REX HARVEY

NEW!

AGE-GRADED TABLES

Fun for all ages from 8 thru 100.

$6.00

NATIONAL MASTERS NEWS
The official world and U.S. publication for Masters track & field, long distance running and race walking.

August 9, 1994

Dear Age-Graded Enthusiast:

The 1994 revision of the Age-Graded Tables has, at long last, been completed. The five-year tables have been approved by the World Association of Veteran Athletes (WAVA), and single-age factors and standards have been computer-prepared.

Enclosed is the revised Age-Graded Tables book, which includes age factors and age standards for ages 8 thru 100. Please enjoy it with our compliments.

If you have any questions or comments regarding the tables, please call/fax/write me at the number below, or Rex Harvey at 216-531-3000; 3366; or 216-446-0559 (h).

If you have any questions re the youth tables, please contact Chuck Phillips at 202-244-6321. Chuck researched and complied the youth tables, and also computerized the five-year factors/standards into the single-age format.

Happy reading,

Al Sheahen
Editor

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On the Cover: Participants in the women's masters 100-meter dash at the 1994 Bruce Jenner Games in San Jose, Calif. From left: Judy Ace, 42; Marj Moore, 61; Fei-Mei Chou, 59; Irene Obera, 60; Jutta McCormick, 53; Martie Behrens, 45; and Rita Kerr, 58. Obera was first with an age-graded time of 11.45, which is a world-class performance level of 93.9%.

Photo by Shirley Dietderich

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"Age-grading can relieve two problems in masters running: the inevitable and often depressing slowdown with age; and the confusion with age-group awards. These tables give runners a way to improve indefinitely, and they give races a way to award fewer but more meaningful prizes."

— Joe Henderson
Eugene, Oregon

"Most of the leading road race organizers in the U.K. are now committed users of age-graded programs and are also advertising their events as giving 'Age-Graded' prizes."

— Rob Champion, Banstead, England

Age-Graded Tables

What Are Age-Graded Tables?

Age-graded tables are a series of "age factors" and "age standards" which can be used to compare performances at different ages in track and field, long distance running, and racewalking events.

Age-graded tables show how much a typical person's athletic performance improves during youth and declines during aging. The performances vary by event.

In this book, factors and standards are published for both sexes for each age from 8 to 100 for the common track and field, long distance running, and racewalking events.

What's the Purpose of Age-Graded Tables?

The purpose of age-graded tables is twofold:

1) To correct a person's performance, no matter what his/her age, to what it would have been (or will be) in their prime years. By so doing, all kinds of interesting comparisons can be made. You can compare back to your best performances. You can compare your performances to other people of any age, such as open-class athletes, etc.

2) To provide each individual with a percentage value which enables them to judge their performance in any event without bias to age or sex. No matter how old one gets, this performance percentage will always be judged against the standard for one's age. As your performances decline with age, so do the world standards that the tables use to calculate your percentage, giving a true measure of your performance.

The standards correspond approximately to world-record marks for a person of that age and sex in that event.

Achievement Levels

100% = Approximate World-Record Level
Over 90% = World Class
Over 80% = National Class
Over 70% = Regional Class
Over 60% = Local Class

What are the Advantages of Age-Graded Tables?

Age-graded tables can be used to:

1) Keep track of your progress over the years.

2) Compare your own performance in a given event.

3) Compare your own performance in different events.

4) Compare your progress in the current year.

5) Set goals for the current year and future years.

6) Compare back to your best-ever performance.

7) Compare your performance to people of any age.

8) Estimate your performance in new events.

9) Compare performances of older and younger individuals in the same or different events.

10) Select the best performance in an event among all age groups.

11) Select the best overall performance in a meet or race.

12) Select outstanding athletes.

13) Give recognition to good performances in the younger and older age groups.

14) Enable athletes at the upper end of their age groups to compete on an equal level with those at the lower end of their age groups.

15) Make the competition more interesting and exciting.

16) Make awards more meaningful.

17) Establish medal standards.

18) Score multi-events (decathlon, pentathlon, etc.) using standard IAAF scoring tables.

Who Compiled the Tables?

The tables were researched and compiled by the World Association of Veteran Athletes (WAVA), the world governing body for masters (veterans) track and field, long distance running, and racewalking.

HOW IT WORKS

Example 1: A woman of 53 runs 10K in 45:18.

The 10K factor for women age 53 is .8545. We multiply 45:18 (or 2718 seconds) by .8545 = 38:43 as her age-graded time.

The 10K standard for women age 53 is 35:01. We divide 35:01 (2101 seconds) by 45:18 (2718 seconds) and get 77.3% as her age-graded performance.

Example 2: A man of 40 runs 100 meters in 12.07 seconds.

The 100m factor for men age 40 is .9542. We multiply 12.07 by .9542 = 11.52 as his age-graded time.

The 100m standard for men age 40 is 10.33. We divide 10.33 by 12.07 and get 85.6% as his age-graded performance.

Why Are Age-Graded Tables Needed?

For years, masters meets and races have awarded prizes in 5- or 10-year age groups. That works well when there are a lot of competitors. But in smaller meets, there are often so few participants that several age-groups must be combined to avoid a one- or two-person walkover. If three awards are given in each age/sex group in every event in such a meet, they can become expensive for meet organizers and meaningless for competitors.

Using age-grading, "full fields" are virtually assured in every event, because everyone can mathematically compete in the same "division." In a track meet, three quality medals can be awarded per event, just as in open competition, rather than three mediocre medals for each five-year age group per event.

In a road race, medals and recognition can go to the best performers, regardless of age or sex. First place may go to a 41-year-old man or to a 76-year-old woman. Age-graded competition can also include open-class and youth competitors as young as age 8.

Note: Many competitions use age-grading *in addition* to the traditional five-year scoring to award prizes. They offer modest ribbons or medals to the first three in each five-year age group, and then award prize money to the top age-graded competitors.

Age Factors

Age factors (pages 8-15) can be used to compare one's performance in a given event to what he/she did, might have done, or will do, in his/her prime. The factor expresses the rate of decline (or the rate of improvement, in the case of youths) based on age. It converts a performance to the equivalent performance by an open-class athlete.

Factors work well when you want to score men and women separately, and when you want to compare performances in only one event (such as a road race).

The factors require only one calculation to determine the places in an event. Simply multiply the factor for a person's age/event by his/her actual mark.

That gives you an "age-graded mark" or "equivalent open-class performance." The person with the best age-graded mark is the winner, regardless of age. All the men compete in one "division." All the women compete in a separate "division."

Examples:

1) A 40-year-old man runs 100 meters in 12.07 seconds. The M40 factor for 100m (page 8) is .9542. (That means a 40-year-old man should run the 100 about five percent slower than when he was in his prime.) Multiply 12.07 by .9542 = 11.52. That's his "age-graded time" or "equivalent open-class performance."

2) A 62-year-old man high jumps 4'6" (1.37 meters). The M62 factor for the high jump (page 11) is 1.4254. Multiply 1.37 by 1.4254 = 1.95 meters (6'4¾"), his "age-graded mark."

3) A 53-year-old woman runs 10K in 45:18. The W53 factor for the 10K (page 13) is .8545. Multiply 45:18 (or 2718 seconds) by .8545 = 38:43 (or 2323 seconds).

4) A 45-year-old decathlete runs 400 meters in 58.13 seconds. The M45 factor for the 400 is .9071. Multiply 58.13 by .9071 = 52.73. Look up 52.73 in the IAAF scoring tables and find that 52.73 = 693 points. Do the same for all 10 decathlon events and get a total age-graded score.

5) A 42-year-old woman runs 80-meter 30" hurdles in 12.33. The W42 factor for 80H is 1.1082. Multiply 12.33 by 1.1082 = 13.66, her age-graded time for the 100-meter 30" hurdles (the distance/height used in open races).

6) An 8-year-old boy runs 5K in 19:55. The M8 factor for 5K is .7809. Multiply 19:55 by .7809 = 15:33.

Please see the sample completed heat sheets on pages 30-31.

"One of the ten greatest improvements in Oklahoma road racing in the last 10 years is WAVA age-graded scoring for masters prize money, team scoring and Clydesdales. This offers a reasonable and equitable way to score runners of various ages and both sexes and is used by both the Tulsa Run and Redbud Classic."

— Oklahoma Runner Magazine

Age Standards

Age standards (pages 16-29) can be used to compare performances in a single event or in many events, among both sexes — with only one calculation.

Standards work well when you want to score men and women (or boys and girls) together, or when you want to compare performances in several events (such as a track & field meet). But standards can also be used for single events, and to score men and women separately.

For running and walking events, divide the "time standard" for a person's age/event by the time

Conversion From Feet/Inches To Meters

To convert from feet/inches to meters, you can refer to the conversion tables in *Track & Field News'* Little Gold Book, or to the tables on page 45.

Or, a quick way is to divide the number of feet by 3.2808 to get meters (example: 6 feet, 4 inches = 6.3333 feet divided by 3.2808 = 1.93 meters).

Another way is to multiply the number of inches by .0254 (example: 6 feet 4 inches = 76 inches multiplied by .0254 = 1.93 meters).

he/she ran or walked. For field events, divide the person's actual throw or jump by the "distance standard" for his/her age/event.

That gives you a "performance-level percentage." The person with the best percentage is the winner, regardless of age or sex. 100% is world-record level.

Examples:

1) A 40-year-old man runs 100 meters in 12.07 seconds. The M40 standard for 100m (page 16) is 10.33. Divide 10.33 by 12.07 = .8558, or 85.6%. So his "performance-level percentage" is 85.6%.

2) A 62-year-old man high jumps 4'6" (1.37 meters). The M62 standard for the high jump (page 21) is 1.72. Divide 1.37 by 1.72 = .7965, or 79.7%.

3) A 53-year-old woman runs 10K in 45:18. The W53 standard for 10K is 35:00.5 (page 24). Divide 35:00.5 by 45:18 = .7728, or 77.3%.

4) A 45-year-old man runs 400 meters in 58.13 seconds. The M45 standard for 400m is 47.72. Divide 47.72 by 58.13 = .8211, or 82.1%.

5) A 42-year-old woman runs 80-meter hurdles in 12.33. The W42 standard for 80H is 11.02. Divide 11.02 by 12.33 = .8938, or 89.4%.

6) An 8-year-old boy runs 5K in 19:55. The M8 standard for 5K is 16:29.3. Divide 16:29 by 19:55 = .8276, or 82.8%.

To pick an outstanding athlete among the six examples, select the one with the best performance percentage. In this case, it's the 42-year-old female hurdler (example #5) with an 89.4% performance.

A meet or race can be staged using individual age standards, or five-year age-group standards. The advantage of using single-age standards is that all performers compete equally, based on their ages. The advantage of using age-group standards is that you have fewer numbers to deal with.

Please see the sample completed heat sheets on pages 33-34.

Note: Mathematically, factors and standards are directly related to each other by the open-class standard in the formulas: OC ÷ AS = AF and AF × AS = OC.

Easy to Do

All you need is a simple calculator. Remember that calculations must always be made in seconds or meters. For example, 5 minutes, 2.7 seconds (5:02.7) must be converted to 302.7 seconds before calculations begin. To make it easy, the standards on pages 16 through 29 are listed in both:

1) minutes and seconds, and

2) seconds only.

A TimeMaster calculator makes it even easier. Conversion isn't necessary. The TimeMaster adds, subtracts, multiplies and divides in hours, minutes, and seconds. The TimeMaster is available for $29.95 + $1.25 postage from the *National Masters News*, PO Box 2372, Van Nuys CA 91404.

Computer Software

For meet and race directors, several companies offer computer software which includes the age-graded tables. Among them are:

Track & Field

• **Meet Manager** by Hy-Tek, Ltd. runs any kind of meet and offers a free demo. 919-633-5111.

• **Clerk of the Course** by Bob Podkaminer, PO Box 160, Menlo Park CA 94026. 415-326-3827.

• **Apple Raceberry Jam** by Jack Moran, 5429 Wooddale, Edina MN 55424. 612-920-0558.

Long Distance Running

• **RunTime Software** by Alan Jones, 3717 Wildwood Dr., Endwell NY 13760. 607-786-5866.

• **Sport Systems** by Rob Champion, PO Box 234, Epsom, Surrey, KT 17 3PG, England. 44-737-352-462. Fax: 44-737-812-794.

• **CompuScore** by Dave Siconolfi, 1579 Springfield Ave., New Providence NY 07974. 908-464-6569 (h); 908-582-7493 (o).

Racewalking

• Louise Tolson uses software to age-grade racewalks in Florida, but does not offer it for sale. 1080 N.W. 78th Ave., Plantation FL 33322. 305-474-2528.

Time- and Distance-Handicap Racing

An age-graded meet, road race, or racewalk can be made even more exciting by using *distance handicaps* in the 100, 200 and 400, and/or *time handicaps* in races from 800 meters up.

Refer to the "Handicap Racing" tables (pages 36-39). In the sprints, each runner gets a distance handicap. The first one to the finish line is the winner. In the 800 and up, the slowest runner (based on age and sex) starts first, followed seconds later by the next slowest and down to the fastest. Each runner covers the full distance. The first one to the finish line is the winner. Both sexes may run either distance-ro time-handicap races together.

Personal Performance Chart

By using age-graded tables, you can keep track of your progress over the years, set goals, and estimate your performances in new events. (See the personal performance charts on pages 42-44).

How To Use The Age-Graded Factors

1) My age is_____.
2) My event is_____.
3) My mark in my event is_____.
4) The age factor for my event (see pages 8-15) is_____.
5) Multiply line 3 by line 4.

That gives you your "age-graded mark," or equivalent open-class performance.

How To Use The Age-Graded Standards

1) My age is_____.
2) My event is_____.
3) My mark in my event is_____.
4) The age standard for my event (see pages 16-29) is_____.
5) a. For running and walking events, divide line 4 by line 3.
   b. For field events, divide line 3 by line 4.

That gives you a "performance-level percentage." You can compare your percentage at different ages and in different events.

90%+ = World Class 80%+ = National Class
70%+ = Regional Class 60%+ = Local Class

Throws and Hurdles

Even though the weight of the implement being thrown at older ages may vary, the age-graded mark reflects using the open-class implement (16-pound shot and hammer, 2kg discus, and 800g javelin for men; 4kg shot and hammer, 1kg discus, and 600g javelin for women).

Likewise for hurdles. Even though hurdle heights and distances at older ages may vary, the age-graded time compares to the open-class (OC) hurdle distance and height (60H/42", 110H/42" and 400H/36" for men; and 60H/33", 100H/33" and 400H/30" for women).

Similarly, the men's 2000SC performances convert to the equivalent 3000SC performances for men.

Technical Note

As mentioned before, age factors are mainly designed to compare performances of one sex in one event. However, after using the factors to determine the age-graded marks, you can compare both sexes in one or many events by one additional calculation: for running events, divide the OC standard by the age-graded time; for field events, divide the age-graded distance/height by the OC standard. That gives you the performance level percentage. The person with the best percentage is the winner, regardless of age or sex.

The performance-level percentage can also be expressed as an age-graded mark, by either dividing (running events) or multiplying (field events) the open-class standard by the P.L. %.

Special Note

You may find that the runners achieve generally higher percentages than the field-event performers — especially the throwers. That's because field events are more technical than the running events; the best throw of the day may be substantially better than the fifth-best effort of the day (even in the Olympics, that's the case), whereas runners tend to be more bunched up at the finish. If this is the case, you may wish to divide the awards equally among the best 1) track, and 2) field performances.

Aid to Medical Research

Some remarkable data can be gleaned from the factors which could be beneficial to the medical community.

For example, how much do the abilities of 40-year-olds decline from their prime years? Not as much as most people think — only about 6% (in the 400) to 2% (in the marathon).

How about 50-year-olds? It's 12% (in the 400) to 9% (in the marathon). For 60-year-olds: 20% to 16%; at 70, 28% to 25%; at 80, about 35%; and at 90, about 50%.

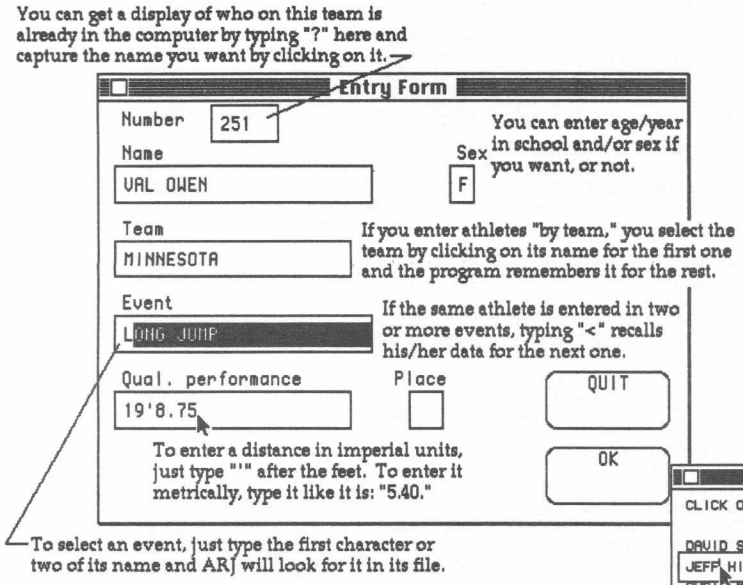
In the jumps, the decline is greater. It varies for 40-year-olds from 12% in the pole vault to 7% in the triple jump. For 50s, it's 24% (javelin) to 20% (TJ). For 60s, between 34% (PV) and 28% (HJ). For 70s, 43% (PV) to 36% (HJ). For 80s, 50% (PV) to 42% (HJ).

Decline for throwers varies at age 40 from 15% (javelin) to 0% (discus). After age 49, the rate of decline in the throws is harder to measure because age 50+ athletes throw lighter-weight implements in competition.

Many medical research studies have been and are being done to determine how aging affects human performance. The age-graded tables, based on actual perfo nances over the last 25 years, offer, perhaps, as comprehensive a study of the subject as is possible.

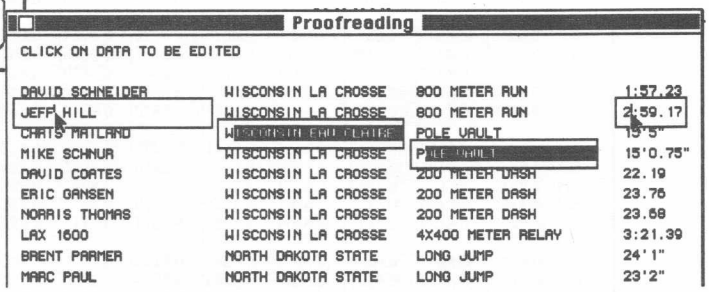
Apple Raceberry JaM

Software for Scoring Track Meets on the Apple Macintosh*

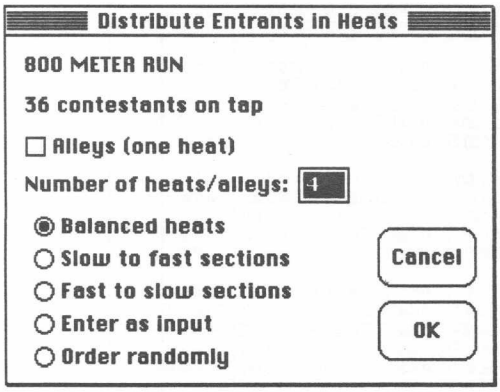


Among Apple Raceberry JaM's strengths are ...

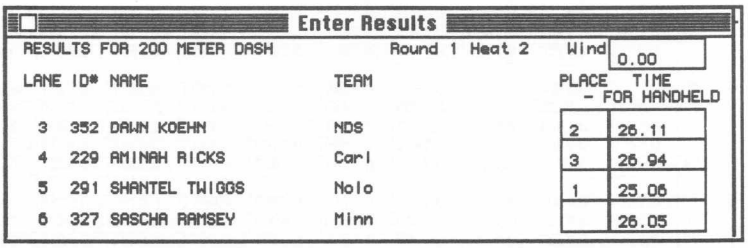
... efficient data entry (easily learned "tricks" save repetitious typing) ...



... full-screen proofreading and editing of data on the athletes and their seed performances ...



... flexible and rapid seeding ...



... results (performances only) entered on a screen like the heat sheets that the program prints out ...

```
Northwest Open Women

RESULTS FOR 200 METER DASH                Round 1          Heat 2
        Fieldhouse Record: 24.55; Tanya McIntosh, Rice, 1988
        Meet Record: 25.34; Heather Van Norman, Minnesota, 1989
        Minnesota team record: 25.05; Heather Van Norman, 1989
        NCAA Div I Qualifier: 23.88

PLACE ID# NAME                    TEAM                    TIME

  1   291 SHANTEL TWIGGS          NORTHERN IOWA          25.06
                                                   Meet Record
  2   327 SASCHA RAMSEY           MINNESOTA              26.05
  3   352 DAWN KOEHN              NORTH DAKOTA STATE     26.11
  4   229 AMINAH RICKS            CARLETON               26.94
```

... up to four records per event tracked. **$225 includes age grading.** For more info, references and a demo disk, contact Jack Moran, 5429 Wooddale, Edina, MN 55424, (612) 920-0558.

*** DOS & Windows versions available, too.**

MEN'S RUNNING EVENT AGE FACTORS (TRACK)

AGE	50	55	60	100	200	300	400	600	800	1000	1500	1 MILE	2000	3000	2 MILE
8	0.8175	0.8147	0.8062	0.7886	0.7804	0.7745	0.7672	0.7415	0.7371	0.7352	0.7414	0.7433	0.7501	0.7645	0.7677
9	0.8371	0.8359	0.8293	0.8183	0.8147	0.8105	0.8039	0.7787	0.7747	0.7731	0.7794	0.7813	0.7880	0.8020	0.8054
10	0.8548	0.8551	0.8502	0.8450	0.8451	0.8422	0.8364	0.8121	0.8087	0.8072	0.8134	0.8152	0.8217	0.8350	0.8385
11	0.8710	0.8726	0.8693	0.8691	0.8720	0.8702	0.8652	0.8420	0.8393	0.8379	0.8438	0.8456	0.8517	0.8640	0.8676
12	0.8861	0.8889	0.8871	0.8910	0.8959	0.8949	0.8907	0.8689	0.8670	0.8656	0.8711	0.8727	0.8783	0.8894	0.8931
13	0.9002	0.9043	0.9037	0.9110	0.9171	0.9167	0.9133	0.8931	0.8920	0.8906	0.8955	0.8969	0.9019	0.9117	0.9154
14	0.9137	0.9188	0.9195	0.9294	0.9359	0.9359	0.9332	0.9147	0.9147	0.9132	0.9172	0.9185	0.9228	0.9311	0.9349
15	0.9266	0.9327	0.9345	0.9463	0.9525	0.9527	0.9507	0.9341	0.9350	0.9334	0.9366	0.9376	0.9412	0.9480	0.9518
16	0.9393	0.9462	0.9490	0.9619	0.9671	0.9674	0.9660	0.9514	0.9533	0.9516	0.9538	0.9546	0.9573	0.9625	0.9664
17	0.9517	0.9595	0.9631	0.9762	0.9799	0.9802	0.9793	0.9667	0.9697	0.9677	0.9689	0.9694	0.9714	0.9750	0.9789
18	0.9642	0.9726	0.9769	0.9894	0.9910	0.9912	0.9908	0.9945	0.9842	0.9820	0.9821	0.9824	0.9835	0.9856	0.9895
19	0.9769	0.9858	0.9906	1.0000	1.0000	1.0000	1.0000	0.9988	0.9970	0.9946	0.9936	0.9936	0.9918	0.9914	0.9914
OC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
30	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
31	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	0.9939	0.9951	0.9980	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	1.0000	1.0000	1.0000	1.0000	1.0000	0.9957	0.9877	0.9887	0.9914	0.9951	1.0000	1.0000	1.0000	1.0000	1.0000
33	1.0000	1.0000	1.0000	0.9997	0.9968	0.9892	0.9816	0.9823	0.9849	0.9884	0.9951	0.9963	0.9996	1.0000	1.0000
34	0.9948	0.9943	0.9938	0.9930	0.9898	0.9826	0.9754	0.9759	0.9783	0.9818	0.9884	0.9896	0.9929	0.9979	0.9987
35	0.9882	0.9877	0.9872	0.9864	0.9828	0.9760	0.9693	0.9695	0.9718	0.9752	0.9817	0.9829	0.9862	0.9912	0.9920
36	0.9818	0.9813	0.9808	0.9800	0.9760	0.9695	0.9631	0.9631	0.9652	0.9685	0.9749	0.9761	0.9794	0.9844	0.9852
37	0.9753	0.9748	0.9743	0.9735	0.9692	0.9630	0.9569	0.9566	0.9586	0.9619	0.9682	0.9694	0.9727	0.9777	0.9785
38	0.9689	0.9684	0.9679	0.9671	0.9624	0.9566	0.9508	0.9502	0.9521	0.9552	0.9614	0.9626	0.9659	0.9709	0.9717
39	0.9624	0.9619	0.9614	0.9606	0.9556	0.9501	0.9446	0.9437	0.9455	0.9486	0.9547	0.9559	0.9592	0.9642	0.9650
40	0.9560	0.9555	0.9550	0.9542	0.9488	0.9436	0.9384	0.9373	0.9389	0.9419	0.9479	0.9491	0.9524	0.9574	0.9582
41	0.9498	0.9493	0.9488	0.9480	0.9422	0.9372	0.9321	0.9308	0.9322	0.9352	0.9411	0.9423	0.9456	0.9506	0.9514
42	0.9436	0.9431	0.9426	0.9418	0.9356	0.9308	0.9259	0.9243	0.9256	0.9284	0.9342	0.9354	0.9387	0.9437	0.9445
43	0.9373	0.9368	0.9363	0.9355	0.9291	0.9243	0.9196	0.9177	0.9189	0.9217	0.9274	0.9286	0.9319	0.9369	0.9377
44	0.9311	0.9306	0.9301	0.9293	0.9225	0.9179	0.9134	0.9112	0.9123	0.9149	0.9205	0.9217	0.9250	0.9300	0.9308
45	0.9249	0.9244	0.9239	0.9231	0.9159	0.9115	0.9071	0.9047	0.9056	0.9082	0.9137	0.9149	0.9182	0.9232	0.9240
46	0.9189	0.9184	0.9179	0.9171	0.9095	0.9051	0.9007	0.8980	0.8988	0.9013	0.9067	0.9079	0.9112	0.9162	0.9170
47	0.9129	0.9124	0.9119	0.9111	0.9031	0.8987	0.8943	0.8914	0.8920	0.8944	0.8997	0.9009	0.9042	0.9092	0.9100
48	0.9068	0.9063	0.9058	0.9050	0.8968	0.8923	0.8879	0.8847	0.8852	0.8876	0.8928	0.8940	0.8973	0.9023	0.9031
49	0.9008	0.9003	0.8998	0.8990	0.8904	0.8859	0.8815	0.8781	0.8784	0.8807	0.8858	0.8870	0.8903	0.8953	0.8961
50	0.8948	0.8943	0.8938	0.8930	0.8840	0.8795	0.8751	0.8714	0.8716	0.8738	0.8788	0.8800	0.8833	0.8883	0.8891
51	0.8890	0.8885	0.8880	0.8872	0.8778	0.8731	0.8685	0.8645	0.8646	0.8667	0.8716	0.8728	0.8761	0.8811	0.8819
52	0.8832	0.8827	0.8822	0.8814	0.8716	0.8667	0.8619	0.8576	0.8576	0.8596	0.8644	0.8656	0.8689	0.8739	0.8747
53	0.8773	0.8768	0.8763	0.8755	0.8655	0.8603	0.8552	0.8508	0.8505	0.8525	0.8572	0.8584	0.8617	0.8667	0.8675
54	0.8715	0.8710	0.8705	0.8697	0.8593	0.8539	0.8486	0.8439	0.8435	0.8454	0.8500	0.8512	0.8545	0.8595	0.8603
55	0.8657	0.8652	0.8647	0.8639	0.8531	0.8475	0.8420	0.8370	0.8365	0.8383	0.8428	0.8440	0.8473	0.8523	0.8531
56	0.8600	0.8595	0.8590	0.8582	0.8470	0.8410	0.8351	0.8298	0.8292	0.8309	0.8353	0.8365	0.8398	0.8448	0.8456
57	0.8542	0.8537	0.8532	0.8524	0.8409	0.8345	0.8281	0.8226	0.8218	0.8235	0.8278	0.8290	0.8323	0.8373	0.8381
58	0.8485	0.8480	0.8475	0.8467	0.8348	0.8279	0.8212	0.8154	0.8145	0.8160	0.8202	0.8214	0.8247	0.8297	0.8305
59	0.8427	0.8422	0.8417	0.8409	0.8287	0.8214	0.8142	0.8082	0.8071	0.8086	0.8127	0.8139	0.8172	0.8222	0.8230
60	0.8370	0.8365	0.8360	0.8352	0.8226	0.8149	0.8073	0.8010	0.7998	0.8012	0.8052	0.8064	0.8097	0.8147	0.8155
61	0.8307	0.8302	0.8297	0.8289	0.8160	0.8079	0.7999	0.7934	0.7920	0.7933	0.7972	0.7984	0.8017	0.8067	0.8075
62	0.8245	0.8240	0.8235	0.8227	0.8094	0.8009	0.7925	0.7857	0.7842	0.7855	0.7893	0.7905	0.7938	0.7988	0.7996
63	0.8182	0.8177	0.8172	0.8164	0.8027	0.7939	0.7852	0.7781	0.7765	0.7776	0.7813	0.7825	0.7858	0.7908	0.7916
64	0.8120	0.8115	0.8110	0.8102	0.7961	0.7869	0.7778	0.7704	0.7687	0.7698	0.7734	0.7746	0.7779	0.7829	0.7837
65	0.8057	0.8052	0.8047	0.8039	0.7895	0.7799	0.7704	0.7628	0.7609	0.7619	0.7654	0.7666	0.7699	0.7749	0.7757
66	0.7987	0.7982	0.7977	0.7969	0.7821	0.7722	0.7624	0.7546	0.7525	0.7535	0.7569	0.7581	0.7614	0.7664	0.7672
67	0.7916	0.7911	0.7906	0.7898	0.7747	0.7645	0.7545	0.7464	0.7442	0.7450	0.7483	0.7495	0.7528	0.7578	0.7586
68	0.7846	0.7841	0.7836	0.7828	0.7673	0.7569	0.7465	0.7381	0.7358	0.7366	0.7398	0.7410	0.7443	0.7493	0.7501
69	0.7775	0.7770	0.7765	0.7757	0.7599	0.7492	0.7386	0.7299	0.7275	0.7281	0.7312	0.7324	0.7357	0.7407	0.7415
70	0.7705	0.7700	0.7695	0.7687	0.7525	0.7415	0.7306	0.7217	0.7191	0.7197	0.7227	0.7239	0.7272	0.7322	0.7330
71	0.7627	0.7622	0.7617	0.7609	0.7443	0.7331	0.7219	0.7127	0.7100	0.7105	0.7134	0.7146	0.7179	0.7229	0.7237
72	0.7549	0.7544	0.7539	0.7531	0.7361	0.7246	0.7132	0.7038	0.7009	0.7013	0.7041	0.7053	0.7086	0.7136	0.7144
73	0.7470	0.7465	0.7460	0.7452	0.7280	0.7162	0.7045	0.6948	0.6918	0.6922	0.6949	0.6961	0.6994	0.7044	0.7052
74	0.7392	0.7387	0.7382	0.7374	0.7198	0.7077	0.6958	0.6859	0.6827	0.6830	0.6856	0.6868	0.6901	0.6951	0.6959
75	0.7314	0.7309	0.7304	0.7296	0.7116	0.6993	0.6871	0.6769	0.6736	0.6738	0.6763	0.6775	0.6808	0.6858	0.6866
76	0.7228	0.7223	0.7218	0.7210	0.7026	0.6900	0.6774	0.6670	0.6635	0.6637	0.6661	0.6673	0.6706	0.6756	0.6764
77	0.7141	0.7136	0.7131	0.7123	0.6936	0.6807	0.6678	0.6571	0.6535	0.6535	0.6558	0.6570	0.6603	0.6653	0.6661
78	0.7055	0.7050	0.7045	0.7037	0.6846	0.6713	0.6581	0.6471	0.6434	0.6434	0.6456	0.6468	0.6501	0.6551	0.6559
79	0.6968	0.6963	0.6958	0.6950	0.6756	0.6620	0.6485	0.6372	0.6334	0.6332	0.6353	0.6365	0.6398	0.6448	0.6456
80	0.6882	0.6877	0.6872	0.6864	0.6666	0.6527	0.6388	0.6273	0.6233	0.6231	0.6251	0.6263	0.6296	0.6346	0.6354
81	0.6787	0.6782	0.6777	0.6769	0.6567	0.6423	0.6278	0.6160	0.6119	0.6116	0.6135	0.6147	0.6180	0.6230	0.6238
82	0.6692	0.6687	0.6682	0.6674	0.6469	0.6318	0.6168	0.6047	0.6005	0.6001	0.6019	0.6031	0.6064	0.6114	0.6122
83	0.6597	0.6592	0.6587	0.6579	0.6370	0.6214	0.6057	0.5935	0.5890	0.5886	0.5903	0.5915	0.5948	0.5998	0.6006
84	0.6502	0.6497	0.6492	0.6484	0.6272	0.6109	0.5947	0.5822	0.5776	0.5771	0.5787	0.5799	0.5832	0.5882	0.5890
85	0.6407	0.6402	0.6397	0.6389	0.6173	0.6005	0.5837	0.5709	0.5662	0.5656	0.5671	0.5683	0.5716	0.5766	0.5774
86	0.6303	0.6298	0.6293	0.6285	0.6066	0.5885	0.5704	0.5573	0.5525	0.5518	0.5532	0.5544	0.5577	0.5627	0.5635
87	0.6199	0.6194	0.6189	0.6181	0.5958	0.5764	0.5571	0.5437	0.5388	0.5380	0.5393	0.5405	0.5438	0.5488	0.5496
88	0.6096	0.6091	0.6086	0.6078	0.5851	0.5644	0.5437	0.5302	0.5250	0.5242	0.5254	0.5266	0.5299	0.5349	0.5357
89	0.5992	0.5987	0.5982	0.5974	0.5743	0.5523	0.5304	0.5166	0.5113	0.5104	0.5115	0.5127	0.5160	0.5210	0.5218
90	0.5888	0.5883	0.5878	0.5870	0.5636	0.5403	0.5171	0.5030	0.4976	0.4966	0.4976	0.4988	0.5021	0.5071	0.5079
91	0.5775	0.5770	0.5765	0.5757	0.5520	0.5254	0.4989	0.4846	0.4790	0.4779	0.4788	0.4800	0.4833	0.4883	0.4891
92	0.5662	0.5657	0.5652	0.5644	0.5403	0.5105	0.4807	0.4661	0.4604	0.4593	0.4601	0.4613	0.4646	0.4696	0.4704
93	0.5550	0.5545	0.5540	0.5532	0.5287	0.4956	0.4626	0.4477	0.4419	0.4406	0.4413	0.4425	0.4458	0.4508	0.4516
94	0.5437	0.5432	0.5427	0.5419	0.5170	0.4807	0.4444	0.4292	0.4233	0.4220	0.4226	0.4238	0.4271	0.4321	0.4329
95	0.5324	0.5319	0.5314	0.5306	0.5054	0.4658	0.4262	0.4108	0.4047	0.4033	0.4038	0.4050	0.4083	0.4133	0.4141
96	0.5202	0.5197	0.5192	0.5184	0.4928	0.4443	0.3957	0.3801	0.3738	0.3724	0.3728	0.3740	0.3773	0.3823	0.3831
97	0.5080	0.5075	0.5070	0.5062	0.4803	0.4228	0.3653	0.3494	0.3430	0.3414	0.3417	0.3429	0.3462	0.3512	0.3520
98	0.4958	0.4953	0.4948	0.4940	0.4677	0.4012	0.3348	0.3186	0.3121	0.3105	0.3107	0.3119	0.3152	0.3202	0.3210
99	0.4836	0.4831	0.4826	0.4818	0.4552	0.3797	0.3044	0.2879	0.2813	0.2795	0.2796	0.2808	0.2841	0.2891	0.2899
100	0.4714	0.4709	0.4704	0.4696	0.4426	0.3582	0.2739	0.2572	0.2504	0.2486	0.2486	0.2498	0.2531	0.2581	0.2589

WOMEN'S RUNNING EVENT AGE FACTORS (TRACK)

