

**NEW STANDARDS FOR WP MASTERS
AUGUST 2018**

MEN		M 30	M 35	M 40	M 45	M 50	M 55	M 60	M 65	M 70	M 75	M 80	M 85	M 90
100 M	WPS	11.25	11.60	11.90	12.39	12.86	13.53	14.00	14.76	16.38	17.52	18.28	22.00	25.00
200 M	WPS	23.12	23.22	24.17	25.12	26.16	27.11	29.11	31.10	33.48	36.33	38.23	44.32	55.10
400 M	WPS	50.96	52.19	53.81	55.71	01:00.27	01:02.83	01:05.11	01:10.43	01:16.13	01:21.83	01:27.53	01:45.17	02:17.75
800 M	WPS	01:55.90	02:03.00	02:07.30	02:14.90	02:18.70	02:27.25	02:41.50	02:45.30	02:55.75	03:48.00	04:35.50	04:52.60	05:35.35
1500 M	WPS	04:12.70	04:16.50	04:28.85	04:45.00	04:56.40	05:13.50	05:39.15	06:01.00	06:29.50	07:04.65	07:36.00	10:22.25	11:57.25
5000 M	WPS	16:20.40	16:23.25	17:06.00	17:48.75	18:03.00	19:00.00	21:22.50	22:19.50	25:39.00	27:33.00	33:00.00	39:54.00	46:33.00
10000 M	WPS	33:17.85	34:12.00	36:34.50	37:03.00	39:54.00	40:51.00	45:07.50	48:55.50	53:40.50	58:25.50	1:03:39.00	1:23:36.00	1:37:51.00
110/100/80 M H	WPS	15.43	15.90	18.75	22.08	20.18	20.65	22.08	23.03	19.23	23.03	27.78	26.68	30.01
400/300 M H	WPS	55.71	01:01.00	01:03.78	01:07.58	01:07.01	01:07.49	57.23	01:01.03	01:06.73	01:14.33	01:21.93	01:21.93	01:09.35
2/3K M STEEPLE	WPS	10:46.00	11:05.00	11:19.25	12:11.50	12:49.50	13:46.50	09:20.50	10:17.50	11:28.75	13:18.00	15:40.50	17:48.75	19:57.00
High Jump	WPS	1.71	1.66	1.61	1.52	1.45	1.40	1.34	1.29	1.21	1.12	1.04	0.95	0.86
Long Jump	WPS	6.27	5.99	5.51	5.20	4.83	4.52	4.20	3.94	3.41	3.15	2.84	2.22	1.73
Triple Jump	WPS	13.00	12.60	11.55	11.03	10.50	9.66	8.93	8.40	7.35	6.30	5.80	5.40	4.62
Pole Vault	WPS	3.57	3.47	3.34	3.15	2.94	2.73	2.52	2.31	2.10	1.79	1.52	1.31	1.18
Shot Put	WPS	12.71	12.08	11.24	10.50	10.50	9.56	10.00	8.93	9.50	8.80	8.20	7.40	6.00
Discus	WPS	36.20	34.65	30.98	29.40	34.00	31.00	31.50	29.40	26.00	23.10	19.95	17.81	13.00
Javelin	WPS	43.00	42.00	39.00	36.00	34.00	31.00	30.00	27.30	25.20	22.00	20.00	17.50	14.00
Hammer Throw	WPS	40.07	33.60	31.50	29.40	31.00	28.00	28.00	25.00	25.20	23.10	21.00	17.00	14.00
Weight Throw	WPS	11.40	11.20	10.50	9.80	10.90	10.20	11.00	10.20	10.00	9.30	8.75	7.90	6.85
Decathlon	WPS	4515	4620	4704	4967	4967	5040	5040	5040	4515	4442	3749	3486	3486
Weights Pent	WPS	2205	2289	2363	2604	2940	2951	3113	3113	3113	2704	2415	2373	2289
5000 M Walk	WPS	25:00.0	25:30.0	26:30.0	27:30.0	28:30.0	30:00.0	31:30.0	34:00.0	35:30.0	37:30.0	41:00.0	45:00.0	50:00.0
10 Km Walk	WPS	52:00.0	53:00.0	55:30.0	57:30.0	59:00.0	1:01:30.0	1:04:00.0	1:09:00.0	1:13:00.0	1:18:00.0	1:26:00.0	1:35:00.0	1:46:00.0
20 Km Walk	WPS	1:44:00.0	1:48:00.0	1:54:00.0	1:58:00.0	2:05:00.0	2:10:00.0	2:15:00.0	2:24:00.0	2:30:00.0	2:35:00.0	2:56:00.0	3:18:00.0	3:40:00.0