

.WP STANDARDS TRANSPOSED FOR PUBLICATION (MEN) * STANDARDS (Standards are set to ELECTRONIC)

EVENT		30.00	35.00	40.00	45.00	50.00	55.00	60.00	65.00	70.00	75.00	80.00	85.00
100 M	M	11.84	11.94	12.24	13.04	13.54	14.24	14.74	15.54	17.24	18.44	19.24	20.18
200 M	M	24.34	24.44	25.44	26.44	27.54	28.54	30.64	32.74	35.24	38.24	40.24	46.65
400 M	M	53.64	54.94	56.64	58.64	1:03.44	1:06.14	1:08.54	1:14.14	1:20.14	1:26.14	1:32.14	1:50.70
800 M	M	2:02.00	2:06.00	2:14.00	2:22.00	2:26.00	2:35.00	2:50.00	2:54.00	3:05.00	4:00.00	4:50.00	
1500 M	M	4:26.00	4:30.00	4:43.00	5:00.00	5:12.00	5:30.00	5:57.00	6:20.00	6:50.00	7:27.00	8:00.00	
5000 M	M	17:12.00	17:15.00	18:00.00	18:45.00	19:00.00	20:00.00	22:30.00	23:30.00	27:00.00	29:00.00	31:00.00	
10000 M	M	35:03.00	36:00.00	38:30.00	39:00.00	42:00.00	43:00.00	47:30.00	51:30.00	56:30.00	1:01:30.00	1:07:00.00	
110/100/8 M		16.24	16.74	19.74	23.24	21.24	21.74	23.24	24.24	20.24	24.24	29.24	
400/300 M	M	58.64	1:02.14	1:07.14	1:11.14	1:10.54	1:11.04	1:00.24	1:04.24	1:10.24	1:18.24	1:26.24	1:26.24
2/3K M	ST M												
High Jump	M	1.63	1.58	1.53	1.45	1.38	1.33	1.28	1.23	1.15	1.10	1.03	
Long Jump	M	5.97	5.70	5.25	4.95	4.60	4.30	4.00	3.75	3.25	3.00	2.70	2.11
Triple Jum	M	12.38	12.00	11.00	10.50	10.00	9.20	8.50	8.00	7.00	6.00	5.00	5.34
Pole Vault	M												
Shot Put	M	12.10	11.50	10.70	10.00	10.00	9.10	9.00	8.50	8.00	7.80	7.00	7.38
Discus	M	34.48	33.00	29.50	28.00	28.00	26.00	30.00	28.00	24.00	22.00	19.00	16.96
Javelin	M	50.84	43.50	40.00	37.50	30.00	27.00	27.50	26.00	24.00	20.00	16.00	18.47
Hammer T	M	38.16	32.00	30.00	28.00	26.00	22.00	26.00	25.00	24.00	22.00	20.00	16.97
Weight Th	M	8.15	9.00	8.40	7.80	9.30	9.00	9.90	9.60	9.30	7.20	0.00	6.31
Decathlon	M												
Weights Pt	M												
3000 M	W M												
5000 M	W M	25:39.00	26:37.00	27:35.00	28:42.00	30:00.00	31:42.00	33:00.00	35:45.00	38:00.00	41:36.00	47:12.00	
10 Km	Wal M												
20 Km	Wal M	1:54:22.00	1:58:20.00	2:03:20.00	2:07:30.00	2:13:30.00	2:20:00.00	2:33:00.00	2:46:00.00	2:56:00.00	3:10:00.00	3:32:00.00	
30 Km	Wal M	2:45:00.00	2:50:00.00	2:55:00.00	3:00:00.00	3:05:00.00	3:15:00.00	3:25:00.00	3:35:00.00	3:45:00.00	4:00:00.00	4:20:00.00	

90.00 95.00 100.00

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