AGE	50	55	60	100	200	300	400	600	800	1000	1500	1 MILE	2000	3000	2 MILE
8	0.7609	0.7636	0.7665	0.7775	0.7666	0.7455	0.7289	0.7322	0.7390	0.7494	0.7641	0.7660	0.7708	0.7753	0.7750
9	0.7916	0.7955	0.7993	0.8147	0.8093	0.7914	0.7765	0.7798	0.7855	0.7954	0.8092	0.8111	0.8156	0.8198	0.8192
10	0.8191	0.8238	0.8283	0.8470	0.8459	0.8310	0.8179	0.8210	0.8256	0.8349	0.8476	0.8492	0.8534	0.8572	0.8565
11	0.8436	0.8491	0.8540	0.8748	0.8769	0.8648	0.8536	0.8564	0.8600	0.8684	0.8798	0.8813	0.8850	0.8883	0.8876
12	0.8658	0.8717	0.8769	0.8988	0.9032	0.8935	0.8840	0.8865	0.8893	0.8967	0.9067	0.9080	0.9111	0.9140	0.9134
13	0.8857	0.8919	0.8972	0.9193	0.9251	0.9176	0.9097	0.9118	0.9139	0.9203	0.9288	0.9299	0.9326	0.9350	0.9346
14	0.9038	0.9100	0.9153	0.9368	0.9434	0.9376	0.9312	0.9329	0.9344	0.9398	0.9470	0.9479	0.9501	0.9521	0.9517
15	0.9201	0.9262	0.9313	0.9517	0.9584	0.9540	0.9489	0.9503	0.9513	0.9558	0.9616	0.9623	0.9641	0.9657	0.9655
16	0.9348	0.9407	0.9455	0.9642	0.9705	0.9674	0.9634	0.9644	0.9651	0.9687	0.9733	0.9739	0.9752	0.9764	0.9764
17	0.9481	0.9536	0.9580	0.9746	0.9803	0.9780	0.9750	0.9757	0.9761	0.9789	0.9825	0.9829	0.9839	0.9848	0.9850
18	0.9601	0.9650	0.9689	0.9831	0.9879	0.9864	0.9841	0.9846	0.9848	0.9869	0.9895	0.9898	0.9906	0.9912	0.9916
19	0.9707	0.9750	0.9783	0.9900	0.9938	0.9928	0.9912	0.9914	0.9915	0.9930	0.9948	0.9951	0.9956	0.9960	0.9965
OC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
30	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
31	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	0.9929	0.9941	0.9970	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	1.0000	1.0000	1.0000	1.0000	1.0000	0.9939	0.9858	0.9867	0.9894	0.9930	0.9999	1.0000	1.0000	1.0000	1.0000
33	0.9990	0.9985	0.9980	0.9972	0.9942	0.9864	0.9787	0.9794	0.9819	0.9854	0.9922	0.9934	0.9967	1.0000	1.0000
34	0.9916	0.9911	0.9906	0.9898	0.9863	0.9789	0.9716	0.9720	0.9743	0.9777	0.9845	0.9857	0.9890	0.9939	0.9947
35	0.9841	0.9836	0.9831	0.9823	0.9784	0.9714	0.9645	0.9646	0.9668	0.9701	0.9768	0.9780	0.9813	0.9862	0.9870
36	0.9768	0.9763	0.9758	0.9750	0.9707	0.9640	0.9574	0.9572	0.9592	0.9624	0.9691	0.9703	0.9736	0.9784	0.9792
37	0.9695	0.9690	0.9685	0.9677	0.9630	0.9566	0.9502	0.9498	0.9516	0.9547	0.9613	0.9625	0.9658	0.9707	0.9715
38	0.9623	0.9618	0.9613	0.9605	0.9553	0.9491	0.9431	0.9423	0.9441	0.9471	0.9536	0.9548	0.9581	0.9629	0.9637
39	0.9550	0.9545	0.9540	0.9532	0.9476	0.9417	0.9359	0.9349	0.9365	0.9394	0.9458	0.9470	0.9503	0.9552	0.9560
40	0.9477	0.9472	0.9467	0.9459	0.9399	0.9343	0.9288	0.9275	0.9289	0.9317	0.9381	0.9393	0.9426	0.9474	0.9482
41	0.9407	0.9402	0.9397	0.9389	0.9324	0.9270	0.9216	0.9200	0.9212	0.9239	0.9303	0.9315	0.9348	0.9396	0.9404
42	0.9336	0.9331	0.9326	0.9318	0.9250	0.9196	0.9144	0.9125	0.9136	0.9162	0.9225	0.9237	0.9270	0.9317	0.9325
43	0.9266	0.9261	0.9256	0.9248	0.9175	0.9123	0.9071	0.9050	0.9059	0.9084	0.9146	0.9158	0.9191	0.9239	0.9247
44	0.9195	0.9190	0.9185	0.9177	0.9101	0.9049	0.8999	0.8975	0.8983	0.9007	0.9068	0.9080	0.9113	0.9160	0.9168
45	0.9125	0.9120	0.9115	0.9107	0.9026	0.8976	0.8927	0.8900	0.8906	0.8929	0.8990	0.9002	0.9035	0.9082	0.9090
46	0.9056	0.9051	0.9046	0.9038	0.8953	0.8903	0.8853	0.8824	0.8828	0.8850	0.8910	0.8922	0.8955	0.9002	0.9010
47	0.8988	0.8983	0.8978	0.8970	0.8880	0.8830	0.8780	0.8747	0.8750	0.8771	0.8831	0.8843	0.8876	0.8922	0.8930
48	0.8919	0.8914	0.8909	0.8901	0.8808	0.8756	0.8706	0.8671	0.8672	0.8692	0.8751	0.8763	0.8796	0.8843	0.8851
49	0.8851	0.8846	0.8841	0.8833	0.8735	0.8683	0.8633	0.8594	0.8594	0.8613	0.8672	0.8684	0.8717	0.8763	0.8771
50	0.8782	0.8777	0.8772	0.8764	0.8662	0.8610	0.8559	0.8518	0.8516	0.8534	0.8592	0.8604	0.8637	0.8683	0.8691
51	0.8716	0.8711	0.8706	0.8698	0.8591	0.8537	0.8483	0.8439	0.8436	0.8453	0.8510	0.8522	0.8555	0.8601	0.8609
52	0.8649	0.8644	0.8639	0.8631	0.8521	0.8464	0.8407	0.8361	0.8356	0.8372	0.8428	0.8440	0.8473	0.8519	0.8527
53	0.8583	0.8578	0.8573	0.8565	0.8450	0.8390	0.8332	0.8282	0.8275	0.8290	0.8347	0.8359	0.8392	0.8437	0.8445
54	0.8516	0.8511	0.8506	0.8498	0.8380	0.8317	0.8256	0.8204	0.8195	0.8209	0.8265	0.8277	0.8310	0.8355	0.8363
55	0.8450	0.8445	0.8440	0.8432	0.8309	0.8244	0.8180	0.8125	0.8115	0.8128	0.8183	0.8195	0.8228	0.8273	0.8281
56	0.8384	0.8379	0.8374	0.8366	0.8239	0.8170	0.8101	0.8043	0.8032	0.8044	0.8098	0.8110	0.8143	0.8188	0.8196
57	0.8318	0.8313	0.8308	0.8300	0.8169	0.8095	0.8022	0.7961	0.7948	0.7959	0.8013	0.8025	0.8058	0.8103	0.8111
58	0.8253	0.8248	0.8243	0.8235	0.8099	0.8021	0.7943	0.7880	0.7865	0.7875	0.7928	0.7940	0.7973	0.8017	0.8025
59	0.8187	0.8182	0.8177	0.8169	0.8029	0.7946	0.7864	0.7798	0.7781	0.7790	0.7843	0.7855	0.7888	0.7932	0.7940
60	0.8121	0.8116	0.8111	0.8103	0.7959	0.7872	0.7785	0.7716	0.7698	0.7706	0.7758	0.7770	0.7803	0.7847	0.7855
61	0.8050	0.8045	0.8040	0.8032	0.7884	0.7793	0.7702	0.7630	0.7610	0.7617	0.7669	0.7681	0.7714	0.7757	0.7765
62	0.7979	0.7974	0.7969	0.7961	0.7809	0.7714	0.7618	0.7544	0.7522	0.7528	0.7579	0.7591	0.7624	0.7668	0.7676
63	0.7909	0.7904	0.7899	0.7891	0.7734	0.7634	0.7535	0.7457	0.7435	0.7440	0.7490	0.7502	0.7535	0.7578	0.7586
64	0.7838	0.7833	0.7828	0.7820	0.7659	0.7555	0.7451	0.7371	0.7347	0.7351	0.7400	0.7412	0.7445	0.7489	0.7497
65	0.7767	0.7762	0.7757	0.7749	0.7584	0.7476	0.7368	0.7285	0.7259	0.7262	0.7311	0.7323	0.7356	0.7399	0.7407
66	0.7688	0.7683	0.7678	0.7670	0.7501	0.7390	0.7279	0.7193	0.7165	0.7167	0.7216	0.7228	0.7261	0.7304	0.7312
67	0.7609	0.7604	0.7599	0.7591	0.7418	0.7304	0.7190	0.7101	0.7072	0.7073	0.7121	0.7133	0.7166	0.7208	0.7216
68	0.7531	0.7526	0.7521	0.7513	0.7335	0.7217	0.7100	0.7009	0.6978	0.6978	0.7025	0.7037	0.7070	0.7113	0.7121
69	0.7452	0.7447	0.7442	0.7434	0.7252	0.7131	0.7011	0.6917	0.6885	0.6884	0.6930	0.6942	0.6975	0.7017	0.7025
70	0.7373	0.7368	0.7363	0.7355	0.7169	0.7045	0.6922	0.6825	0.6791	0.6789	0.6835	0.6847	0.6880	0.6922	0.6930
71	0.7287	0.7282	0.7277	0.7269	0.7078	0.6951	0.6825	0.6726	0.6690	0.6687	0.6732	0.6744	0.6777	0.6819	0.6827
72	0.7200	0.7195	0.7190	0.7182	0.6988	0.6858	0.6729	0.6626	0.6589	0.6585	0.6630	0.6642	0.6675	0.6716	0.6724
73	0.7114	0.7109	0.7104	0.7096	0.6897	0.6764	0.6632	0.6527	0.6488	0.6483	0.6527	0.6539	0.6572	0.6614	0.6622
74	0.7027	0.7022	0.7017	0.7009	0.6807	0.6671	0.6536	0.6427	0.6387	0.6381	0.6425	0.6437	0.6470	0.6511	0.6519
75	0.6941	0.6936	0.6931	0.6923	0.6716	0.6577	0.6439	0.6328	0.6286	0.6279	0.6322	0.6334	0.6367	0.6408	0.6416
76	0.6846	0.6841	0.6836	0.6828	0.6617	0.6475	0.6333	0.6219	0.6175	0.6167	0.6210	0.6222	0.6255	0.6296	0.6304
77	0.6752	0.6747	0.6742	0.6734	0.6518	0.6372	0.6227	0.6110	0.6065	0.6056	0.6098	0.6110	0.6143	0.6183	0.6191
78	0.6657	0.6652	0.6647	0.6639	0.6419	0.6270	0.6120	0.6001	0.5954	0.5944	0.5985	0.5997	0.6030	0.6071	0.6079
79	0.6563	0.6558	0.6553	0.6545	0.6320	0.6167	0.6014	0.5892	0.5844	0.5833	0.5873	0.5885	0.5918	0.5958	0.5966
80	0.6468	0.6463	0.6458	0.6450	0.6221	0.6065	0.5908	0.5783	0.5733	0.5721	0.5761	0.5773	0.5806	0.5846	0.5854
81	0.6365	0.6360	0.6355	0.6347	0.6114	0.5952	0.5788	0.5660	0.5609	0.5596	0.5635	0.5647	0.5680	0.5720	0.5728
82	0.6262	0.6257	0.6252	0.6244	0.6006	0.5839	0.5668	0.5538	0.5485	0.5471	0.5509	0.5521	0.5554	0.5594	0.5602
83	0.6158	0.6153	0.6148	0.6140	0.5899	0.5727	0.5549	0.5415	0.5360	0.5345	0.5384	0.5396	0.5429	0.5468	0.5476
84	0.6055	0.6050	0.6045	0.6037	0.5791	0.5614	0.5429	0.5293	0.5236	0.5220	0.5258	0.5270	0.5303	0.5342	0.5350
85	0.5952	0.5947	0.5942	0.5934	0.5684	0.5501	0.5309	0.5170	0.5112	0.5095	0.5132	0.5144	0.5177	0.5216	0.5224
86	0.5840	0.5835	0.5830	0.5822	0.5568	0.5375	0.5166	0.5024	0.4965	0.4947	0.4983	0.4995	0.5028	0.5067	0.5075
87	0.5729	0.5724	0.5719	0.5711	0.5451	0.5250	0.5023	0.4879	0.4818	0.4799	0.4834	0.4846	0.4879	0.4918	0.4926
88	0.5617	0.5612	0.5607	0.5599	0.5335	0.5124	0.4881	0.4733	0.4670	0.4650	0.4686	0.4698	0.4731	0.4769	0.4777
89	0.5506	0.5501	0.5496	0.5488	0.5218	0.4999	0.4738	0.4588	0.4523	0.4502	0.4537	0.4549	0.4582	0.4620	0.4628
90	0.5394	0.5389	0.5384	0.5376	0.5102	0.4873	0.4595	0.4442	0.4376	0.4354	0.4388	0.4400	0.4433	0.4471	0.4479
91	0.5273	0.5268	0.5263	0.5255	0.4977	0.4731	0.4404	0.4248	0.4180	0.4157	0.4191	0.4203	0.4236	0.4273	0.4281
92	0.5151	0.5146	0.5141	0.5133	0.4852	0.4589	0.4212	0.4054	0.3984	0.3960	0.3993	0.4005	0.4038	0.4076	0.4084
93	0.5030	0.5025	0.5020	0.5012	0.4726	0.4446	0.4021	0.3859	0.3789	0.3764	0.3796	0.3808	0.3841	0.3878	0.3886
94	0.4908	0.4903	0.4898	0.4890	0.4601	0.4304	0.3829	0.3665	0.3593	0.3567	0.3598	0.3610	0.3643	0.3681	0.3689
95	0.4787	0.4782	0.4777	0.4769	0.4476	0.4162	0.3638	0.3471	0.3397	0.3370	0.3401	0.3413	0.3446	0.3483	0.3491
96	0.4657	0.4652	0.4647	0.4639	0.4341	0.3996	0.3324	0.3154	0.3078	0.3050	0.3081	0.3093	0.3126	0.3163	0.3171
97	0.4527	0.4522	0.4517	0.4509	0.4207	0.3830	0.3010	0.2837	0.2760	0.2731	0.2761	0.2773	0.2806	0.2842	0.2850
98	0.4396	0.4391	0.4386	0.4378	0.4072	0.3665	0.2695	0.2520	0.2441	0.2411	0.2440	0.2452	0.2485	0.2522	0.2530
99	0.4266	0.4261	0.4256	0.4248	0.3938	0.3499	0.2381	0.2203	0.2123	0.2092	0.2120	0.2132	0.2165	0.2201	0.2209
100	0.4136	0.4131	0.4126	0.4118	0.3803	0.3333	0.2067	0.1886	0.1804	0.1772	0.1800	0.1812	0.1845	0.1881	0.1889

MEN'S HURDLE AGE FACTORS

AGE	INDOOR 50/39	INDOOR 55/39	INDOOR 60/39	SPRINT 110/42"	INTER 400/36	STEEPLE 3000/SC
14	1.0360	0.9491	0.9017	0.8310	0.8700	0.8664
15	1.0819	0.9817	0.9326	0.8841	0.9116	0.8962
16	1.1079	1.0054	0.9551	0.9244	0.9427	0.9238
17	1.1297	1.0251	0.9738	0.9547	0.9661	0.9495
18	1.1740	1.0652	1.0120	0.9777	0.9837	0.9734
19	1.1773	1.0681	1.0147	0.9954	0.9970	0.9956
			60/42			
OC			1.0000	1.0000	1.0000	1.0000
			60/39	110/39		
30	1.1773	1.0682	1.0148	1.0148	1.0000	1.0000
31	1.1678	1.0596	1.0066	1.0066	0.9930	1.0000
32	1.1583	1.0510	0.9984	0.9984	0.9860	0.9971
33	1.1487	1.0423	0.9902	0.9902	0.9790	0.9887
34	1.1392	1.0337	0.9820	0.9820	0.9720	0.9802
35	1.1297	1.0251	0.9738	0.9738	0.9650	0.9717
36	1.1201	1.0164	0.9656	0.9656	0.9565	0.9632
37	1.1106	1.0077	0.9573	0.9573	0.9480	0.9547
38	1.1010	0.9991	0.9491	0.9491	0.9394	0.9461
39	1.0915	0.9904	0.9408	0.9408	0.9309	0.9376
40	1.0819	0.9817	0.9326	0.9326	0.9224	0.9291
41	1.0723	0.9729	0.9243	0.9243	0.9138	0.9205
42	1.0626	0.9642	0.9160	0.9160	0.9052	0.9119
43	1.0530	0.9554	0.9076	0.9076	0.8966	0.9033
44	1.0433	0.9467	0.8993	0.8993	0.8880	0.8947
45	1.0337	0.9379	0.8910	0.8910	0.8794	0.8861
46	1.0150	0.9290	0.8825	0.8825	0.8707	0.8774
47	0.9964	0.9201	0.8741	0.8741	0.8619	0.8686
48	0.9777	0.9112	0.8656	0.8656	0.8532	0.8599
49	0.9591	0.9023	0.8572	0.8572	0.8444	0.8511
	50/36	55/36	60/36	100/36	400/33	
50	1.0190	0.9246	0.8784	0.9539	0.8464	0.8424
51	1.0086	0.9151	0.8694	0.9441	0.8373	0.8334
52	0.9982	0.9057	0.8604	0.9344	0.8282	0.8245
53	0.9877	0.8962	0.8515	0.9246	0.8192	0.8155
54	0.9773	0.8868	0.8425	0.9149	0.8101	0.8066
55	0.9669	0.8773	0.8335	0.9051	0.8010	0.7976
56	0.9479	0.8675	0.8242	0.8950	0.7916	0.7883
57	0.9289	0.8577	0.8148	0.8849	0.7822	0.7790
58	0.9098	0.8478	0.8055	0.8747	0.7728	0.7698
59	0.8908	0.8380	0.7961	0.8646	0.7634	0.7605
	50/33	55/33	60/33	100/33	300/30	2000/SC
60	0.9539	0.8655	0.8222	0.8929	1.1158	1.1644
61	0.9420	0.8547	0.8120	0.8818	1.1028	1.1493
62	0.9302	0.8440	0.8018	0.8707	1.0897	1.1342
63	0.9183	0.8332	0.7915	0.8596	1.0767	1.1191
64	0.9065	0.8225	0.7813	0.8485	1.0636	1.1041
65	0.8946	0.8117	0.7711	0.8374	1.0506	1.0890
66	0.8745	0.8003	0.7602	0.8256	1.0367	1.0730
67	0.8545	0.7889	0.7494	0.8138	1.0229	1.0571
68	0.8344	0.7774	0.7385	0.8021	1.0090	1.0411
69	0.8144	0.7660	0.7277	0.7903	0.9952	1.0252
	50/30	55/30	60/30	80/30		
70	0.869	0.7885	0.7491	1.0058	0.9813	1.0092
71	0.8549	0.7757	0.7369	0.9894	0.9663	0.9921
72	0.8407	0.7628	0.7247	0.9730	0.9514	0.9750
73	0.8266	0.7500	0.7125	0.9567	0.9364	0.9578
74	0.8124	0.7371	0.7003	0.9403	0.9215	0.9407
75	0.7983	0.7243	0.6881	0.9239	0.9065	0.9236
76	0.7829	0.7103	0.6748	0.9060	0.8901	0.9050
77	0.7674	0.6963	0.6615	0.8882	0.8737	0.8864
78	0.7520	0.6823	0.6482	0.8703	0.8574	0.8677
79	0.7365	0.6683	0.6349	0.8525	0.8410	0.8491
80	0.7211	0.6543	0.6216	0.8346	0.8246	0.8305
81	0.7038	0.6386	0.6067	0.8146	0.8062	0.8097
82	0.6865	0.6229	0.5918	0.7946	0.7878	0.7889
83	0.6693	0.6073	0.5769	0.7746	0.7695	0.7682
84	0.6520	0.5916	0.5620	0.7546	0.7511	0.7474
85	0.6347	0.5759	0.5471	0.7346	0.7327	0.7266
86	0.6147	0.5577	0.5298	0.7114	0.7113	0.7026
87	0.5946	0.5395	0.5125	0.6882	0.6899	0.6786
88	0.5746	0.5214	0.4953	0.6650	0.6684	0.6545
89	0.5545	0.5032	0.4780	0.6418	0.6470	0.6305
90	0.5345	0.4850	0.4607	0.6186	0.6256	0.6065
91	0.5099	0.4626	0.4395	0.5901	0.5991	0.5771
92	0.4852	0.4403	0.4183	0.5616	0.5726	0.5477
93	0.4606	0.4179	0.3970	0.5331	0.5462	0.5184
94	0.4359	0.3956	0.3758	0.5046	0.5197	0.4890
95	0.4113	0.3732	0.3546	0.4761	0.4932	0.4596
96	0.3786	0.3435	0.3264	0.4382	0.4579	0.4208
97	0.3459	0.3138	0.2982	0.4004	0.4226	0.3819
98	0.3132	0.2842	0.2700	0.3625	0.3872	0.3431
99	0.2805	0.2545	0.2418	0.3247	0.3519	0.3042
100	0.2478	0.2248	0.2136	0.2868	0.3166	0.2654

WOMEN'S HURDLE AGE FACTORS

AGE	INDOOR 50/33	INDOOR 55/33	INDOOR 60/33	SPRINT 100/33	INTER 400/30	STEEPLE 2000/SC
14	0.7458	0.7094	0.6919	0.7946	0.8077	0.8643
15	1.0463	0.9499	0.9110	0.8320	0.8468	0.8938
16	1.1460	1.0259	0.9828	0.8667	0.8809	0.9218
17	1.1654	1.0406	0.9976	0.8986	0.9101	0.9491
18	1.1680	1.0426	0.9998	0.9276	0.9349	0.9760
19	1.1682	1.0428	1.0000	0.9538	0.9554	1.0000
OC	1.1682	1.0428	1.0000	1.0000	1.0000	1.0000
30	1.1682	1.0428	1.0000	1.0000	1.0000	1.0000
31	1.1565	1.0324	0.9900	0.9900	0.9994	1.0000
32	1.1448	1.0219	0.9800	0.9800	0.9899	0.9969
33	1.1332	1.0115	0.9700	0.9700	0.9804	0.9876
34	1.1215	1.0010	0.9600	0.9600	0.9709	0.9782
35	1.1098	0.9906	0.9500	0.9500	0.9614	0.9689
36	1.0835	0.9801	0.9400	0.9400	0.9519	0.9595
37	1.0572	0.9697	0.9299	0.9299	0.9423	0.9501
38	1.0310	0.9592	0.9199	0.9199	0.9328	0.9408
39	1.0047	0.9488	0.9098	0.9098	0.9232	0.9314
	50/30	55/30	60/30	80/30		
40	1.0932	0.9758	0.9358	1.1337	0.9137	0.9220
41	1.0809	0.9648	0.9253	1.1210	0.9041	0.9125
42	1.0686	0.9538	0.9148	1.1082	0.8945	0.9031
43	1.0563	0.9429	0.9042	1.0955	0.8848	0.8936
44	1.0440	0.9319	0.8937	1.0827	0.8752	0.8842
45	1.0317	0.9209	0.8832	1.0700	0.8656	0.8747
46	1.0058	0.9098	0.8725	1.0571	0.8558	0.8651
47	0.9799	0.8987	0.8618	1.0442	0.8461	0.8555
48	0.9541	0.8875	0.8512	1.0312	0.8363	0.8459
49	0.9282	0.8764	0.8405	1.0183	0.8266	0.8363
	50/30	55/30	60/30	80/30	300/30	
50	0.9694	0.8653	0.8298	1.0306	1.2052	0.8267
51	0.9567	0.8539	0.8189	1.0186	1.1915	0.8169
52	0.9439	0.8426	0.8080	1.0067	1.1778	0.8071
53	0.9312	0.8312	0.7971	0.9947	1.1642	0.7972
54	0.9184	0.8199	0.7862	0.9828	1.1505	0.7874
55	0.9057	0.8085	0.7753	0.9708	1.1368	0.7776
56	0.8926	0.7968	0.7641	0.9585	1.1227	0.7675
57	0.8795	0.7851	0.7529	0.9461	1.1086	0.7573
58	0.8663	0.7733	0.7416	0.9338	1.0944	0.7472
59	0.8532	0.7616	0.7304	0.9214	1.0803	0.7370
60	0.8401	0.7499	0.7192	0.9091	1.0662	0.7269
61	0.8265	0.7377	0.7075	0.8962	1.0514	0.7163
62	0.8128	0.7255	0.6958	0.8833	1.0366	0.7057
63	0.7992	0.7134	0.6841	0.8704	1.0219	0.6952
64	0.7855	0.7012	0.6724	0.8575	1.0071	0.6846
65	0.7719	0.6890	0.6607	0.8446	0.9923	0.6740
66	0.7575	0.6762	0.6484	0.8310	0.9767	0.6628
67	0.7432	0.6634	0.6361	0.8173	0.9611	0.6517
68	0.7288	0.6505	0.6238	0.8037	0.9455	0.6405
69	0.7145	0.6377	0.6115	0.7900	0.9299	0.6294
70	0.7001	0.6249	0.5992	0.7764	0.9143	0.6182
71	0.6848	0.6113	0.5861	0.7618	0.8976	0.6063
72	0.6696	0.5977	0.5731	0.7473	0.8809	0.5944
73	0.6543	0.5840	0.5600	0.7327	0.8643	0.5825
74	0.6391	0.5704	0.5470	0.7182	0.8476	0.5706
75	0.6238	0.5568	0.5339	0.7036	0.8309	0.5587
76	0.6073	0.5421	0.5198	0.6878	0.8128	0.5458
77	0.5909	0.5274	0.5057	0.6720	0.7947	0.5329
78	0.5744	0.5127	0.4917	0.6562	0.7766	0.5201
79	0.5580	0.4980	0.4776	0.6404	0.7585	0.5072
80	0.5415	0.4833	0.4635	0.6246	0.7404	0.4943
81	0.5234	0.4671	0.4480	0.6071	0.7203	0.4800
82	0.5053	0.4509	0.4325	0.5895	0.7002	0.4658
83	0.4871	0.4348	0.4169	0.5720	0.6801	0.4515
84	0.4690	0.4186	0.4014	0.5544	0.6600	0.4373
85	0.4509	0.4024	0.3859	0.5369	0.6399	0.4230
86	0.4302	0.3840	0.3682	0.5167	0.6168	0.4066
87	0.4095	0.3655	0.3505	0.4965	0.5936	0.3903
88	0.3889	0.3471	0.3328	0.4764	0.5705	0.3739
89	0.3682	0.3286	0.3151	0.4562	0.5473	0.3576
90	0.3475	0.3102	0.2974	0.4360	0.5242	0.3412
91	0.3226	0.2880	0.2761	0.4114	0.4960	0.3214
92	0.2977	0.2658	0.2548	0.3869	0.4679	0.3016
93	0.2729	0.2435	0.2335	0.3623	0.4397	0.2817
94	0.2480	0.2213	0.2122	0.3378	0.4116	0.2619
95	0.2231	0.1991	0.1909	0.3132	0.3834	0.2421
96	0.1908	0.1703	0.1633	0.2810	0.3464	0.2162
97	0.1585	0.1415	0.1356	0.2488	0.3094	0.1903
98	0.1262	0.1126	0.1080	0.2165	0.2725	0.1643
99	0.0939	0.0838	0.0803	0.1843	0.2355	0.1384
100	0.0616	0.0550	0.0527	0.1521	0.1985	0.1125

MEN'S FIELD EVENT AGE FACTORS

AGE	PV	HJ	LJ	TJ	SP	HT	DT	JT	WT
8	2.2861	1.5965	1.9151	1.9773					
9	1.9121	1.4326	1.6759	1.6695					
10	1.6830	1.3229	1.5173	1.4838					
11	1.5264	1.2444	1.4039	1.3595	SP/16 or	HT/16 or			
12	1.4113	1.1856	1.3184	1.2705	7.26k	7.26k	DT/2k	JT/800	WT/35
13	1.3223	1.1401	1.2515	1.2037					
14	1.2505	1.1041	1.1976	1.1519	1.3948	1.4550	1.4592	1.4314	1.3935
15	1.1908	1.0750	1.1533	1.1107	1.2622	1.3056	1.3202	1.2951	1.2780
16	1.1398	1.0513	1.1161	1.0774	1.1693	1.2030	1.2223	1.2009	1.1983
17	1.0952	1.0319	1.0846	1.0500	1.1014	1.1298	1.1503	1.1331	1.1411
18	1.0554	1.0159	1.0576	1.0274	1.0505	1.0763	1.0957	1.0831	1.0990
19	1.0193	1.0028	1.0344	1.0087	1.0117	1.0365	1.0535	1.0458	1.0675
OC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
30	1.0000	1.0166	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
31	1.0145	1.0276	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	1.0289	1.0386	1.0120	1.0000	1.0000	1.0000	1.0000	1.0184	1.0000
33	1.0434	1.0497	1.0258	1.0000	1.0000	1.0000	1.0000	1.0377	1.0081
34	1.0578	1.0607	1.0395	1.0000	1.0000	1.0000	1.0000	1.0571	1.0236
35	1.0723	1.0717	1.0532	1.0029	1.0000	1.0000	1.0000	1.0765	1.0391
36	1.0878	1.0833	1.0679	1.0179	1.0000	1.0213	1.0000	1.0978	1.0558
37	1.1033	1.0949	1.0825	1.0330	1.0000	1.0433	1.0000	1.1191	1.0726
38	1.1189	1.1066	1.0972	1.0480	1.0166	1.0652	1.0000	1.1403	1.0893
39	1.1344	1.1182	1.1118	1.0631	1.0383	1.0872	1.0000	1.1616	1.1061
40	1.1499	1.1298	1.1265	1.0781	1.0600	1.1092	1.0000	1.1829	1.1228
41	1.1665	1.1420	1.1422	1.0942	1.0842	1.1336	1.0047	1.2063	1.1409
42	1.1832	1.1543	1.1579	1.1104	1.1084	1.1579	1.0272	1.2297	1.1590
43	1.1998	1.1665	1.1735	1.1265	1.1327	1.1823	1.0498	1.2531	1.1771
44	1.2165	1.1788	1.1892	1.1427	1.1569	1.2066	1.0723	1.2765	1.1952
45	1.2331	1.1910	1.2049	1.1588	1.1811	1.2310	1.0949	1.2999	1.2133
46	1.2509	1.2039	1.2217	1.1762	1.2081	1.2581	1.1200	1.3256	1.2329
47	1.2688	1.2168	1.2385	1.1936	1.2351	1.2851	1.1452	1.3513	1.2524
48	1.2866	1.2297	1.2552	1.2109	1.2620	1.3122	1.1703	1.3771	1.2720
49	1.3045	1.2426	1.2720	1.2283	1.2890	1.3392	1.1955	1.4028	1.2915
					SP/6k	HT/6k	DT/1.5k		WT/25
50	1.3223	1.2555	1.2888	1.2457	1.1963	1.2421	1.0787	1.4285	1.1081
51	1.3414	1.2691	1.3068	1.2644	1.2236	1.2694	1.1035	1.4568	1.1260
52	1.3606	1.2827	1.3247	1.2830	1.2510	1.2967	1.1282	1.4850	1.1438
53	1.3797	1.2963	1.3427	1.3017	1.2783	1.3240	1.1530	1.5133	1.1617
54	1.3989	1.3099	1.3606	1.3203	1.3057	1.3513	1.1777	1.5415	1.1795
55	1.4180	1.3235	1.3786	1.3390	1.3330	1.3786	1.2025	1.5698	1.1974
56	1.4385	1.3378	1.3978	1.3591	1.3634	1.4089	1.2301	1.6008	1.2167
57	1.4593	1.3522	1.4170	1.3791	1.3939	1.4392	1.2577	1.6319	1.2360
58	1.4803	1.3665	1.4362	1.3992	1.4243	1.4694	1.2854	1.6629	1.2554
59	1.5016	1.3809	1.4554	1.4192	1.4548	1.4997	1.3130	1.6940	1.2747
					SP/5k	HT/5k	DT/1k	JT/600	WT/20
60	1.5205	1.3952	1.4746	1.4393	1.3558	1.3967	1.1174	1.5893	1.1574
61	1.5425	1.4103	1.4951	1.4609	1.3868	1.4274	1.1431	1.6207	1.1761
62	1.5645	1.4254	1.5157	1.4824	1.4177	1.4581	1.1687	1.6522	1.1947
63	1.5865	1.4406	1.5362	1.5040	1.4487	1.4888	1.1944	1.6836	1.2134
64	1.6085	1.4557	1.5568	1.5255	1.4796	1.5195	1.2200	1.7151	1.2320
65	1.6305	1.4708	1.5773	1.5471	1.5106	1.5502	1.2457	1.7465	1.2507
66	1.6541	1.4867	1.5993	1.5703	1.5451	1.5843	1.2743	1.7810	1.2709
67	1.6777	1.5027	1.6212	1.5935	1.5796	1.6183	1.3029	1.8156	1.2910
68	1.7013	1.5186	1.6432	1.6167	1.6141	1.6524	1.3315	1.8501	1.3112
69	1.7249	1.5346	1.6651	1.6399	1.6486	1.6864	1.3601	1.8847	1.3313
					SP/4k	HT/4k			WT/16
70	1.7485	1.5505	1.6871	1.6631	1.5054	1.5389	1.3887	1.9192	1.2088
71	1.7738	1.5673	1.7106	1.6880	1.5398	1.5727	1.4206	1.9572	1.2283
72	1.7991	1.5841	1.7341	1.7129	1.5742	1.6065	1.4525	1.9951	1.2478
73	1.8244	1.6010	1.7576	1.7379	1.6086	1.6404	1.4844	2.0331	1.2673
74	1.8497	1.6178	1.7811	1.7628	1.6430	1.6742	1.5163	2.0710	1.2868
75	1.8750	1.6346	1.8046	1.7877	1.6774	1.7080	1.5482	2.1090	1.3063
76	1.9021	1.6523	1.8297	1.8145	1.7157	1.7455	1.5838	2.1507	1.3274
77	1.9292	1.6700	1.8548	1.8413	1.7540	1.7830	1.6193	2.1924	1.3484
78	1.9564	1.6877	1.8800	1.8680	1.7923	1.8206	1.6549	2.2342	1.3695
79	1.9835	1.7054	1.9051	1.8948	1.8306	1.8581	1.6904	2.2759	1.3905
									WT/12
80	2.0106	1.7231	1.9302	1.9216	1.8689	1.8956	1.7260	2.3176	1.2224
81	2.0559	1.7519	1.9720	1.9504	1.9368	1.9617	1.7891	2.3899	1.2532
82	2.1012	1.7807	2.0138	1.9792	2.0047	2.0278	1.8522	2.4623	1.2840
83	2.1464	1.8095	2.0555	2.0080	2.0727	2.0940	1.9152	2.5346	1.3149
84	2.1917	1.8383	2.0973	2.0368	2.1406	2.1601	1.9783	2.6070	1.3457
85	2.2370	1.8671	2.1391	2.0656	2.2085	2.2262	2.0414	2.6793	1.3765
86	2.3171	1.9159	2.2125	2.1138	2.3409	2.3538	2.1646	2.8154	1.4320
87	2.3971	1.9647	2.2859	2.1620	2.4733	2.4814	2.2877	2.9514	1.4875
88	2.4772	2.0136	2.3594	2.2103	2.6057	2.6090	2.4109	3.0875	1.5431
89	2.5572	2.0624	2.4328	2.2585	2.7381	2.7366	2.5340	3.2235	1.5986
90	2.6373	2.1112	2.5062	2.3067	2.8705	2.8642	2.6572	3.3596	1.6541
91	2.7711	2.1882	2.6279	2.3925	3.1254	3.1062	2.8948	3.6081	1.7495
92	2.9049	2.2652	2.7495	2.4783	3.3803	3.3482	3.1325	3.8566	1.8449
93	3.0388	2.3422	2.8712	2.5642	3.6353	3.5903	3.3701	4.1052	1.9402
94	3.1726	2.4192	2.9928	2.6500	3.8902	3.8323	3.6078	4.3537	2.0356
95	3.3064	2.4962	3.1145	2.7358	4.1451	4.0743	3.8454	4.6022	2.1310
96	3.5303	2.6154	3.3157	2.8805	4.6627	4.5554	4.3294	5.0711	2.2965
97	3.7543	2.7346	3.5168	3.0251	5.1803	5.0366	4.8134	5.5400	2.4621
98	3.9782	2.8538	3.7180	3.1698	5.6980	5.5177	5.2975	6.0089	2.6276
99	4.2022	2.9730	3.9191	3.3144	6.2156	5.9989	5.7815	6.4778	2.7932
100	4.4261	3.0922	4.1203	3.4591	6.7332	6.4800	6.2655	6.9467	2.9587

WOMEN'S FIELD EVENT AGE FACTORS

AGE	PV	HJ	LJ	TJ	SP	HT	DT	JT	WT
8	2.9279	2.4493	2.7733	2.6159					
9	2.3032	2.0321	2.2705	2.1698					
10	1.9313	1.7764	1.9626	1.8961					
11	1.6863	1.6017	1.7522	1.7089					
12	1.5142	1.4733	1.5978	1.5709	SP/4k	HT/4k	DT/1k	JT/600	WT/20
13	1.3879	1.3741	1.4785	1.4637					
14	1.2924	1.2942	1.3826	1.3770	1.4579	1.3055	1.2122	1.9510	1.3804
15	1.2187	1.2280	1.3030	1.3043	1.2999	1.2002	1.1427	1.6632	1.2501
16	1.1611	1.1715	1.2353	1.2418	1.1964	1.1311	1.0936	1.4606	1.1631
17	1.1157	1.1225	1.1765	1.1865	1.1263	1.0843	1.0585	1.3118	1.1032
18	1.0799	1.0789	1.1244	1.1365	1.0779	1.0520	1.0335	1.1994	1.0613
19	1.0518	1.0397	1.0775	1.0903	1.0442	1.0297	1.0157	1.1130	1.0317
OC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
30	1.0114	1.0146	1.0000	1.0000	1.0000	1.0000	1.0000	1.0256	1.2105
31	1.0271	1.0275	1.0150	1.0000	1.0000	1.0000	1.0000	1.0536	1.2291
32	1.0428	1.0403	1.0299	1.0000	1.0000	1.0000	1.0000	1.0816	1.2477
33	1.0584	1.0532	1.0449	1.0000	1.0000	1.0000	1.0000	1.1095	1.2664
34	1.0741	1.0660	1.0598	1.0102	1.0000	1.0000	1.0000	1.1375	1.2850
35	1.0898	1.0789	1.0748	1.0261	1.0000	1.0084	1.0000	1.1655	1.3036
36	1.1067	1.0926	1.0909	1.0433	1.0000	1.0295	1.0000	1.1973	1.3236
37	1.1236	1.1062	1.1070	1.0605	1.0000	1.0506	1.0000	1.2291	1.3437
38	1.1406	1.1199	1.1230	1.0778	1.0140	1.0718	1.0110	1.2608	1.3637
39	1.1575	1.1335	1.1391	1.0950	1.0414	1.0929	1.0353	1.2926	1.3838
40	1.1744	1.1472	1.1552	1.1122	1.0688	1.1140	1.0597	1.3244	1.4038
41	1.1926	1.1617	1.1725	1.1309	1.1002	1.1373	1.0872	1.3605	1.4254
42	1.2108	1.1763	1.1898	1.1495	1.1316	1.1607	1.1148	1.3966	1.4470
43	1.2291	1.1908	1.2070	1.1682	1.1630	1.1840	1.1423	1.4328	1.4685
44	1.2473	1.2054	1.2243	1.1868	1.1944	1.2074	1.1699	1.4689	1.4901
45	1.2655	1.2199	1.2416	1.2055	1.2258	1.2307	1.1974	1.5050	1.5117
46	1.2851	1.2354	1.2602	1.2257	1.2618	1.2565	1.2285	1.5461	1.5350
47	1.3048	1.2509	1.2788	1.2460	1.2978	1.2823	1.2596	1.4848	1.5582
48	1.3244	1.2663	1.2973	1.2662	1.3339	1.3080	1.2908	1.4748	1.5815
49	1.3441	1.2818	1.3159	1.2865	1.3699	1.3338	1.3219	1.4647	1.6047
					SP/3k	HT/3k		JT/400	WT/16
50	1.3637	1.2973	1.3345	1.3067	1.2176	1.1774	1.3530	1.4546	1.3001
51	1.3849	1.3137	1.3545	1.3286	1.2534	1.2021	1.3882	1.4943	1.3201
52	1.4060	1.3302	1.3744	1.3505	1.2891	1.2268	1.4233	1.5340	1.3401
53	1.4272	1.3466	1.3944	1.3725	1.3249	1.2514	1.4585	1.5736	1.3601
54	1.4483	1.3631	1.4143	1.3944	1.3606	1.2761	1.4936	1.6133	1.3801
55	1.4695	1.3795	1.4343	1.4163	1.3964	1.3008	1.5288	1.6530	1.4001
56	1.4923	1.3970	1.4558	1.4401	1.4374	1.3280	1.5685	1.6981	1.4216
57	1.5155	1.4145	1.4772	1.4638	1.4785	1.3553	1.6083	1.7432	1.4431
58	1.5389	1.4319	1.4987	1.4876	1.5195	1.3825	1.6480	1.7882	1.4647
59	1.5626	1.4494	1.5201	1.5113	1.5606	1.4098	1.6878	1.8333	1.4862
									WT/12
60	1.5835	1.4669	1.5416	1.5351	1.6016	1.4370	1.7275	1.8784	1.2187
61	1.6081	1.4855	1.5647	1.5609	1.6487	1.4671	1.7724	1.9296	1.2374
62	1.6327	1.5041	1.5878	1.5866	1.6957	1.4972	1.8173	1.9808	1.2562
63	1.6572	1.5227	1.6108	1.6124	1.7428	1.5273	1.8622	2.0321	1.2749
64	1.6818	1.5413	1.6339	1.6381	1.7898	1.5574	1.9071	2.0833	1.2937
65	1.7064	1.5599	1.6570	1.6639	1.8369	1.5875	1.9520	2.1345	1.3124
66	1.7329	1.5797	1.6818	1.6918	1.8909	1.6207	2.0027	2.1927	1.3326
67	1.7594	1.5994	1.7066	1.7197	1.9449	1.6540	2.0534	2.2509	1.3528
68	1.7858	1.6192	1.7313	1.7477	1.9988	1.6872	2.1042	2.3092	1.3729
69	1.8123	1.6389	1.7561	1.7756	2.0528	1.7205	2.1549	2.3674	1.3931
70	1.8388	1.6587	1.7809	1.8035	2.1068	1.7537	2.2056	2.4256	1.4133
71	1.8673	1.6797	1.8075	1.8338	2.1687	1.7904	2.2629	2.4918	1.4350
72	1.8958	1.7008	1.8342	1.8640	2.2306	1.8272	2.3202	2.5579	1.4567
73	1.9244	1.7218	1.8608	1.8943	2.2925	1.8639	2.3776	2.6241	1.4785
74	1.9529	1.7429	1.8875	1.9245	2.3544	1.9007	2.4349	2.6902	1.5002
75	1.9814	1.7639	1.9141	1.9548	2.4163	1.9374	2.4922	2.7564	1.5219
76	2.0121	1.7863	1.9427	1.9876	2.4873	1.9780	2.5570	2.8316	1.5453
77	2.0429	1.8086	1.9714	2.0204	2.5583	2.0186	2.6218	2.9067	1.5687
78	2.0736	1.8310	2.0000	2.0532	2.6293	2.0591	2.6865	2.9819	1.5922
79	2.1044	1.8533	2.0287	2.0860	2.7003	2.0997	2.7513	3.0570	1.6156
80	2.1351	1.8757	2.0573	2.1188	2.7713	2.1403	2.8161	3.1322	1.6390
81	2.1868	1.9125	2.1053	2.1543	2.8770	2.2113	2.9107	3.2428	1.6783
82	2.2385	1.9493	2.1532	2.1899	2.9827	2.2822	3.0052	3.3533	1.7176
83	2.2903	1.9862	2.2012	2.2254	3.0883	2.3532	3.0998	3.4639	1.7570
84	2.3420	2.0230	2.2491	2.2610	3.1940	2.4241	3.1943	3.5744	1.7963
85	2.3937	2.0598	2.2971	2.2965	3.2997	2.4951	3.2889	3.6850	1.8356
86	2.4862	2.1236	2.3824	2.3568	3.4904	2.6304	3.4546	3.8809	1.9059
87	2.5788	2.1874	2.4677	2.4172	3.6811	2.7657	3.6203	4.0768	1.9761
88	2.6713	2.2512	2.5531	2.4775	3.8717	2.9010	3.7861	4.2727	2.0464
89	2.7639	2.3150	2.6384	2.5379	4.0624	3.0363	3.9518	4.4686	2.1166
90	2.8564	2.3788	2.7237	2.5982	4.2531	3.1716	4.1175	4.6645	2.1869
91	3.0138	2.4824	2.8675	2.7078	4.5976	3.4237	4.4050	5.0095	2.3061
92	3.1712	2.5860	3.0112	2.8173	4.9420	3.6758	4.6924	5.3546	2.4253
93	3.3286	2.6895	3.1550	2.9269	5.2865	3.9279	4.9799	5.6996	2.5446
94	3.4860	2.7931	3.2987	3.0364	5.6309	4.1800	5.2673	6.0447	2.6638
95	3.6434	2.8967	3.4425	3.1460	5.9754	4.4321	5.5548	6.3897	2.7830
96	3.9129	3.0635	3.6857	3.3363	6.6254	4.9210	6.0686	7.0191	2.9865
97	4.1824	3.2302	3.9288	3.5266	7.2753	5.4100	6.5825	7.6486	3.1900
98	4.4519	3.3970	4.1720	3.7169	7.9253	5.8989	7.0963	8.2780	3.3936
99	4.7214	3.5637	4.4151	3.9072	8.5752	6.3879	7.6102	8.9075	3.5971
100	4.9909	3.7305	4.6583	4.0975	9.2252	6.8768	8.1240	9.5369	3.8006

