

**STANDARDS FOR WESTERN PROVINCE MASTERS COLOURS AND SAMA CHAMPIONSHIP**

**MEDALS : WOMEN**

**TRACK AND FIELD PLUS ROAD WALKING**

	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75
100m H	13.4	13.6	14.5	15.5	16.9	17.4	17.9	18.5	20.0	21.0
E	13.64	13.84	14.74	15.74	17.14	17.64	18.14	18.74	20.24	21.24
200m H	27.9	28.5	30.0	32.5	34.5	36.0	38.0	40.0	42.0	44.0
E	28.14	28.74	30.24	32.74	34.74	36.24	38.24	40.24	42.24	44.24
400m H	62.8	67.8	72.0	76.0	80.0	84.0	90.0	98.0	110.0	
E	62.94	67.94	72.14	76.14	80.14	84.14	90.14	98.14	110.14	
800m	2:39	2:44	2:50	3:00	3:10	3:20	3:30	3:50		
1 500m	5:16	5:30	5:50	6:15	6:30	6:45	7:10	7:50		
5 000m	19:44	21:30	22:00	22:30	24:30	26:00	27:30	29:30		
10 000m	41:25	44:00	46:00	47:30	50:00	53:00	57:00	60:00		
100m H H	17.1	19.0								
100m H E	17.34	19.24								
80m H H			14.5	16.0	18.0	18.5	19.0	19.7		
80m H E			14.74	16.24	18.24	18.74	19.24	19.94		
400m H H	68.8	75.0	78.0	81.0						
400m H E	68.94	75.14	78.14	81.14						
300m H H					68.0	70.0	73.0	78.0		
300m H E					68.24	70.24	73.24	78.24		
S/Chase										
5 000m W	31:47	32:39	33:35	34:36	35:53	38:15	40:58	45:27	48:00	51:02
10km W	64:45	66:18	68:07	70:18	76:36	79:45	85:31	92:14	100:14	106:33
H/Jump	1.33	1.32	1.25	1.20	1.12	1.08	1.02	0.98		
L/Jump	4.43	4.30	4.20	3.70	3.35	3.00	2.50	2.30		
Trple/Jump	9.65	9.00	8.50	7.60	7.00	6.50	6.00			
P/Vault										
S/Put	8.03	8.75	8.60	8.10	7.40	7.00	6.45	6.00	5.60	5.00
Discus	29.82	29.50	25.50	24.00	22.00	18.00	16.00	15.00	14.00	13.00
Javelin	28.34	24.30	24.00	20.00	22.00	20.00	19.00	18.00	16.00	15.00
Hammer	25.00	24.00	23.00	21.00	19.00	18.50	18.00	17.00	14.00	13.00