:19	18:48	20:34	22:43	26:26	34:04	53:40	2:57:08
5000	20:36	20:50	21:26	22:28	23:53	25:31	27:23	29:33	32:05	35:06	38:53	45:33	58:55	1:32:47	4:57:31
10000	42:54	43:19	44:24	46:12	48:54	52:20	56:17	1:00:53	1:06:17	1:12:45	1:20:37	1:32:50	1:56:51	2:53:38	7:00:26
55MH	9.8	9.8	10.7	11.3	11.7	12.4	12.8	13.6	14.5	15.7	17.3	20.1	24.2	30.5	40.4
60MH	10.6	10.6	11.6	12.2	12.6	13.4	13.8	14.7	15.6	16.9	18.7	21.7	26.1	32.9	43.6
Short Hrdls	16.8	17.1	15.3	16.2	16.0	16.9	17.7	19.6	22.7	25.7	31.6	37.0	45.3	56.2	69.3
Long Hrdls	71.7	71.7	77.3	83.1	62.0	67.4	65.6	70.9	51.0	53.3	59.0	68.8	85.1	111.3	144.5

Masters Track All American Silver Standards for Women

Event	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95	W100
50	7.1	7.1	7.4	7.8	8.3	8.7	9.1	9.5	10.0	10.6	11.3	12.1	14.0	17.5	29.4
55	7.7	7.7	8.0	8.5	8.9	9.4	9.9	10.3	10.8	11.5	12.3	13.1	15.1	18.9	31.8
60	8.3	8.3	8.6	9.1	9.6	10.1	10.6	11.1	11.6	12.3	13.1	14.1	16.2	20.3	34.1
100	12.5	12.5	13.1	13.9	14.7	15.4	16.2	16.9	17.7	18.9	20.1	23.3	27.4	35.8	51.7
200	25.5	25.5	27.0	28.7	30.4	32.0	33.7	35.4	37.1	38.8	42.9	50.0	62.0	81.0	105.2
400	58.1	60.6	64.1	67.5	71.0	74.4	77.9	81.3	87.9	98.8	109.8	125.7	146.4	183.0	240.2
800	2:21.7	2:21.7	2:25.7	2:32.3	2:38.9	2:49.5	3:02.3	3:21.6	3:42.9	4:12.8	4:47.0	5:29.7	6:25.2	7:46.4	9:46.0
1000	3:04	3:04	3:10	3:20	3:29	3:43	4:00	4:23	4:50	5:25	6:06	7:01	8:24	10:52	15:56
1500	4:51	4:56	5:08	5:26	5:46	6:10	6:37	7:08	7:44	8:27	9:20	10:44	13:44	21:34	13:04
Mile	5:15	5:21	5:33	5:52	6:14	6:40	7:09	7:42	8:22	9:08	10:05	11:37	14:51	23:17	17:26
Steeple	8:00	8:21	8:42	9:02	9:23	9:44	10:35	11:26	12:24	13:47	15:30	18:10	22:27	32:03	47:53
3000	11:01	11:10	11:31	12:08	12:54	13:47	14:47	15:57	17:19	18:56	20:55	24:21	31:22	49:26	2:43:09
5000	18:59	19:12	19:45	20:41	22:00	23:30	25:13	27:13	29:33	32:19	35:48	41:57	54:16	1:25:28	4:34:02
10000	39:31	39:54	40:53	42:33	45:03	48:12	51:51	56:04	1:01:03	1:07:01	1:14:15	1:25:30	1:47:38	2:39:55	6:27:15
55MH	9.1	9.1	9.9	10.5	10.8	11.5	11.8	12.6	13.4	14.5	16.0	18.6	22.3	28.2	37.3
60MH	9.8	9.8	10.7	11.3	11.7	12.4	12.7	13.6	14.4	15.6	17.3	20.1	24.1	30.4	40.3
Short Hrdls	15.5	15.8	14.2	14.9	14.7	15.6	16.3	18.1	20.9	23.8	29.2	34.2	41.8	51.9	64.0
Long Hrdls	66.3	66.3	71.4	76.8	57.3	62.3	60.6	65.5	47.1	49.3	54.5	63.6	78.7	102.9	133.5

Masters Track All American Gold Standards for Women

Event	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95	W100
50	6.7	6.7	6.9	7.3	7.7	8.1	8.5	8.9	9.3	9.9	10.6	11.3	13.1	16.3	27.4
55	7.2	7.2	7.5	7.9	8.3	8.8	9.2	9.6	10.1	10.7	11.4	12.3	14.1	17.7	29.7
60	7.7	7.7	8.0	8.5	8.9	9.4	9.9	10.3	10.8	11.5	12.3	13.2	15.2	18.9	31.9
100	11.7	11.7	12.3	13.0	13.7	14.4	15.1	15.8	16.5	17.7	18.7	21.7	25.6	33.4	48.3
200	23.8	23.8	25.2	26.8	28.3	29.9	31.5	33.1	34.7	36.2	40.0	46.7	57.8	75.6	98.2
400	54.1	56.5	59.7	62.9	66.1	69.4	72.6	75.8	81.9	92.1	102.3	117.1	136.4	170.5	223.8
800	2:11.8	2:11.8	2:15.6	2:21.7	2:27.8	2:37.7	2:49.6	3:07.5	3:27.4	3:55.2	4:27.0	5:06.7	5:58.3	7:13.8	9:05.1
1000	2:51	2:51	2:57	3:06	3:15	3:28	3:43	4:05	4:30	5:03	5:40	6:31	7:49	10:07	14:50
1500	4:31	4:36	4:46	5:03	5:22	5:44	6:09	6:38	7:12	7:52	8:41	9:59	12:46	20:04	7:58
Mile	4:53	4:58	5:09	5:27	5:48	6:12	6:39	7:10	7:47	8:30	9:22	10:48	13:49	21:40	12:02
Steeple	7:26	7:45	8:04	8:24	8:43	9:02	9:50	10:37	11:31	12:48	14:24	16:52	20:51	29:46	44:28
3000	10:12	10:21	10:41	11:15	11:58	12:46	13:42	14:47	16:03	17:33	19:24	22:34	29:05	45:49	2:31:13
5000	17:35	17:47	18:18	19:10	20:23	21:47	23:23	25:13	27:23	29:58	33:11	38:53	50:18	1:19:13	4:13:59
10000	36:38	36:59	37:54	39:26	41:45	44:41	48:03	51:58	56:35	1:02:06	1:08:49	1:19:15	1:39:45	2:28:13	5:58:54
55MH	8.4	8.4	9.2	9.7	10.1	10.6	11.0	11.7	12.4	13.4	14.9	17.3	20.7	26.2	34.7
60MH	9.1	9.1	9.9	10.5	10.9	11.5	11.8	12.6	13.4	14.5	16.1	18.6	22.4	28.3	37.5
Short Hrdls	14.4	14.7	13.2	13.9	13.7	14.5	15.2	16.8	19.5	22.1	27.1	31.8	38.9	48.3	59.5
Long Hrdls	61.6	61.6	66.4	71.4	53.3	57.9	56.3	60.9	43.8	45.8	50.6	59.1	73.1	95.6	124.1