AGE	5K	8K	10K	12K	15K	10 MILE	20K	H. MAR	25K	30K	40K	MAR	50K	100K
8	0.7809	0.7902	0.7919	0.7922	0.7904	0.7895	0.7858	0.7847	0.7806	0.7755	0.7645	0.7645	0.7666	0.7682
9	0.8177	0.8264	0.8279	0.8284	0.8265	0.8256	0.8222	0.8211	0.8172	0.8124	0.8020	0.8020	0.8040	0.8055
10	0.8496	0.8574	0.8588	0.8593	0.8574	0.8566	0.8534	0.8524	0.8489	0.8444	0.8348	0.8348	0.8366	0.8380
11	0.8772	0.8841	0.8853	0.8858	0.8838	0.8831	0.8802	0.8793	0.8761	0.8721	0.8634	0.8634	0.8650	0.8662
12	0.9011	0.9069	0.9078	0.9084	0.9064	0.9058	0.9032	0.9024	0.8996	0.8960	0.8884	0.8884	0.8898	0.8908
13	0.9216	0.9264	0.9271	0.9275	0.9256	0.9251	0.9228	0.9221	0.9197	0.9166	0.9102	0.9101	0.9114	0.9121
14	0.9393	0.9429	0.9433	0.9438	0.9419	0.9414	0.9395	0.9389	0.9368	0.9343	0.9290	0.9289	0.9300	0.9304
15	0.9543	0.9569	0.9570	0.9574	0.9557	0.9552	0.9536	0.9531	0.9514	0.9494	0.9453	0.9452	0.9461	0.9462
16	0.9671	0.9686	0.9685	0.9689	0.9671	0.9668	0.9654	0.9650	0.9637	0.9622	0.9592	0.9591	0.9599	0.9597
17	0.9779	0.9784	0.9780	0.9783	0.9767	0.9764	0.9753	0.9750	0.9741	0.9730	0.9711	0.9710	0.9716	0.9711
18	0.9868	0.9864	0.9858	0.9860	0.9845	0.9842	0.9834	0.9832	0.9826	0.9820	0.9811	0.9810	0.9815	0.9807
19	0.9925	0.9929	0.9921	0.9923	0.9908	0.9906	0.9900	0.9899	0.9896	0.9894	0.9895	0.9894	0.9897	0.9887
OC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
30	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
31	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
33	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
34	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
35	0.9963	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
36	0.9895	0.9934	0.9953	0.9970	0.9989	0.9996	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
37	0.9827	0.9866	0.9884	0.9901	0.9921	0.9928	0.9951	0.9957	0.9974	0.9996	1.0000	1.0000	1.0000	1.0000
38	0.9760	0.9797	0.9816	0.9833	0.9852	0.9859	0.9882	0.9888	0.9906	0.9928	0.9965	0.9973	0.9997	1.0000
39	0.9692	0.9729	0.9747	0.9764	0.9784	0.9791	0.9814	0.9820	0.9837	0.9859	0.9896	0.9904	0.9928	1.0000
40	0.9624	0.9661	0.9679	0.9696	0.9715	0.9722	0.9745	0.9751	0.9768	0.9790	0.9827	0.9835	0.9859	0.9991
41	0.9555	0.9592	0.9610	0.9627	0.9646	0.9653	0.9676	0.9682	0.9698	0.9720	0.9757	0.9765	0.9789	0.9921
42	0.9487	0.9523	0.9541	0.9558	0.9576	0.9583	0.9606	0.9612	0.9629	0.9651	0.9687	0.9695	0.9719	0.9851
43	0.9418	0.9454	0.9471	0.9488	0.9507	0.9514	0.9537	0.9543	0.9559	0.9581	0.9618	0.9626	0.9649	0.9780
44	0.9350	0.9385	0.9402	0.9419	0.9437	0.9444	0.9467	0.9473	0.9490	0.9512	0.9548	0.9556	0.9579	0.9710
45	0.9281	0.9316	0.9333	0.9350	0.9368	0.9375	0.9398	0.9404	0.9420	0.9442	0.9478	0.9486	0.9509	0.9640
46	0.9211	0.9246	0.9262	0.9279	0.9297	0.9304	0.9327	0.9333	0.9349	0.9371	0.9407	0.9415	0.9438	0.9568
47	0.9141	0.9175	0.9192	0.9209	0.9226	0.9233	0.9256	0.9262	0.9278	0.9300	0.9336	0.9344	0.9366	0.9497
48	0.9071	0.9105	0.9121	0.9138	0.9156	0.9163	0.9186	0.9192	0.9207	0.9229	0.9264	0.9272	0.9295	0.9425
49	0.9001	0.9034	0.9051	0.9068	0.9085	0.9092	0.9115	0.9121	0.9136	0.9158	0.9193	0.9201	0.9223	0.9354
50	0.8931	0.8964	0.8980	0.8997	0.9014	0.9021	0.9044	0.9050	0.9065	0.9087	0.9122	0.9130	0.9152	0.9282
51	0.8859	0.8891	0.8907	0.8924	0.8941	0.8948	0.8971	0.8977	0.8992	0.9014	0.9049	0.9057	0.9078	0.9208
52	0.8787	0.8819	0.8834	0.8851	0.8868	0.8875	0.8898	0.8904	0.8919	0.8941	0.8975	0.8983	0.9005	0.9134
53	0.8714	0.8746	0.8762	0.8779	0.8795	0.8802	0.8825	0.8831	0.8845	0.8867	0.8902	0.8910	0.8931	0.9061
54	0.8642	0.8674	0.8689	0.8706	0.8722	0.8729	0.8752	0.8758	0.8772	0.8794	0.8828	0.8836	0.8858	0.8987
55	0.8570	0.8601	0.8616	0.8633	0.8649	0.8656	0.8679	0.8685	0.8699	0.8721	0.8755	0.8763	0.8784	0.8913
56	0.8495	0.8525	0.8540	0.8557	0.8573	0.8580	0.8603	0.8609	0.8623	0.8645	0.8678	0.8686	0.8707	0.8836
57	0.8419	0.8449	0.8464	0.8481	0.8497	0.8504	0.8527	0.8533	0.8546	0.8568	0.8602	0.8610	0.8630	0.8759
58	0.8344	0.8374	0.8388	0.8405	0.8420	0.8427	0.8450	0.8456	0.8470	0.8492	0.8525	0.8533	0.8554	0.8682
59	0.8268	0.8298	0.8312	0.8329	0.8344	0.8351	0.8374	0.8380	0.8393	0.8415	0.8449	0.8457	0.8477	0.8605
60	0.8193	0.8222	0.8236	0.8253	0.8268	0.8275	0.8298	0.8304	0.8317	0.8339	0.8372	0.8380	0.8400	0.8528
61	0.8113	0.8142	0.8156	0.8173	0.8187	0.8194	0.8217	0.8223	0.8236	0.8258	0.8291	0.8299	0.8319	0.8447
62	0.8033	0.8062	0.8075	0.8092	0.8107	0.8114	0.8137	0.8143	0.8155	0.8177	0.8210	0.8218	0.8238	0.8365
63	0.7954	0.7981	0.7995	0.8012	0.8026	0.8033	0.8056	0.8062	0.8075	0.8097	0.8129	0.8137	0.8156	0.8284
64	0.7874	0.7901	0.7914	0.7931	0.7946	0.7953	0.7976	0.7982	0.7994	0.8016	0.8048	0.8056	0.8075	0.8202
65	0.7794	0.7821	0.7834	0.7851	0.7865	0.7872	0.7895	0.7901	0.7913	0.7935	0.7967	0.7975	0.7994	0.8121
66	0.7708	0.7735	0.7748	0.7765	0.7779	0.7786	0.7809	0.7815	0.7826	0.7848	0.7880	0.7888	0.7907	0.8034
67	0.7623	0.7649	0.7662	0.7679	0.7692	0.7699	0.7722	0.7728	0.7740	0.7762	0.7793	0.7801	0.7820	0.7947
68	0.7537	0.7563	0.7575	0.7592	0.7606	0.7613	0.7636	0.7642	0.7653	0.7675	0.7707	0.7715	0.7733	0.7859
69	0.7452	0.7477	0.7489	0.7506	0.7519	0.7526	0.7549	0.7555	0.7567	0.7589	0.7620	0.7628	0.7646	0.7772
70	0.7366	0.7391	0.7403	0.7420	0.7433	0.7440	0.7463	0.7469	0.7480	0.7502	0.7533	0.7541	0.7559	0.7685
71	0.7273	0.7298	0.7309	0.7326	0.7339	0.7346	0.7369	0.7375	0.7386	0.7408	0.7439	0.7447	0.7465	0.7590
72	0.7180	0.7204	0.7216	0.7233	0.7245	0.7252	0.7275	0.7281	0.7292	0.7314	0.7345	0.7353	0.7370	0.7496
73	0.7087	0.7111	0.7122	0.7139	0.7152	0.7159	0.7182	0.7188	0.7198	0.7220	0.7250	0.7258	0.7276	0.7401
74	0.6994	0.7017	0.7029	0.7046	0.7058	0.7065	0.7088	0.7094	0.7104	0.7126	0.7156	0.7164	0.7181	0.7307
75	0.6901	0.6924	0.6935	0.6952	0.6964	0.6971	0.6994	0.7000	0.7010	0.7032	0.7062	0.7070	0.7087	0.7212
76	0.6798	0.6821	0.6832	0.6849	0.6861	0.6868	0.6891	0.6897	0.6906	0.6928	0.6958	0.6966	0.6983	0.7108
77	0.6696	0.6718	0.6729	0.6746	0.6757	0.6764	0.6787	0.6793	0.6803	0.6825	0.6854	0.6862	0.6879	0.7004
78	0.6593	0.6615	0.6625	0.6642	0.6654	0.6661	0.6684	0.6690	0.6699	0.6721	0.6751	0.6759	0.6775	0.6899
79	0.6491	0.6512	0.6522	0.6539	0.6550	0.6557	0.6580	0.6586	0.6596	0.6618	0.6647	0.6655	0.6671	0.6795
80	0.6388	0.6409	0.6419	0.6436	0.6447	0.6454	0.6477	0.6483	0.6492	0.6514	0.6543	0.6551	0.6567	0.6691
81	0.6272	0.6292	0.6302	0.6319	0.6330	0.6337	0.6360	0.6366	0.6375	0.6397	0.6426	0.6434	0.6449	0.6573
82	0.6156	0.6176	0.6185	0.6202	0.6213	0.6220	0.6243	0.6249	0.6258	0.6280	0.6308	0.6316	0.6332	0.6455
83	0.6039	0.6059	0.6069	0.6086	0.6096	0.6103	0.6126	0.6132	0.6140	0.6162	0.6191	0.6199	0.6214	0.6338
84	0.5923	0.5943	0.5952	0.5969	0.5979	0.5986	0.6009	0.6015	0.6023	0.6045	0.6073	0.6081	0.6097	0.6220
85	0.5807	0.5826	0.5835	0.5852	0.5862	0.5869	0.5892	0.5898	0.5906	0.5928	0.5956	0.5964	0.5979	0.6102
86	0.5668	0.5686	0.5695	0.5712	0.5722	0.5729	0.5752	0.5758	0.5766	0.5788	0.5816	0.5824	0.5838	0.5961
87	0.5529	0.5547	0.5555	0.5572	0.5582	0.5589	0.5612	0.5618	0.5626	0.5648	0.5675	0.5683	0.5698	0.5820
88	0.5389	0.5407	0.5416	0.5433	0.5442	0.5449	0.5472	0.5478	0.5485	0.5507	0.5535	0.5543	0.5557	0.5680
89	0.5250	0.5268	0.5276	0.5293	0.5302	0.5309	0.5332	0.5338	0.5345	0.5367	0.5394	0.5402	0.5417	0.5539
90	0.5111	0.5128	0.5136	0.5153	0.5162	0.5169	0.5192	0.5198	0.5205	0.5227	0.5254	0.5262	0.5276	0.5398
91	0.4923	0.4940	0.4948	0.4965	0.4973	0.4980	0.5003	0.5009	0.5016	0.5038	0.5065	0.5073	0.5087	0.5209
92	0.4735	0.4752	0.4759	0.4776	0.4785	0.4792	0.4815	0.4821	0.4827	0.4849	0.4876	0.4884	0.4898	0.5019
93	0.4548	0.4563	0.4571	0.4588	0.4596	0.4603	0.4626	0.4632	0.4639	0.4661	0.4687	0.4695	0.4708	0.4830
94	0.4360	0.4375	0.4382	0.4399	0.4408	0.4415	0.4438	0.4444	0.4450	0.4472	0.4498	0.4506	0.4519	0.4640
95	0.4172	0.4187	0.4194	0.4211	0.4219	0.4226	0.4249	0.4255	0.4261	0.4283	0.4309	0.4317	0.4330	0.4451
96	0.3861	0.3876	0.3883	0.3900	0.3908	0.3915	0.3938	0.3944	0.3949	0.3971	0.3997	0.4005	0.4018	0.4139
97	0.3551	0.3565	0.3572	0.3589	0.3596	0.3603	0.3626	0.3632	0.3638	0.3660	0.3685	0.3693	0.3706	0.3827
98	0.3240	0.3254	0.3260	0.3277	0.3285	0.3292	0.3315	0.3321	0.3326	0.3348	0.3374	0.3382	0.3394	0.3514
99	0.2930	0.2943	0.2949	0.2966	0.2973	0.2980	0.3003	0.3009	0.3015	0.3037	0.3062	0.3070	0.3082	0.3202
100	0.2619	0.2632	0.2638	0.2655	0.2662	0.2669	0.2692	0.2698	0.2703	0.2725	0.2750	0.2758	0.2770	0.2890

WOMEN'S RUNNING EVENT AGE FACTORS (LDR)

AGE	5K	8K	10K	12K	15K	10 MILE	20K	H. MAR	25K	30K	40K	MAR	50K	100K
8	0.7731	0.7646	0.7591	0.7463	0.7479	0.7459	0.7398	0.7384	0.7342	0.7304	0.7463	0.7258	0.7474	0.7550
9	0.8177	0.8099	0.8047	0.7926	0.7940	0.7921	0.7863	0.7850	0.7809	0.7771	0.7910	0.7727	0.7918	0.7979
10	0.8553	0.8481	0.8434	0.8322	0.8335	0.8317	0.8264	0.8251	0.8213	0.8177	0.8296	0.8134	0.8300	0.8347
11	0.8866	0.8802	0.8760	0.8659	0.8671	0.8655	0.8606	0.8594	0.8559	0.8526	0.8625	0.8485	0.8627	0.8662
12	0.9125	0.9069	0.9032	0.8943	0.8953	0.8939	0.8895	0.8885	0.8853	0.8823	0.8904	0.8785	0.8904	0.8929
13	0.9337	0.9289	0.9257	0.9180	0.9189	0.9176	0.9138	0.9129	0.9101	0.9074	0.9139	0.9040	0.9137	0.9154
14	0.9509	0.9469	0.9442	0.9375	0.9383	0.9373	0.9340	0.9332	0.9308	0.9284	0.9335	0.9254	0.9332	0.9342
15	0.9647	0.9614	0.9591	0.9535	0.9543	0.9534	0.9506	0.9499	0.9478	0.9459	0.9497	0.9432	0.9493	0.9498
16	0.9756	0.9729	0.9711	0.9665	0.9671	0.9664	0.9641	0.9635	0.9618	0.9601	0.9629	0.9579	0.9626	0.9627
17	0.9841	0.9820	0.9805	0.9768	0.9774	0.9768	0.9749	0.9745	0.9731	0.9717	0.9736	0.9699	0.9733	0.9731
18	0.9907	0.9890	0.9879	0.9849	0.9854	0.9850	0.9835	0.9831	0.9820	0.9809	0.9821	0.9794	0.9818	0.9815
19	0.9956	0.9943	0.9935	0.9911	0.9916	0.9913	0.9902	0.9899	0.9890	0.9882	0.9888	0.9870	0.9885	0.9881
OC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
30	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
31	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
33	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
34	0.9990	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
35	0.9913	0.9954	0.9974	0.9991	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
36	0.9835	0.9876	0.9896	0.9913	0.9934	0.9941	0.9963	0.9969	0.9988	1.0000	1.0000	1.0000	1.0000	1.0000
37	0.9758	0.9798	0.9818	0.9835	0.9856	0.9863	0.9885	0.9891	0.9910	0.9932	0.9971	0.9979	1.0000	1.0000
38	0.9680	0.9721	0.9741	0.9758	0.9779	0.9786	0.9807	0.9813	0.9832	0.9854	0.9893	0.9901	0.9927	1.0000
39	0.9603	0.9643	0.9663	0.9680	0.9701	0.9708	0.9729	0.9735	0.9754	0.9776	0.9815	0.9823	0.9849	0.9983
40	0.9525	0.9565	0.9585	0.9602	0.9623	0.9630	0.9651	0.9657	0.9676	0.9698	0.9737	0.9745	0.9771	0.9905
41	0.9447	0.9486	0.9506	0.9523	0.9544	0.9551	0.9572	0.9578	0.9597	0.9619	0.9658	0.9666	0.9692	0.9826
42	0.9368	0.9408	0.9428	0.9445	0.9466	0.9473	0.9493	0.9499	0.9518	0.9540	0.9579	0.9587	0.9613	0.9747
43	0.9290	0.9329	0.9349	0.9366	0.9387	0.9394	0.9415	0.9421	0.9440	0.9462	0.9501	0.9509	0.9535	0.9669
44	0.9211	0.9251	0.9271	0.9288	0.9309	0.9316	0.9336	0.9342	0.9361	0.9383	0.9422	0.9430	0.9456	0.9590
45	0.9133	0.9172	0.9192	0.9209	0.9230	0.9237	0.9257	0.9263	0.9282	0.9304	0.9343	0.9351	0.9377	0.9511
46	0.9053	0.9092	0.9112	0.9129	0.9150	0.9157	0.9177	0.9183	0.9202	0.9224	0.9263	0.9271	0.9297	0.9431
47	0.8973	0.9012	0.9032	0.9049	0.9070	0.9077	0.9097	0.9103	0.9122	0.9144	0.9183	0.9191	0.9217	0.9351
48	0.8894	0.8932	0.8952	0.8969	0.8990	0.8997	0.9016	0.9022	0.9041	0.9063	0.9102	0.9110	0.9136	0.9270
49	0.8814	0.8852	0.8872	0.8889	0.8910	0.8917	0.8936	0.8942	0.8961	0.8983	0.9022	0.9030	0.9056	0.9190
50	0.8734	0.8772	0.8792	0.8809	0.8830	0.8837	0.8856	0.8862	0.8881	0.8903	0.8942	0.8950	0.8976	0.9110
51	0.8652	0.8690	0.8710	0.8727	0.8748	0.8755	0.8774	0.8780	0.8799	0.8821	0.8860	0.8868	0.8894	0.9028
52	0.8570	0.8608	0.8628	0.8645	0.8666	0.8673	0.8691	0.8697	0.8716	0.8738	0.8777	0.8785	0.8811	0.8945
53	0.8488	0.8525	0.8545	0.8562	0.8583	0.8590	0.8609	0.8615	0.8634	0.8656	0.8695	0.8703	0.8729	0.8863
54	0.8406	0.8443	0.8463	0.8480	0.8501	0.8508	0.8526	0.8532	0.8551	0.8573	0.8612	0.8620	0.8646	0.8780
55	0.8324	0.8361	0.8381	0.8398	0.8419	0.8426	0.8444	0.8450	0.8469	0.8491	0.8530	0.8538	0.8564	0.8698
56	0.8239	0.8276	0.8296	0.8313	0.8334	0.8341	0.8358	0.8364	0.8383	0.8405	0.8444	0.8452	0.8478	0.8612
57	0.8154	0.8190	0.8210	0.8227	0.8248	0.8255	0.8273	0.8279	0.8298	0.8320	0.8359	0.8367	0.8393	0.8527
58	0.8068	0.8105	0.8125	0.8142	0.8163	0.8170	0.8187	0.8193	0.8212	0.8234	0.8273	0.8281	0.8307	0.8441
59	0.7983	0.8019	0.8039	0.8056	0.8077	0.8084	0.8102	0.8108	0.8127	0.8149	0.8188	0.8196	0.8222	0.8356
60	0.7898	0.7934	0.7954	0.7971	0.7992	0.7999	0.8016	0.8022	0.8041	0.8063	0.8102	0.8110	0.8136	0.8270
61	0.7808	0.7844	0.7864	0.7881	0.7902	0.7909	0.7926	0.7932	0.7951	0.7973	0.8012	0.8020	0.8046	0.8180
62	0.7719	0.7754	0.7774	0.7791	0.7812	0.7819	0.7836	0.7842	0.7861	0.7883	0.7922	0.7930	0.7956	0.8090
63	0.7629	0.7665	0.7685	0.7702	0.7723	0.7730	0.7746	0.7752	0.7771	0.7793	0.7832	0.7840	0.7866	0.8000
64	0.7540	0.7575	0.7595	0.7612	0.7633	0.7640	0.7656	0.7662	0.7681	0.7703	0.7742	0.7750	0.7776	0.7910
65	0.7450	0.7485	0.7505	0.7522	0.7543	0.7550	0.7566	0.7572	0.7591	0.7613	0.7652	0.7660	0.7686	0.7820
66	0.7355	0.7389	0.7409	0.7426	0.7447	0.7454	0.7470	0.7476	0.7495	0.7517	0.7556	0.7564	0.7590	0.7724
67	0.7259	0.7294	0.7314	0.7331	0.7352	0.7359	0.7374	0.7380	0.7399	0.7421	0.7460	0.7468	0.7494	0.7628
68	0.7164	0.7198	0.7218	0.7235	0.7256	0.7263	0.7279	0.7285	0.7304	0.7326	0.7365	0.7373	0.7399	0.7533
69	0.7068	0.7103	0.7123	0.7140	0.7161	0.7168	0.7183	0.7189	0.7208	0.7230	0.7269	0.7277	0.7303	0.7437
70	0.6973	0.7007	0.7027	0.7044	0.7065	0.7072	0.7087	0.7093	0.7112	0.7134	0.7173	0.7181	0.7207	0.7341
71	0.6870	0.6904	0.6924	0.6941	0.6962	0.6969	0.6984	0.6990	0.7009	0.7031	0.7070	0.7078	0.7104	0.7238
72	0.6767	0.6801	0.6821	0.6838	0.6859	0.6866	0.6881	0.6887	0.6906	0.6928	0.6967	0.6975	0.7001	0.7135
73	0.6665	0.6698	0.6718	0.6735	0.6756	0.6763	0.6777	0.6783	0.6802	0.6824	0.6863	0.6871	0.6897	0.7031
74	0.6562	0.6595	0.6615	0.6632	0.6653	0.6660	0.6674	0.6680	0.6699	0.6721	0.6760	0.6768	0.6794	0.6928
75	0.6459	0.6492	0.6512	0.6529	0.6550	0.6557	0.6571	0.6577	0.6596	0.6618	0.6657	0.6665	0.6691	0.6825
76	0.6347	0.6379	0.6399	0.6416	0.6437	0.6444	0.6458	0.6464	0.6483	0.6505	0.6544	0.6552	0.6578	0.6712
77	0.6234	0.6267	0.6287	0.6304	0.6325	0.6332	0.6345	0.6351	0.6370	0.6392	0.6431	0.6439	0.6465	0.6599
78	0.6122	0.6154	0.6174	0.6191	0.6212	0.6219	0.6233	0.6239	0.6258	0.6280	0.6319	0.6327	0.6353	0.6487
79	0.6009	0.6042	0.6062	0.6079	0.6100	0.6107	0.6120	0.6126	0.6145	0.6167	0.6206	0.6214	0.6240	0.6374
80	0.5897	0.5929	0.5949	0.5966	0.5987	0.5994	0.6007	0.6013	0.6032	0.6054	0.6093	0.6101	0.6127	0.6261
81	0.5771	0.5803	0.5823	0.5840	0.5861	0.5868	0.5881	0.5887	0.5906	0.5928	0.5967	0.5975	0.6001	0.6135
82	0.5645	0.5677	0.5697	0.5714	0.5735	0.5742	0.5754	0.5760	0.5779	0.5801	0.5840	0.5848	0.5874	0.6008
83	0.5519	0.5550	0.5570	0.5587	0.5608	0.5615	0.5628	0.5634	0.5653	0.5675	0.5714	0.5722	0.5748	0.5882
84	0.5393	0.5424	0.5444	0.5461	0.5482	0.5489	0.5501	0.5507	0.5526	0.5548	0.5587	0.5595	0.5621	0.5755
85	0.5267	0.5298	0.5318	0.5335	0.5356	0.5363	0.5375	0.5381	0.5400	0.5422	0.5461	0.5469	0.5495	0.5629
86	0.5118	0.5149	0.5169	0.5186	0.5207	0.5214	0.5226	0.5232	0.5251	0.5273	0.5312	0.5320	0.5346	0.5480
87	0.4969	0.5000	0.5020	0.5037	0.5058	0.5065	0.5076	0.5082	0.5101	0.5123	0.5162	0.5170	0.5196	0.5330
88	0.4820	0.4850	0.4870	0.4887	0.4908	0.4915	0.4927	0.4933	0.4952	0.4974	0.5013	0.5021	0.5047	0.5181
89	0.4671	0.4701	0.4721	0.4738	0.4759	0.4766	0.4777	0.4783	0.4802	0.4824	0.4863	0.4871	0.4897	0.5031
90	0.4522	0.4552	0.4572	0.4589	0.4610	0.4617	0.4628	0.4634	0.4653	0.4675	0.4714	0.4722	0.4748	0.4882
91	0.4324	0.4354	0.4374	0.4391	0.4412	0.4419	0.4430	0.4436	0.4455	0.4477	0.4516	0.4524	0.4550	0.4684
92	0.4127	0.4156	0.4176	0.4193	0.4214	0.4221	0.4232	0.4238	0.4257	0.4279	0.4318	0.4326	0.4352	0.4486
93	0.3929	0.3959	0.3979	0.3996	0.4017	0.4024	0.4034	0.4040	0.4059	0.4081	0.4120	0.4128	0.4154	0.4288
94	0.3732	0.3761	0.3781	0.3798	0.3819	0.3826	0.3836	0.3842	0.3861	0.3883	0.3922	0.3930	0.3956	0.4090
95	0.3534	0.3563	0.3583	0.3600	0.3621	0.3628	0.3638	0.3644	0.3663	0.3685	0.3724	0.3732	0.3758	0.3892
96	0.3214	0.3242	0.3262	0.3279	0.3300	0.3307	0.3317	0.3323	0.3342	0.3364	0.3403	0.3411	0.3437	0.3571
97	0.2893	0.2922	0.2942	0.2959	0.2980	0.2987	0.2996	0.3002	0.3021	0.3043	0.3082	0.3090	0.3116	0.3250
98	0.2573	0.2601	0.2621	0.2638	0.2659	0.2666	0.2676	0.2682	0.2701	0.2723	0.2762	0.2770	0.2796	0.2930
99	0.2252	0.2281	0.2301	0.2318	0.2339	0.2346	0.2355	0.2361	0.2380	0.2402	0.2441	0.2449	0.2475	0.2609
100	0.1932	0.1960	0.1980	0.1997	0.2018	0.2025	0.2034	0.2040	0.2059	0.2081	0.2120	0.2128	0.2154	0.2288

MEN'S WALK EVENT AGE FACTORS

AGE	1500	1 MILE	3000	5K	8K	10K	15K	20K	25K	30K	40K	50K
8	0.7706	0.7818	0.7674	0.7647	0.7534	0.7447	0.7246	0.7001	0.6863	0.6712	0.6460	0.6416
9	0.8055	0.8161	0.8023	0.8002	0.7890	0.7806	0.7613	0.7367	0.7228	0.7071	0.6800	0.6743
10	0.8360	0.8459	0.8329	0.8312	0.8203	0.8123	0.7941	0.7698	0.7560	0.7399	0.7113	0.7044
11	0.8629	0.8719	0.8597	0.8585	0.8480	0.8404	0.8236	0.7999	0.7865	0.7701	0.7404	0.7324
12	0.8864	0.8946	0.8832	0.8824	0.8723	0.8653	0.8501	0.8272	0.8144	0.7980	0.7673	0.7585
13	0.9071	0.9143	0.9038	0.9034	0.8938	0.8874	0.8739	0.8520	0.8399	0.8237	0.7924	0.7829
14	0.9251	0.9314	0.9218	0.9218	0.9126	0.9068	0.8953	0.8746	0.8634	0.8475	0.8159	0.8058
15	0.9409	0.9462	0.9376	0.9378	0.9291	0.9240	0.9143	0.8951	0.8849	0.8695	0.8377	0.8272
16	0.9546	0.9589	0.9512	0.9517	0.9435	0.9390	0.9314	0.9136	0.9046	0.8898	0.8582	0.8474
17	0.9663	0.9698	0.9630	0.9637	0.9561	0.9522	0.9465	0.9303	0.9226	0.9085	0.8772	0.8664
18	0.9764	0.9790	0.9731	0.9739	0.9669	0.9636	0.9600	0.9454	0.9390	0.9257	0.8950	0.8842
19	0.9850	0.9867	0.9816	0.9827	0.9761	0.9734	0.9718	0.9588	0.9539	0.9415	0.9116	0.9010
OC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
30	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
31	0.9940	0.9945	0.9950	0.9960	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	0.9880	0.9885	0.9890	0.9900	0.9981	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
33	0.9820	0.9825	0.9830	0.9840	0.9920	0.9973	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
34	0.9760	0.9765	0.9770	0.9780	0.9860	0.9913	0.9989	1.0000	1.0000	1.0000	1.0000	1.0000
35	0.9700	0.9705	0.9710	0.9720	0.9800	0.9853	0.9927	0.9983	0.9997	1.0000	1.0000	1.0000
36	0.9637	0.9642	0.9647	0.9657	0.9737	0.9790	0.9862	0.9917	0.9930	0.9939	0.9945	0.9951
37	0.9574	0.9579	0.9584	0.9594	0.9674	0.9727	0.9798	0.9851	0.9863	0.9871	0.9876	0.9881
38	0.9512	0.9517	0.9522	0.9532	0.9611	0.9664	0.9733	0.9786	0.9796	0.9802	0.9806	0.9810
39	0.9449	0.9454	0.9459	0.9469	0.9548	0.9601	0.9669	0.9720	0.9729	0.9734	0.9737	0.9740
40	0.9386	0.9391	0.9396	0.9406	0.9485	0.9538	0.9604	0.9654	0.9662	0.9666	0.9668	0.9670
41	0.9320	0.9325	0.9330	0.9340	0.9419	0.9472	0.9536	0.9585	0.9592	0.9595	0.9596	0.9597
42	0.9255	0.9260	0.9265	0.9275	0.9353	0.9406	0.9469	0.9516	0.9522	0.9524	0.9524	0.9524
43	0.9189	0.9194	0.9199	0.9209	0.9288	0.9340	0.9401	0.9448	0.9452	0.9452	0.9451	0.9450
44	0.9124	0.9129	0.9134	0.9144	0.9222	0.9274	0.9334	0.9379	0.9382	0.9381	0.9379	0.9377
45	0.9058	0.9063	0.9068	0.9078	0.9156	0.9208	0.9266	0.9310	0.9312	0.9310	0.9307	0.9304
46	0.8990	0.8995	0.9000	0.9010	0.9087	0.9139	0.9195	0.9238	0.9239	0.9236	0.9232	0.9228
47	0.8921	0.8926	0.8931	0.8941	0.9019	0.9070	0.9125	0.9166	0.9166	0.9162	0.9157	0.9152
48	0.8853	0.8858	0.8863	0.8873	0.8950	0.9001	0.9054	0.9095	0.9093	0.9087	0.9081	0.9075
49	0.8784	0.8789	0.8794	0.8804	0.8882	0.8932	0.8984	0.9023	0.9020	0.9013	0.9006	0.8999
50	0.8716	0.8721	0.8726	0.8736	0.8813	0.8863	0.8913	0.8951	0.8947	0.8939	0.8931	0.8923
51	0.8645	0.8650	0.8655	0.8665	0.8742	0.8791	0.8839	0.8876	0.8871	0.8862	0.8853	0.8844
52	0.8574	0.8579	0.8584	0.8594	0.8670	0.8719	0.8766	0.8801	0.8795	0.8785	0.8775	0.8765
53	0.8502	0.8507	0.8512	0.8522	0.8599	0.8647	0.8692	0.8727	0.8719	0.8707	0.8696	0.8685
54	0.8431	0.8436	0.8441	0.8451	0.8527	0.8575	0.8619	0.8652	0.8643	0.8630	0.8618	0.8606
55	0.8360	0.8365	0.8370	0.8380	0.8456	0.8503	0.8545	0.8577	0.8567	0.8553	0.8540	0.8527
56	0.8286	0.8291	0.8296	0.8306	0.8382	0.8428	0.8468	0.8499	0.8488	0.8473	0.8459	0.8445
57	0.8212	0.8217	0.8222	0.8232	0.8308	0.8353	0.8392	0.8421	0.8409	0.8393	0.8378	0.8363
58	0.8138	0.8143	0.8148	0.8158	0.8233	0.8278	0.8315	0.8344	0.8330	0.8312	0.8296	0.8280
59	0.8064	0.8069	0.8074	0.8084	0.8159	0.8203	0.8239	0.8266	0.8251	0.8232	0.8215	0.8198
60	0.7990	0.7995	0.8000	0.8010	0.8085	0.8128	0.8162	0.8188	0.8172	0.8152	0.8134	0.8116
61	0.7913	0.7918	0.7923	0.7933	0.8008	0.8050	0.8082	0.8107	0.8090	0.8069	0.8050	0.8031
62	0.7836	0.7841	0.7846	0.7856	0.7931	0.7972	0.8003	0.8026	0.8008	0.7986	0.7966	0.7946
63	0.7760	0.7765	0.7770	0.7780	0.7854	0.7894	0.7923	0.7946	0.7926	0.7902	0.7881	0.7860
64	0.7683	0.7688	0.7693	0.7703	0.7777	0.7816	0.7844	0.7865	0.7844	0.7819	0.7797	0.7775
65	0.7606	0.7611	0.7616	0.7626	0.7700	0.7738	0.7764	0.7784	0.7762	0.7736	0.7713	0.7690
66	0.7526	0.7531	0.7536	0.7546	0.7620	0.7657	0.7681	0.7700	0.7677	0.7650	0.7626	0.7602
67	0.7447	0.7452	0.7457	0.7467	0.7540	0.7576	0.7599	0.7616	0.7592	0.7564	0.7539	0.7514
68	0.7367	0.7372	0.7377	0.7387	0.7461	0.7495	0.7516	0.7533	0.7507	0.7477	0.7451	0.7425
69	0.7288	0.7293	0.7298	0.7308	0.7381	0.7414	0.7434	0.7449	0.7422	0.7391	0.7364	0.7337
70	0.7208	0.7213	0.7218	0.7228	0.7301	0.7333	0.7351	0.7365	0.7337	0.7305	0.7277	0.7249
71	0.7126	0.7131	0.7136	0.7146	0.7218	0.7249	0.7265	0.7278	0.7249	0.7216	0.7187	0.7158
72	0.7043	0.7048	0.7053	0.7063	0.7136	0.7165	0.7180	0.7191	0.7161	0.7127	0.7097	0.7067
73	0.6961	0.6966	0.6971	0.6981	0.7053	0.7081	0.7094	0.7105	0.7073	0.7037	0.7006	0.6975
74	0.6878	0.6883	0.6888	0.6898	0.6971	0.6997	0.7009	0.7018	0.6985	0.6948	0.6916	0.6884
75	0.6796	0.6801	0.6806	0.6816	0.6888	0.6913	0.6923	0.6931	0.6897	0.6859	0.6826	0.6793
76	0.6709	0.6714	0.6719	0.6729	0.6801	0.6824	0.6833	0.6840	0.6804	0.6765	0.6731	0.6697
77	0.6622	0.6627	0.6632	0.6642	0.6714	0.6736	0.6743	0.6748	0.6712	0.6671	0.6636	0.6601
78	0.6536	0.6541	0.6546	0.6556	0.6627	0.6647	0.6652	0.6657	0.6619	0.6578	0.6542	0.6506
79	0.6449	0.6454	0.6459	0.6469	0.6540	0.6559	0.6562	0.6565	0.6527	0.6484	0.6447	0.6410
80	0.6362	0.6367	0.6372	0.6382	0.6453	0.6470	0.6472	0.6474	0.6434	0.6390	0.6352	0.6314
81	0.6268	0.6273	0.6278	0.6288	0.6358	0.6374	0.6374	0.6375	0.6334	0.6288	0.6249	0.6210
82	0.6173	0.6178	0.6183	0.6193	0.6264	0.6277	0.6276	0.6276	0.6233	0.6187	0.6147	0.6107
83	0.6079	0.6084	0.6089	0.6099	0.6169	0.6181	0.6178	0.6176	0.6133	0.6085	0.6044	0.6003
84	0.5984	0.5989	0.5994	0.6004	0.6075	0.6084	0.6080	0.6077	0.6032	0.5984	0.5942	0.5900
85	0.5890	0.5895	0.5900	0.5910	0.5980	0.5988	0.5982	0.5978	0.5932	0.5882	0.5839	0.5796
86	0.5782	0.5787	0.5792	0.5802	0.5871	0.5877	0.5870	0.5865	0.5817	0.5766	0.5722	0.5678
87	0.5673	0.5678	0.5683	0.5693	0.5763	0.5767	0.5758	0.5751	0.5703	0.5650	0.5605	0.5560
88	0.5565	0.5570	0.5575	0.5585	0.5654	0.5656	0.5645	0.5638	0.5588	0.5535	0.5489	0.5443
89	0.5456	0.5461	0.5466	0.5476	0.5546	0.5546	0.5533	0.5524	0.5474	0.5419	0.5372	0.5325
90	0.5348	0.5353	0.5358	0.5368	0.5437	0.5435	0.5421	0.5411	0.5359	0.5303	0.5255	0.5207
91	0.5213	0.5218	0.5223	0.5233	0.5302	0.5297	0.5282	0.5271	0.5217	0.5160	0.5111	0.5062
92	0.5078	0.5083	0.5088	0.5098	0.5166	0.5160	0.5143	0.5130	0.5076	0.5017	0.4967	0.4917
93	0.4942	0.4947	0.4952	0.4962	0.5031	0.5022	0.5003	0.4990	0.4934	0.4875	0.4824	0.4773
94	0.4807	0.4812	0.4817	0.4827	0.4895	0.4885	0.4864	0.4849	0.4793	0.4732	0.4680	0.4628
95	0.4672	0.4677	0.4682	0.4692	0.4760	0.4747	0.4725	0.4709	0.4651	0.4589	0.4536	0.4483
96	0.4484	0.4489	0.4494	0.4504	0.4572	0.4557	0.4533	0.4516	0.4457	0.4394	0.4340	0.4286
97	0.4297	0.4302	0.4307	0.4317	0.4384	0.4367	0.4341	0.4323	0.4263	0.4198	0.4143	0.4088
98	0.4109	0.4114	0.4119	0.4129	0.4197	0.4176	0.4150	0.4130	0.4068	0.4003	0.3947	0.3891
99	0.3922	0.3927	0.3932	0.3942	0.4009	0.3986	0.3958	0.3937	0.3874	0.3807	0.3750	0.3693
100	0.3734	0.3739	0.3744	0.3754	0.3821	0.3796	0.3766	0.3744	0.3680	0.3612	0.3554	0.3496

