

Table 1

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85
100M	14.6	15.18	15.53	16.03	16.6	17.3	18.5	19.8	21.6	24	26.3
200M	29.9	30.82	31.65	33	34.12	35.5	27.8	40.2	44.8	51.6	58
400M	67.6	69.95	71.09	74.69	77.39	80.93	86.06	94.8	109.2	136.8	160
800M	2m 40s	2m 47s	2m	3m 2s	3m 10s	3m 17s	3m 28s	3m 43s	4m 3s	4m 36s	5m 40s
1500M	5m 28s	5m 40s	5m 54s	6m 8s	6m 24s	6m 42s	7m 1s	7m 30s	8m 16s	9m 28s	11m 28s
3000M	11m 40s	12m 7s	12m 36s	13m 8s	13m 42s	14m 19s	15m 1s	16m 3s	17m 41s	20m 15s	24m 31s
5000M	20m 32s	21m 19s	22m 10s	23m 5s	24m 5s	25m 11s	26m 25s	28m 14s	31m 7s	35m 36s	43m 8s
80M H								23.4	24.8	28	32.2
100M H				23.3	23.9	24.2	26.6				
110M H	21.6	22.79	23.2								
2000m Walk	14m05	14m30	14m45	15m32	15m45	16m57	18m59	21m17	22m52	24m17	24m45
3000m SC	13m 2s	13m33.48	14m16.94	14m54.35	16m35.14						
2000M SC						10m52.37	11m55.50	12m49.5	14m18.6	16m12	18m54
Pole vault	2.6	2.5	2.4	2.3	2.1	1.95	1.85	1.65	1.45	1.2	1.1
High jump	1.3	1.18	1.16	1.12	1.07	1.01	0.93	0.89	0.8	0.75	0.7
Long jump	4.4	4.16	4	3.74	3.54	3.3	3	2.6	2.2	1.7	1.2
Triple jump	9.2	8.4	8.26	7.7	7.38	6.9	6.32	5.61	5	4.3	3.6
Shot	9	8.5	7.8	8.2	7.4	7.8	7	6.4	5.5	5.2	5
Discus	25.9	24.3	22.95	23.95	22.15	22.8	20.6	18	15.4	12.9	10.4
Hammer	27.2	26.25	25.6	24.99	23.25	23.93	22.7	20	17.7	14.9	12.1
Javelin	30.2	28.4	26.6	24.95	23.6	22.5	19.95	16.5	14.1	11.95	9.85
Weight	7.31	7.3	7	9.12	7.5	8.96	8.1	8.46	7.5	6.6	3.75