

SOUTH AFRICAN MASTERS ATHLETICS
NATIONAL COLOURS STANDARDS (1 JAN 2012 - 31 DEC 2016)

Women	W 35	W 40	W 45	W 50	W 55	W 60	W 65	W 70	W 75
100 m	13.21	13.47	13.83	14.40	14.89	15.75	16.83	18.40	21.60
200 m	27.38	27.72	28.84	30.27	31.32	33.36	36.91	39.90	45.95
400 m	1:02.08	1:04.00	1:05.97	1:09.52	1:14.70	1:21.83	1:30.00	1:45.30	1:59.85
800 m	2:29.00	2:30.00	2:33.00	2:45.00	3:00.00	3:12.00	3:39.00	3:50.00	4:43.00
1500 m	5:01.00	5:05.00	5:13.00	5:29.00	5:54.00	6:09.00	6:59.00	7:58.00	9:04.00
5000 m	18:58.00	19:14.00	19:45.00	20:39.00	21:28.00	23:14.00	27:00.00	28:43:00	
10 000 m	39:52.00	41:00.00	42:26.00	43:29.00	49:32.00	51:14.00	56:16.00	1:02.41	1:10.00
5000 m Track Walk	26:35.00	27:50.00	28:45.00	30:05.00	31:35.00	33:10.00	35:10.00	37:25.00	40:00.00
10 km Road Walk	54:20.00	56:20.00	58:38.00	1:01:15	1:04:15	1:07:35	1:11:15	1:17:55	1:21:25
20 km Road Walk									
80 m H		14.13	15.41	16.38	17.19	16.71	17.65
100 m H	17.83								
200 m H									
300 m H				57.82	1:03.17	1:06.39	1:13.80
400 m H	1:12.95	1:14.41	1:17.59						
2000 m S/C	8:21.00	8:42.00	9:32.00	10:40.00	10:55.00	12:40.00
H/Jump	1.50	1.38	1.33	1.26	1.19	1.16	1.07	1.00	0.93
P/Vault	2.65	2.33	2.04	2.02	1.77	1.67	1.61
L/Jump	4.96	4.72	4.23	4.13	3.88	3.60	3.04	2.67	2.20
Trp/Jump	9.53	8.95	8.28	8.00	7.73	6.88	6.65	6.28	
Hammer T	35.50	32.85	26.75	32.68	29.90	26.53	21.13	17.63	
Shot Put	10.48	10.23	9.24	10.42	9.53	8.69	7.79	6.56	
Discus T	32.67	32.85	29.22	27.64	24.14	23.80	20.05	16.50	
Javelin T	31.53	29.26	28.13	24.95	23.49	24.92	18.56	14.33	11.10
Weight T	12.50	11.50	10.50	11.00	10.50	11.50	10.50	9.00	
Throws Pentathlon	2721	2746	2791	3049	2968	3266	3196	3011	2622
Heptathlon	3800	3900	4300	4300	4300	4700	4200		

PREREQUISITES

1. No recommendation shall be considered unless the performance claimed has been achieved by an athlete duly registered with SAMA at the time of the performance.
2. A minimum of two (2) consecutive years paid-up membership of S.A. Masters Athletics (S.A.M.A.).
3. No recommendation shall be considered unless the candidate has already displayed a positive attitude and behaviour towards Masters Athletics.
4. Formal application on the prescribed form must be made by the province to which the athlete belongs. By submitting the application the province concerned affirms that it fully supports the award of national colours to the athlete.
5. For consideration it is required that the candidate has reached the standard twice, whether twice in the same event, or once each in two different events. In this case of the Decathlon and Heptathlon, the standard need only be attained once. The standard(s) must have been achieved during the duration of a specific age group, i.e. M40-44 or W55-59 (five year intervals).
6. National colours can only be awarded once per age group.

7. After an athlete has resigned membership from SAMA and/or has discontinued or interrupted their SAMA membership (e.g. injury, relocation overseas, etc.) the athlete must again complete another two years of uninterrupted membership before they will be considered for national colours first time award or re-award.

NB. No SAMA record will be recognized unless the athlete is a paid-up member of SAMA at the time of the record application.

RE-AWARDS

A re-award of national colours can only be awarded once per age group and all the prerequisites, i.e.1 to 7 will again apply.