WOMEN'S WALK EVENT AGE FACTORS

AGE	1500	1 MILE	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
8	0.7088	0.7111	0.6972	0.7037	0.6820	0.6682	0.6635	0.6579	0.6581	0.6586	0.6465	0.6654
9	0.7554	0.7576	0.7437	0.7501	0.7284	0.7143	0.7100	0.7044	0.7046	0.7049	0.6903	0.7075
10	0.7966	0.7987	0.7851	0.7912	0.7702	0.7559	0.7522	0.7465	0.7465	0.7463	0.7289	0.7435
11	0.8329	0.8347	0.8217	0.8274	0.8074	0.7932	0.7903	0.7844	0.7841	0.7832	0.7627	0.7741
12	0.8645	0.8662	0.8538	0.8590	0.8406	0.8266	0.8244	0.8184	0.8176	0.8158	0.7919	0.7997
13	0.8920	0.8934	0.8819	0.8864	0.8698	0.8562	0.8549	0.8486	0.8473	0.8445	0.8170	0.8211
14	0.9155	0.9168	0.9062	0.9101	0.8955	0.8823	0.8818	0.8753	0.8734	0.8696	0.8384	0.8388
15	0.9356	0.9367	0.9271	0.9303	0.9179	0.9052	0.9056	0.8988	0.8962	0.8912	0.8565	0.8533
16	0.9526	0.9534	0.9449	0.9474	0.9372	0.9251	0.9264	0.9193	0.9159	0.9099	0.8717	0.8651
17	0.9667	0.9673	0.9599	0.9617	0.9538	0.9423	0.9444	0.9370	0.9329	0.9257	0.8844	0.8746
18	0.9783	0.9787	0.9723	0.9736	0.9678	0.9570	0.9598	0.9522	0.9474	0.9391	0.8948	0.8821
19	0.9876	0.9879	0.9826	0.9833	0.9796	0.9693	0.9730	0.9651	0.9596	0.9503	0.9033	0.8880
OC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
30	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
31	0.9961	0.9966	0.9971	0.9981	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	0.9896	0.9901	0.9906	0.9916	0.9995	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
33	0.9830	0.9835	0.9840	0.9850	0.9929	0.9982	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
34	0.9765	0.9770	0.9775	0.9785	0.9864	0.9917	0.9994	1.0000	1.0000	1.0000	1.0000	1.0000
35	0.9700	0.9705	0.9710	0.9720	0.9799	0.9852	0.9927	0.9983	0.9997	1.0000	1.0000	1.0000
36	0.9632	0.9637	0.9642	0.9652	0.9731	0.9784	0.9857	0.9912	0.9925	0.9934	0.9940	0.9945
37	0.9564	0.9569	0.9574	0.9584	0.9663	0.9716	0.9788	0.9841	0.9853	0.9860	0.9865	0.9870
38	0.9496	0.9501	0.9506	0.9516	0.9595	0.9649	0.9718	0.9771	0.9780	0.9787	0.9791	0.9794
39	0.9428	0.9433	0.9438	0.9448	0.9527	0.9581	0.9649	0.9700	0.9708	0.9713	0.9716	0.9719
40	0.9360	0.9365	0.9370	0.9380	0.9459	0.9513	0.9579	0.9629	0.9636	0.9640	0.9642	0.9643
41	0.9289	0.9294	0.9299	0.9309	0.9388	0.9442	0.9506	0.9555	0.9561	0.9564	0.9565	0.9564
42	0.9218	0.9223	0.9228	0.9238	0.9317	0.9371	0.9434	0.9481	0.9486	0.9487	0.9487	0.9486
43	0.9148	0.9153	0.9158	0.9168	0.9247	0.9301	0.9361	0.9408	0.9410	0.9411	0.9410	0.9407
44	0.9077	0.9082	0.9087	0.9097	0.9176	0.9230	0.9289	0.9334	0.9335	0.9334	0.9332	0.9329
45	0.9006	0.9011	0.9016	0.9026	0.9105	0.9159	0.9216	0.9260	0.9260	0.9258	0.9255	0.9250
46	0.8932	0.8937	0.8942	0.8952	0.9031	0.9085	0.9140	0.9183	0.9182	0.9179	0.9175	0.9168
47	0.8859	0.8864	0.8869	0.8879	0.8958	0.9011	0.9065	0.9106	0.9104	0.9099	0.9094	0.9087
48	0.8785	0.8790	0.8795	0.8805	0.8884	0.8938	0.8989	0.9030	0.9025	0.9020	0.9014	0.9005
49	0.8712	0.8717	0.8722	0.8732	0.8811	0.8864	0.8914	0.8953	0.8947	0.8940	0.8933	0.8924
50	0.8638	0.8643	0.8648	0.8658	0.8737	0.8790	0.8838	0.8876	0.8869	0.8861	0.8853	0.8842
51	0.8562	0.8567	0.8572	0.8582	0.8661	0.8713	0.8759	0.8796	0.8788	0.8779	0.8770	0.8757
52	0.8485	0.8490	0.8495	0.8505	0.8584	0.8636	0.8681	0.8716	0.8707	0.8696	0.8686	0.8673
53	0.8409	0.8414	0.8419	0.8429	0.8508	0.8560	0.8602	0.8637	0.8625	0.8614	0.8603	0.8588
54	0.8332	0.8337	0.8342	0.8352	0.8431	0.8483	0.8524	0.8557	0.8544	0.8531	0.8519	0.8504
55	0.8256	0.8261	0.8266	0.8276	0.8355	0.8406	0.8445	0.8477	0.8463	0.8449	0.8436	0.8419
56	0.8177	0.8182	0.8187	0.8197	0.8276	0.8326	0.8363	0.8394	0.8379	0.8364	0.8350	0.8331
57	0.8098	0.8103	0.8108	0.8118	0.8197	0.8246	0.8282	0.8311	0.8295	0.8278	0.8263	0.8244
58	0.8018	0.8023	0.8028	0.8038	0.8117	0.8167	0.8200	0.8229	0.8210	0.8193	0.8177	0.8156
59	0.7939	0.7944	0.7949	0.7959	0.8038	0.8087	0.8119	0.8146	0.8126	0.8107	0.8090	0.8069
60	0.7860	0.7865	0.7870	0.7880	0.7959	0.8007	0.8037	0.8063	0.8042	0.8022	0.8004	0.7981
61	0.7778	0.7783	0.7788	0.7798	0.7877	0.7924	0.7952	0.7977	0.7955	0.7934	0.7915	0.7890
62	0.7696	0.7701	0.7706	0.7716	0.7795	0.7841	0.7868	0.7891	0.7868	0.7845	0.7825	0.7800
63	0.7614	0.7619	0.7624	0.7634	0.7713	0.7759	0.7783	0.7806	0.7780	0.7757	0.7736	0.7709
64	0.7532	0.7537	0.7542	0.7552	0.7631	0.7676	0.7699	0.7720	0.7693	0.7668	0.7646	0.7619
65	0.7450	0.7455	0.7460	0.7470	0.7549	0.7593	0.7614	0.7634	0.7606	0.7580	0.7557	0.7528
66	0.7365	0.7370	0.7375	0.7385	0.7464	0.7507	0.7526	0.7545	0.7516	0.7489	0.7465	0.7434
67	0.7280	0.7285	0.7290	0.7300	0.7379	0.7421	0.7439	0.7456	0.7426	0.7397	0.7372	0.7341
68	0.7196	0.7201	0.7206	0.7216	0.7295	0.7336	0.7351	0.7368	0.7335	0.7306	0.7280	0.7247
69	0.7111	0.7116	0.7121	0.7131	0.7210	0.7250	0.7264	0.7279	0.7245	0.7214	0.7187	0.7154
70	0.7026	0.7031	0.7036	0.7046	0.7125	0.7164	0.7176	0.7190	0.7155	0.7123	0.7095	0.7060
71	0.6938	0.6943	0.6948	0.6958	0.7037	0.7075	0.7085	0.7098	0.7062	0.7029	0.7000	0.6963
72	0.6851	0.6856	0.6861	0.6871	0.6950	0.6986	0.6995	0.7006	0.6969	0.6934	0.6904	0.6867
73	0.6763	0.6768	0.6773	0.6783	0.6862	0.6898	0.6904	0.6915	0.6875	0.6840	0.6809	0.6770
74	0.6676	0.6681	0.6686	0.6696	0.6775	0.6809	0.6814	0.6823	0.6782	0.6745	0.6713	0.6674
75	0.6588	0.6593	0.6598	0.6608	0.6687	0.6720	0.6723	0.6731	0.6689	0.6651	0.6618	0.6577
76	0.6496	0.6501	0.6506	0.6516	0.6595	0.6627	0.6628	0.6635	0.6591	0.6552	0.6518	0.6476
77	0.6404	0.6409	0.6414	0.6424	0.6503	0.6533	0.6533	0.6538	0.6493	0.6453	0.6418	0.6375
78	0.6312	0.6317	0.6322	0.6332	0.6411	0.6440	0.6437	0.6442	0.6396	0.6354	0.6318	0.6273
79	0.6220	0.6225	0.6230	0.6240	0.6319	0.6346	0.6342	0.6345	0.6298	0.6255	0.6218	0.6172
80	0.6128	0.6133	0.6138	0.6148	0.6227	0.6253	0.6247	0.6249	0.6200	0.6156	0.6118	0.6071
81	0.6028	0.6033	0.6038	0.6048	0.6127	0.6152	0.6144	0.6145	0.6094	0.6049	0.6010	0.5962
82	0.5929	0.5934	0.5939	0.5949	0.6028	0.6051	0.6041	0.6041	0.5989	0.5942	0.5902	0.5853
83	0.5829	0.5834	0.5839	0.5849	0.5928	0.5949	0.5938	0.5936	0.5883	0.5836	0.5795	0.5744
84	0.5730	0.5735	0.5740	0.5750	0.5829	0.5848	0.5835	0.5832	0.5778	0.5729	0.5687	0.5635
85	0.5630	0.5635	0.5640	0.5650	0.5729	0.5747	0.5732	0.5728	0.5672	0.5622	0.5579	0.5526
86	0.5516	0.5521	0.5526	0.5536	0.5615	0.5632	0.5615	0.5610	0.5552	0.5501	0.5457	0.5403
87	0.5403	0.5408	0.5413	0.5423	0.5502	0.5516	0.5498	0.5491	0.5432	0.5380	0.5335	0.5280
88	0.5289	0.5294	0.5299	0.5309	0.5388	0.5401	0.5380	0.5373	0.5313	0.5259	0.5213	0.5156
89	0.5176	0.5181	0.5186	0.5196	0.5275	0.5285	0.5263	0.5254	0.5193	0.5138	0.5091	0.5033
90	0.5062	0.5067	0.5072	0.5082	0.5161	0.5170	0.5146	0.5136	0.5073	0.5017	0.4969	0.4910
91	0.4922	0.4927	0.4932	0.4942	0.5021	0.5028	0.5002	0.4991	0.4926	0.4869	0.4820	0.4760
92	0.4781	0.4786	0.4791	0.4801	0.4880	0.4885	0.4858	0.4845	0.4779	0.4721	0.4671	0.4610
93	0.4641	0.4646	0.4651	0.4661	0.4740	0.4743	0.4713	0.4700	0.4633	0.4573	0.4522	0.4459
94	0.4500	0.4505	0.4510	0.4520	0.4599	0.4600	0.4569	0.4554	0.4486	0.4425	0.4373	0.4309
95	0.4360	0.4365	0.4370	0.4380	0.4459	0.4458	0.4425	0.4409	0.4339	0.4277	0.4224	0.4159
96	0.4167	0.4172	0.4177	0.4187	0.4266	0.4263	0.4228	0.4211	0.4140	0.4076	0.4022	0.3956
97	0.3974	0.3979	0.3984	0.3994	0.4073	0.4068	0.4031	0.4013	0.3940	0.3876	0.3821	0.3753
98	0.3782	0.3787	0.3792	0.3802	0.3881	0.3873	0.3835	0.3815	0.3741	0.3675	0.3619	0.3551
99	0.3589	0.3594	0.3599	0.3609	0.3688	0.3678	0.3638	0.3617	0.3541	0.3475	0.3418	0.3348
100	0.3396	0.3401	0.3406	0.3416	0.3495	0.3483	0.3441	0.3419	0.3342	0.3274	0.3216	0.3145

AGE	50	55	60	100	200	300	400	600	800	1000	1500	1 MILE	2000	3000	2 MILE
8	6.75	7.28	7.88	12.50	25.27	39.93	56.43	1:37.10	2:18.02	2:58.63	4:39.83	5:01.90	6:20.64	9:42.22	10:27.89
9	6.59	7.10	7.66	12.05	24.20	38.16	53.85	1:32.46	2:11.31	2:49.88	4:26.18	4:47.21	6:02.31	9:14.96	9:58.49
10	6.46	6.94	7.47	11.67	23.33	36.73	51.76	1:28.66	2:05.80	2:42.71	4:15.05	4:35.25	5:47.45	8:53.03	9:34.85
11	6.34	6.80	7.31	11.35	22.61	35.55	50.03	1:25.51	2:01.21	2:36.75	4:05.85	4:25.37	5:35.23	8:35.15	9:15.58
12	6.23	6.67	7.16	11.07	22.01	34.56	48.60	1:22.86	1:57.33	2:31.73	3:58.16	4:17.12	5:25.08	8:20.43	8:59.71
13	6.13	6.56	7.03	10.82	21.50	33.74	47.40	1:20.62	1:54.04	2:27.47	3:51.67	4:10.18	5:16.57	8:08.22	8:46.55
14	6.04	6.46	6.91	10.61	21.07	33.05	46.39	1:18.71	1:51.22	2:23.83	3:46.17	4:04.31	5:09.41	7:58.04	8:35.58
15	5.95	6.36	6.80	10.42	20.70	32.46	45.54	1:17.08	1:48.80	2:20.71	3:41.50	3:59.32	5:03.36	7:49.54	8:26.42
16	5.87	6.27	6.69	10.25	20.39	31.97	44.81	1:15.68	1:46.71	2:18.02	3:37.51	3:55.07	4:58.24	7:42.44	8:18.77
17	5.80	6.18	6.60	10.10	20.12	31.56	44.20	1:14.48	1:44.91	2:15.72	3:34.12	3:51.46	4:53.92	7:36.52	8:12.40
18	5.72	6.10	6.50	9.97	19.90	31.21	43.69	1:12.40	1:43.36	2:13.74	3:31.23	3:48.41	4:50.28	7:31.61	8:07.11
19	5.65	6.02	6.41	9.86	19.72	30.92	43.29	1:12.09	1:42.04	2:12.05	3:28.80	3:45.83	4:47.87	7:28.96	8:06.18
OC	5.61	6.00	6.41	9.86	19.72	30.92	43.29	1:12.09	1:41.73	2:11.77	3:27.70	3:44.39	4:47.87	7:28.96	8:06.18
30	5.61	6.00	6.41	9.86	19.72	30.92	43.29	1:12.09	1:41.73	2:11.77	3:27.70	3:44.39	4:47.87	7:28.96	8:06.18
31	5.61	6.00	6.41	9.86	19.72	30.92	43.56	1:12.44	1:41.94	2:11.77	3:27.70	3:44.39	4:47.87	7:28.96	8:06.18
32	5.61	6.00	6.41	9.86	19.72	31.05	43.83	1:12.91	1:42.61	2:12.42	3:27.70	3:44.39	4:47.87	7:28.96	8:06.18
33	5.61	6.00	6.41	9.86	19.78	31.26	44.10	1:13.39	1:43.29	2:13.31	3:28.71	3:45.21	4:47.97	7:28.96	8:06.18
34	5.64	6.03	6.45	9.93	19.92	31.47	44.38	1:13.87	1:43.98	2:14.21	3:30.13	3:46.74	4:49.92	7:29.90	8:06.80
35	5.68	6.07	6.49	10.00	20.07	31.68	44.66	1:14.36	1:44.68	2:15.12	3:31.57	3:48.29	4:51.90	7:32.95	8:10.10
36	5.71	6.11	6.54	10.06	20.20	31.89	44.95	1:14.86	1:45.40	2:16.05	3:33.04	3:49.87	4:53.91	7:36.06	8:13.46
37	5.75	6.15	6.58	10.13	20.35	32.11	45.24	1:15.36	1:46.12	2:16.99	3:34.53	3:51.48	4:55.96	7:39.21	8:16.87
38	5.79	6.20	6.62	10.20	20.49	32.32	45.53	1:15.87	1:46.85	2:17.95	3:36.03	3:53.10	4:58.03	7:42.41	8:20.33
39	5.83	6.24	6.67	10.26	20.64	32.54	45.83	1:16.39	1:47.60	2:18.92	3:37.56	3:54.75	5:00.13	7:45.65	8:23.83
40	5.87	6.28	6.71	10.33	20.78	32.77	46.13	1:16.91	1:48.35	2:19.90	3:39.12	3:56.42	5:02.26	7:48.94	8:27.39
41	5.91	6.32	6.76	10.40	20.93	32.99	46.44	1:17.45	1:49.12	2:20.91	3:40.71	3:58.14	5:04.44	7:52.31	8:31.04
42	5.95	6.36	6.80	10.47	21.08	33.22	46.76	1:18.00	1:49.91	2:21.93	3:42.32	3:59.88	5:06.66	7:55.73	8:34.74
43	5.99	6.40	6.85	10.54	21.23	33.45	47.07	1:18.55	1:50.71	2:22.97	3:43.96	4:01.65	5:08.91	7:59.21	8:38.49
44	6.03	6.45	6.89	10.61	21.38	33.68	47.40	1:19.11	1:51.51	2:24.02	3:45.63	4:03.44	5:11.20	8:02.73	8:42.30
45	6.07	6.49	6.94	10.68	21.53	33.92	47.72	1:19.68	1:52.33	2:25.09	3:47.32	4:05.26	5:13.52	8:06.31	8:46.17
46	6.11	6.53	6.98	10.75	21.68	34.16	48.06	1:20.27	1:53.18	2:26.20	3:49.07	4:07.15	5:15.92	8:10.01	8:50.17
47	6.15	6.58	7.03	10.82	21.83	34.41	48.41	1:20.87	1:54.05	2:27.32	3:50.84	4:09.06	5:18.36	8:13.78	8:54.24
48	6.19	6.62	7.08	10.89	21.99	34.65	48.76	1:21.48	1:54.92	2:28.46	3:52.65	4:11.01	5:20.83	8:17.59	8:58.37
49	6.23	6.66	7.12	10.97	22.15	34.90	49.11	1:22.10	1:55.81	2:29.62	3:54.48	4:12.98	5:23.35	8:21.47	9:02.56
50	6.27	6.71	7.17	11.04	22.31	35.16	49.47	1:22.73	1:56.72	2:30.80	3:56.35	4:14.99	5:25.90	8:25.41	9:06.82
51	6.31	6.75	7.22	11.11	22.46	35.41	49.85	1:23.39	1:57.66	2:32.04	3:58.30	4:17.09	5:28.58	8:29.54	9:11.29
52	6.35	6.80	7.27	11.19	22.62	35.68	50.23	1:24.06	1:58.63	2:33.29	4:00.28	4:19.23	5:31.30	8:33.74	9:15.82
53	6.39	6.84	7.31	11.26	22.79	35.94	50.62	1:24.74	1:59.61	2:34.57	4:02.30	4:21.40	5:34.07	8:38.01	9:20.44
54	6.44	6.89	7.36	11.34	22.95	36.21	51.01	1:25.43	2:00.60	2:35.87	4:04.35	4:23.62	5:36.89	8:42.35	9:25.13
55	6.48	6.93	7.41	11.41	23.12	36.48	51.41	1:26.13	2:01.61	2:37.19	4:06.44	4:25.86	5:39.75	8:46.76	9:29.90
56	6.52	6.98	7.46	11.49	23.28	36.77	51.84	1:26.88	2:02.69	2:38.59	4:08.66	4:28.26	5:42.79	8:51.45	9:34.97
57	6.57	7.03	7.51	11.57	23.45	37.05	52.28	1:27.64	2:03.79	2:40.02	4:10.92	4:30.69	5:45.89	8:56.23	9:40.13
58	6.61	7.08	7.56	11.65	23.62	37.35	52.72	1:28.41	2:04.90	2:41.47	4:13.22	4:33.17	5:49.04	9:01.09	9:45.38
59	6.66	7.12	7.62	11.72	23.80	37.64	53.17	1:29.20	2:06.04	2:42.96	4:15.56	4:35.69	5:52.26	9:06.03	9:50.73
60	6.70	7.17	7.67	11.81	23.97	37.94	53.62	1:30.00	2:07.19	2:44.47	4:17.95	4:38.26	5:55.53	9:11.07	9:56.17
61	6.75	7.23	7.73	11.89	24.17	38.27	54.12	1:30.87	2:08.44	2:46.10	4:20.52	4:41.04	5:59.06	9:16.51	10:02.05
62	6.80	7.28	7.78	11.99	24.36	38.61	54.62	1:31.75	2:09.72	2:47.76	4:23.15	4:43.87	6:02.66	9:22.06	10:08.04
63	6.86	7.34	7.84	12.08	24.57	38.95	55.14	1:32.65	2:11.02	2:49.45	4:25.83	4:46.75	6:06.33	9:27.71	10:14.16
64	6.91	7.39	7.90	12.17	24.77	39.29	55.66	1:33.57	2:12.34	2:51.18	4:28.57	4:49.70	6:10.08	9:33.49	10:20.40
65	6.96	7.45	7.97	12.27	24.98	39.65	56.19	1:34.51	2:13.70	2:52.95	4:31.36	4:52.71	6:13.91	9:39.38	10:26.76
66	7.02	7.52	8.04	12.37	25.21	40.04	56.78	1:35.54	2:15.18	2:54.89	4:34.42	4:56.01	6:18.10	9:45.83	10:33.74
67	7.09	7.58	8.11	12.48	25.46	40.44	57.38	1:36.59	2:16.70	2:56.87	4:37.56	4:59.38	6:22.39	9:52.44	10:40.87
68	7.15	7.65	8.18	12.60	25.70	40.85	57.99	1:37.66	2:18.25	2:58.89	4:40.76	5:02.83	6:26.78	9:59.19	10:48.17
69	7.22	7.72	8.25	12.71	25.95	41.27	58.61	1:38.76	2:19.84	3:00.97	4:44.04	5:06.36	6:31.27	10:06.10	10:55.64
70	7.28	7.79	8.33	12.83	26.21	41.70	59.25	1:39.89	2:21.47	3:03.09	4:47.39	5:09.97	6:35.86	10:13.17	11:03.27
71	7.36	7.87	8.42	12.96	26.49	42.18	59.97	1:41.14	2:23.28	3:05.46	4:51.13	5:14.00	6:40.98	10:21.04	11:11.78
72	7.43	7.95	8.50	13.09	26.79	42.67	1:00.70	1:42.43	2:25.14	3:07.88	4:54.97	5:18.13	6:46.23	10:29.11	11:20.51
73	7.51	8.04	8.59	13.23	27.09	43.17	1:01.45	1:43.75	2:27.05	3:10.38	4:58.91	5:22.37	6:51.62	10:37.40	11:29.46
74	7.59	8.12	8.68	13.37	27.40	43.69	1:02.22	1:45.11	2:29.01	3:12.93	5:02.96	5:26.73	6:57.15	10:45.91	11:38.65
75	7.67	8.21	8.78	13.51	27.71	44.22	1:03.00	1:46.50	2:31.02	3:15.56	5:07.11	5:31.20	7:02.84	10:54.65	11:48.10
76	7.76	8.31	8.88	13.68	28.07	44.81	1:03.90	1:48.08	2:33.31	3:18.55	5:11.83	5:36.29	7:09.30	11:04.57	11:58.82
77	7.86	8.41	8.99	13.84	28.43	45.43	1:04.83	1:49.72	2:35.67	3:21.63	5:16.70	5:41.53	7:15.96	11:14.80	12:09.87
78	7.95	8.51	9.10	14.01	28.81	46.06	1:05.78	1:51.40	2:38.11	3:24.81	5:21.73	5:46.93	7:22.82	11:25.35	12:21.26
79	8.05	8.62	9.21	14.19	29.19	46.71	1:06.76	1:53.13	2:40.62	3:28.09	5:26.91	5:52.52	7:29.91	11:36.23	12:33.02
80	8.15	8.72	9.33	14.36	29.58	47.37	1:07.77	1:54.92	2:43.21	3:31.47	5:32.27	5:58.28	7:37.23	11:47.47	12:45.16
81	8.27	8.85	9.46	14.57	30.03	48.14	1:08.96	1:57.03	2:46.26	3:35.45	5:38.55	6:05.04	7:45.81	12:00.64	12:59.38
82	8.38	8.97	9.59	14.77	30.48	48.94	1:10.19	1:59.21	2:49.42	3:39.58	5:45.07	6:12.06	7:54.72	12:14.31	13:14.15
83	8.50	9.10	9.73	14.99	30.96	49.76	1:11.47	2:01.47	2:52.70	3:43.87	5:51.85	6:19.36	8:03.98	12:28.52	13:29.49
84	8.63	9.24	9.87	15.21	31.44	50.61	1:12.79	2:03.83	2:56.12	3:48.33	5:58.91	6:26.95	8:13.60	12:43.28	13:45.43
85	8.76	9.37	10.02	15.43	31.95	51.49	1:14.16	2:06.27	2:59.67	3:52.97	6:06.25	6:34.84	8:23.62	12:58.63	14:02.02
86	8.90	9.53	10.19	15.69	32.51	52.54	1:15.90	2:09.35	3:04.13	3:58.80	6:15.45	6:44.74	8:36.17	13:17.87	14:22.79
87	9.05	9.69	10.36	15.95	33.10	53.64	1:17.71	2:12.58	3:08.82	4:04.93	6:25.13	6:55.15	8:49.37	13:38.08	14:44.61
88	9.20	9.85	10.53	16.22	33.70	54.79	1:19.62	2:15.98	3:13.76	4:11.37	6:35.32	7:06.11	9:03.25	13:59.33	15:07.56
89	9.36	10.02	10.72	16.51	34.34	55.98	1:21.61	2:19.55	3:18.96	4:18.17	6:46.06	7:17.66	9:17.89	14:21.73	15:31.74
90	9.53	10.20	10.91	16.80	34.99	57.23	1:23.72	2:23.32	3:24.44	4:25.34	6:57.40	7:29.86	9:33.33	14:45.35	15:57.24
91	9.71	10.40	11.12	17.13	35.73	58.85	1:26.77	2:28.77	3:32.37	4:35.70	7:13.76	7:47.44	9:55.58	15:19.36	16:33.95
92	9.91	10.61	11.34	17.47	36.50	1:00.57	1:30.05	2:34.66	3:40.94	4:46.91	7:31.44	8:06.45	10:19.63	15:56.09	17:13.59
93	10.11	10.82	11.57	17.82	37.30	1:02.39	1:33.59	2:41.03	3:50.23	4:59.06	7:50.63	8:27.07	10:45.71	16:35.87	17:56.52
94	10.32	11.05	11.81	18.20	38.14	1:04.32	1:37.42	2:47.95	4:00.34	5:12.28	8:11.53	8:49.52	11:14.07	17:19.11	18:43.18
95	10.54	11.28	12.06	18.58	39.02	1:06.38	1:41.57	2:55.49	4:11.37	5:26.7	8:34.36	9:14.05	11:45.05	18:06.28	19:34.06
96	10.78	11.55	12.35	19.02	40.01	1:09.60	1:49.39	3:09.67	4:32.12	5:53.8o	9:17.19	10:00.04	12:43.05	19:34.49	21:09.20
97	11.04	11.82	12.64	19.48	41.06	1:13.14	1:58.51	3:26.35	4:56.61	6:25.95	10:07.81	10:54.35	13:51.47	21:18.29	23:01.11
98	11.32	12.11	12.95	19.96	42.16	1:17.06	2:09.29	3:46.24	5:25.93	7:04.41	11:08.53	11:59.48	15:13.35	23:22.21	25:14.67
99	11.60	12.42	13.28	20.46	43.33	1:21.43	2:22.23	4:10.38	6:01.69	7:51.38	12:22.74	13:19.00	16:53.13	25:52.74	27:56.83
100	11.90	12.74	13.63	21.00	44.55	1:26.32	2:38.05	4:40.29	6:46.27	8:50.05	13:55.48	14:58.28	18:57.38	28:59.48	31:17.87

MEN'S RUNNING EVENT STANDARDS (TRACK - in seconds)

AGE	50	55	60	100	200	300	400	600	800	1000	1500	1 MILE	2000	3000	2 MILE
8	6.75	7.28	7.88	12.50	25.27	39.93	56.43	97.10	138.02	178.63	279.83	301.90	380.64	582.22	627.89
9	6.59	7.10	7.66	12.05	24.20	38.16	53.85	92.46	131.31	169.88	266.18	287.21	362.31	554.96	598.49
10	6.46	6.94	7.47	11.67	23.33	36.73	51.76	88.66	125.80	162.71	255.05	275.25	347.45	533.03	574.85
11	6.34	6.80	7.31	11.35	22.61	35.55	50.03	85.51	121.21	156.75	245.85	265.37	335.23	515.15	555.58
12	6.23	6.67	7.16	11.07	22.01	34.56	48.60	82.86	117.33	151.73	238.16	257.12	325.08	500.43	539.71
13	6.13	6.56	7.03	10.82	21.50	33.74	47.40	80.62	114.04	147.47	231.67	250.18	316.57	488.22	526.55
14	6.04	6.46	6.91	10.61	21.07	33.05	46.39	78.71	111.22	143.83	226.17	244.31	309.41	478.04	515.58
15	5.95	6.36	6.80	10.42	20.70	32.46	45.54	77.08	108.80	140.71	221.50	239.32	303.36	469.54	506.42
16	5.87	6.27	6.69	10.25	20.39	31.97	44.81	75.68	106.71	138.02	217.51	235.07	298.24	462.44	498.77
17	5.80	6.18	6.60	10.10	20.12	31.56	44.20	74.48	104.91	135.72	214.12	231.46	293.92	456.52	492.40
18	5.72	6.10	6.50	9.97	19.90	31.21	43.69	72.40	103.36	133.74	211.23	228.41	290.28	451.61	487.11
19	5.65	6.02	6.41	9.86	19.72	30.92	43.29	72.09	102.04	132.05	208.80	225.83	287.87	448.96	486.18
OC	5.61	6.00	6.41	9.86	19.72	30.92	43.29	72.09	101.73	131.77	207.70	224.39	287.87	448.96	486.18
30	5.61	6.00	6.41	9.86	19.72	30.92	43.29	72.09	101.73	131.77	207.70	224.39	287.87	448.96	486.18
31	5.61	6.00	6.41	9.86	19.72	30.92	43.56	72.44	101.94	131.77	207.70	224.39	287.87	448.96	486.18
32	5.61	6.00	6.41	9.86	19.72	31.05	43.83	72.91	102.61	132.42	207.70	224.39	287.87	448.96	486.18
33	5.61	6.00	6.41	9.86	19.78	31.26	44.10	73.39	103.29	133.31	208.71	225.21	287.97	448.96	486.18
34	5.64	6.03	6.45	9.93	19.92	31.47	44.38	73.87	103.98	134.21	210.13	226.74	289.92	449.90	486.80
35	5.68	6.07	6.49	10.00	20.07	31.68	44.66	74.36	104.68	135.12	211.57	228.29	291.90	452.95	490.10
36	5.71	6.11	6.54	10.06	20.20	31.89	44.95	74.86	105.40	136.05	213.04	229.87	293.91	456.06	493.46
37	5.75	6.15	6.58	10.13	20.35	32.11	45.24	75.36	106.12	136.99	214.53	231.48	295.96	459.21	496.87
38	5.79	6.20	6.62	10.20	20.49	32.32	45.53	75.87	106.85	137.95	216.03	233.10	298.03	462.41	500.33
39	5.83	6.24	6.67	10.26	20.64	32.54	45.83	76.39	107.60	138.92	217.56	234.75	300.13	465.65	503.83
40	5.87	6.28	6.71	10.33	20.78	32.77	46.13	76.91	108.35	139.90	219.12	236.42	302.26	468.94	507.39
41	5.91	6.32	6.76	10.40	20.93	32.99	46.44	77.45	109.12	140.91	220.71	238.14	304.44	472.31	511.04
42	5.95	6.36	6.80	10.47	21.08	33.22	46.76	78.00	109.91	141.93	222.32	239.88	306.66	475.73	514.74
43	5.99	6.40	6.85	10.54	21.23	33.45	47.07	78.55	110.71	142.97	223.96	241.65	308.91	479.21	518.49
44	6.03	6.45	6.89	10.61	21.38	33.68	47.40	79.11	111.51	144.02	225.63	243.44	311.20	482.73	522.30
45	6.07	6.49	6.94	10.68	21.53	33.92	47.72	79.68	112.33	145.09	227.32	245.26	313.52	486.31	526.17
46	6.11	6.53	6.98	10.75	21.68	34.16	48.06	80.27	113.18	146.20	229.07	247.15	315.92	490.01	530.17
47	6.15	6.58	7.03	10.82	21.83	34.41	48.41	80.87	114.05	147.32	230.84	249.06	318.36	493.78	534.24
48	6.19	6.62	7.08	10.89	21.99	34.65	48.76	81.48	114.92	148.46	232.65	251.01	320.83	497.59	538.37
49	6.23	6.66	7.12	10.97	22.15	34.90	49.11	82.10	115.81	149.62	234.48	252.98	323.35	501.47	542.56
50	6.27	6.71	7.17	11.04	22.31	35.16	49.47	82.73	116.72	150.80	236.35	254.99	325.90	505.41	546.82
51	6.31	6.75	7.22	11.11	22.46	35.41	49.85	83.39	117.66	152.04	238.30	257.09	328.58	509.54	551.29
52	6.35	6.80	7.27	11.19	22.62	35.68	50.23	84.06	118.63	153.29	240.28	259.23	331.30	513.74	555.82
53	6.39	6.84	7.31	11.26	22.79	35.94	50.62	84.74	119.61	154.57	242.30	261.40	334.07	518.01	560.44
54	6.44	6.89	7.36	11.34	22.95	36.21	51.01	85.43	120.60	155.87	244.35	263.62	336.89	522.35	565.13
55	6.48	6.93	7.41	11.41	23.12	36.48	51.41	86.13	121.61	157.19	246.44	265.86	339.75	526.76	569.90
56	6.52	6.98	7.46	11.49	23.28	36.77	51.84	86.88	122.69	158.59	248.66	268.26	342.79	531.45	574.97
57	6.57	7.03	7.51	11.57	23.45	37.05	52.28	87.64	123.79	160.02	250.92	270.69	345.89	536.23	580.13
58	6.61	7.08	7.56	11.65	23.62	37.35	52.72	88.41	124.90	161.47	253.22	273.17	349.04	541.09	585.38
59	6.66	7.12	7.62	11.72	23.80	37.64	53.17	89.20	126.04	162.96	255.56	275.69	352.26	546.03	590.73
60	6.70	7.17	7.67	11.81	23.97	37.94	53.62	90.00	127.19	164.47	257.95	278.26	355.53	551.07	596.17
61	6.75	7.23	7.73	11.89	24.17	38.27	54.12	90.87	128.44	166.10	260.52	281.04	359.06	556.51	602.05
62	6.80	7.28	7.78	11.99	24.36	38.61	54.62	91.75	129.72	167.76	263.15	283.87	362.66	562.06	608.04
63	6.86	7.34	7.84	12.08	24.57	38.95	55.14	92.65	131.02	169.45	265.83	286.75	366.33	567.71	614.16
64	6.91	7.39	7.90	12.17	24.77	39.29	55.66	93.57	132.34	171.18	268.57	289.70	370.08	573.49	620.40
65	6.96	7.45	7.97	12.27	24.98	39.65	56.19	94.51	133.70	172.95	271.36	292.71	373.91	579.38	626.76
66	7.02	7.52	8.04	12.37	25.21	40.04	56.78	95.54	135.18	174.89	274.42	296.01	378.10	585.83	633.74
67	7.09	7.58	8.11	12.48	25.46	40.44	57.38	96.59	136.70	176.87	277.56	299.38	382.39	592.44	640.87
68	7.15	7.65	8.18	12.60	25.70	40.85	57.99	97.66	138.25	178.89	280.76	302.83	386.78	599.19	648.17
69	7.22	7.72	8.25	12.71	25.95	41.27	58.61	98.76	139.84	180.97	284.04	306.36	391.27	606.10	655.64
70	7.28	7.79	8.33	12.83	26.21	41.70	59.25	99.89	141.47	183.09	287.39	309.97	395.86	613.17	663.27
71	7.36	7.87	8.42	12.96	26.49	42.18	59.97	101.14	143.28	185.46	291.13	314.00	400.98	621.04	671.78
72	7.43	7.95	8.50	13.09	26.79	42.67	60.70	102.43	145.14	187.88	294.97	318.13	406.23	629.11	680.51
73	7.51	8.04	8.59	13.23	27.09	43.17	61.45	103.75	147.05	190.38	298.91	322.37	411.62	637.40	689.46
74	7.59	8.12	8.68	13.37	27.40	43.69	62.22	105.11	149.01	192.93	302.96	326.73	417.15	645.91	698.65
75	7.67	8.21	8.78	13.51	27.71	44.22	63.00	106.50	151.02	195.56	307.11	331.20	422.84	654.65	708.10
76	7.76	8.31	8.88	13.68	28.07	44.81	63.90	108.08	153.31	198.55	311.83	336.29	429.30	664.57	718.82
77	7.86	8.41	8.99	13.84	28.43	45.43	64.83	109.72	155.67	201.63	316.70	341.53	435.96	674.80	729.87
78	7.95	8.51	9.10	14.01	28.81	46.06	65.78	111.40	158.11	204.81	321.73	346.93	442.82	685.35	741.26
79	8.05	8.62	9.21	14.19	29.19	46.71	66.76	113.13	160.62	208.09	326.91	352.52	449.91	696.23	753.02
80	8.15	8.72	9.33	14.36	29.58	47.37	67.77	114.92	163.21	211.47	332.27	358.28	457.23	707.47	765.16
81	8.27	8.85	9.46	14.57	30.03	48.14	68.96	117.03	166.26	215.45	338.55	365.04	465.81	720.64	779.38
82	8.38	8.97	9.59	14.77	30.48	48.94	70.19	119.21	169.42	219.58	345.07	372.06	474.72	734.31	794.15
83	8.50	9.10	9.73	14.99	30.96	49.76	71.47	121.47	172.70	223.87	351.85	379.36	483.98	748.52	809.49
84	8.63	9.24	9.87	15.21	31.44	50.61	72.79	123.83	176.12	228.33	358.91	386.95	493.60	763.28	825.43
85	8.76	9.37	10.02	15.43	31.95	51.49	74.16	126.27	179.67	232.97	366.25	394.84	503.62	778.63	842.02
86	8.90	9.53	10.19	15.69	32.51	52.54	75.90	129.35	184.13	238.80	375.45	404.74	516.17	797.87	862.79
87	9.05	9.69	10.36	15.95	33.10	53.64	77.71	132.58	188.82	244.93	385.13	415.15	529.37	818.08	884.61
88	9.20	9.85	10.53	16.22	33.70	54.79	79.62	135.98	193.76	251.37	395.32	426.11	543.25	839.33	907.56
89	9.36	10.02	10.72	16.51	34.34	55.98	81.61	139.55	198.96	258.17	406.06	437.66	557.89	861.73	931.74
90	9.53	10.20	10.91	16.80	34.99	57.23	83.72	143.32	204.44	265.34	417.40	449.86	573.33	885.35	957.24
91	9.71	10.40	11.12	17.13	35.73	58.85	86.77	148.77	212.37	275.70	433.76	467.44	595.58	919.36	993.95
92	9.91	10.61	11.34	17.47	36.50	60.57	90.05	154.66	220.94	286.91	451.44	486.45	619.63	956.09	1033.59
93	10.11	10.82	11.57	17.82	37.30	62.39	93.59	161.03	230.23	299.06	470.63	507.07	645.71	995.87	1076.52
94	10.32	11.05	11.81	18.20	38.14	64.32	97.42	167.95	240.34	312.28	491.53	529.52	674.07	1039.11	1123.18
95	10.54	11.28	12.06	18.58	39.02	66.38	101.57	175.49	251.37	326.73	514.36	554.05	705.05	1086.28	1174.06
96	10.78	11.55	12.35	19.02	40.01	69.60	109.39	189.67	272.12	353.88	557.19	600.04	763.05	1174.49	1269.20
97	11.04	11.82	12.64	19.48	41.06	73.14	118.51	206.35	296.61	385.95	607.81	654.35	831.47	1278.29	1381.11
98	11.32	12.11	12.95	19.96	42.16	77.06	129.29	226.24	325.93	424.41	668.53	719.48	913.35	1402.21	1514.67
99	11.60	12.42	13.28	20.46	43.33	81.43	142.23	250.38	361.69	471.38	742.74	799.00	1013.13	1552.74	1676.83
100	11.90	12.74	13.63	21.00	44.55	86.32	158.05	280.29	406.27	530.05	835.48	898.28	1137.38	1739.48	1877.87

