

**NEW STANDARDS FOR WP MASTERS
AUGUST 2018**

WOMEN		W 30	W 35	W 40	W 45	W 50	W 55	W 60	W 65	W 70	W 75	W 80	W 85	W 90
100 M	WPS	12.96	13.30	14.00	14.95	16.28	16.76	17.23	17.80	19.23	22.00	24.42	27.55	31.83
200 M	WPS	26.73	28.00	28.73	31.10	33.00	34.43	36.33	38.23	40.13	48.00	53.20	59.58	01:08.40
400 M	WPS	59.79	01:04.54	01:08.53	01:12.33	01:16.13	01:19.93	01:25.63	01:33.23	01:44.63	02:01.60	02:17.75	02:33.90	02:51.00
800 M	WPS	02:31.05	02:35.80	02:41.50	02:51.00	03:00.50	03:10.00	03:19.50	03:38.50	04:05.10	04:34.55	04:58.30	05:35.35	06:18.10
1500 M	WPS	05:00.20	05:13.50	05:32.50	05:56.25	06:10.50	06:24.75	06:48.50	07:26.50	08:36.80	09:49.00	10:48.85	11:57.25	13:31.30
5000 M	WPS	18:44.80	20:25.50	20:54.00	21:22.50	23:16.50	24:42.00	26:07.50	28:01.50	31:59.00	36:06.00	41:48.00	47:30.00	55:06.00
10000 M	WPS	39:20.75	41:48.00	43:42.00	45:07.50	47:30.00	50:21.00	54:09.00	57:00.00	1:10:18.00	1:17:54.00	1:28:21.00	1:39:45.00	1:54:00.00
100/80 M H	WPS	16.47	18.28	14.00	15.43	17.33	17.80	18.28	18.94	21.28	22.90	24.70	26.60	29.45
400/300 M H	WPS	01:05.49	01:14.50	01:16.00	01:19.00	01:04.83	01:06.73	01:09.58	01:14.33	58.90	01:03.65	01:09.35	01:15.05	01:23.60
2000 M STEEPLE	WPS	08:33.00	09:01.50	09:30.00	10:12.75	11:05.00	12:06.75	13:46.50	14:53.00	16:09.00	17:44.00	19:57.00	22:19.50	25:39.00
High Jump	WPS	1.40	1.39	1.31	1.26	1.18	1.13	1.07	1.03	0.97	0.90	0.84	0.79	0.74
Long Jump	WPS	4.65	4.52	4.41	3.89	3.52	3.15	2.63	2.42	2.10	1.94	1.79	1.63	1.31
Triple Jump	WPS	10.13	9.45	8.93	7.98	7.35	6.83	6.30	6.14	5.46	4.83	4.20	3.68	3.31
Pole Vault	WPS	2.36	2.21	2.05	1.94	1.79	1.63	1.47	1.42	1.37	1.26	1.21	1.10	1.05
Shot Put	WPS	8.43	9.19	9.03	8.51	7.77	7.35	6.50	6.10	5.60	5.25	4.94	4.10	3.26
Discus	WPS	31.31	29.60	26.78	25.20	23.10	18.90	16.80	15.75	14.70	13.65	11.45	9.87	8.00
Javelin	WPS	29.76	25.52	25.20	21.00	23.10	21.00	19.00	16.50	14.00	11.10	10.00	9.00	6.62
Hammer Throw	WPS	26.25	25.20	24.15	22.05	22.00	20.00	18.90	16.50	14.70	13.65	13.13	11.55	9.20
Weight Throw	WPS	10.60	9.70	9.00	8.20	9.00	8.20	8.80	8.00	7.25	7.60	6.90	6.15	5.35
Heptathlon	WPS	2415	2615	3402	3749	3486	3486	3224	2699	2615	2615	2179	2090	2090
Weights Pent	WPS	2520	2625	2783	3024	3024	3024	3024	3024	2468	2468	2468	2468	2468
5000 M Walk	WPS	27:00.0	28:00.0	29:00.0	30:00.0	31:00.0	32:30.00	34:30.00	36:00.0	38:30.00	41:00.0	45:00.0	51:00.0	56:00.0
10 Km Walk	WPS	57:30.0	58:00.0	1:00:00.0	1:02:30.00	1:04:00.0	1:07:00.0	1:10:30.0	1:14:00.0	1:19:30.0	1:25:00.0	1:34:00.0	1:43:00.0	1:54:00.0
20 Km Walk	WPS	1:56:30.0	1:58:00.0	2:02:00.0	2:07:00.0	2:13:00.0	2:18:00.0	2:26:00.0	2:33:00.0	2:46:00.0	3:02:00.0	3:23:00.0	3:42:00.0	4:02:00.0