AGE	50	55	60	100	200	300	400	600	800	1000	1500	1 MILE	2000	3000	2 MILE
8	7.94	8.50	9.06	13.84	28.23	45.76	1:05.72	1:49.17	2:32.75	3:14.58	5:01.75	5:25.60	6:51.81	10:38.46	11:35.40
9	7.64	8.16	8.69	13.21	26.74	43.10	1:01.68	1:42.51	2:23.71	3:03.33	4:44.91	5:07.51	6:29.21	10:03.83	10:57.83
10	7.38	7.88	8.38	12.70	25.58	41.05	58.56	1:37.37	2:16.72	2:54.67	4:32.02	4:53.69	6:11.99	9:37.50	10:29.19
11	7.16	7.64	8.13	12.30	24.68	39.44	56.12	1:33.34	2:11.25	2:47.92	4:22.06	4:43.01	5:58.71	9:17.25	10:07.12
12	6.98	7.45	7.92	11.97	23.96	38.18	54.19	1:30.18	2:06.93	2:42.63	4:14.29	4:34.69	5:48.40	9:01.58	9:49.99
13	6.82	7.28	7.74	11.70	23.39	37.18	52.66	1:27.67	2:03.52	2:38.46	4:08.22	4:28.20	5:40.38	8:49.40	9:36.65
14	6.69	7.13	7.59	11.49	22.94	36.38	51.44	1:25.69	2:00.80	2:35.16	4:03.47	4:23.13	5:34.12	8:39.94	9:26.25
15	6.57	7.01	7.46	11.31	22.58	35.76	50.48	1:24.12	1:58.66	2:32.57	3:59.77	4:19.17	5:29.26	8:32.61	9:18.16
16	6.47	6.90	7.34	11.16	22.30	35.26	49.72	1:22.89	1:56.96	2:30.54	3:56.89	4:16.11	5:25.50	8:26.96	9:11.91
17	6.38	6.81	7.25	11.04	22.08	34.88	49.13	1:21.93	1:55.64	2:28.97	3:54.68	4:13.75	5:22.63	8:22.65	9:07.12
18	6.30	6.73	7.17	10.94	21.90	34.58	48.67	1:21.19	1:54.62	2:27.76	3:53.00	4:11.97	5:20.46	8:19.40	9:03.50
19	6.23	6.66	7.10	10.87	21.78	34.36	48.33	1:19.94	1:53.85	2:26.85	3:51.75	4:10.65	5:18.85	8:17.01	9:00.82
OC	6.00	6.43	6.92	10.76	21.64	34.21	47.90	1:19.94	1:52.88	2:26.22	3:50.46	4:08.98	5:18.00	8:18.00	8:58.91
30	6.00	6.43	6.92	10.76	21.64	34.21	47.90	1:19.94	1:52.88	2:26.22	3:50.46	4:08.98	5:18.00	8:18.00	8:58.91
31	6.00	6.43	6.92	10.76	21.64	34.21	48.24	1:20.41	1:53.22	2:26.22	3:50.46	4:08.98	5:18.00	8:18.00	8:58.91
32	6.00	6.43	6.92	10.76	21.64	34.42	48.59	1:21.01	1:54.09	2:27.25	3:50.48	4:08.98	5:18.00	8:18.00	8:58.91
33	6.01	6.44	6.93	10.79	21.77	34.68	48.94	1:21.62	1:54.96	2:28.39	3:52.27	4:10.63	5:19.05	8:18.00	8:58.91
34	6.05	6.49	6.99	10.87	21.94	34.95	49.30	1:22.24	1:55.85	2:29.55	3:54.09	4:12.59	5:21.54	8:21.05	9:01.77
35	6.10	6.54	7.04	10.95	22.12	35.22	49.66	1:22.87	1:56.76	2:30.73	3:55.93	4:14.58	5:24.06	8:24.97	9:06.01
36	6.14	6.59	7.09	11.04	22.29	35.49	50.03	1:23.52	1:57.68	2:31.93	3:57.82	4:16.61	5:26.64	8:28.97	9:10.33
37	6.19	6.64	7.14	11.12	22.47	35.76	50.41	1:24.17	1:58.62	2:33.15	3:59.73	4:18.68	5:29.25	8:33.04	9:14.73
38	6.24	6.69	7.20	11.20	22.65	36.04	50.79	1:24.83	1:59.57	2:34.39	4:01.68	4:20.77	5:31.91	8:37.18	9:19.20
39	6.28	6.74	7.25	11.29	22.84	36.33	51.18	1:25.50	2:00.54	2:35.66	4:03.66	4:22.90	5:34.62	8:41.38	9:23.74
40	6.33	6.79	7.31	11.38	23.02	36.62	51.57	1:26.19	2:01.52	2:36.94	4:05.67	4:25.07	5:37.36	8:45.65	9:28.35
41	6.38	6.84	7.36	11.46	23.21	36.91	51.98	1:26.89	2:02.53	2:38.26	4:07.73	4:27.30	5:40.19	8:50.04	9:33.09
42	6.43	6.89	7.42	11.55	23.40	37.20	52.39	1:27.61	2:03.56	2:39.60	4:09.83	4:29.56	5:43.06	8:54.50	9:37.91
43	6.48	6.94	7.48	11.64	23.59	37.50	52.80	1:28.33	2:04.60	2:40.96	4:11.97	4:31.86	5:45.98	8:59.03	9:42.81
44	6.53	7.00	7.53	11.72	23.78	37.80	53.23	1:29.07	2:05.67	2:42.35	4:14.14	4:34.20	5:48.94	9:03.64	9:47.79
45	6.58	7.05	7.59	11.82	23.98	38.11	53.66	1:29.82	2:06.75	2:43.76	4:16.35	4:36.58	5:51.96	9:08.34	9:52.86
46	6.63	7.10	7.65	11.90	24.17	38.43	54.10	1:30.60	2:07.87	2:45.22	4:18.64	4:39.05	5:55.09	9:13.20	9:58.11
47	6.68	7.16	7.71	12.00	24.37	38.74	54.56	1:31.39	2:09.01	2:46.71	4:20.97	4:41.56	5:58.28	9:18.15	10:03.46
48	6.73	7.21	7.77	12.09	24.57	39.07	55.02	1:32.19	2:10.17	2:48.22	4:23.35	4:44.12	6:01.52	9:23.18	10:08.90
49	6.78	7.27	7.83	12.18	24.77	39.40	55.49	1:33.01	2:11.35	2:49.77	4:25.76	4:46.72	6:04.82	9:28.31	10:14.44
50	6.83	7.33	7.89	12.28	24.98	39.73	55.96	1:33.85	2:12.55	2:51.34	4:28.23	4:49.38	6:08.18	9:33.53	10:20.08
51	6.88	7.38	7.95	12.37	25.19	40.07	56.46	1:34.72	2:13.81	2:52.98	4:30.80	4:52.15	6:11.70	9:39.00	10:25.98
52	6.94	7.44	8.01	12.47	25.40	40.42	56.97	1:35.61	2:15.10	2:54.66	4:33.43	4:54.99	6:15.29	9:44.58	10:32.00
53	6.99	7.50	8.07	12.56	25.61	40.77	57.49	1:36.52	2:16.40	2:56.37	4:36.11	4:57.87	6:18.95	9:50.26	10:38.14
54	7.05	7.55	8.14	12.66	25.82	41.13	58.02	1:37.45	2:17.74	2:58.12	4:38.85	5:00.82	6:22.68	9:56.05	10:44.40
55	7.10	7.61	8.20	12.76	26.04	41.50	58.56	1:38.39	2:19.10	2:59.90	4:41.63	5:03.82	6:26.49	10:01.96	10:50.78
56	7.16	7.67	8.26	12.86	26.27	41.87	59.13	1:39.39	2:20.54	3:01.78	4:44.59	5:07.00	6:30.52	10:08.22	10:57.54
57	7.21	7.73	8.33	12.96	26.49	42.26	59.71	1:40.41	2:22.02	3:03.71	4:47.61	5:10.26	6:34.64	10:14.62	11:04.45
58	7.27	7.80	8.40	13.07	26.72	42.65	1:00.30	1:41.45	2:23.53	3:05.68	4:50.69	5:13.58	6:38.85	10:21.15	11:11.51
59	7.33	7.86	8.46	13.17	26.95	43.05	1:00.91	1:42.52	2:25.06	3:07.69	4:53.84	5:16.97	6:43.14	10:27.82	11:18.71
60	7.39	7.92	8.53	13.28	27.19	43.46	1:01.53	1:43.60	2:26.64	3:09.75	4:57.06	5:20.44	6:47.54	10:34.64	11:26.07
61	7.45	7.99	8.61	13.40	27.45	43.90	1:02.19	1:44.77	2:28.33	3:11.96	5:00.52	5:24.17	6:52.26	10:41.97	11:33.99
62	7.52	8.06	8.68	13.52	27.71	44.35	1:02.88	1:45.97	2:30.06	3:14.22	5:04.07	5:27.99	6:57.09	10:49.47	11:42.09
63	7.59	8.14	8.76	13.64	27.98	44.81	1:03.57	1:47.20	2:31.83	3:16.54	5:07.70	5:31.89	7:02.04	10:57.15	11:50.38
64	7.66	8.21	8.84	13.76	28.25	45.28	1:04.28	1:48.45	2:33.65	3:18.92	5:11.42	5:35.90	7:07.11	11:05.01	11:58.87
65	7.72	8.28	8.92	13.89	28.53	45.76	1:05.01	1:49.73	2:35.50	3:21.35	5:15.22	5:40.00	7:12.30	11:13.06	12:07.57
66	7.80	8.37	9.01	14.03	28.85	46.29	1:05.81	1:51.14	2:37.53	3:24.01	5:19.38	5:44.48	7:17.97	11:21.86	12:17.06
67	7.88	8.46	9.11	14.17	29.17	46.84	1:06.62	1:52.58	2:39.62	3:26.74	5:23.65	5:49.07	7:23.79	11:30.88	12:26.81
68	7.97	8.54	9.20	14.32	29.50	47.40	1:07.46	1:54.05	2:41.76	3:29.54	5:28.04	5:53.80	7:29.76	11:40.15	12:36.81
69	8.05	8.63	9.30	14.47	29.84	47.97	1:08.32	1:55.57	2:43.96	3:32.42	5:32.54	5:58.65	7:35.90	11:49.66	12:47.09
70	8.14	8.73	9.40	14.63	30.19	48.56	1:09.20	1:57.13	2:46.22	3:35.38	5:37.18	6:03.63	7:42.21	11:59.45	12:57.65
71	8.23	8.83	9.51	14.80	30.57	49.21	1:10.18	1:58.86	2:48.73	3:38.66	5:42.31	6:09.17	7:49.21	12:10.29	13:09.36
72	8.33	8.94	9.62	14.98	30.97	49.88	1:11.19	2:00.64	2:51.32	3:42.05	5:47.61	6:14.87	7:56.42	12:21.47	13:21.42
73	8.43	9.05	9.74	15.16	31.38	50.58	1:12.22	2:02.48	2:53.98	3:45.54	5:53.08	6:20.75	8:03.86	12:32.99	13:33.87
74	8.54	9.16	9.86	15.35	31.79	51.28	1:13.29	2:04.37	2:56.73	3:49.15	5:58.71	6:26.82	8:11.53	12:44.88	13:46.70
75	8.64	9.27	9.98	15.54	32.22	52.01	1:14.39	2:06.33	2:59.57	3:52.87	6:04.54	6:33.08	8:19.45	12:57.15	13:59.95
76	8.76	9.40	10.12	15.76	32.70	52.84	1:15.64	2:08.54	3:02.79	3:57.09	6:11.12	6:40.17	8:28.41	13:11.03	14:14.92
77	8.89	9.53	10.26	15.98	33.20	53.69	1:16.93	2:10.83	3:06.12	4:01.45	6:17.95	6:47.52	8:37.70	13:25.41	14:30.45
78	9.01	9.67	10.41	16.21	33.71	54.56	1:18.26	2:13.21	3:09.58	4:05.99	6:25.04	6:55.15	8:47.33	13:40.32	14:46.54
79	9.14	9.81	10.56	16.44	34.24	55.47	1:19.64	2:15.68	3:13.17	4:10.69	6:32.39	7:03.06	8:57.33	13:55.79	15:03.24
80	9.28	9.95	10.72	16.68	34.79	56.41	1:21.08	2:18.23	3:16.90	4:15.58	6:40.03	7:11.28	9:07.71	14:11.86	15:20.58
81	9.43	10.11	10.89	16.95	35.40	57.47	1:22.75	2:21.23	3:21.26	4:21.30	6:48.97	7:20.89	9:19.84	14:30.63	15:40.83
82	9.58	10.28	11.07	17.23	36.03	58.58	1:24.50	2:24.35	3:25.81	4:27.28	6:58.30	7:30.94	9:32.52	14:50.24	16:02.00
83	9.74	10.45	11.25	17.52	36.69	59.74	1:26.33	2:27.62	3:30.58	4:33.54	7:08.08	7:41.45	9:45.79	15:10.75	16:24.13
84	9.91	10.63	11.45	17.82	37.37	1:00.94	1:28.23	2:31.04	3:35.58	4:40.10	7:18.32	7:52.47	9:59.68	15:32.24	16:47.31
85	10.08	10.81	11.65	18.13	38.07	1:02.19	1:30.22	2:34.62	3:40.81	4:46.99	7:29.06	8:04.02	10:14.26	15:54.75	17:11.60
86	10.27	11.02	11.87	18.48	38.87	1:03.64	1:32.72	2:39.10	3:47.36	4:55.59	7:42.47	8:18.44	10:32.43	16:22.83	17:41.89
87	10.47	11.23	12.10	18.84	39.70	1:05.16	1:35.35	2:43.85	3:54.31	5:04.71	7:56.71	8:33.74	10:51.72	16:52.61	18:14.01
88	10.68	11.46	12.34	19.22	40.56	1:06.76	1:38.14	2:48.89	4:01.69	5:14.42	8:11.85	8:50.02	11:12.22	17:24.24	18:48.13
89	10.90	11.69	12.59	19.61	41.47	1:08.44	1:41.10	2:54.25	4:09.56	5:24.77	8:27.98	9:07.35	11:34.05	17:57.92	19:24.46
90	11.12	11.93	12.85	20.01	42.41	1:10.20	1:44.24	2:59.96	4:17.95	5:35.83	8:45.21	9:25.86	11:57.35	18:33.84	20:03.19
91	11.38	12.21	13.15	20.48	43.48	1:12.31	1:48.77	3:08.19	4:30.03	5:51.73	9:09.95	9:52.44	12:30.78	19:25.35	20:58.72
92	11.65	12.49	13.46	20.96	44.60	1:14.55	1:53.72	3:17.21	4:43.30	6:09.21	9:37.13	10:21.64	13:07.48	20:21.85	21:59.63
93	11.93	12.80	13.79	21.47	45.79	1:16.94	1:59.13	3:27.13	4:57.95	6:28.51	10:07.14	10:53.87	13:47.95	21:24.10	23:06.73
94	12.22	13.11	14.13	22.00	47.03	1:19.48	2:05.08	3:38.11	5:14.18	6:49.95	10:40.45	11:29.62	14:32.81	22:33.04	24:21.02
95	12.53	13.45	14.49	22.56	48.35	1:22.20	2:11.67	3:50.31	5:32.29	7:13.[illegible]	11:17.62	12:09.50	15:22.81	23:49.80	25:43.71
96	12.88	13.82	14.89	23.20	49.85	1:25.61	2:24.11	4:13.46	6:06.68	7:59.[illegible]	12:28.05	13:25.03	16:57.34	26:14.65	28:19.71
97	13.25	14.22	15.32	23.87	51.44	1:29.31	2:39.16	4:41.78	6:49.02	8:55.45	13:54.82	14:58.00	18:53.45	29:12.16	31:30.78
98	13.65	14.64	15.78	24.58	53.14	1:33.35	2:57.71	5:17.22	7:42.40	10:06.42	15:44.35	16:55.25	21:19.47	32:54.78	35:30.25
99	14.06	15.09	16.26	25.33	54.96	1:37.78	3:21.16	6:02.87	8:51.80	11:39.08	18:06.97	19:27.71	24:28.69	37:42.20	40:39.17
100	14.51	15.57	16.77	26.13	56.90	1:42.64	3:51.74	7:03.86	10:25.72	13:45.17	21:20.33	22:54.06	28:43.58	44:07.53	47:32.89

WOMEN'S RUNNING EVENT STANDARDS (TRACK - in seconds)

AGE	50	55	60	100	200	300	400	600	800	1000	1500	1 MILE	2000	3000	2 MILE
8	7.94	8.50	9.06	13.84	28.23	45.76	65.72	109.17	152.75	194.58	301.75	325.60	411.81	638.46	695.40
9	7.64	8.16	8.69	13.21	26.74	43.10	61.68	102.51	143.71	183.33	284.91	307.51	389.21	603.83	657.83
10	7.38	7.88	8.38	12.70	25.58	41.05	58.56	97.37	136.72	174.67	272.02	293.69	371.99	577.50	629.19
11	7.16	7.64	8.13	12.30	24.68	39.44	56.12	93.34	131.25	167.92	262.06	283.01	358.71	557.25	607.12
12	6.98	7.45	7.92	11.97	23.96	38.18	54.19	90.18	126.93	162.63	254.29	274.69	348.40	541.58	589.99
13	6.82	7.28	7.74	11.70	23.39	37.18	52.66	87.67	123.52	158.46	248.22	268.20	340.38	529.40	576.65
14	6.69	7.13	7.59	11.49	22.94	36.38	51.44	85.69	120.80	155.16	243.47	263.13	334.12	519.94	566.25
15	6.57	7.01	7.46	11.31	22.58	35.76	50.48	84.12	118.66	152.57	239.77	259.17	329.26	512.61	558.16
16	6.47	6.90	7.34	11.16	22.30	35.26	49.72	82.89	116.96	150.54	236.89	256.11	325.50	506.96	551.91
17	6.38	6.81	7.25	11.04	22.08	34.88	49.13	81.93	115.64	148.97	234.68	253.75	322.63	502.65	547.12
18	6.30	6.73	7.17	10.94	21.90	34.58	48.67	81.19	114.62	147.76	233.00	251.97	320.46	499.40	543.50
19	6.23	6.66	7.10	10.87	21.78	34.36	48.33	79.94	113.85	146.85	231.75	250.65	318.85	497.01	540.82
OC	6.00	6.43	6.92	10.76	21.64	34.21	47.90	79.94	112.88	146.22	230.46	248.98	318.00	498.00	538.91
30	6.00	6.43	6.92	10.76	21.64	34.21	47.90	79.94	112.88	146.22	230.46	248.98	318.00	498.00	538.91
31	6.00	6.43	6.92	10.76	21.64	34.21	48.24	80.41	113.22	146.22	230.46	248.98	318.00	498.00	538.91
32	6.00	6.43	6.92	10.76	21.64	34.42	48.59	81.01	114.09	147.25	230.48	248.98	318.00	498.00	538.91
33	6.01	6.44	6.93	10.79	21.77	34.68	48.94	81.62	114.96	148.39	232.27	250.63	319.05	498.00	538.91
34	6.05	6.49	6.99	10.87	21.94	34.95	49.30	82.24	115.85	149.55	234.09	252.59	321.54	501.05	541.77
35	6.10	6.54	7.04	10.95	22.12	35.22	49.66	82.87	116.76	150.73	235.93	254.58	324.06	504.97	546.01
36	6.14	6.59	7.09	11.04	22.29	35.49	50.03	83.52	117.68	151.93	237.82	256.61	326.64	508.97	550.33
37	6.19	6.64	7.14	11.12	22.47	35.76	50.41	84.17	118.62	153.15	239.73	258.68	329.25	513.04	554.73
38	6.24	6.69	7.20	11.20	22.65	36.04	50.79	84.83	119.57	154.39	241.68	260.77	331.91	517.18	559.20
39	6.28	6.74	7.25	11.29	22.84	36.33	51.18	85.50	120.54	155.66	243.66	262.90	334.62	521.38	563.74
40	6.33	6.79	7.31	11.38	23.02	36.62	51.57	86.19	121.52	156.94	245.67	265.07	337.36	525.65	568.35
41	6.38	6.84	7.36	11.46	23.21	36.91	51.98	86.89	122.53	158.26	247.73	267.30	340.19	530.04	573.09
42	6.43	6.89	7.42	11.55	23.40	37.20	52.39	87.61	123.56	159.60	249.83	269.56	343.06	534.50	577.91
43	6.48	6.94	7.48	11.64	23.59	37.50	52.80	88.33	124.60	160.96	251.97	271.86	345.98	539.03	582.81
44	6.53	7.00	7.53	11.72	23.78	37.80	53.23	89.07	125.67	162.35	254.14	274.20	348.94	543.64	587.79
45	6.58	7.05	7.59	11.82	23.98	38.11	53.66	89.82	126.75	163.76	256.35	276.58	351.96	548.34	592.86
46	6.63	7.10	7.65	11.90	24.17	38.43	54.10	90.60	127.87	165.22	258.64	279.05	355.09	553.20	598.11
47	6.68	7.16	7.71	12.00	24.37	38.74	54.56	91.39	129.01	166.71	260.97	281.56	358.28	558.15	603.46
48	6.73	7.21	7.77	12.09	24.57	39.07	55.02	92.19	130.17	168.22	263.35	284.12	361.52	563.18	608.90
49	6.78	7.27	7.83	12.18	24.77	39.40	55.49	93.01	131.35	169.77	265.76	286.72	364.82	568.31	614.44
50	6.83	7.33	7.89	12.28	24.98	39.73	55.96	93.85	132.55	171.34	268.23	289.38	368.18	573.53	620.08
51	6.88	7.38	7.95	12.37	25.19	40.07	56.46	94.72	133.81	172.98	270.80	292.15	371.70	579.00	625.98
52	6.94	7.44	8.01	12.47	25.40	40.42	56.97	95.61	135.10	174.66	273.43	294.99	375.29	584.58	632.00
53	6.99	7.50	8.07	12.56	25.61	40.77	57.49	96.52	136.40	176.37	276.11	297.87	378.95	590.26	638.14
54	7.05	7.55	8.14	12.66	25.82	41.13	58.02	97.45	137.74	178.12	278.85	300.82	382.68	596.05	644.40
55	7.10	7.61	8.20	12.76	26.04	41.50	58.56	98.39	139.10	179.90	281.63	303.82	386.49	601.96	650.78
56	7.16	7.67	8.26	12.86	26.27	41.87	59.13	99.39	140.54	181.78	284.59	307.00	390.52	608.22	657.54
57	7.21	7.73	8.33	12.96	26.49	42.26	59.71	100.41	142.02	183.71	287.61	310.26	394.64	614.62	664.45
58	7.27	7.80	8.40	13.07	26.72	42.65	60.30	101.45	143.53	185.68	290.69	313.58	398.85	621.15	671.51
59	7.33	7.86	8.46	13.17	26.95	43.05	60.91	102.52	145.06	187.69	293.84	316.97	403.14	627.82	678.71
60	7.39	7.92	8.53	13.28	27.19	43.46	61.53	103.60	146.64	189.75	297.06	320.44	407.54	634.64	686.07
61	7.45	7.99	8.61	13.40	27.45	43.90	62.19	104.77	148.33	191.96	300.52	324.17	412.26	641.97	693.99
62	7.52	8.06	8.68	13.52	27.71	44.35	62.88	105.97	150.06	194.22	304.07	327.99	417.09	649.47	702.09
63	7.59	8.14	8.76	13.64	27.98	44.81	63.57	107.20	151.83	196.54	307.70	331.89	422.04	657.15	710.38
64	7.66	8.21	8.84	13.76	28.25	45.28	64.28	108.45	153.65	198.92	311.42	335.90	427.11	665.01	718.87
65	7.72	8.28	8.92	13.89	28.53	45.76	65.01	109.73	155.50	201.35	315.22	340.00	432.30	673.06	727.57
66	7.80	8.37	9.01	14.03	28.85	46.29	65.81	111.14	157.53	204.01	319.38	344.48	437.97	681.86	737.06
67	7.88	8.46	9.11	14.17	29.17	46.84	66.62	112.58	159.62	206.74	323.65	349.07	443.79	690.88	746.81
68	7.97	8.54	9.20	14.32	29.50	47.40	67.46	114.05	161.76	209.54	328.04	353.80	449.76	700.15	756.81
69	8.05	8.63	9.30	14.47	29.84	47.97	68.32	115.57	163.96	212.42	332.54	358.65	455.90	709.66	767.09
70	8.14	8.73	9.40	14.63	30.19	48.56	69.20	117.13	166.22	215.38	337.18	363.63	462.21	719.45	777.65
71	8.23	8.83	9.51	14.80	30.57	49.21	70.18	118.86	168.73	218.66	342.31	369.17	469.21	730.29	789.36
72	8.33	8.94	9.62	14.98	30.97	49.88	71.19	120.64	171.32	222.05	347.61	374.87	476.42	741.47	801.42
73	8.43	9.05	9.74	15.16	31.38	50.58	72.22	122.48	173.98	225.54	353.08	380.75	483.86	752.99	813.87
74	8.54	9.16	9.86	15.35	31.79	51.28	73.29	124.37	176.73	229.15	358.71	386.82	491.53	764.88	826.70
75	8.64	9.27	9.98	15.54	32.22	52.01	74.39	126.33	179.57	232.87	364.54	393.08	499.45	777.15	839.95
76	8.76	9.40	10.12	15.76	32.70	52.84	75.64	128.54	182.79	237.09	371.12	400.17	508.41	791.03	854.92
77	8.89	9.53	10.26	15.98	33.20	53.69	76.93	130.83	186.12	241.45	377.95	407.52	517.70	805.41	870.45
78	9.01	9.67	10.41	16.21	33.71	54.56	78.26	133.21	189.58	245.99	385.04	415.15	527.33	820.32	886.54
79	9.14	9.81	10.56	16.44	34.24	55.47	79.64	135.68	193.17	250.69	392.39	423.06	537.33	835.79	903.24
80	9.28	9.95	10.72	16.68	34.79	56.41	81.08	138.23	196.90	255.58	400.03	431.28	547.71	851.86	920.58
81	9.43	10.11	10.89	16.95	35.40	57.47	82.75	141.23	201.26	261.30	408.97	440.89	559.84	870.63	940.83
82	9.58	10.28	11.07	17.23	36.03	58.58	84.50	144.35	205.81	267.28	418.30	450.94	572.52	890.24	962.00
83	9.74	10.45	11.25	17.52	36.69	59.74	86.33	147.62	210.58	273.54	428.08	461.45	585.79	910.75	984.13
84	9.91	10.63	11.45	17.82	37.37	60.94	88.23	151.04	215.58	280.10	438.32	472.47	599.68	932.24	1007.31
85	10.08	10.81	11.65	18.13	38.07	62.19	90.22	154.62	220.81	286.99	449.06	484.02	614.26	954.75	1031.60
86	10.27	11.02	11.87	18.48	38.87	63.64	92.72	159.10	227.36	295.59	462.47	498.44	632.43	982.83	1061.89
87	10.47	11.23	12.10	18.84	39.70	65.16	95.35	163.85	234.31	304.71	476.71	513.74	651.72	1012.61	1094.01
88	10.68	11.46	12.34	19.22	40.56	66.76	98.14	168.89	241.69	314.42	491.85	530.02	672.22	1044.24	1128.13
89	10.90	11.69	12.59	19.61	41.47	68.44	101.10	174.25	249.56	324.77	507.98	547.35	694.05	1077.92	1164.46
90	11.12	11.93	12.85	20.01	42.41	70.20	104.24	179.96	257.95	335.83	525.21	565.86	717.35	1113.84	1203.19
91	11.38	12.21	13.15	20.48	43.48	72.31	108.77	188.19	270.03	351.73	549.95	592.44	750.78	1165.35	1258.72
92	11.65	12.49	13.46	20.96	44.60	74.55	113.72	197.21	283.30	369.21	577.13	621.64	787.48	1221.85	1319.63
93	11.93	12.80	13.79	21.47	45.79	76.94	119.13	207.13	297.95	388.51	607.14	653.87	827.95	1284.10	1386.73
94	12.22	13.11	14.13	22.00	47.03	79.48	125.08	218.11	314.18	409.95	640.45	689.62	872.81	1353.04	1461.02
95	12.53	13.45	14.49	22.56	48.35	82.20	131.67	230.31	332.29	433.89	677.62	729.50	922.81	1429.80	1543.71
96	12.88	13.82	14.89	23.20	49.85	85.61	144.11	253.46	366.68	479.35	748.05	805.03	1017.34	1574.65	1699.71
97	13.25	14.22	15.32	23.87	51.44	89.31	159.16	281.78	409.02	535.45	834.82	898.00	1133.45	1752.16	1890.78
98	13.65	14.64	15.78	24.58	53.14	93.35	177.71	317.22	462.40	606.42	944.35	1015.25	1279.47	1974.78	2130.25
99	14.06	15.09	16.26	25.33	54.96	97.78	201.16	362.87	531.80	699.08	1086.97	1167.71	1468.69	2262.20	2439.17
100	14.51	15.57	16.77	26.13	56.90	102.64	231.74	423.86	625.72	825.17	1280.33	1374.06	1723.58	2647.53	2852.89

MEN'S HURDLE STANDARDS

AGE	INDOOR	INDOOR	INDOOR	SPRINT	INTER	STEEPLE	STEEPLE
	50/39	55/39	60/39	110/42"	400/36	3000/SC	3000/SC
						(H:M:S)	(Seconds)
14	7.05	7.69	8.10	15.53	53.77	9:16.4	556.40
15	6.75	7.44	7.83	14.60	51.32	8:57.9	537.94
16	6.59	7.26	7.64	13.97	49.62	8:41.9	521.85
17	6.46	7.12	7.50	13.52	48.42	8:27.7	507.73
18	6.22	6.85	7.21	13.20	47.56	8:15.3	495.28
19	6.20	6.83	7.19	12.97	46.92	8:04.2	484.22
			60/42				
OC			7.30	12.91	46.78	8:02.08	482.08
			60/39	110/39			
30	6.20	6.83	7.19	12.72	46.78	8:02.1	482.08
31	6.25	6.89	7.25	12.83	47.11	8:02.1	482.08
32	6.30	6.95	7.31	12.93	47.44	8:03.5	483.46
33	6.35	7.00	7.37	13.04	47.78	8:07.6	487.61
34	6.41	7.06	7.43	13.15	48.13	8:11.8	491.83
35	6.46	7.12	7.50	13.26	48.48	8:16.1	496.12
36	6.52	7.18	7.56	13.37	48.91	8:20.5	500.51
37	6.57	7.24	7.63	13.49	49.35	8:25.0	504.98
38	6.63	7.31	7.69	13.60	49.80	8:29.5	509.52
39	6.69	7.37	7.76	13.72	50.25	8:34.2	514.15
40	6.75	7.44	7.83	13.84	50.72	8:38.9	518.87
41	6.81	7.50	7.90	13.97	51.19	8:43.7	523.72
42	6.87	7.57	7.97	14.09	51.68	8:48.7	528.65
43	6.93	7.64	8.04	14.22	52.17	8:53.7	533.69
44	7.00	7.71	8.12	14.36	52.68	8:58.8	538.82
45	7.06	7.78	8.19	14.49	53.20	9:04.0	544.05
46	7.19	7.86	8.27	14.63	53.73	9:09.5	549.47
47	7.33	7.93	8.35	14.77	54.27	9:15.0	555.00
48	7.47	8.01	8.43	14.91	54.83	9:20.6	560.64
49	7.61	8.09	8.52	15.06	55.40	9:26.4	566.39
	50/36	55/36	60/36	100/36	400/33		
50	7.16	7.90	8.31	13.53	55.27	9:32.3	572.27
51	7.24	7.98	8.40	13.67	55.87	9:38.4	578.42
52	7.31	8.06	8.48	13.82	56.48	9:44.7	584.71
53	7.39	8.15	8.57	13.96	57.11	9:51.1	591.13
54	7.47	8.23	8.66	14.11	57.75	9:57.7	597.70
55	7.55	8.32	8.76	14.26	58.40	10:04.4	604.41
56	7.70	8.42	8.86	14.42	59.10	10:11.5	611.53
57	7.86	8.51	8.96	14.59	59.81	10:18.8	618.81
58	8.02	8.61	9.06	14.76	60.53	10:26.3	626.27
59	8.19	8.71	9.17	14.93	61.28	10:33.9	633.92
	50/33	55/33	60/33	100/33	300/30	2000/SC	2000/SC
60	7.65	8.43	8.88	14.46	41.93	6:54.0	414.03
61	7.75	8.54	8.99	14.64	42.42	6:59.5	419.46
62	7.85	8.65	9.10	14.83	42.93	7:05.0	425.03
63	7.95	8.76	9.22	15.02	43.45	7:10.8	430.76
64	8.05	8.88	9.34	15.22	43.98	7:16.6	436.64
65	8.16	8.99	9.47	15.42	44.53	7:22.7	442.68
66	8.35	9.12	9.60	15.64	45.12	7:29.3	449.27
67	8.54	9.25	9.74	15.86	45.73	7:36.0	456.05
68	8.75	9.39	9.88	16.10	46.36	7:43.0	463.04
69	8.96	9.53	10.03	16.34	47.01	7:50.2	470.25
	50/30	55/30	60/30	80/30			
70	8.40	9.26	9.75	12.84	47.67	7:57.7	477.69
71	8.54	9.41	9.91	13.05	48.41	8:05.9	485.93
72	8.68	9.57	10.07	13.27	49.17	8:14.5	494.46
73	8.83	9.73	10.25	13.49	49.96	8:23.3	503.30
74	8.99	9.90	10.42	13.73	50.77	8:32.5	512.46
75	9.14	10.08	10.61	13.97	51.61	8:42.0	521.96
76	9.32	10.28	10.82	14.25	52.55	8:52.7	532.70
77	9.51	10.48	11.04	14.54	53.54	9:03.9	543.89
78	9.71	10.70	11.26	14.83	54.56	9:15.6	555.56
79	9.91	10.92	11.50	15.14	55.63	9:27.7	567.74
80	10.12	11.16	11.74	15.47	56.73	9:40.5	580.47
81	10.37	11.43	12.03	15.85	58.02	9:55.4	595.37
82	10.63	11.72	12.34	16.25	59.38	10:11.0	611.05
83	10.91	12.02	12.65	16.67	1:00.8	10:27.6	627.58
84	11.20	12.34	12.99	17.11	1:02.3	10:45.0	645.03
85	11.50	12.68	13.34	17.57	1:03.8	11:03.5	663.47
86	11.88	13.09	13.78	18.15	1:05.8	11:26.2	686.16
87	12.28	13.53	14.24	18.76	1:07.8	11:50.4	710.45
88	12.70	14.00	14.74	19.41	1:10.0	12:16.5	736.52
89	13.16	14.51	15.27	20.12	1:12.3	12:44.6	764.58
90	13.66	15.05	15.85	20.87	1:14.8	13:14.9	794.86
91	14.32	15.78	16.61	21.88	1:18.1	13:55.3	835.32
92	15.04	16.58	17.45	22.99	1:21.7	14:40.1	880.13
93	15.85	17.47	18.39	24.22	1:25.7	15:30.0	930.01
94	16.75	18.45	19.42	25.58	1:30.0	16:25.9	985.89
95	17.75	19.56	20.59	27.12	1:34.8	17:28.9	1,048.91
96	19.28	21.25	22.37	29.46	1:42.2	19:05.7	1,145.74
97	21.10	23.26	24.48	32.24	1:50.7	21:02.3	1,262.25
98	23.31	25.69	27.04	35.61	2:00.8	23:25.2	1,405.15
99	26.02	28.69	30.19	39.76	2:12.9	26:24.5	1,584.54
100	29.46	32.47	34.18	45.01	2:27.8	30:16.4	1,816.43

WOMEN'S HURDLE STANDARDS

AGE	INDOOR	INDOOR	INDOOR	SPRINT	INTER	STEEPLE	STEEPLE
	50/33	55/33	60/33	100/33	400/30	2000/SC	2000/SC
						(H:M:S)	(Seconds)
14	10.31	10.84	11.11	15.37	65.29	6:56.5	416.52
15	7.35	8.10	8.44	14.67	62.28	6:42.8	402.79
16	6.71	7.50	7.82	14.09	59.87	6:30.5	390.52
17	6.60	7.39	7.71	13.59	57.95	6:19.3	379.32
18	6.58	7.38	7.69	13.16	56.41	6:08.8	368.84
19	6.58	7.37	7.69	12.80	55.20	6:00.0	360.00
OC			7.69	12.21	52.74	6:00.00	360.00
30	6.58	7.37	7.69	12.21	52.74	6:00.0	360.00
31	6.65	7.45	7.77	12.33	52.77	6:00.0	360.00
32	6.72	7.53	7.85	12.46	53.28	6:01.1	361.11
33	6.79	7.60	7.93	12.59	53.79	6:04.5	364.53
34	6.86	7.68	8.01	12.72	54.32	6:08.0	368.01
35	6.93	7.76	8.09	12.85	54.86	6:11.6	371.56
36	7.10	7.85	8.18	12.99	55.41	6:15.2	375.19
37	7.27	7.93	8.27	13.13	55.97	6:18.9	378.89
38	7.46	8.02	8.36	13.27	56.54	6:22.7	382.67
39	7.65	8.11	8.45	13.42	57.12	6:26.5	386.52
	50/30	55/30	60/30	80/30			
40	7.03	7.88	8.22	10.77	57.72	6:30.5	390.46
41	7.11	7.97	8.31	10.89	58.34	6:34.5	394.50
42	7.20	8.06	8.41	11.02	58.96	6:38.6	398.64
43	7.28	8.16	8.50	11.15	59.60	6:42.9	402.86
44	7.37	8.25	8.60	11.28	60.26	6:47.2	407.17
45	7.45	8.35	8.71	11.41	60.93	6:51.6	411.57
46	7.65	8.45	8.81	11.55	61.62	6:56.1	416.14
47	7.85	8.56	8.92	11.69	62.33	7:00.8	420.81
48	8.06	8.66	9.03	11.84	63.06	7:05.6	425.58
49	8.29	8.77	9.15	11.99	63.81	7:10.5	430.47
	50/30	55/30	60/30	80/30	300/30		
50	7.93	8.89	9.27	11.85	43.76	7:15.5	435.47
51	8.04	9.01	9.39	11.99	44.26	7:20.7	440.70
52	8.15	9.13	9.52	12.13	44.78	7:26.1	446.06
53	8.26	9.25	9.65	12.27	45.30	7:31.6	451.56
54	8.37	9.38	9.78	12.42	45.84	7:37.2	457.19
55	8.49	9.51	9.92	12.58	46.39	7:43.0	462.96
56	8.62	9.65	10.06	12.74	46.98	7:49.1	469.08
57	8.74	9.80	10.21	12.91	47.58	7:55.4	475.36
58	8.88	9.94	10.37	13.08	48.19	8:01.8	481.81
59	9.01	10.10	10.53	13.25	48.82	8:08.4	488.44
60	9.15	10.25	10.69	13.43	49.47	8:15.3	495.25
61	9.30	10.42	10.87	13.62	50.16	8:22.6	502.57
62	9.46	10.60	11.05	13.82	50.88	8:30.1	510.10
63	9.62	10.78	11.24	14.03	51.61	8:37.9	517.87
64	9.79	10.97	11.44	14.24	52.37	8:45.9	525.87
65	9.96	11.16	11.64	14.46	53.15	8:54.1	534.12
66	10.15	11.37	11.86	14.69	54.00	9:03.1	543.12
67	10.35	11.59	12.09	14.94	54.87	9:12.4	552.42
68	10.55	11.82	12.33	15.19	55.78	9:22.0	562.04
69	10.76	12.06	12.58	15.45	56.72	9:32.0	572.01
70	10.98	12.31	12.83	15.73	57.68	9:42.3	582.34
71	11.23	12.58	13.12	16.03	58.76	9:53.8	593.77
72	11.48	12.87	13.42	16.34	59.87	10:05.7	605.65
73	11.75	13.17	13.73	16.66	1:01.0	10:18.0	618.03
74	12.03	13.48	14.06	17.00	1:02.2	10:30.9	630.91
75	12.33	13.81	14.40	17.35	1:03.5	10:44.4	644.35
76	12.66	14.19	14.79	17.75	1:04.9	10:59.6	659.56
77	13.01	14.58	15.21	18.17	1:06.4	11:15.5	675.50
78	13.39	15.00	15.64	18.61	1:07.9	11:32.2	692.23
79	13.78	15.44	16.10	19.07	1:09.5	11:49.8	709.81
80	14.20	15.91	16.59	19.55	1:11.2	12:08.3	728.30
81	14.69	16.46	17.17	20.11	1:13.2	12:29.9	749.94
82	15.22	17.05	17.78	20.71	1:15.3	12:52.9	772.90
83	15.79	17.69	18.44	21.35	1:17.5	13:17.3	797.31
84	16.40	18.37	19.16	22.02	1:19.9	13:43.3	823.31
85	17.05	19.11	19.93	22.74	1:22.4	14:11.1	851.06
86	17.87	20.03	20.89	23.63	1:25.5	14:45.3	885.30
87	18.78	21.04	21.94	24.59	1:28.8	15:22.4	922.41
88	19.78	22.16	23.11	25.63	1:32.4	16:02.8	962.77
89	20.89	23.40	24.40	26.77	1:36.4	16:46.8	1,006.82
90	22.13	24.79	25.86	28.00	1:40.6	17:35.1	1,055.10
91	23.84	26.70	27.85	29.68	1:46.3	18:40.2	1,120.17
92	25.83	28.94	30.18	31.56	1:52.7	19:53.8	1,193.79
93	28.18	31.58	32.93	33.70	1:59.9	21:17.8	1,277.77
94	31.01	34.75	36.24	36.15	2:08.1	22:54.5	1,374.47
95	34.47	38.62	40.28	38.98	2:17.6	24:47.0	1,486.99
96	40.30	45.16	47.10	43.46	2:32.2	27:45.3	1,665.28
97	48.52	54.36	56.70	49.08	2:50.4	31:32.1	1,892.15
98	1:00.9	1:08.3	1:11.2	56.39	3:13.6	36:30.6	2,190.58
99	1:21.9	1:31.7	1:35.7	1:06.2	3:44.0	43:20.8	2,600.78
100	2:04.8	2:19.8	2:25.9	1:20.3	4:25.7	53:20.0	3,200.00

MEN'S FIELD EVENT STANDARDS

AGE	PV	HJ	LJ	TJ	SP	HT	DT	JT	WT
8	2.69	1.53	4.67	9.09					
9	3.22	1.71	5.34	10.76					
10	3.65	1.85	5.90	12.11					
11	4.03	1.97	6.38	13.22	SP/16 or	HT/16 or			
12	4.36	2.07	6.79	14.14	7.26k	7.26k	DT/2k	JT/800	WT/35
13	4.65	2.15	7.15	14.93					
14	4.92	2.22	7.47	15.60	15.92	57.23	48.74	67.07	17.94
15	5.16	2.28	7.76	16.18	17.59	63.78	53.87	74.12	19.56
16	5.40	2.33	8.02	16.68	18.99	69.22	58.19	79.94	20.86
17	5.62	2.37	8.25	17.11	20.16	73.70	61.83	84.72	21.91
18	5.83	2.41	8.46	17.49	21.13	77.37	64.91	88.63	22.75
19	6.03	2.44	8.65	17.82	21.94	80.34	67.51	91.80	23.42
OC	6.15	2.45	8.95	17.97	22.20	83.27	71.12	96.00	25.00
30	6.15	2.41	8.95	17.97	22.20	83.27	71.12	96.00	25.00
31	6.06	2.38	8.95	17.97	22.20	83.27	71.12	96.00	25.00
32	5.98	2.36	8.84	17.97	22.20	83.27	71.12	94.27	25.00
33	5.89	2.33	8.73	17.97	22.20	83.27	71.12	92.51	24.80
34	5.81	2.31	8.61	17.97	22.20	83.27	71.12	90.81	24.42
35	5.74	2.29	8.50	17.92	22.20	83.27	71.12	89.18	24.06
36	5.65	2.26	8.38	17.65	22.20	81.53	71.12	87.45	23.68
37	5.57	2.24	8.27	17.40	22.20	79.82	71.12	85.79	23.31
38	5.50	2.21	8.16	17.15	21.84	78.17	71.12	84.19	22.95
39	5.42	2.19	8.05	16.90	21.38	76.59	71.12	82.64	22.60
40	5.35	2.17	7.94	16.67	20.94	75.07	71.12	81.16	22.27
41	5.27	2.15	7.84	16.42	20.48	73.46	70.79	79.58	21.91
42	5.20	2.12	7.73	16.18	20.03	71.91	69.24	78.07	21.57
43	5.13	2.10	7.63	15.95	19.60	70.43	67.75	76.61	21.24
44	5.06	2.08	7.53	15.73	19.19	69.01	66.32	75.21	20.92
45	4.99	2.06	7.43	15.51	18.80	67.64	64.96	73.85	20.60
46	4.92	2.04	7.33	15.28	18.38	66.19	63.50	72.42	20.28
47	4.85	2.01	7.23	15.06	17.97	64.80	62.10	71.04	19.96
48	4.78	1.99	7.13	14.84	17.59	63.46	60.77	69.71	19.65
49	4.71	1.97	7.04	14.63	17.22	62.18	59.49	68.44	19.36
					SP/6k	HT/6k	DT/1.5k		WT/25
50	4.65	1.95	6.94	14.43	18.56	67.04	65.93	67.20	22.56
51	4.58	1.93	6.85	14.21	18.14	65.60	64.45	65.90	22.20
52	4.52	1.91	6.76	14.01	17.75	64.22	63.04	64.65	21.86
53	4.46	1.89	6.67	13.81	17.37	62.89	61.68	63.44	21.52
54	4.40	1.87	6.58	13.61	17.00	61.62	60.39	62.28	21.19
55	4.34	1.85	6.49	13.42	16.65	60.40	59.14	61.15	20.88
56	4.28	1.83	6.40	13.22	16.28	59.10	57.82	59.97	20.55
57	4.21	1.81	6.32	13.03	15.93	57.86	56.55	58.83	20.23
58	4.15	1.79	6.23	12.84	15.59	56.67	55.33	57.73	19.91
59	4.10	1.77	6.15	12.66	15.26	55.52	54.17	56.67	19.61
					SP/5k	HT/5k	DT/1k	JT/600	WT/20
60	4.04	1.76	6.07	12.49	16.37	59.62	63.65	60.40	21.60
61	3.99	1.74	5.99	12.30	16.01	58.34	62.22	59.23	21.26
62	3.93	1.72	5.90	12.12	15.66	57.11	60.85	58.11	20.93
63	3.88	1.70	5.83	11.95	15.32	55.93	59.55	57.02	20.60
64	3.82	1.68	5.75	11.78	15.00	54.80	58.29	55.97	20.29
65	3.77	1.67	5.67	11.62	14.70	53.72	57.09	54.97	19.99
66	3.72	1.65	5.60	11.44	14.37	52.56	55.81	53.90	19.67
67	3.67	1.63	5.52	11.28	14.05	51.45	54.59	52.88	19.36
68	3.61	1.61	5.45	11.12	13.75	50.39	53.41	51.89	19.07
69	3.57	1.60	5.37	10.96	13.47	49.38	52.29	50.94	18.78
					SP/4k	HT/4k			WT/16
70	3.52	1.58	5.30	10.81	14.75	54.11	51.21	50.02	20.68
71	3.47	1.56	5.23	10.65	14.42	52.95	50.06	49.05	20.35
72	3.42	1.55	5.16	10.49	14.10	51.83	48.96	48.12	20.04
73	3.37	1.53	5.09	10.34	13.80	50.76	47.91	47.22	19.73
74	3.32	1.51	5.02	10.19	13.51	49.74	46.90	46.35	19.43
75	3.28	1.50	4.96	10.05	13.23	48.75	45.94	45.52	19.14
76	3.23	1.48	4.89	9.90	12.94	47.70	44.91	44.64	18.83
77	3.19	1.47	4.83	9.76	12.66	46.70	43.92	43.79	18.54
78	3.14	1.45	4.76	9.62	12.39	45.74	42.98	42.97	18.26
79	3.10	1.44	4.70	9.48	12.13	44.82	42.07	42.18	17.98
									WT/12
80	3.06	1.42	4.64	9.35	11.88	43.93	41.21	41.42	20.45
81	2.99	1.40	4.54	9.21	11.46	42.45	39.75	40.17	19.95
82	2.93	1.38	4.44	9.08	11.07	41.06	38.40	38.99	19.47
83	2.87	1.35	4.35	8.95	10.71	39.77	37.13	37.88	19.01
84	2.81	1.33	4.27	8.82	10.37	38.55	35.95	36.82	18.58
85	2.75	1.31	4.18	8.70	10.05	37.40	34.84	35.83	18.16
86	2.65	1.28	4.05	8.50	9.48	35.38	32.86	34.10	17.46
87	2.57	1.25	3.92	8.31	8.98	33.56	31.09	32.53	16.81
88	2.48	1.22	3.79	8.13	8.52	31.92	29.50	31.09	16.20
89	2.40	1.19	3.68	7.96	8.11	30.43	28.07	29.78	15.64
90	2.33	1.16	3.57	7.79	7.73	29.07	26.77	28.57	15.11
91	2.22	1.12	3.41	7.51	7.10	26.81	24.57	26.61	14.29
92	2.12	1.08	3.26	7.25	6.57	24.87	22.70	24.89	13.55
93	2.02	1.05	3.12	7.01	6.11	23.19	21.10	23.39	12.89
94	1.94	1.01	2.99	6.78	5.71	21.73	19.71	22.05	12.28
95	1.86	0.98	2.87	6.57	5.36	20.44	18.49	20.86	11.73
96	1.74	0.94	2.70	6.24	4.76	18.28	16.43	18.93	10.89
97	1.64	0.90	2.54	5.94	4.29	16.53	14.78	17.33	10.15
98	1.55	0.86	2.41	5.67	3.90	15.09	13.43	15.98	9.51
99	1.46	0.82	2.28	5.42	3.57	13.88	12.30	14.82	8.95
100	1.39	0.79	2.17	5.19	3.30	12.85	11.35	13.82	8.45

WOMEN'S FIELD EVENT STANDARDS

AGE	PV	HJ	LJ	TJ	SP	HT	DT	JT	WT
8	1.52	0.85	2.71	5.77					
9	1.93	1.03	3.31	6.96					
10	2.30	1.18	3.83	7.96					
11	2.64	1.30	4.29	8.84					
12	2.94	1.42	4.71	9.61	SP/4k	HT/4k	DT/1k	JT/600	WT/20
13	3.21	1.52	5.09	10.32					
14	3.44	1.61	5.44	10.97	14.71	45.96	60.94	41.01	13.87
15	3.65	1.70	5.77	11.58	16.50	49.99	64.64	48.10	15.32
16	3.83	1.78	6.09	12.16	17.93	53.04	67.55	54.77	16.46
17	3.99	1.86	6.39	12.73	19.05	55.33	69.79	60.99	17.36
18	4.12	1.94	6.69	13.29	19.90	57.03	71.48	66.70	18.04
19	4.23	2.01	6.98	13.85	20.54	58.27	72.73	71.88	18.56
OC	4.45	2.09	7.52	15.10	21.45	60.00	73.87	80.00	19.15
30	4.40	2.06	7.52	15.10	21.45	60.00	73.87	78.00	15.82
31	4.33	2.03	7.41	15.10	21.45	60.00	73.87	75.93	15.58
32	4.27	2.01	7.30	15.10	21.45	60.00	73.87	73.97	15.35
33	4.20	1.98	7.20	15.10	21.45	60.00	73.87	72.10	15.12
34	4.14	1.96	7.10	14.95	21.45	60.00	73.87	70.33	14.90
35	4.08	1.94	7.00	14.72	21.45	59.50	73.87	68.64	14.69
36	4.02	1.91	6.89	14.47	21.45	58.28	73.87	66.82	14.47
37	3.96	1.89	6.79	14.24	21.45	57.11	73.87	65.09	14.25
38	3.90	1.87	6.70	14.01	21.15	55.98	73.07	63.45	14.04
39	3.84	1.84	6.60	13.79	20.60	54.90	71.35	61.89	13.84
40	3.79	1.82	6.51	13.58	20.07	53.86	69.71	60.40	13.64
41	3.73	1.80	6.41	13.35	19.50	52.75	67.94	58.80	13.44
42	3.68	1.78	6.32	13.14	18.96	51.69	66.26	57.28	13.23
43	3.62	1.76	6.23	12.93	18.44	50.67	64.67	55.84	13.04
44	3.57	1.73	6.14	12.72	17.96	49.70	63.14	54.46	12.85
45	3.52	1.71	6.06	12.53	17.50	48.75	61.69	53.16	12.67
46	3.46	1.69	5.97	12.32	17.00	47.75	60.13	51.74	12.48
47	3.41	1.67	5.88	12.12	16.53	46.79	58.64	53.88	12.29
48	3.36	1.65	5.80	11.93	16.08	45.87	57.23	54.25	12.11
49	3.31	1.63	5.71	11.74	15.66	44.98	55.88	54.62	11.93
					SP/3k	HT/3k		JT/400	WT/16
50	3.26	1.61	5.64	11.56	17.62	50.96	54.60	55.00	14.73
51	3.21	1.59	5.55	11.37	17.11	49.91	53.21	53.54	14.51
52	3.16	1.57	5.47	11.18	16.64	48.91	51.90	52.15	14.29
53	3.12	1.55	5.39	11.00	16.19	47.94	50.65	50.84	14.08
54	3.07	1.53	5.32	10.83	15.76	47.02	49.46	49.59	13.88
55	3.03	1.52	5.24	10.66	15.36	46.13	48.32	48.40	13.68
56	2.98	1.50	5.17	10.49	14.92	45.18	47.09	47.11	13.47
57	2.94	1.48	5.09	10.32	14.51	44.27	45.93	45.89	13.27
58	2.89	1.46	5.02	10.15	14.12	43.40	44.82	44.74	13.07
59	2.85	1.44	4.95	9.99	13.75	42.56	43.77	43.64	12.89
									WT/12
60	2.81	1.42	4.88	9.84	13.39	41.75	42.76	42.59	15.71
61	2.77	1.41	4.81	9.67	13.01	40.90	41.68	41.46	15.48
62	2.73	1.39	4.74	9.52	12.65	40.07	40.65	40.39	15.24
63	2.69	1.37	4.67	9.37	12.31	39.29	39.67	39.37	15.02
64	2.65	1.36	4.60	9.22	11.98	38.53	38.73	38.40	14.80
65	2.61	1.34	4.54	9.08	11.68	37.80	37.84	37.48	14.59
66	2.57	1.32	4.47	8.93	11.34	37.02	36.88	36.48	14.37
67	2.53	1.31	4.41	8.78	11.03	36.28	35.97	35.54	14.16
68	2.49	1.29	4.34	8.64	10.73	35.56	35.11	34.64	13.95
69	2.46	1.28	4.28	8.50	10.45	34.87	34.28	33.79	13.75
70	2.42	1.26	4.22	8.37	10.18	34.21	33.49	32.98	13.55
71	2.38	1.24	4.16	8.23	9.89	33.51	32.64	32.11	13.34
72	2.35	1.23	4.10	8.10	9.62	32.84	31.84	31.28	13.15
73	2.31	1.21	4.04	7.97	9.36	32.19	31.07	30.49	12.95
74	2.28	1.20	3.98	7.85	9.11	31.57	30.34	29.74	12.77
75	2.25	1.18	3.93	7.72	8.88	30.97	29.64	29.02	12.58
76	2.21	1.17	3.87	7.60	8.62	30.33	28.89	28.25	12.39
77	2.18	1.16	3.81	7.47	8.38	29.72	28.18	27.52	12.21
78	2.15	1.14	3.76	7.35	8.16	29.14	27.50	26.83	12.03
79	2.11	1.13	3.71	7.24	7.94	28.58	26.85	26.17	11.85
80	2.08	1.11	3.66	7.13	7.74	28.03	26.23	25.54	11.68
81	2.03	1.09	3.57	7.01	7.46	27.13	25.38	24.67	11.41
82	1.99	1.07	3.49	6.90	7.19	26.29	24.58	23.86	11.15
83	1.94	1.05	3.42	6.79	6.95	25.50	23.83	23.10	10.90
84	1.90	1.03	3.34	6.68	6.72	24.75	23.13	22.38	10.66
85	1.86	1.01	3.27	6.58	6.50	24.05	22.46	21.71	10.43
86	1.79	0.98	3.16	6.41	6.15	22.81	21.38	20.61	10.05
87	1.73	0.96	3.05	6.25	5.83	21.69	20.40	19.62	9.69
88	1.67	0.93	2.95	6.09	5.54	20.68	19.51	18.72	9.36
89	1.61	0.90	2.85	5.95	5.28	19.76	18.69	17.90	9.05
90	1.56	0.88	2.76	5.81	5.04	18.92	17.94	17.15	8.76
91	1.48	0.84	2.62	5.58	4.67	17.52	16.77	15.97	8.30
92	1.40	0.81	2.50	5.36	4.34	16.32	15.74	14.94	7.90
93	1.34	0.78	2.38	5.16	4.06	15.28	14.83	14.04	7.53
94	1.28	0.75	2.28	4.97	3.81	14.35	14.02	13.23	7.19
95	1.22	0.72	2.18	4.80	3.59	13.54	13.30	12.52	6.88
96	1.14	0.68	2.04	4.53	3.24	12.19	12.17	11.40	6.41
97	1.06	0.65	1.91	4.28	2.95	11.09	11.22	10.46	6.00
98	1.00	0.62	1.80	4.06	2.71	10.17	10.41	9.66	5.64
99	0.94	0.59	1.70	3.86	2.50	9.39	9.71	8.98	5.32
100	0.89	0.56	1.61	3.69	2.33	8.72	9.09	8.39	5.04

AGE	5000	8000	10K	12K	15K	10 MILE	20K	H. MAR	25K	30K	40K	MAR	50K	100K
8	16:29.3	26:55.2	34:03.7	41:17	52:32	56:42	1:11:51	1:16:12	1:31:56	1:52:41	2:36:40	2:45:55	3:19:47	7:21:44
9	15:44.8	25:44.5	32:34.7	39:28	50:15	54:13	1:08:41	1:12:49	1:27:48	1:47:34	2:29:20	2:38:09	3:10:31	7:01:17
10	15:09.3	24:48.5	31:24.4	38:03	48:26	52:15	1:06:10	1:10:09	1:24:32	1:43:29	2:23:28	2:31:56	3:03:05	6:44:57
11	14:40.7	24:03.6	30:28.1	36:55	46:59	50:41	1:04:09	1:07:60	1:21:54	1:40:12	2:18:42	2:26:54	2:57:04	6:31:44
12	14:17.4	23:27.3	29:42.7	35:60	45:49	49:25	1:02:31	1:06:16	1:19:46	1:37:32	2:14:48	2:22:46	2:52:08	6:20:56
13	13:58.2	22:57.7	29:05.7	35:15	44:52	48:23	1:01:11	1:04:51	1:18:02	1:35:20	2:11:35	2:19:22	2:48:04	6:12:03
14	13:42.5	22:33.5	28:35.6	34:39	44:05	47:33	1:00:06	1:03:41	1:16:36	1:33:32	2:08:55	2:16:32	2:44:42	6:04:43
15	13:29.5	22:13.8	28:11.0	34:09	43:27	46:52	59:13	1:02:44	1:15:25	1:32:03	2:06:42	2:14:11	2:41:54	5:58:38
16	13:18.8	21:57.6	27:51.0	33:45	42:56	46:18	58:29	1:01:57	1:14:28	1:30:49	2:04:51	2:12:14	2:39:34	5:53:36
17	13:10.0	21:44.5	27:34.7	33:26	42:31	45:51	57:54	1:01:20	1:13:40	1:29:49	2:03:20	2:10:37	2:37:39	5:49:26
18	13:02.9	21:33.9	27:21.6	33:10	42:11	45:29	57:25	1:00:49	1:13:02	1:28:59	2:02:04	2:09:17	2:36:03	5:46:01
19	12:58.4	21:25.4	27:11.2	32:57	41:55	45:11	57:02	1:00:24	1:12:31	1:28:19	2:01:02	2:08:11	2:34:45	5:43:13
OC	12:58.4	21:18.9	26:58.4	32:42	41:26	44:40	56:20	59:39	1:11:36	1:27:15	1:59:34	2:06:50	2:33:10	5:39:20
30	12:58.4	21:18.9	26:58.4	32:42	41:26	44:40	56:20	59:39	1:11:36	1:27:15	1:59:34	2:06:50	2:33:10	5:39:20
31	12:58.4	21:18.9	26:58.4	32:42	41:26	44:40	56:20	59:39	1:11:36	1:27:15	1:59:34	2:06:50	2:33:10	5:39:20
32	12:58.4	21:18.9	26:58.4	32:42	41:26	44:40	56:20	59:39	1:11:36	1:27:15	1:59:34	2:06:50	2:33:10	5:39:20
33	12:58.4	21:18.9	26:58.4	32:42	41:26	44:40	56:20	59:39	1:11:36	1:27:15	1:59:34	2:06:50	2:33:10	5:39:20
34	12:58.4	21:18.9	26:58.4	32:42	41:26	44:40	56:20	59:39	1:11:36	1:27:15	1:59:34	2:06:50	2:33:10	5:39:20
35	13:01.3	21:18.9	26:58.4	32:42	41:26	44:40	56:20	59:39	1:11:36	1:27:15	1:59:34	2:06:50	2:33:10	5:39:20
36	13:06.6	21:27.4	27:06.1	32:48	41:29	44:41	56:20	59:39	1:11:36	1:27:15	1:59:34	2:06:50	2:33:10	5:39:20
37	13:12.1	21:36.3	27:17.3	33:02	41:46	44:59	56:37	0:59:55	1:11:47	1:27:17	1:59:34	2:06:50	2:33:10	5:39:20
38	13:17.6	21:45.3	27:28.7	33:15	42:03	45:18	57:00	1:00:19	1:12:17	1:27:53	1:59:59	2:07:11	2:33:12	5:39:20
39	13:23.1	21:54.5	27:40.3	33:29	42:21	45:37	57:24	1:00:45	1:12:47	1:28:30	2:00:49	2:08:04	2:34:16	5:39:20
40	13:28.8	22:03.7	27:52.1	33:44	42:39	45:57	57:48	1:01:10	1:13:18	1:29:07	2:01:40	2:08:58	2:35:21	5:39:38
41	13:34.6	22:13.3	28:04.1	33:58	42:57	46:16	58:13	1:01:37	1:13:50	1:29:46	2:02:33	2:09:53	2:36:28	5:42:03
42	13:40.5	22:22.9	28:16.3	34:13	43:16	46:37	58:39	1:02:03	1:14:22	1:30:24	2:03:25	2:10:49	2:37:36	5:44:29
43	13:46.5	22:32.7	28:28.7	34:28	43:35	46:57	59:04	1:02:30	1:14:54	1:31:04	2:04:19	2:11:46	2:38:44	5:46:57
44	13:52.5	22:42.7	28:41.3	34:43	43:54	47:18	59:30	1:02:58	1:15:27	1:31:44	2:05:14	2:12:44	2:39:54	5:49:28
45	13:58.7	22:52.8	28:54.0	34:58	44:14	47:39	59:57	1:03:26	1:16:01	1:32:24	2:06:09	2:13:42	2:41:05	5:52:00
46	14:05.1	23:03.2	29:07.3	35:14	44:34	48:00	1:00:24	1:03:55	1:16:35	1:33:06	2:07:06	2:14:43	2:42:18	5:54:38
47	14:11.5	23:13.8	29:20.7	35:31	44:54	48:23	1:00:52	1:04:24	1:17:10	1:33:49	2:08:05	2:15:45	2:43:32	5:57:19
48	14:18.1	23:24.6	29:34.3	35:47	45:15	48:45	1:01:20	1:04:54	1:17:46	1:34:32	2:09:04	2:16:47	2:44:47	6:00:02
49	14:24.8	23:35.6	29:48.1	36:04	45:36	49:08	1:01:48	1:05:24	1:18:22	1:35:16	2:10:04	2:17:51	2:46:04	6:02:47
50	14:31.6	23:46.7	30:02.2	36:21	45:58	49:31	1:02:17	1:05:55	1:18:59	1:36:01	2:11:05	2:18:55	2:47:22	6:05:35
51	14:38.7	23:58.3	30:16.9	36:39	46:20	49:55	1:02:48	1:06:27	1:19:38	1:36:48	2:12:08	2:20:03	2:48:43	6:08:31
52	14:45.9	24:10.2	30:31.9	36:57	46:43	50:20	1:03:19	1:06:60	1:20:17	1:37:35	2:13:13	2:21:11	2:50:06	6:11:29
53	14:53.2	24:22.2	30:47.1	37:15	47:07	50:45	1:03:50	1:07:33	1:20:57	1:38:24	2:14:19	2:22:21	2:51:30	6:14:31
54	15:00.7	24:34.4	31:02.6	37:34	47:30	51:10	1:04:22	1:08:07	1:21:37	1:39:13	2:15:26	2:23:32	2:52:55	6:17:35
55	15:08.3	24:46.9	31:18.3	37:53	47:54	51:36	1:04:54	1:08:41	1:22:18	1:40:03	2:16:34	2:24:44	2:54:22	6:20:43
56	15:16.3	25:00.1	31:35.1	38:13	48:20	52:04	1:05:29	1:09:17	1:23:02	1:40:56	2:17:47	2:26:01	2:55:54	6:24:02
57	15:24.5	25:13.6	31:52.1	38:33	48:46	52:32	1:06:04	1:09:55	1:23:47	1:41:50	2:19:00	2:27:19	2:57:28	6:27:25
58	15:32.9	25:27.3	32:09.4	38:54	49:12	53:00	1:06:40	1:10:32	1:24:32	1:42:45	2:20:15	2:28:38	2:59:04	6:30:51
59	15:41.4	25:41.2	32:27.0	39:16	49:39	53:29	1:07:16	1:11:11	1:25:18	1:43:41	2:21:31	2:29:59	3:00:41	6:34:21
60	15:50.1	25:55.4	32:45.0	39:37	50:07	53:59	1:07:53	1:11:50	1:26:05	1:44:38	2:22:49	2:31:21	3:02:20	6:37:54
61	15:59.4	26:10.7	33:04.4	40:01	50:36	54:31	1:08:33	1:12:32	1:26:56	1:45:39	2:24:13	2:32:50	3:04:07	6:41:44
62	16:08.9	26:26.4	33:24.1	40:25	51:07	55:03	1:09:14	1:13:15	1:27:48	1:46:42	2:25:38	2:34:20	3:05:56	6:45:39
63	16:18.7	26:42.3	33:44.3	40:49	51:37	55:36	1:09:56	1:13:59	1:28:40	1:47:46	2:27:05	2:35:52	3:07:47	6:49:38
64	16:28.6	26:58.6	34:04.9	41:14	52:09	56:10	1:10:38	1:14:44	1:29:34	1:48:51	2:28:34	2:37:26	3:09:41	6:53:42
65	16:38.7	27:15.2	34:25.8	41:39	52:41	56:44	1:11:21	1:15:30	1:30:29	1:49:57	2:30:05	2:39:02	3:11:36	6:57:51
66	16:49.8	27:33.4	34:48.8	42:07	53:16	57:22	1:12:09	1:16:20	1:31:29	1:51:10	2:31:44	2:40:47	3:13:43	7:02:23
67	17:01.1	27:51.9	35:12.3	42:35	53:52	58:01	1:12:57	1:17:11	1:32:31	1:52:25	2:33:25	2:42:35	3:15:52	7:07:01
68	17:12.7	28:11.0	35:36.4	43:04	54:29	58:40	1:13:47	1:18:03	1:33:33	1:53:41	2:35:09	2:44:24	3:18:04	7:11:45
69	17:24.6	28:30.4	36:01.0	43:34	55:06	59:21	1:14:37	1:18:57	1:34:38	1:54:59	2:36:55	2:46:17	3:20:19	7:16:36
70	17:36.7	28:50.3	36:26.1	44:04	55:45	1:00:02	1:15:29	1:19:52	1:35:43	1:56:18	2:38:43	2:48:11	3:22:38	7:21:33
71	17:50.2	29:12.5	36:54.1	44:38	56:27	1:00:48	1:16:27	1:20:53	1:36:56	1:57:47	2:40:44	2:50:19	3:25:11	7:27:03
72	18:04.1	29:35.2	37:22.8	45:13	57:11	1:01:35	1:17:26	1:21:55	1:38:11	1:59:18	2:42:48	2:52:30	3:27:49	7:32:42
73	18:18.3	29:58.5	37:52.3	45:48	57:56	1:02:24	1:18:26	1:22:59	1:39:28	2:00:51	2:44:55	2:54:44	3:30:31	7:38:29
74	18:32.9	30:22.4	38:22.6	46:25	58:42	1:03:13	1:19:29	1:24:05	1:40:47	2:02:26	2:47:05	2:57:02	3:33:17	7:44:25
75	18:47.9	30:47.0	38:53.6	47:02	59:30	1:04:04	1:20:33	1:25:13	1:42:08	2:04:05	2:49:19	2:59:24	3:36:07	7:50:31
76	19:05.0	31:14.9	39:28.9	47:45	1:00:24	1:05:02	1:21:45	1:26:30	1:43:40	2:05:56	2:51:50	3:02:04	3:39:21	7:57:25
77	19:22.5	31:43.6	40:05.2	48:29	1:01:19	1:06:02	1:22:60	1:27:49	1:45:15	2:07:51	2:54:26	3:04:49	3:42:39	8:04:31
78	19:40.6	32:13.3	40:42.7	49:14	1:02:16	1:07:04	1:24:17	1:29:10	1:46:53	2:09:49	2:57:07	3:07:40	3:46:05	8:11:50
79	19:59.3	32:43.9	41:21.3	50:00	1:03:15	1:08:07	1:25:36	1:30:34	1:48:33	2:11:51	2:59:53	3:10:35	3:49:36	8:19:22
80	20:18.5	33:15.4	42:01.2	50:48	1:04:16	1:09:12	1:26:58	1:32:01	1:50:17	2:13:57	3:02:44	3:13:37	3:53:14	8:27:09
81	20:41.1	33:52.4	42:48.0	51:45	1:05:27	1:10:29	1:28:34	1:33:42	1:52:19	2:16:24	3:06:05	3:17:09	3:57:29	8:36:14
82	21:04.5	34:30.8	43:36.5	52:43	1:06:41	1:11:49	1:30:14	1:35:27	1:54:25	2:18:57	3:09:32	3:20:48	4:01:54	8:45:39
83	21:28.9	35:10.6	44:26.8	53:44	1:07:58	1:13:11	1:31:57	1:37:17	1:56:36	2:21:35	3:13:08	3:24:37	4:06:29	8:55:26
84	21:54.1	35:52.0	45:19.1	54:47	1:09:18	1:14:37	1:33:45	1:39:10	1:58:52	2:24:20	3:16:52	3:28:34	4:11:14	9:05:34
85	22:20.4	36:35.1	46:13.6	55:53	1:10:41	1:16:06	1:35:37	1:41:08	2:01:14	2:27:11	3:20:45	3:32:40	4:16:10	9:16:06
86	22:53.4	37:29.0	47:21.7	57:15	1:12:25	1:17:58	1:37:56	1:43:36	2:04:11	2:30:45	3:25:36	3:37:48	4:22:21	9:29:14
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89	24:42.6	40:27.8	51:07.6	1:01:47	1:18:09	1:24:08	1:45:39	1:51:45	2:13:57	2:42:34	3:41:39	3:54:46	4:42:46	10:12:39
90	25:23.0	41:33.9	52:31.1	1:03:27	1:20:16	1:26:25	1:48:30	1:54:45	2:17:34	2:46:55	3:47:34	4:01:02	4:50:18	10:28:38
91	26:21.1	43:08.9	54:31.0	1:05:52	1:23:19	1:29:41	1:52:35	1:59:05	2:22:44	2:53:11	3:56:04	4:10:01	5:01:06	10:51:29
92	27:23.8	44:51.5	56:40.5	1:08:28	1:26:36	1:33:13	1:57:00	2:03:44	2:28:19	2:59:55	4:05:13	4:19:41	5:12:44	11:16:04
93	28:31.7	46:42.4	59:00.7	1:11:17	1:30:09	1:37:02	2:01:46	2:08:46	2:34:21	3:07:12	4:15:06	4:30:09	5:25:18	11:42:35
94	29:45.4	48:43.0	1:01:33	1:14:20	1:34:00	1:41:11	2:06:57	2:14:14	2:40:54	3:15:07	4:25:49	4:41:29	5:38:55	12:11:16
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96	33:35.8	54:59.5	1:09:28	1:23:51	1:46:02	1:54:06	2:23:04	2:31:15	3:[illegible]:18	3:39:42	4:59:08	5:16:40	6:21:12	13:39:53
97	36:32.2	59:47.3	1:15:31	1:31:07	1:55:13	2:03:58	2:35:21	2:44:14	3:16:49	3:58:24	5:24:26	5:43:24	6:53:18	14:46:47
98	40:02.3	1:05:30	1:22:44	1:39:46	2:06:08	2:15:41	2:49:57	2:59:38	3:35:16	4:20:35	5:54:25	6:15:04	7:31:17	16:05:33
99	44:17.0	1:12:25	1:31:28	1:50:15	2:19:21	2:29:52	3:07:34	3:18:13	3:57:31	4:47:20	6:30:31	6:53:10	8:16:58	17:39:41
100	49:32.1	1:20:59	1:42:15	2:03:10	2:35:39	2:47:21	3:29:16	3:41:05	4:24:53	5:20:11	7:14:47	7:39:52	9:12:57	19:34:10

MEN'S RUNNING EVENT STANDARDS (LDR - in seconds)

AGE	5000	8000	10K	12K	15K	10 MILE	20K	H. MAR	25K	30K	40K	MAR	50K	100K
8	989.3	1615.2	2043.7	2477	3152	3402	4311	4572	5516	6761	9400	9955	11987	26504
9	944.8	1544.5	1954.7	2368	3015	3253	4121	4369	5268	6454	8960	9489	11431	25277
10	909.3	1488.5	1884.4	2283	2906	3135	3970	4209	5072	6209	8608	9116	10985	24297
11	880.7	1443.6	1828.1	2215	2819	3041	3849	4080	4914	6012	8322	8814	10624	23504
12	857.4	1407.3	1782.7	2160	2749	2965	3751	3976	4786	5852	8088	8566	10328	22856
13	838.2	1377.7	1745.7	2115	2692	2903	3671	3891	4682	5720	7895	8362	10084	22323
14	822.5	1353.5	1715.6	2079	2645	2853	3606	3821	4596	5612	7735	8192	9882	21883
15	809.5	1333.8	1691.0	2049	2607	2812	3553	3764	4525	5523	7602	8051	9714	21518
16	798.8	1317.6	1671.0	2025	2576	2778	3509	3717	4468	5449	7491	7934	9574	21216
17	790.0	1304.5	1654.7	2006	2551	2751	3474	3680	4420	5389	7400	7837	9459	20966
18	782.9	1293.9	1641.6	1990	2531	2729	3445	3649	4382	5339	7324	7757	9363	20761
19	778.4	1285.4	1631.2	1977	2515	2711	3422	3624	4351	5299	7262	7691	9285	20593
OC	778.4	1278.9	1618.4	1962	2486	2680	3380	3579	4296	5235	7174	7610	9190	20360
30	778.4	1278.9	1618.4	1962	2486	2680	3380	3579	4296	5235	7174	7610	9190	20360
31	778.4	1278.9	1618.4	1962	2486	2680	3380	3579	4296	5235	7174	7610	9190	20360
32	778.4	1278.9	1618.4	1962	2486	2680	3380	3579	4296	5235	7174	7610	9190	20360
33	778.4	1278.9	1618.4	1962	2486	2680	3380	3579	4296	5235	7174	7610	9190	20360
34	778.4	1278.9	1618.4	1962	2486	2680	3380	3579	4296	5235	7174	7610	9190	20360
35	781.3	1278.9	1618.4	1962	2486	2680	3380	3579	4296	5235	7174	7610	9190	20360
36	786.6	1287.4	1626.1	1968	2489	2681	3380	3579	4296	5235	7174	7610	9190	20360
37	792.1	1296.3	1637.3	1982	2506	2699	3397	3595	4307	5237	7174	7610	9190	20360
38	797.6	1305.3	1648.7	1995	2523	2718	3420	3619	4337	5273	7199	7631	9192	20360
39	803.1	1314.5	1660.3	2009	2541	2737	3444	3645	4367	5310	7249	7684	9256	20360
40	808.8	1323.7	1672.1	2024	2559	2757	3468	3670	4398	5347	7300	7738	9321	20378
41	814.6	1333.3	1684.1	2038	2577	2776	3493	3697	4430	5386	7353	7793	9388	20523
42	820.5	1342.9	1696.3	2053	2596	2797	3519	3723	4462	5424	7405	7849	9456	20669
43	826.5	1352.7	1708.7	2068	2615	2817	3544	3750	4494	5464	7459	7906	9524	20817
44	832.5	1362.7	1721.3	2083	2634	2838	3570	3778	4527	5504	7514	7964	9594	20968
45	838.7	1372.8	1734.0	2098	2654	2859	3597	3806	4561	5544	7569	8022	9665	21120
46	845.1	1383.2	1747.3	2114	2674	2880	3624	3835	4595	5586	7626	8083	9738	21278
47	851.5	1393.8	1760.7	2131	2694	2903	3652	3864	4630	5629	7685	8145	9812	21439
48	858.1	1404.6	1774.3	2147	2715	2925	3680	3894	4666	5672	7744	8207	9887	21602
49	864.8	1415.6	1788.1	2164	2736	2948	3708	3924	4702	5716	7804	8271	9964	21767
50	871.6	1426.7	1802.2	2181	2758	2971	3737	3955	4739	5761	7865	8335	10042	21935
51	878.7	1438.3	1816.9	2199	2780	2995	3768	3987	4778	5808	7928	8403	10123	22111
52	885.9	1450.2	1831.9	2217	2803	3020	3799	4020	4817	5855	7993	8471	10206	22289
53	893.2	1462.2	1847.1	2235	2827	3045	3830	4053	4857	5904	8059	8541	10290	22471
54	900.7	1474.4	1862.6	2254	2850	3070	3862	4087	4897	5953	8126	8612	10375	22655
55	908.3	1486.9	1878.3	2273	2874	3096	3894	4121	4938	6003	8194	8684	10462	22843
56	916.3	1500.1	1895.1	2293	2900	3124	3929	4157	4982	6056	8267	8761	10554	23042
57	924.5	1513.6	1912.1	2313	2926	3152	3964	4195	5027	6110	8340	8839	10648	23245
58	932.9	1527.3	1929.4	2334	2952	3180	4000	4232	5072	6165	8415	8918	10744	23451
59	941.4	1541.2	1947.0	2356	2979	3209	4036	4271	5118	6221	8491	8999	10841	23661
60	950.1	1555.4	1965.0	2377	3007	3239	4073	4310	5165	6278	8569	9081	10940	23874
61	959.4	1570.7	1984.4	2401	3036	3271	4113	4352	5216	6339	8653	9170	11047	24104
62	968.9	1586.4	2004.1	2425	3067	3303	4154	4395	5268	6402	8738	9260	11156	24339
63	978.7	1602.3	2024.3	2449	3097	3336	4196	4439	5320	6466	8825	9352	11267	24578
64	988.6	1618.6	2044.9	2474	3129	3370	4238	4484	5374	6531	8914	9446	11381	24822
65	998.7	1635.2	2065.8	2499	3161	3404	4281	4530	5429	6597	9005	9542	11496	25071
66	1009.8	1653.4	2088.8	2527	3196	3442	4329	4580	5489	6670	9104	9647	11623	25343
67	1021.1	1671.9	2112.3	2555	3232	3481	4377	4631	5551	6745	9205	9755	11752	25621
68	1032.7	1691.0	2136.4	2584	3269	3520	4427	4683	5613	6821	9309	9864	11884	25905
69	1044.6	1710.4	2161.0	2614	3306	3561	4477	4737	5678	6899	9415	9977	12019	26196
70	1056.7	1730.3	2186.1	2644	3345	3602	4529	4792	5743	6978	9523	10091	12158	26493
71	1070.2	1752.5	2214.1	2678	3387	3648	4587	4853	5816	7067	9644	10219	12311	26823
72	1084.1	1775.2	2242.8	2713	3431	3695	4646	4915	5891	7158	9768	10350	12469	27162
73	1098.3	1798.5	2272.3	2748	3476	3744	4706	4979	5968	7251	9895	10484	12631	27509
74	1112.9	1822.4	2302.6	2785	3522	3793	4769	5045	6047	7346	10025	10622	12797	27865
75	1127.9	1847.0	2333.6	2822	3570	3844	4833	5113	6128	7445	10159	10764	12967	28231
76	1145.0	1874.9	2368.9	2865	3624	3902	4905	5190	6220	7556	10310	10924	13161	28645
77	1162.5	1903.6	2405.2	2909	3679	3962	4980	5269	6315	7671	10466	11089	13359	29071
78	1180.6	1933.3	2442.7	2954	3736	4024	5057	5350	6413	7789	10627	11260	13565	29510
79	1199.3	1963.9	2481.3	3000	3795	4087	5136	5434	6513	7911	10793	11435	13776	29962
80	1218.5	1995.4	2521.2	3048	3856	4152	5218	5521	6617	8037	10964	11617	13994	30429
81	1241.1	2032.4	2568.0	3105	3927	4229	5314	5622	6739	8184	11165	11829	14249	30974
82	1264.5	2070.8	2616.5	3163	4001	4309	5414	5727	6865	8337	11372	12048	14514	31539
83	1288.9	2110.6	2666.8	3224	4078	4391	5517	5837	6996	8495	11588	12277	14789	32126
84	1314.1	2152.0	2719.1	3287	4158	4477	5625	5950	7132	8660	11812	12514	15074	32734
85	1340.4	2195.1	2773.6	3353	4241	4566	5737	6068	7274	8831	12045	12760	15370	33366
86	1373.4	2249.0	2841.7	3435	4345	4678	5876	6216	7451	9045	12336	13068	15741	34154
87	1407.9	2305.6	2913.2	3521	4454	4795	6023	6371	7637	9269	12641	13390	16129	34980
88	1444.3	2365.1	2988.4	3612	4568	4918	6177	6533	7832	9505	12962	13730	16537	35848
89	1482.6	2427.8	3067.6	3707	4689	5048	6339	6705	8037	9754	13299	14086	16966	36759
90	1523.0	2493.9	3151.1	3807	4816	5185	6510	6885	8254	10015	13654	14462	17418	37718
91	1581.1	2588.9	3271.0	3952	4999	5381	6755	7145	8564	10391	14164	15001	18066	39089
92	1643.8	2691.5	3400.5	4108	5196	5593	7020	7424	8899	10795	14713	15581	18764	40564
93	1711.7	2802.4	3540.7	4277	5409	5822	7306	7726	9261	11232	15306	16209	19518	42155
94	1785.4	2923.0	3692.9	4460	5640	6071	7617	8054	9654	11707	15949	16889	20335	43876
95	1865.7	3054.4	3858.8	4659	5892	6342	7955	8411	10082	12223	16649	17628	21224	45743
96	2015.8	3299.5	4168.1	5031	6362	6846	8584	9075	10878	13182	17948	19000	22872	49193
97	2192.2	3587.3	4531.2	5467	6913	7438	9321	9854	11809	14304	19466	20604	24798	53207
98	2402.3	3930.1	4963.7	5986	7568	8141	10197	10778	12916	15635	21265	22504	27077	57933
99	2657.0	4345.5	5487.5	6615	8361	8992	11254	11893	14251	17240	23431	24790	29818	63581
100	2972.1	4858.9	6134.9	7390	9339	10041	12556	13265	15893	19211	26087	27592	33177	70450

AGE	5000	8000	10K	12K	15K	10 MILE	20K	H. MAR	25K	30K	40K	MAR	50K	100K
8	18:30.9	30:53.1	39:24.5	48:20	1:01:27	1:06:22	1:24:16	1:29:21	1:47:40	2:11:33	2:55:30	3:11:18	3:44:03	8:12:01
9	17:30.2	29:09.6	37:10.7	45:31	57:52	1:02:30	1:19:17	1:24:03	1:41:14	2:03:38	2:45:34	2:59:42	3:31:29	7:45:34
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19	14:22.6	23:45.0	30:06.8	36:24	46:20	49:56	1:02:58	1:06:39	1:19:56	1:37:14	2:12:27	2:20:41	2:49:24	6:15:56
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100	1:14:30	2:00:40	2:31:06	3:01:31	3:47:12	4:03:52	5:05:38	5:22:33	6:22:52	7:40:41	10:17:46	10:52:29	12:57:23	27:03:33

WOMEN'S RUNNING EVENT STANDARDS (LDR - in seconds)

AGE	5000	8000	10K	12K	15K	10 MILE	20K	H. MAR	25K	30K	40K	MAR	50K	100K
8	1110.9	1853.1	2364.5	2900	3687	3982	5056	5361	6460	7893	10530	11478	13443	29521
9	1050.2	1749.6	2230.7	2731	3472	3750	4757	5043	6074	7418	9934	10782	12689	27934
10	1004.1	1670.7	2128.4	2601	3308	3571	4526	4798	5775	7050	9472	10242	12105	26700
11	968.6	1609.7	2049.1	2500	3180	3432	4346	4606	5542	6762	9111	9818	11646	25730
12	941.1	1562.3	1987.4	2421	3079	3323	4205	4456	5358	6534	8825	9483	11284	24961
13	919.7	1525.3	1939.0	2358	3000	3237	4093	4337	5212	6353	8598	9216	10996	24348
14	903.1	1496.4	1901.1	2309	2938	3169	4005	4242	5096	6209	8418	9002	10766	23857
15	890.2	1473.9	1871.5	2270	2889	3116	3935	4168	5004	6095	8274	8832	10583	23465
16	880.2	1456.4	1848.4	2240	2851	3074	3880	4109	4932	6004	8161	8697	10438	23152
17	872.6	1442.9	1830.6	2216	2821	3041	3837	4062	4875	5933	8071	8590	10323	22904
18	866.9	1432.7	1817.0	2198	2798	3016	3803	4027	4830	5877	8001	8506	10233	22708
19	862.6	1425.0	1806.8	2184	2780	2996	3778	3999	4796	5834	7947	8441	10164	22556
OC	863.7	1419.0	1795.0	2175	2751	2963	3730	3948	4730	5752	7858	8331	10047	22288
30	863.7	1419.0	1795.0	2175	2751	2963	3730	3948	4730	5752	7858	8331	10047	22288
31	863.7	1419.0	1795.0	2175	2751	2963	3730	3948	4730	5752	7858	8331	10047	22288
32	863.7	1419.0	1795.0	2175	2751	2963	3730	3948	4730	5752	7858	8331	10047	22288
33	863.7	1419.0	1795.0	2175	2751	2963	3730	3948	4730	5752	7858	8331	10047	22288
34	864.5	1419.0	1795.0	2175	2751	2963	3730	3948	4730	5752	7858	8331	10047	22288
35	871.3	1425.6	1799.7	2177	2751	2963	3730	3948	4730	5752	7858	8331	10047	22288
36	878.1	1436.8	1813.8	2194	2769	2981	3744	3960	4736	5752	7858	8331	10047	22288
37	885.1	1448.2	1828.2	2211	2791	3004	3773	3992	4773	5791	7881	8349	10047	22288
38	892.2	1459.8	1842.8	2229	2813	3028	3803	4023	4811	5837	7943	8414	10121	22288
39	899.4	1471.6	1857.6	2247	2836	3052	3834	4055	4849	5884	8006	8481	10201	22326
40	906.8	1483.5	1872.7	2265	2859	3077	3865	4088	4888	5931	8070	8549	10282	22502
41	914.3	1495.8	1888.2	2284	2882	3102	3897	4122	4929	5980	8136	8619	10366	22682
42	921.9	1508.3	1903.9	2303	2906	3128	3929	4156	4969	6029	8203	8690	10451	22866
43	929.7	1521.0	1920.0	2322	2931	3154	3962	4191	5011	6079	8271	8762	10537	23052
44	937.6	1534.0	1936.2	2342	2955	3181	3995	4226	5053	6130	8340	8835	10625	23241
45	945.7	1547.1	1952.8	2362	2980	3208	4029	4262	5096	6182	8411	8909	10715	23434
46	954.0	1560.7	1969.9	2383	3007	3236	4065	4299	5140	6236	8483	8986	10807	23633
47	962.5	1574.6	1987.4	2404	3033	3264	4100	4337	5185	6291	8557	9065	10901	23836
48	971.1	1588.7	2005.1	2425	3060	3293	4137	4376	5231	6346	8633	9144	10997	24042
49	979.9	1603.0	2023.2	2447	3088	3323	4174	4415	5278	6403	8710	9226	11094	24252
50	988.9	1617.6	2041.6	2469	3116	3353	4212	4455	5326	6461	8788	9308	11193	24465
51	998.3	1632.9	2060.9	2492	3145	3384	4251	4497	5376	6521	8869	9395	11297	24689
52	1007.8	1648.5	2080.5	2516	3175	3417	4292	4539	5427	6583	8953	9483	11403	24916
53	1017.5	1664.4	2100.5	2540	3205	3449	4333	4583	5478	6645	9038	9573	11510	25148
54	1027.5	1680.6	2120.9	2565	3236	3483	4375	4627	5531	6709	9124	9664	11620	25384
55	1037.6	1697.2	2141.7	2590	3268	3516	4417	4672	5585	6774	9212	9758	11732	25624
56	1048.3	1714.7	2163.8	2617	3301	3553	4463	4720	5642	6843	9306	9856	11850	25879
57	1059.3	1732.6	2186.3	2644	3335	3589	4509	4769	5700	6914	9401	9957	11971	26139
58	1070.5	1750.8	2209.3	2671	3370	3627	4556	4819	5760	6985	9498	10060	12094	26404
59	1081.9	1769.5	2232.8	2700	3406	3665	4604	4870	5820	7059	9597	10165	12220	26674
60	1093.6	1788.5	2256.7	2729	3442	3704	4653	4921	5882	7134	9699	10273	12349	26950
61	1106.1	1809.0	2282.5	2760	3481	3746	4706	4977	5949	7214	9808	10388	12487	27247
62	1118.9	1829.9	2308.9	2792	3521	3789	4760	5034	6017	7297	9919	10506	12628	27550
63	1132.1	1851.4	2335.8	2824	3562	3833	4815	5093	6087	7381	10033	10626	12773	27860
64	1145.5	1873.3	2363.5	2857	3604	3878	4872	5153	6158	7467	10150	10750	12921	28177
65	1159.3	1895.8	2391.7	2892	3647	3925	4930	5214	6231	7555	10269	10876	13072	28501
66	1174.4	1920.3	2422.6	2929	3694	3975	4993	5281	6311	7652	10399	11014	13237	28855
67	1189.8	1945.5	2454.3	2967	3742	4026	5058	5349	6392	7751	10533	11155	13406	29217
68	1205.6	1971.3	2486.8	3006	3791	4079	5125	5420	6476	7852	10670	11300	13580	29589
69	1221.9	1997.9	2520.1	3046	3842	4134	5193	5492	6562	7956	10811	11449	13758	29970
70	1238.6	2025.1	2554.4	3088	3894	4190	5263	5566	6651	8063	10955	11601	13941	30361
71	1257.2	2055.3	2592.4	3134	3951	4252	5341	5648	6749	8181	11115	11771	14143	30794
72	1276.3	2086.5	2631.6	3181	4011	4315	5421	5733	6850	8303	11280	11945	14352	31239
73	1295.9	2118.5	2671.9	3229	4072	4381	5504	5820	6953	8429	11449	12124	14566	31698
74	1316.2	2151.6	2713.5	3280	4135	4449	5589	5910	7061	8558	11624	12309	14788	32170
75	1337.2	2185.8	2756.4	3331	4200	4519	5676	6003	7171	8691	11804	12500	15016	32656
76	1360.9	2224.3	2805.0	3390	4273	4598	5776	6107	7296	8842	12008	12715	15273	33205
77	1385.4	2264.3	2855.2	3450	4350	4680	5878	6216	7425	8998	12218	12938	15540	33773
78	1410.8	2305.7	2907.3	3513	4428	4764	5985	6328	7559	9160	12436	13168	15816	34360
79	1437.2	2348.7	2961.3	3578	4510	4852	6095	6445	7698	9327	12662	13407	16101	34968
80	1464.6	2393.3	3017.3	3646	4595	4943	6209	6566	7842	9501	12897	13655	16398	35598
81	1496.6	2445.4	3082.7	3724	4694	5050	6343	6707	8009	9704	13170	13944	16743	36332
82	1530.0	2499.7	3151.0	3807	4797	5161	6482	6854	8185	9915	13455	14245	17104	37096
83	1564.9	2556.6	3222.4	3893	4905	5277	6628	7008	8368	10136	13753	14560	17480	37893
84	1601.5	2616.1	3297.1	3983	5018	5398	6780	7169	8559	10367	14064	14889	17873	38725
85	1639.8	2678.4	3375.3	4077	5136	5525	6940	7337	8759	10609	14389	15233	18284	39595
86	1687.6	2756.0	3472.8	4194	5283	5683	7138	7546	9008	10909	14794	15661	18795	40675
87	1738.2	2838.2	3576.0	4318	5439	5850	7348	7768	9272	11227	15222	16113	19335	41815
88	1791.9	2925.5	3685.5	4450	5605	6028	7571	8004	9552	11565	15676	16593	19908	43020
89	1849.0	3018.4	3802.0	4590	5780	6217	7808	8254	9849	11923	16157	17102	20515	44298
90	1910.0	3117.3	3926.1	4740	5967	6418	8060	8520	10165	12304	16669	17643	21160	45653
91	1997.2	3258.9	4103.6	4953	6235	6705	8420	8900	10617	12848	17400	18415	22081	47583
92	2092.9	3414.0	4298.0	5187	6528	7019	8814	9316	11111	13442	18198	19258	23086	49683
93	2198.1	3584.6	4511.6	5443	6849	7364	9246	9772	11653	14095	19073	20182	24186	51978
94	2314.5	3773.1	4747.7	5727	7204	7745	9724	10276	12251	14813	20036	21198	25397	54494
95	2443.9	3982.6	5009.8	6042	7597	8167	10253	10834	12913	15609	21101	22323	26735	57266
96	2687.6	4376.4	5502.1	6632	8335	8959	11244	11880	14152	17098	23090	24422	29230	62410
97	2985.2	4856.6	6101.7	7351	9232	9920	12448	13149	15655	18900	25493	26958	32239	68570
98	3357.0	5455.2	6848.0	8244	10345	11113	13941	14723	17515	21127	28455	30080	35939	76079
99	3834.5	6222.0	7802.3	9385	11763	12632	15840	16723	19876	23949	32194	34021	40597	85434
100	4470.4	7239.8	9065.7	10891	13632	14632	18338	19353	22972	27641	37066	39149	46643	97413

MEN'S WALK EVENT STANDARDS

AGE	1500	1 MILE	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
8	6:41	7:14	14:13	24:08	39:58	51:04	1:20:33	1:52:15	2:25:55	3:01:21	4:16:58	5:38:12
9	6:24	6:55	13:34	23:03	38:10	48:43	1:16:40	1:46:41	2:18:34	2:52:10	4:04:07	5:21:50
10	6:10	6:40	13:02	22:10	36:43	46:49	1:13:30	1:42:05	2:12:28	2:44:32	3:53:22	5:08:03
11	5:58	6:27	12:36	21:27	35:31	45:15	1:10:52	1:38:15	2:07:20	2:38:04	3:44:13	4:56:17
12	5:49	6:17	12:14	20:51	34:31	43:57	1:08:39	1:35:00	2:02:59	2:32:33	3:36:20	4:46:06
13	5:41	6:08	11:56	20:21	33:42	42:52	1:06:47	1:32:14	1:59:14	2:27:47	3:29:29	4:37:11
14	5:34	6:01	11:40	19:56	33:00	41:57	1:05:12	1:29:51	1:55:60	2:23:38	3:23:28	4:29:19
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16	5:24	5:49	11:15	19:17	31:55	40:30	1:02:40	1:26:01	1:50:43	2:16:49	3:13:26	4:16:05
17	5:20	5:45	11:06	19:02	31:30	39:57	1:01:40	1:24:28	1:48:33	2:13:60	3:09:14	4:10:28
18	5:16	5:41	10:58	18:49	31:09	39:28	1:00:48	1:23:08	1:46:39	2:11:30	3:05:28	4:05:24
19	5:14	5:38	10:51	18:39	30:51	39:04	60:04	1:21:58	1:44:60	2:09:18	3:02:06	4:00:50
OC	5:09	5:33	10:34	18:15	30:07	38:02	58:22	1:18:35	1:40:09	2:01:44	2:46:00	3:37:00
30	5:09	5:33	10:34	18:15	30:07	38:02	58:22	1:18:35	1:40:09	2:01:44	2:46:00	3:37:00
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81	8:13	8:51	16:50	29:02	47:22	59:40	1:31:34	2:03:17	2:38:07	3:13:35	4:25:38	5:49:25
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91	9:53	10:38	20:14	34:53	56:48	1:11:48	1:50:30	2:29:06	3:11:57	3:55:54	5:24:47	7:08:40
92	10:09	10:55	20:46	35:48	58:18	1:13:43	1:53:30	2:33:11	3:17:19	4:02:37	5:34:11	7:21:17
93	10:25	11:13	21:20	36:47	59:52	1:15:44	1:56:39	2:37:30	3:22:58	4:09:44	5:44:08	7:34:41
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95	11:01	11:52	22:34	38:54	1:03:16	1:20:07	2:03:32	2:[illegible]:53	3:35:20	4:25:16	6:05:58	8:04:03
96	11:29	12:22	23:31	40:31	1:05:52	1:23:28	2:08:45	2[illegible]:01	3:44:43	4:37:04	6:22:31	8:26:21
97	11:59	12:54	24:32	42:17	1:08:41	1:27:06	2:14:27	3:01:47	3:54:57	4:49:58	6:40:39	8:50:48
98	12:32	13:29	25:39	44:12	1:11:46	1:31:04	2:20:39	3:10:17	4:06:10	5:04:07	7:00:36	9:17:44
99	13:08	14:08	26:53	46:18	1:15:08	1:35:25	2:27:28	3:19:37	4:18:30	5:19:44	7:22:37	9:47:32
100	13:48	14:51	28:13	48:37	1:18:49	1:40:12	2:34:59	3:29:54	4:32:09	5:37:01	7:47:05	10:20:43

MEN'S WALK EVENT STANDARDS (in seconds)

AGE	1500	MILE	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
8	401	434	853	1448	2398	3064	4833	6735	8755	10881	15418	20292
9	384	415	814	1383	2290	2923	4600	6401	8314	10330	14647	19310
10	370	400	782	1330	2203	2809	4410	6125	7948	9872	14002	18483
11	358	387	756	1287	2131	2715	4252	5895	7640	9484	13453	17777
12	349	377	734	1251	2071	2637	4119	5700	7379	9153	12980	17166
13	341	368	716	1221	2022	2572	4007	5534	7154	8867	12569	16631
14	334	361	700	1196	1980	2517	3912	5391	6960	8618	12208	16159
15	328	355	687	1175	1945	2470	3830	5268	6790	8400	11889	15739
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98	15:07	16:17	30:57	53:21	1:26:02	1:48:16	2:50:28	3:54:52	5:09:26	6:30:11	9:09:51	12:40:26
99	15:56	17:10	32:36	56:12	1:30:31	1:54:01	2:59:41	4:07:43	5:26:51	6:52:43	9:42:17	13:26:30
100	16:50	18:08	34:27	59:23	1:35:31	2:00:24	3:09:58	4:22:04	5:46:21	7:17:60	10:18:47	14:18:30

WOMEN'S WALK EVENT STANDARDS (in seconds)

AGE	1500	MILE	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
8	484	520	1010	1729	2937	3765	5911	8171	10553	13063	18469	24347
9	454	488	947	1622	2750	3522	5524	7632	9857	12207	17296	22898
10	431	463	897	1538	2601	3329	5214	7202	9303	11529	16380	21788
11	412	443	857	1471	2481	3172	4963	6854	8857	10986	15656	20929
12	397	427	825	1417	2383	3044	4757	6569	8494	10546	15078	20257
13	385	414	798	1373	2303	2939	4588	6335	8197	10188	14615	19729
14	375	404	777	1337	2237	2852	4448	6142	7952	9895	14241	19313
15	367	395	759	1308	2182	2779	4331	5981	7750	9654	13940	18985
16	360	388	745	1285	2137	2720	4234	5848	7582	9456	13697	18726
17	355	383	733	1265	2100	2670	4153	5737	7444	9294	13501	18523
18	351	378	724	1250	2070	2629	4086	5646	7331	9162	13344	18365
19	347	375	716	1238	2045	2596	4031	5570	7238	9054	13218	18243
OC	343	370	704	1217	2003	2516	3922	5376	6945	8604	11940	16200
30	343	370	704	1217	2003	2516	3922	5376	6945	8604	11940	16200
31	344	371	706	1219	2003	2516	3922	5376	6945	8604	11940	16200
32	347	374	711	1227	2004	2516	3922	5376	6945	8604	11940	16200
33	349	376	715	1235	2017	2521	3922	5376	6945	8604	11940	16200
34	351	379	720	1244	2031	2537	3925	5376	6945	8604	11940	16200
35	354	381	725	1252	2044	2554	3951	5385	6947	8604	11940	16200
36	356	384	730	1261	2058	2571	3979	5424	6998	8662	12013	16289
37	359	387	735	1270	2073	2589	4007	5463	7049	8726	12103	16414
38	361	389	741	1279	2088	2608	4036	5502	7101	8791	12195	16540
39	364	392	746	1288	2102	2626	4065	5542	7154	8858	12289	16669
40	366	395	751	1297	2118	2645	4094	5583	7207	8925	12383	16800
41	369	398	757	1307	2134	2665	4126	5626	7264	8997	12484	16938
42	372	401	763	1317	2150	2685	4157	5670	7322	9069	12585	17078
43	375	404	769	1328	2166	2705	4190	5715	7380	9143	12689	17221
44	378	407	775	1338	2183	2726	4222	5760	7440	9218	12794	17366
45	381	411	781	1348	2200	2747	4256	5806	7500	9294	12901	17514
46	384	414	787	1359	2218	2769	4291	5854	7564	9374	13014	17669
47	387	417	794	1371	2236	2792	4327	5904	7629	9456	13129	17828
48	390	421	800	1382	2255	2815	4363	5954	7695	9539	13246	17990
49	394	424	807	1394	2273	2839	4400	6005	7762	9624	13366	18154
50	397	428	814	1406	2293	2862	4438	6057	7831	9710	13487	18322
51	401	432	821	1418	2313	2888	4477	6112	7903	9801	13615	18499
52	404	436	829	1431	2333	2913	4518	6168	7977	9894	13746	18679
53	408	440	836	1444	2354	2939	4559	6225	8052	9989	13879	18863
54	412	444	844	1457	2376	2966	4601	6283	8128	10085	14015	19051
55	415	448	852	1471	2397	2993	4644	6342	8206	10183	14154	19242
56	419	452	860	1485	2420	3022	4689	6404	8289	10287	14300	19445
57	424	457	868	1499	2444	3051	4736	6468	8373	10394	14450	19651
58	428	461	877	1514	2468	3081	4783	6533	8459	10502	14602	19862
59	432	466	886	1529	2492	3111	4831	6600	8546	10613	14758	20078
60	436	470	895	1544	2517	3142	4880	6667	8636	10726	14918	20298
61	441	475	904	1561	2543	3175	4932	6739	8731	10845	15086	20531
62	446	480	914	1577	2570	3209	4985	6812	8827	10967	15258	20770
63	450	486	923	1594	2597	3243	5039	6887	8926	11092	15435	21014
64	455	491	933	1611	2625	3278	5094	6964	9027	11220	15615	21264
65	460	496	944	1629	2653	3314	5151	7042	9131	11351	15800	21520
66	466	502	955	1648	2683	3351	5211	7125	9241	11489	15995	21791
67	471	508	966	1667	2714	3390	5272	7210	9353	11631	16196	22068
68	477	514	977	1687	2746	3430	5335	7297	9468	11777	16402	22353
69	482	520	989	1707	2778	3470	5400	7386	9586	11926	16612	22646
70	488	526	1001	1727	2811	3512	5465	7477	9706	12079	16829	22946
71	494	533	1013	1749	2846	3556	5535	7574	9835	12241	17058	23264
72	501	540	1026	1771	2882	3601	5607	7673	9966	12408	17294	23592
73	507	547	1039	1794	2919	3648	5681	7775	10101	12579	17536	23928
74	514	554	1053	1818	2957	3695	5756	7879	10240	12755	17785	24275
75	521	561	1067	1842	2995	3744	5834	7987	10383	12936	18042	24631
76	528	569	1082	1868	3037	3797	5917	8103	10537	13132	18319	25016
77	536	577	1098	1894	3080	3851	6004	8222	10695	13333	18604	25413
78	543	586	1114	1922	3124	3907	6093	8345	10859	13541	18898	25823
79	551	594	1130	1950	3170	3964	6184	8472	11028	13755	19202	26247
80	560	603	1147	1980	3217	4024	6278	8603	11202	13977	19516	26684
81	569	613	1166	2012	3269	4090	6383	8749	11396	14223	19866	27172
82	579	624	1185	2046	3323	4158	6492	8900	11597	14479	20229	27678
83	588	634	1206	2081	3379	4229	6605	9056	11805	14744	20605	28203
84	599	645	1227	2117	3437	4302	6722	9218	12021	15019	20996	28749
85	609	657	1248	2154	3496	4378	6842	9385	12244	15304	21402	29316
86	622	670	1274	2198	3567	4468	6985	9584	12509	15641	21880	29984
87	635	684	1301	2244	3641	4561	7134	9790	12784	15993	22381	30684
88	648	699	1329	2292	3717	4659	7289	10006	13073	16361	22904	31417
89	663	714	1358	2342	3797	4760	7452	10231	13374	16746	23453	32186
90	678	730	1388	2395	3881	4867	7621	10467	13690	17150	24029	32994
91	697	751	1428	2463	3990	5004	7841	10772	14098	17671	24772	34035
92	717	773	1469	2535	4104	5150	8074	11096	14531	18225	25562	35144
93	739	796	1514	2611	4226	5305	8321	11439	14992	18815	26404	36328
94	762	821	1561	2692	4355	5469	8584	11804	15482	19444	27304	37594
95	787	848	1611	2779	4492	5644	8863	12193	16006	20117	28267	38952
96	823	887	1685	2906	4695	5902	9276	12767	16777	21107	29684	40948
97	863	930	1767	3047	4917	6185	9729	13396	17626	22199	31250	43161
98	907	977	1857	3201	5162	6496	10228	14092	18566	23411	32991	45626
99	956	1030	1956	3372	5431	6841	10781	14863	19611	24763	34937	48390
100	1010	1088	2067	3563	5731	7224	11398	15724	20781	26280	37127	51510

(Sample completed heat sheets - using age factors)

MEET _____ DATE _____ RUNNING EVENT 100

Open-Class Standard (OC): 9.86 (men) 10.76 (women)

1	2	3	4	5	6	col. 5 x col. 6 = 7	8
LANE	NAME	AFFILIATION	AGE	AGE FACTOR	ACTUAL TIME	AGE-GRADED TIME	PLACE
1	Jack		M40	.9542	12.07	11.52	2
2	Dick		M32	1.0000	11.91	11.91	4
3	Bob		M 8	.7886	14.66	11.56	3
4	Bill		M55	.8639	13.28	11.47	1
5	David		M66	.7969	15.00	11.95	5
	Women:						
1	Mary		W77	.6734	18.30	12.32	1
2	Jane		W25	1.0000	12.62	12.62	3
3	Laurie		W12	.8988	13.97	12.56	2

MEET _____ DATE _____ FIELD EVENT HIGH JUMP

Open-Class Standard (OC): 2.45 (men) 2.09 (women)

1	2	3	4	5					6	col. 5 x col. 6 = 7	8
WT.	NAME	CLUB	AGE	AGE FACTOR	1	2	3	4	ACTUAL MARK	AGE-GRADED MARK	PL.
	Ted		M62	1.4254					1.37	1.95	4
	John		M37	1.0949					1.83	2.00	1
	Chuck		M72	1.5841					1.25	1.98	2
	Bill		M9	1.4326					1.37	1.96	3
	George		M25	1.0000					1.89	1.89	5
	Women:										
	Daphne		W40	1.1472					1.37	1.57	3
	Edith		W75	1.7639					.94	1.66	2
	Susan		W24	1.0000					1.68	1.68	1

(Sample completed heat sheets - using age factors)

MEET _____ DATE _____ RUNNING EVENT 10K

Open-Class Standard (OC): 26:58 (men) 29:55 (women)

1	2	3	4	5	6	col. 5 x col. 6 = 7	8
LANE	NAME	AFFILIATION	AGE	AGE FACTOR	ACTUAL TIME	AGE-GRADED TIME	PLACE
	Joe		M68	.7575	48:33	36:47	2
	Steve		M40	.9679	37:43	36:30	1
	Mark		M27	1.0000	39:12	39:12	4
	Pete		M9	.8279	46:16	38:18	3
	WOMEN:						
	Edna		W84	.5444	73:04	39:47	2
	Julie		W33	1.0000	42:22	42:22	4
	Linda		W15	.9591	42:17	40:33	3
	Jane		W53	.8545	45:18	38:43	1

MEET _____ DATE _____ MULTI-EVENT DECATHLON/HEPTATHLON

Open-Class Standard (OC): _____ (men) _____ (women)

1	2	3	4	5	6	col. 5 x col. 6 = 7	8	9
LANE	NAME	AFFILIATION	AGE	AGE FACTOR	ACTUAL MARK	AGE-GRADED MARK	PLACE	IAAF POINTS
	MEN'S 400							
1	Barry		M45	.9071	58.12	52.73*	3	693
2	Joe		M45	.9071	57.27	51.95	2	727
3	Gary		M45	.9071	56.16	50.95*	1	771
4	Stan		M45	.9071	62.23	56.45	4	542
	WOMEN'S 200							
1	Marilyn		W40	.9399	27.51	25.86	2	809
2	Irene		W40	.9399	26.60	25.01*	1	886
3	Mary		W40	.9399	28.15	26.46	3	757
4	Kelly		W40	.9399	31.55	29.66*	4	506

*For multi-events, round up in running events; round down in field events

MEET _____ DATE _____ RUNNING EVENT _____

Open-Class Standard (OC): _____ men _____ women

1	2	3	4	5	6	col. 5 x col. 6 7	8
LANE	NAME	AFFILIATION	AGE	AGE FACTOR	ACTUAL TIME	AGE-GRADED TIME	PLACE

MEET _____ DATE _____ FIELD EVENT _____

Open-Class Standard (OC): _____ men _____ women

1	2	3	4	5					6	col. 5 x col. 6 7	8
WT.	NAME	CLUB	AGE	AGE FACTOR	1	2	3	4	ACTUAL MARK	AGE-GRADED MARK	PL.

BLANK HEAT SHEETS - FOR AGE FACTOR SCORING

(Sample completed heat sheets - using age standards)

MEET _____ DATE _____ RUNNING EVENT 100

Open-Class Standard (OC): 9.86 (men) 10.76 (women)

1	2	3	4	5	6	7 (col. 5 ÷ col. 6)	8
LANE	NAME	AFFILIATION	AGE	TIME STANDARD	ACTUAL TIME	PERF. LEVEL PCT.	PLACE
1	Jack		M40	10.33	12.07	85.6	4
2	Dick		M32	9.86	11.91	82.8	7
3	Bob		M 8	12.50	14.66	85.3	5
4	Bill		M55	11.41	13.28	85.9	2
5	David		M66	12.37	15.00	82.5	8
6	Mary		W77	15.98	18.30	87.3	1
7	Jane		W25	10.76	12.62	85.3	5
8	Laurie		W12	11.97	13.97	85.7	3

MEET _____ DATE _____ FIELD EVENT HIGH JUMP

Open-Class Standard (OC): 2.45 (men) 2.09 (women)

1	2	3	4	5					6	7 (col. 6 ÷ col. 5)	8
WT.	NAME	CLUB	AGE	DIST. STD.	1	2	3	4	ACTUAL MARK	PERF. LEVEL PCT.	PL.
	Ted		M62	1.72					1.37	79.7	5
	John		M37	2.24					1.83	81.7	1
	Chuck		M72	1.55					1.25	80.6	2
	Bill		M9	1.71					1.37	80.1	4
	George		M25	2.45					1.89	77.1	7
	Daphne		W40	1.82					1.37	75.3	8
	Edith		W75	1.18					.94	79.7	5
	Susan		W24	2.09					1.68	80.4	3

(Sample completed heat sheet - using age standards)

MEET _____ DATE _____ RUNNING EVENT 10K

Open-Class Standard (OC): 26:58 (men) 29:55 (women)

1	2	3	4	5	6	7 (col. 5 ÷ col. 6)	8
LANE	NAME	AFFILIATION	AGE	TIME STANDARD	ACTUAL TIME	PERF. LEVEL PCT.	PLACE
	Joe		M68	35:36	48:33	73.3	5
	Steve		M40	27:52	37:43	73.9	3
	Mark		M27	26:58	39:12	68.8	8
	Pete		M9	32:35	46:16	70.4	7
	Edna		W84	54:57	73:04	75.2	2
	Julie		W33	29:55	42:22	70.6	6
	Linda		W15	31:11	42:17	73.8	4
	Jane		W53	35:01	45:18	77.3	1

"With the WAVA formulas, it is possible to determine, within reason, the best performance among all masters finishers regardless of age, or among all finishers."

— Joe McDaniel
Tulsa, Oklahoma

MEET _____ DATE _____ RUNNING EVENT _____

Open-Class Standard (OC): _____ men _____ women

1	2	3	4	5	6	col. 5 ÷ col. 6 7	8
LANE	NAME	AFFILIATION	AGE	TIME STANDARD	ACTUAL TIME	PERF. LEVEL PCT.	PLACE

MEET _____ DATE _____ FIELD EVENT _____

Open-Class Standard (OC): _____ men _____ women

1	2	3	4	5					6	col. 6 ÷ col. 5 7	8
WT.	NAME	CLUB	AGE	DIST. STD.	1	2	3	4	ACTUAL MARK	PERF. LEVEL PCT.	PL.

BLANK HEAT SHEETS - FOR AGE STANDARD SCORING

How to Conduct Meets and Races Using Time and Distance Handicaps

A track race, road race, or racewalk can be organized by using distance handicaps in the 100, 200, and 400; and/or time handicaps in races from 800 and up. (The hurdles and field events do not easily lend themselves to these variations.)

Distance Handicap Racing

Example: Refer to the sample 100-meter heat sheet (page 38). List the sex and age of each competitor in column 4. (You can easily run men and women together, or you can split them up, as you choose.) It is not necessary to list an age factor.

Refer to the "Handicap Racing" tables (page 37). Find the "handicapped start" in meters for each runner and write it in column 5. (For information purposes, you may also list the actual distance to be run in column 6.)

Bob, 28, starts from "scratch" and runs the full 100 meters. Pete, 9, gets an 18.2-meter handicap and runs 81.8 meters. Bess, 78, gets a 39.2-meter head start, and runs 60.8 meters. The first one to the finish line wins.

Although it's not necessary, you can determine a performance-level percentage (column 9) by dividing the men's open-class (OC) standard by the actual time. Heats and semifinals can be run, if necessary.

The 200 and the 400 work the same way. It's not difficult to get the starting points on the track by using a measuring tape and/or the existing line marks on the track.

Time Handicap Racing

For races of 800 meters or more, a *time handicap,* or "Portsmouth Start," may be used. The runner with the slowest age standard starts first, followed seconds later by the next slowest and down to the fastest. Each participant runs the full distance. As always, men and women can run together.

Example: Refer to the sample 800-meter heat sheet (page 38).

1) List the ages (column 1) and names (column 4).

2) List the time standards (from page 16) in column 2.

3) Convert the time standards to seconds in column 3.

4) Determine and list the time handicap (in seconds) for each runner (in column 6) by subtracting the men's open-class (OC) time standard from each runner's time standard (e.g. Pete's time standard is 131 seconds. The OC standard is 102 seconds. Thus, 131 – 102 = 29 seconds. Write 29 in column 6).

5) In column 7, list the "start delay." Bess, with an 88-second handicap, will start first. Tony, with a 56-second handicap, will start next — 32 seconds after Bess. And so on down to Bob, 31, who starts 88 seconds after Bess.

6) Assemble the runners at the starting line in a column with Bess, 78, first in line; Tony, 78, second in line; Linda, 8, third in line, etc.

7) Simultaneously, the starter fires his gun, the timers start their watches, and Bess begins to run.

8) The waiting line of runners moves up as the timer calls the elapsed time. When 32 seconds is called, Tony, the 78-year-old man now at the head of the line, starts. The line again moves up and, at 37 seconds, Linda starts. And so on.

9) The first runner to the finish line is the winner. Each runner is timed as he/she crosses the finish line.

10) Write the total time (from the timer's watch) in column 8 for each runner.

11) Write the place, based on total time, in column 9.

12) Individual runners want to know what their actual times were, so subtract each runner's start-delay from his/her total time and write it in column 10. Thus, Tony, with a total time of 3:38 less a 32-second start-delay, actually ran the distance in 3:06.

If you want to get a performance percentage for each runner, divide column 2 (the time standard) by column 10 (the actual time).

(Note: the performance percentage rankings may not always correspond to the actual placings. To help minimize this aberration, increase the start-delay by dividing the handicap (column 6) by the general class of the field. If it's a world-class field, divide column 6 by 95% and enter the new figure in column 6. If it's a national class field, divide by 85%, etc. This is a complicated area, but the adjustment does make the final placings more accurate. For further info, contact NMN at 818-786-1981.)

"To create fairness for runners of all ages, we have incorporated age-graded tables for scoring runners' performances. The tables allow for a top performer of 50 or 60 to be as eligible to win prize money as someone 40 years of age."

— Kathrine Switzer,
Coordinator, Central Fidelity
Women's 8K, Alexandria, Virginia

Distance Handicapped Runs

for Men				for Women with Men				for Women alone			
Age	100 Meter	200 Meter	400 Meter	Age	100 Meter	200 Meter	400 Meter	Age	100 Meter	200 Meter	400 Meter
8	78.9	159.0	317.6	8	71.2	139.9	269.0	8	77.8	158.7	308.6
9	81.8	165.5	330.4	9	74.6	146.6	283.2	9	81.5	165.1	322.6
10	84.5	171.2	341.8	10	77.6	152.6	296.2	10	84.7	170.9	335.1
11	86.9	176.2	351.9	11	80.2	157.1	305.9	11	87.5	175.9	346.1
12	89.1	180.6	360.7	12	82.4	162.0	316.4	12	89.9	180.4	355.8
13	91.1	184.5	368.4	13	84.2	166.4	324.0	13	91.9	184.3	364.3
14	92.9	187.9	375.2	14	85.8	169.5	330.6	14	93.7	187.7	371.8
15	94.6	190.8	381.0	15	87.2	172.2	336.4	15	95.2	190.7	378.3
16	96.2	193.3	386.0	16	88.4	175.4	345.2	16	96.4	193.3	383.9
17	97.6	195.4	390.2	17	89.3	177.3	349.5	17	97.5	195.5	388.6
18	98.9	197.2	393.7	18	90.1	179.8	354.9	18	98.3	197.3	392.7
19	100.0	200.0	400.0	19	90.8	181.2	357.9	19	99.0	198.8	396.0
20-29	100.0	200.0	400.0	20-29	91.6	182.3	361.5	20-29	100.0	200.0	400.0
30	100.0	200.0	400.0	30	91.6	182.3	361.5	30	100.0	200.0	400.0
31	100.0	200.0	400.0	31	91.6	182.3	361.5	31	100.0	200.0	400.0
32	100.0	200.0	395.9	32	91.6	182.3	358.9	32	100.0	200.0	397.1
33	100.0	198.3	394.1	33	91.4	180.8	357.1	33	99.7	198.4	395.2
34	99.3	197.4	392.1	34	90.7	179.9	355.2	34	99.0	197.4	393.0
35	98.6	196.4	389.9	35	90.0	178.1	351.4	35	98.2	196.3	390.7
36	98.0	195.4	387.7	36	89.3	177.1	349.2	36	97.5	195.2	388.3
37	97.4	194.4	385.4	37	88.7	176.0	346.9	37	96.8	194.0	385.8
38	96.7	193.3	383.0	38	88.0	174.9	344.5	38	96.0	192.8	383.1
39	96.1	192.1	380.5	39	87.3	173.8	342.1	39	95.3	191.5	380.4
40	95.4	191.0	378.0	40	86.6	171.7	337.7	40	94.6	190.2	377.6
41	94.8	189.8	375.4	41	86.0	170.5	335.2	41	93.9	188.9	374.7
42	94.2	188.6	372.8	42	85.4	169.3	332.6	42	93.2	187.5	371.8
43	93.6	187.4	370.2	43	84.7	168.0	329.9	43	92.5	186.1	368.8
44	92.9	186.2	367.5	44	84.1	166.8	327.2	44	91.8	184.7	365.8
45	92.3	185.0	364.9	45	83.4	164.6	322.6	45	91.1	183.3	362.8
46	91.7	183.7	362.2	46	82.9	163.3	319.9	46	90.4	181.9	359.7
47	91.1	182.5	359.6	47	82.2	162.0	317.2	47	89.7	180.5	356.6
48	90.5	181.3	356.9	48	81.6	160.7	314.4	48	89.0	179.0	353.6
49	89.9	180.1	354.3	49	81.0	159.4	311.7	49	88.3	177.6	350.5
50	89.3	178.9	351.6	50	80.3	157.3	307.1	50	87.6	176.1	347.4
51	88.7	177.7	349.0	51	79.7	156.0	304.4	51	87.0	174.6	344.4
52	88.1	176.5	346.4	52	79.1	154.7	301.7	52	86.3	173.2	341.3
53	87.6	175.3	343.9	53	78.5	153.4	299.0	53	85.6	171.7	338.3
54	87.0	174.1	341.3	54	77.9	152.1	296.4	54	85.0	170.3	335.3
55	86.4	172.9	338.8	55	77.3	149.9	291.7	55	84.3	168.8	332.3
56	85.8	171.8	336.3	56	76.7	148.6	289.1	56	83.7	167.4	329.3
57	85.2	170.6	333.8	57	76.1	147.3	286.5	57	83.0	165.9	326.3
58	84.7	169.5	331.4	58	75.4	146.1	283.9	58	82.4	164.5	323.4
59	84.1	168.3	329.0	59	74.9	144.8	281.3	59	81.7	163.1	320.4
60	83.5	167.2	326.6	60	74.2	142.5	276.7	60	81.0	161.6	317.5
61	82.9	166.1	324.2	61	73.4	141.2	274.2	61	80.3	160.2	314.7
62	82.3	164.9	321.9	62	72.9	140.0	271.7	62	79.6	158.8	311.8
63	81.6	163.8	319.5	63	72.3	138.7	269.2	63	78.9	157.3	309.0
64	81.0	162.7	317.2	64	71.7	137.4	266.8	64	78.2	155.9	306.1
65	80.4	161.6	314.9	65	71.0	135.2	262.2	65	77.5	154.4	303.3
66	79.7	160.4	312.6	66	70.3	134.0	259.8	66	76.7	153.0	300.5
67	79.0	159.3	310.3	67	69.6	132.7	257.3	67	75.9	151.5	297.7
68	78.3	158.2	308.0	68	68.9	131.4	254.9	68	75.1	150.1	294.9
69	77.6	157.0	305.8	69	68.1	130.1	252.5	69	74.3	148.6	292.1
70	76.9	155.8	303.5	70	67.4	127.7	247.7	70	73.6	147.1	289.4
71	76.1	154.6	301.1	71	66.6	126.4	245.4	71	72.7	145.6	286.6
72	75.3	153.4	298.8	72	65.8	125.1	242.9	72	71.8	144.1	283.7
73	74.5	152.2	296.5	73	65.0	123.8	240.5	73	71.0	142.6	280.9
74	73.7	150.9	294.1	74	64.2	122.4	238.1	74	70.1	141.0	278.1
75	73.0	149.6	291.7	75	63.4	119.9	233.0	75	69.2	139.4	275.2
76	72.1	148.3	289.2	76	62.6	118.5	230.6	76	68.3	137.8	272.3
77	71.2	146.9	286.7	77	61.7	117.1	228.1	77	67.3	136.1	269.3
78	70.4	145.5	284.1	78	60.8	115.6	225.5	78	66.4	134.5	266.3
79	69.5	144.0	281.5	79	60.0	114.1	222.9	79	65.4	132.7	263.3
80	68.6	142.5	278.8	80	59.1	111.3	217.4	80	64.5	131.0	260.1
81	67.7	141.0	276.0	81	58.2	109.8	214.8	81	63.5	129.1	257.0
82	66.7	139.3	273.1	82	57.2	108.2	212.1	82	62.4	127.3	253.7
83	65.8	137.6	270.2	83	56.3	106.6	209.3	83	61.4	125.4	250.4
84	64.8	135.9	267.1	84	55.3	104.9	206.4	84	60.4	123.4	247.0
85	63.9	134.0	264.0	85	54.4	101.8	200.1	85	59.3	121.3	243.5
86	62.8	132.1	260.7	86	53.4	100.1	197.1	86	58.2	119.2	239.8
87	61.8	130.1	257.2	87	52.3	98.3	194.1	87	57.1	117.1	236.1
88	60.8	128.0	253.7	88	51.3	96.4	190.9	88	56.0	114.8	232.3
89	59.7	125.9	250.0	89	50.1	94.4	187.6	89	54.9	112.5	228.3
90	58.7	123.6	246.1	90	49.3	90.3	180.0	90	53.8	110.1	224.2
91	57.6	121.2	242.1	91	48.1	88.2	176.6	91	52.6	107.6	219.9
92	56.4	118.7	237.9	92	47.0	86.1	173.1	92	51.3	105.0	215.5
93	55.3	116.1	233.5	93	45.9	83.9	169.4	93	50.1	102.3	210.9
94	54.2	113.3	228.9	94	44.8	81.6	165.5	94	48.9	99.5	206.1
95	53.1	110.5	224.2	95	43.7	78.0	155.2	95	47.7	96.6	201.2
96	51.8	107.5	219.2	96	42.5	75.6	151.2	96	46.4	93.6	196.0
97	50.6	104.4	213.9	97	41.3	73.0	147.1	97	45.1	90.5	190.7
98	49.4	101.1	208.5	98	40.1	70.4	142.8	98	43.8	87.2	185.1
99	48.2	97.6	202.7	99	38.9	67.7	138.3	99	42.5	83.9	179.3
100	47.0	94.1	196.8	100	37.7	62.9	118.2	100	41.2	80.4	173.3

BLANK HEAT SHEETS

100, 200 and 400 (Handicap Start)

MEET _____ DATE _____ RUNNING EVENT 100

Open-Class Standard (OC): 9.86 / men

1	2	3	4	5	6	7	8	OC std. ÷ col.7 = 9
LANE	NAME	AFFILIATION	AGE	HANDICAP (meters)	DISTANCE RUN	ACTUAL AND AGE-GRADED TIME	PLACE	PERF. LEVEL PCT.
1	Bess		W78	39.2	60.8	11.1	4	88.8
2	Tony		M78	29.6	70.4	11.5	7	85.7
3	Linda		W 8	28.8	71.2	11.2	5	88.0
4	Pete		M 9	18.2	81.8	11.6	8	85.0
5	Bruce		M55	13.6	86.4	10.8	1	91.3
6	Mary		W25	8.4	91.6	10.9	2	90.5
7	Jack		M40	4.6	95.4	11.0	3	89.6
8	Bob		M28	.0	100.0	11.3	6	87.3

800 and 1500 (Portsmouth Start)

Meet _____ Date _____ Event 800

Open Std. 1:42 (102 seconds) / Men

1	2	3	4	5	6	7	8	9	10
Age	Time Std	TIME STD (SECONDS)	NAME	AFFILIATION	HCP (SECONDS)	START DELAY	Total Time	Place	Actual Time
W78	3:10	190	Bess		88	:00	3:33	3	3:33
M78	2:38	158	Tony		56	:32	3:38	5	3:06
W 8	2:33	153	Linda		51	:37	3:40	6	2:49
M 9	2:11	131	Pete		29	:59	3:30	1	2:31
M55	2:02	122	Bruce		20	1:08	3:44	7	2:36
W25	1:53	113	Mary		11	1:17	3:37	4	2:20
M40	1:48	108	Jack		6	1:22	3:45	8	2:23
M31	1:42	102	Bob		0	1:28	3:32	2	2:04

BLANK HEAT SHEETS

100, 200 and 400 (Handicap Start)

MEET _____ DATE _____ RUNNING EVENT _____

Open-Class Standard (OC): _____ men

1	2	3	4	5	6	7	8	OC std. ÷ col.7 9
LANE	NAME	AFFILIATION	AGE	HANDICAP (meters)	DISTANCE RUN	ACTUAL AND AGE-GRADED TIME	PLACE	PERF. LEVEL PCT.

800 and 1500 (Portsmouth Start)

Meet _____ Date _____ Event _____

Open Std. _____ Men

1	2	3	4	5	6	7	8	9	10
Age	Time Std	TIME STD (SECONDS)	NAME	AFFILIATION	HCP (SECONDS)	START DELAY	Total Time	Place	Actual Time

How to Use the Age-Graded Tables to Keep Track of Your Own Personal Progress

By using the age-graded tables, you can keep track of your progress over the years, set goals for the current year and future years, compare your performances in different events, chart your current progress, and estimate your performances in new events.

On pages 42 and 43 are sample "personal performance charts" which you can use as a guide to charting your own progress. (As you follow the samples, you can use the blank personal performance chart on page 44. Do it in pencil — or make a few extra copies before you begin — so you can re-use the form.)

Chart 1: Keep Track of Your Progress Over the Years and Set Goals for Future Years

For simplicity, in most of the examples, we've used a mythical athlete named John who was born in 1939.

John's progress is charted in three events — 100, 10K, and high jump — at five arbitrary points in his athletic career:

1) In 1950, as an 11-year-old
2) In 1960, as a 21-year-old college senior
3) In 1979, at age 40
4) In 1995, at age 56
5) In 2009, at age 70

Starting from the left, list the year, age, event and open-class (OC) standard. List the age standard in column 4 from the tables on pages 16, 21 and 22.

In column 5, list the age factor for each age from the tables on pages 8, 11 and 12, just as in the age-factor examples, explained earlier.

In column 6, list the actual mark. Multiply column 5 x column 6 to get the age-graded mark (column 7).

For running events, divide the age standard (column 4) by the actual mark (column 6) to get the performance-level percentage (column 9). For field events, divide the actual mark (column 6) by the age standard (column 4) to get the performance-level percentage (column 9).

In the example, at age 11, John ran the 100 in 13.4. Multiply 13.4 by his age-11 factor (.8691) and get his age-graded time, 11.65. Divide the age-11 standard (11.35) by 13.4 and get 84.7% — his P.L.%.

At age 21, John ran the 100 in 11.6. Multiply 11.6 by his age-21 factor (1.0000) and get his age-graded time — 11.60. Divide the age-21 standard (9.86) by 11.60 and get 85.0% — his P.L.%.

At age 40, John ran the 100 in 12.07. Multiply 12.07 by his age-40 factor (.9542) and get an age-graded time of 11.52 and a P.L. of 85.6% — his best ever. So even though John has slowed in 19 years from 11.6 to 12.07, he actually ran faster for his age than he did in college (11.52 to 11.60).

So John decides that when he turns 56, he wants to run as fast, on an age-graded basis, as he did at his best — when he was 40. So he has to run an age-graded time of 11.52, or a P.L. of 85.6%.

What time does he have to run at age 56 to achieve an age-graded time of 11.52 (P.L. 85.6%).

Easy. Just divide the desired age-graded mark (11.52 in column 7) by the age-56 factor (.8582 in column 5) and get 13.42 (column 8). So he has to run 13.42 at age 56 to equal his age-graded best of 11.52 at age 40.

How about when he turns 70? Divide 11.52 by .7687 = 14.99. So if John stays healthy and continues to train, he should be able to run the 100 in 14.99 when he turns 70.

So, now he knows that he's the equivalent of an 11.52 open-class sprinter, or a 14.99 age-70 sprinter. He can scan the results pages and see how he stacks up against people in other age divisions. If he sees a 70-year-old in the next meet running, say, 14.80, he may develop new respect for the oldster.

The formulas at the top of each column show the mathematical relationship of each of the categories, and enable you to experiment with the equations. (Note: due to rounding, there may occasionally be a fractional difference in mathematically-identical figures.)

For example, to find John's goal (column 8) at age 56 in the 100, you can also divide his age-standard (11.49 in column 4) by his desired P.L. (85.6% in column 9). You get 13.42, the same time as when you divided column 7 by column 5.

All the other running events work the same way. For the field events, note that some of the formulas require multiplication instead of division — the same as in our previous examples.

For yet another piece of information, column 10 allows you to fill in the respective IAAF points. You find these in the 1985 IAAF scoring tables. The IAAF tables are designed for multi-event competition, and only assign points to certain events. But for those events, it's interesting information. You can buy the IAAF scoring tables from the *National Masters News, Track and Field News,* USATF, the IAAF, or other sources.

"The creation of age-graded standards will make a big contribution to achieving the goals and objectives of MAAD (Masters Against Age Discrimination)."

— Jim O'Neil
San Diego

Chart 2. Compare Your Performances in Different Events.

Which are your best events? Looking at John's best marks in his best year — at age 40 — scan column 9 and see he scored 85.6% in the 100, 76.9% in the 10K, and 81.1% in the high jump. So his 100 performance was best.

Caution: the P.L. percentages in the field events — particularly in the throwing events — may be generally lower than in the running events. This is due to the technical difficulty of the throwing events, as mentioned earlier. Thus, a P.L. of 85% in the 100 may not necessarily be better than an 84% in the javelin. But you can generally compare the same family of events with great accuracy, such as the 100, 200 and 400; the 800, 1500 and mile; the long jump and triple jump; the shot and discus; etc.

Chart 3. Estimate Your Performance in New Events

Assume John runs the 100 in 12.07 at age 40, which gives him a P.L. of 85.6%. What should he have run the 200 and 400 in to give him the same P.L. percentage?

List all the data in columns 3, 4, 5 and 9 for each event. To find the goal (column 8) for the 200, divide the age-40 200 standard (20.78 in column 4) by the desired P.L. % (85.6% in column 9) and get 24.28 seconds (column 8). So John's goal at age 40 is to run the 200 in 24.28 — the equivalent of a 100 in 12.07.

Do the same for the 400, assuming John had put in a bit of distance training, and get a goal of 53.89. Do the same for any event, but that assumes specific training for each separate event.

Look at a 53-year-old woman who runs the 10K in 45:18. Follow the same procedure. Her P.L. is 77.3%, so she should expect to run a 5K in 21:56 and a marathon in 3:26:24.

Similarly, a 70-year-old man who throws the shot 12.14 meters should expect to throw the discus 42.15 and the javelin 41.17.

A 45-year-old female who racewalks 5K in 26:45 should cover the 10K distance in 54:30 and the 20K in 1:55:12.

You can use the same procedures to chart your progress in the current year — both in your competitions and in your workouts.

"The age-graded book with single-age standards and factors is a marvelous piece of work and a real contribution to the sport. Thanks and congratulations."

— Jim Saxon
Charlotte, North Carolina

"The WAVA age-grading is based on performances only. Its purpose is to correct a person's performance, no matter what his/her age, back to what it would have been in their prime years."

— Rex Harvey, Chairman
USATF Masters Multi-Events Committee
Mayfield Heights, Ohio

"Each year, we award cash prizes on an age-graded basis to our top masters runners, using the WAVA tables."

— Joan Riegel, Director
Columbus Marathon

PERSONAL PERFORMANCE CHART

1. Keep track of your progress over the years, and set goals for future years

NAME JOHN

			7x9(R) 7÷9(F) 4x5	3÷5	3÷4		3÷9(R) 3x9 (F) 5x6; 5x8	4÷9(R) 4x9 (F) 7÷5	4÷6or8(R) 6or8÷4(F) 3÷7(R) 7÷3(F)	Find pts. in IAAF tables
	1	2	3	4	5	6	7	8	9	10
DATE or YEAR	AGE	EVENT	OC STANDARD	AGE STANDARD	AGE FACTOR	ACTUAL MARK	AGE-GRADED MARK	ESTIMATE or GOAL	PERF. LEVEL PCT	IAAF PTS.
1950	11	100	9.86	11.35	.8691	13.4	11.65		84.7	721
1960	21	"	"	9.86	1.0000	11.6	11.60		85.0	732
1979	40	"	"	10.33	.9542	12.07	11.52		85.6	748
1995	56	"	"	11.49	.8582		11.52	13.42	85.6	748
2009	70	"	"	12.83	.7687		11.52	14.99	85.6	748
1950	11	10K	26:58	30:28	.8853	40:04	35:28		76.0	
1960	21	"	"	26:58	1.0000	34:48	34:48		77.5	
1979	40	"	"	27:52	.9679	36:15	35:05		76.9	
1995	56	"	"	31:35	.8540		34:48	40:15	77.5	
2009	70	"	"	36:26	.7403		34:48	47:00	77.5	
1950	11	HJ	2.45	1.97	1.2444	1.63	2.03		82.7	
1960	21	"	"	2.45	1.0000	2.01	2.01		82.0	
1979	40	"	"	2.17	1.1298	1.76	1.99		81.1	
1995	56	"	"	1.83	1.3378		2.03	1.52	83.1	
2009	70	"	"	1.58	1.5505		2.03	1.31	82.9	

R = running event F = field event x = multiply by ÷ = divide by

See explanation on page 40

PERSONAL PERFORMANCE CHART

2. Compare your performances in different events

NAME JOHN

			7x9(R) 7÷9(F) 4x5	3÷5	3÷4		3÷9(R) 3x9(F) 5x6; 5x8	4÷9(R) 4x9(F) 7÷5	4÷6or8(R) 6or8÷4(F) 3÷7(R) 7÷3(F)	Find pts. in IAAF tables
	1	2	3	4	5	6	7	8	9	10
DATE or YEAR	AGE	EVENT	OC STANDARD	AGE STANDARD	AGE FACTOR	ACTUAL MARK	AGE-GRADED MARK	ESTIMATE or GOAL	PERF. LEVEL PCT	IAAF PTS.
1979	M40	100	9.86	10.33	.9542	12.07	11.52		85.6	
"	"	10K	26:58	27:52	.9679	36:15	35:05		76.9	
"	"	HJ	2.45	2.17	1.1298	1.76	1.99		81.1	
			3. Estimate your performances in new events							
	M40	100	9.86	10.33	.9542	12.07	11.52		85.6	
	"	200	19.72	20.78	.9488			24.28	"	
	"	400	43.29	46.13	.9384			53.89	"	
	W53	10K	29:55	35:01	.8545	45:18	38:43		77.3	
	"	5K	14:24	16:57	.8488			21:56	"	
	"	MARA	2:18:52	2:39:33	.8703			3:26:24	"	
	M70	SP	22.20	14.75	1.5054	12.14	18.27		82.3	
	"	DT	71.12	51.21	1.3887			42.15	"	
	"	JAV	96.00	50.02	1.9192			41.17	"	
	W45	5K-W	20:17	22:28	.9026	26:45	24:09		84.0	
	"	10K-W	41:56	45:47	.9159			54:30	"	
	"	20K-W	1:29:36	1:36:46	.9260			1:55:12	"	

R = running event F = field event x = multiply by ÷ = divide by

See explanation on page 41

P E R S O N A L P E R F O R M A N C E C H A R T

NAME________________________________

			7x9(R) 7÷9(F) 4x5	3÷5	3÷4		3÷9(R) 3x9 (F) 5x6; 5x8	4÷9(R) 4x9 (F) 7÷5	4÷6or8(R) 6or8÷4(F) 3÷7(R) 7÷3(F)	Find pts.in IAAF tables
	1	2	3	4	5	6	7	8	9	10
DATE or YEAR	AGE	EVENT	OC STANDARD	AGE STANDARD	AGE FACTOR	ACTUAL MARK	AGE-GRADED MARK	ESTIMATE or GOAL	PERF. LEVEL PCT	IAAF PTS.

R = running event F = field event x = multiply by ÷ = divide by

METRIC CONVERSION TABLE

FEET	METERS	FEET	METERS	FEET	METERS	FEET	METERS	FEET	METERS
1	.3048	54	16.4592	107	32.6136	160	48.768	213	64.9225
2	.6096	55	16.764	108	32.9184	161	49.0728	214	65.2273
3	.9144	56	17.0688	109	33.2232	162	49.3776	215	65.5321
4	1.2192	57	17.3736	110	33.528	163	49.6824	216	65.8369
5	1.524	58	17.6784	111	33.8328	164	49.9872	217	66.1417
6	1.8288	59	17.9832	112	34.1376	165	50.292	218	66.4465
7	2.1336	60	18.288	113	34.4424	166	50.5968	219	66.7513
8	2.4384	61	18.5928	114	34.7472	167	50.9016	220	67.0561
9	2.7432	62	18.8976	115	35.052	168	51.2064	221	67.3609
10	3.048	63	19.2024	116	35.3568	169	51.5112	222	67.6657
11	3.3528	64	19.5072	117	35.6616	170	51.8161	223	67.9705
12	3.6576	65	19.812	118	35.9664	171	52.1209	224	68.2753
13	3.9624	66	20.1168	119	36.2712	172	52.4257	225	68.5801
14	4.2672	67	20.4216	120	36.576	173	52.7305	226	68.8849
15	4.572	68	20.7264	121	36.8808	174	53.0353	227	69.1897
16	4.8768	69	21.0312	122	37.1856	175	53.3401	228	69.4945
17	5.1816	70	21.336	123	37.4904	176	53.6449	229	69.7993
18	5.4864	71	21.6408	124	37.7952	177	53.9497	230	70.1041
19	5.7912	72	21.9456	125	38.10	178	54.2545	231	70.4089
20	6.096	73	22.2504	126	38.4048	179	54.5593	232	70.7137
21	6.4008	74	22.5552	127	38.7096	180	54.8641	233	71.0185
22	6.7056	75	22.86	128	39.0144	181	55.1689	234	71.3233
23	7.0104	76	23.1648	129	39.3192	182	55.4737	235	71.6281
24	7.3152	77	23.4696	130	39.624	183	55.7785	236	71.9329
25	7.62	78	23.7744	131	39.9288	184	56.0833	237	72.2377
26	7.9248	79	24.0792	132	40.2336	185	56.3881	238	72.5425
27	8.2296	80	24.384	133	40.5384	186	56.6929	239	72.8473
28	8.5344	81	24.6888	134	40.8432	187	56.9977	240	73.1521
29	8.8392	82	24.9936	135	41.148	188	57.3025	241	73.4569
30	9.144	83	25.2984	136	41.4528	189	57.6073	242	73.7617
31	9.4488	84	25.6032	137	41.7576	190	57.9121	243	74.0665
32	9.7536	85	25.908	138	42.0624	191	58.2169	244	74.3713
33	10.0584	86	26.2128	139	42.3672	192	58.5217	245	74.6761
34	10.3632	87	26.5176	140	42.672	193	58.8265	246	74.9809
35	10.668	88	26.8224	141	42.9768	194	59.1313	247	75.2857
36	10.9728	89	27.1272	142	43.2816	195	59.4361	248	75.5905
37	11.2776	90	27.432	143	43.5864	196	59.7409	249	75.8953
38	11.5824	91	27.7368	144	43.8912	197	60.0457	250	76.2001
39	11.8872	92	28.0416	145	44.196	198	60.3505	251	76.5049
40	12.192	93	28.3464	146	44.5008	199	60.6553	252	76.8097
41	12.4968	94	28.6512	147	44.8056	200	60.9601	253	77.1145
42	12.8016	95	28.956	148	45.1104	201	61.2649	254	77.4193
43	13.1064	96	29.2608	149	45.4152	202	61.5697	255	77.7241
44	13.4112	97	29.5656	150	45.72	203	61.8745	256	78.0289
45	13.716	98	29.8704	151	46.0248	204	62.1793	257	78.3337
46	14.0208	99	30.1752	152	46.3296	205	62.4841	258	78.6385
47	14.3256	100	30.48	153	46.6344	206	62.7889	259	78.9433
48	14.6304	101	30.7848	154	46.9392	207	63.0937	260	79.2481
49	14.9352	102	31.0896	155	47.244	208	63.3985	261	79.5529
50	15.24	103	31.3944	156	47.5488	209	63.7033	262	79.8577
51	15.5448	104	31.6992	157	47.8536	210	64.0081	263	80.1625
52	15.8496	105	32.004	158	48.1584	211	64.3129	264	80.4673
53	16.1544	106	32.3088	159	48.4632	212	64.6177	265	80.7721
								266	81.0769

INCHES	METERS	INCHES	METERS	INCHES	METERS	INCHES	METERS	INCHES	METERS
1	.0254	6	.1524	11	.2794	5/8	.015875	5/16	.0079375
2	.0508	7	.1778	1/8	.003175	3/4	.01905	7/16	.0111125
3	.0762	8	.2032	1/4	.00635	7/8	.022225	9/16	.0142875
4	.1016	9	.2286	3/8	.009525	1/16	.0015875	11/16	.0174625
5	.127	10	.254	1/2	.0127	3/16	.0047625	13/16	.0206375
								15/16	.0238125

APPENDIX A
1994 Revision of WAVA Age-Graded Tables

Background

Since the mid-1970s, efforts have been made by dedicated athlete/statisticians throughout the world to try to develop age-graded tables for use in multi-event competitions for older athletes.

Among those helping to develop early tables were Phil Partridge (USA), Roy Foley (Australia), Ian Hume (Canada), Adolph Koch (Germany), Victor Trkal (Czechoslovakia), Walter Fuchert (Germany), Jim Weed (USA), Wilhelm Koster (Germany), Bob Stone (USA), and others.

In 1983, Chuck Phillips (USA) introduced his first edtion of "Dr. Track Age Standards" for every track, field and road event.

In 1986, the first complete age-graded track and field meet was staged in Los Angeles by the *National Masters News,* the official world and U.S. publication for the sport.

In 1988, the World Association of Veteran Athletes, under the leadership of then - Vice President Bob Fine, encouraged and supported the development and standardization of age factors for masters competitions.

A complete set of masters age-graded tables was compiled and published in 1989 by WAVA and the *National Masters News.* The tables were a good first effort to evaluate performances regardless of age or sex. They have been used at the WAVA World Veterans Championships, the USA Masters T&F Championships, at local track meets, and at many road races, primarily in the USA and England. The 1989 tables included ages 20 through 90.

Revision

In 1991, a mandate to update the tables was given by WAVA to the WAVA Age-Graded Sub-Committee, chaired by Al Sheahen. The committee was composed of Chuck Phillips, Pete Mundle, Norm Green, and Beverly LaVeck. Co-opted members were B. Lecaillion-Thibon, Ivar Soderlind, Mike Tymn, and Phil Mulkey.

Multi-Events

Because of the five-year, head-to-head competition in most masters meets and races, age-grading is only an option to make competition and awards more meaningful and interesting. But five-year age-grading is the essential element of veterans multi-event scoring. So the WAVA Multi-Event Sub-Committee, chaired by Rex Harvey, worked very closely with the Age-Graded Committee on the 1994 update. The members of the Multi-Event Sub-Committee were Rodney Charnock, Wilhelm Koster and Gary Miller. Co-opted members were Adolf Koch and Brian Oxley.

Youth

Youth tables — from age 8 to 19 — were unofficially compiled for most events by Chuck Phillips of the Age-Graded Sub-Committee. While less data was available on a worldwide level for youth performances than for masters performances, the tables should be considered a good first effort to try to provide age-grading across the entire age spectrum.

Commitment

Most of the committee members individually spent many hundreds of hours working on these tables. The level of commitment to turn out an accurate product was considerable. Under the leadership of Bill Taylor, WAVA Vice-President (Stadia), much constructive debate, hundreds of telephone calls and faxes, and thousands of pages of information went back and forth all over the world between all of the above committee members and many others who have had input into the process. The 1994 tables are improved from 1989 for three primary reasons:

1) More performance data was available and used, especially in the newer events.

2) Every aspect of every event was examined in a much more exhaustive analysis than before.

3) Comparisons and crossover analysis were extensively done to ensure that all elements of the tables were compatible and that the packaging as a whole was logical and continuous.

The decision was made to do the best job possible in every detail, rather than to just "turn out a change." Tables were compiled for additional events, and for each age through 100 (although the reliability of the tables declines considerably at the upper ages).

Adoption

The five-year tables (excluding the youth tables) were formally adopted by WAVA. The five-year multi-event factors will be used in all WAVA, USATF, and other national multi-event competitions.

Analysis

In updating the tables, the basic philosophy of the system was opened for a fresh look to see if there was a better way to approach the problem. Many well-thought-out proposals from all over the world were presented and studied. Some suggested different factors for different levels of ability. Some proposed only multi-event results be used to produce multi-event age grading. Several mathematical techniques were developed for age-grading, but each had glaring weaknesses in one area or another when they were compared with the actual performance data.

Basis

The 1994 Age-Graded Tables confirm that after a certain age (which varies from approximately 30 to 40), performances always get weaker and weaker in an ever-increasing manner. For example, the loss in performance from age 49 to 50 is greater (percentage-wise) than the loss from age 48 to 49. The assumption is made that no one should perform above a performance level of 100% except for a few "non-representative" cases. The tables are based on only the very best performances in the world. The goal was to produce tables that accurately describe the upper limits of performance at this time.

Longevity

After much debate, the committees decided we should not try to project what we think records "should" be or "will" be at some future date, but rather work with what the records really are wherever possible. We know most records will eventually be broken. But to be as fair as possible to today's veteran athletes, the 1994 standards set the existing outstanding performances at or near 100%. Some say every new world age-group record will go over the 100% performance level and thus invalidate the tables. The truth is this will happen only at a few critical points in the events. Most veteran world records are well below 100%. Most new world records will have no effect on the validity

of the tables. Eventually, the tables will require updating, but these 1994 tables should be valid for at least six years and probably longer. The committees made a great effort to anticipate distance, height and weight changes that may be made in the WAVA implement specifications; age-grading for these anticipated events has been included in the 1994 tables.

Proof

The 1994 tables were "proved" by checking them against many past results.

Continuity

Veteran performances were not examined in an isolated manner. Open and sub-masters performances were carefully considered along with the masters data. The crossover in the tables from one to another is smooth and continuous.

Open Class Performances

The "OC" or Open Class standard is usually set at the existing world record and is generally equal to the age 30 standard. In other words, the tables say the world record can be set by anyone up to age 30 and, in some events such as the longer distance races, that it can be set by anyone even up to age 40. Recent open men's world records set at ages 29, 30, and 31 support this.

In the more highly-contested women's running events, the performances seem to run about 11 percent lower than the men's, so women's running OCs are generally set at 111% of men's. This approach also bridges over some weak records in some relatively new women's events. In the throwing events, the OCs were set at what the remaining data indicated after the "non-representative" performances were disregarded. The women's pole vault OC, with no open counterpart yet, was set at 4.45, which is a generous 28% below the men's OC. Most of the world age-group records in the men's javelin were, understandably, set with the "old" javelin. These records were reduced by 5% for purposes of creating the 1994 tables which are meant to be used only with the "new" javelin, which is the only official WAVA javelin since May 1, 1992.

Men/Women

The committees originally thought the men's and women's age factors should be identical. One school of thought says there is no evidence that women age faster than men, so women should have the same factors. Another school says women *do* age faster than men, and offer empirical evidence to support this position. The first school says older women have just begun the sport and have not yet reached their potential, so the age standards should be set well out ahead of what they are doing. The second school says we should not try to project what women should do, but rather use the current evidence to establish age standards. The committee decided to go with the second school, and basically added a 10% advantage to the women's age factors in all running, jumping, and racewalking events. The women's throws were approached on their own individual performance data.

Process

The committees made many valiant attempts to find a single, mathmetical relationship (a single equation) that would create the age-graded tables. But these overall mathematical approaches had too many inconsistencies when each event was examined individually. They simply did not make sense in certain events or at certain ages. So the final approach taken is as follows: the performances of each gender, at each age, and in each event were scrutinized very closely and hotly debated as to validity and merit. The very best performances were then assigned 99 to 100 percent on the tables. Some of these performances judged as truly outstanding are listed on page 49. Sometimes these great performances were in the upper age groups; sometimes low. But wherever they occurred, the rest of the event curve had to blend nicely into that performance. The curve had to be smooth and continuous, as well as hit all of the outstanding performances. The committees came up with a logical approach to these curves that was uniform across each family of events. The running events have a different approach from the jumping events, which are different from the throwing events, but consistent within the family, itself.

Verification

The shape of the curves, or how fast performances should fall off as age advances, was debated within each particular event. Then families of events (i.e., sprints, middle distances, long distances, jumps, hurdles, throws, and racewalks) were examined as to logical comparisons and progressions among the events in the family. This required going back into individual events and rethinking either the percentage level or the shape of the degradation curve. Many iterations back and forth were done before each of the families was consistent within themselves. The families were then examined to make sure they were equivalent to other families. This comparison sometimes required that an entire family of events be reworked to be consistent with all the other families.

Finally, the women's results, which were worked entirely separately from the men's, were compared to the men's. Inconsistencies there caused minor, but complete, reworks of most women's events. A few times, a new performance, of which some committee members were unaware, was pointed out by one of the many people who worked on this project, and which affected a whole event, which affected a whole family, which affected an entire gender. These were usually very minor effects, but the time was taken to do everything as completely and accurately as possible.

There could be some minor mistakes or inconsistencies, but many, many reworks were done to ensure they are as few as possible. There is a well-thought-out and defensible reason for every entry in the tables. Some of the reasons are mutually-arrived-at opinions and, therefore, debatable, but there is as much logic and consistency as possible throughout.

Non-representative Performances

Probably the hottest debate of all came on the subject of which performances to classify as "non-representative" in creating the tables. There were various reasons for not including some performances. Sometimes it was felt that the data simply was not accurate: wrong implement, wrong measurement, wrong distance, wrong timing, etc. Ages were sometimes questioned. Performance-enhancing drugs were the primary, and a constant, source of debate among committee members. After looking at so much data and comparing it to related data, certain performances seemed too good to be true, so they simply were not used as a basis for the 1994 tables. Those "non-representative" performances that are truly legitimate can be considered simply better than the 100% level. Those performances that were

included, but perhaps should not have been, push down the performance levels of everyone else in that event, but probably not by much. Decisions had to be made and they were.

Comparison to 1989 Tables

Compared to the 1989 Age-Graded Tables, the age 30-49 factors are generally more difficult and the 70 + age factors generally easier in the 1994 revision. This was not done on purpose, but was due to athletes posting world class performances well into their 30s, and the fact that the older athletes are not improving as much as some theories say they should.

Limited Data in Oldest Age Groups

Please note that there simply have not been enough performances from the oldest competitors (80-99) to set accurate age-grading. And in some women's events, especially the new ones, sufficient data also is not yet available. Age-grading was generated from what isolated performance data was available and analysis of trends from lower ages. In other words, age-grading for these groups and events cannot be relied upon as much as the more contested age groups and events.

Single-Age vs. Five-Year Scoring

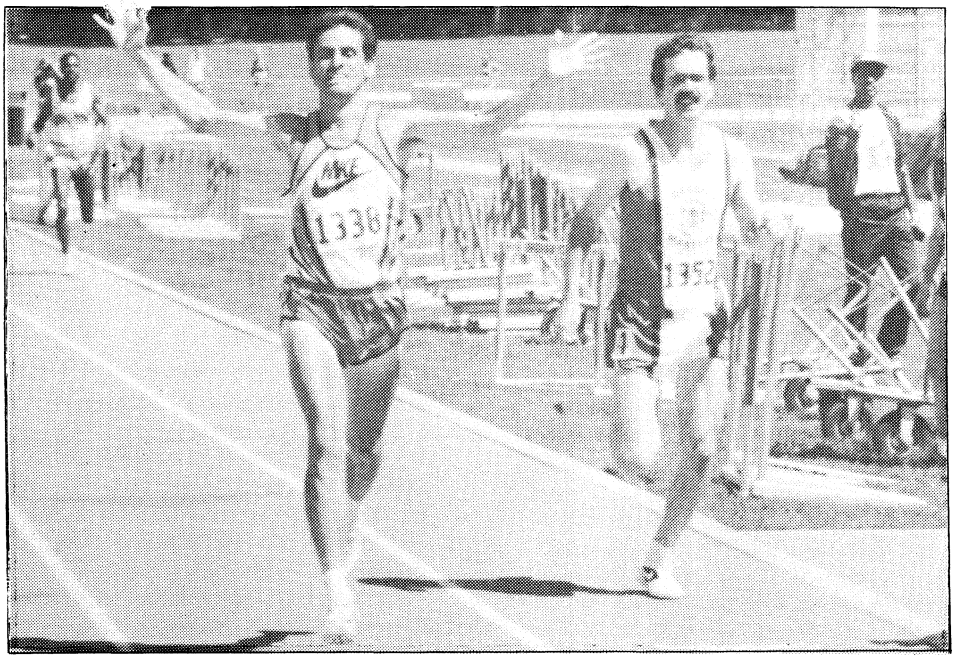
Published here is age grading in one-year increments. The WAVA age-graded tables were developed in five-year increments. This was done because WAVA's only official use of the age-factors at this time is for the scoring of multi-events which are contested in five-year groups. For example, the age-factor for M40 is used for the entire age group M40-44, and so on. This provides for head-to-head competition within any age group, yet allows for the use of the existing IAAF scoring tables. One-year age-graded increments were generated by a simple linear interpolation between the five-year points. One-year age-grading should probably be used if more than a five-year age group is to be compared or if older athletes (where performances change more and more each year) are to be compared.

Summary

These age-graded tables are but a small part of the overall responsibilities of WAVA as the sport's world governing body. However, they are very important to a significant portion of its constituency. WAVA Vice-President Bill Taylor and his applicable sub-committees have treated the subject with the respect it deserves and have turned out the best product attainable at this time. Please feel free to contact anyone involved in the 1994 update if there are questions about any aspect of the update.

"Twenty months of work by a dedicated team has culminated in the production of age-graded tables which, I feel, will withstand any test."

— Bill Taylor, Vice-President
World Association of Veteran Athletes
Oxford, England



Ken Popejoy, Wheaton, Ill., in 4:02.60, edges Ed Spinney, Eugene, Ore., for the M40 1500 gold medal, USATF National Masters Championships, Provo, Utah.

Photo by Jerry Wojcik

OUTSTANDING MASTERS' PERFORMANCES (99%-100%)

Event	Age	Mark	Name
100M	M30	9.86	Carl Lewis
	M33	9.87	Linford Christie
	M57	11.57	Ron Taylor
	M71	13.09	Payton Jordan
	M75	13.64	Payton Jordan
	W33	10.82	Merlene Ottey
	W35	11.07	Evelyn Ashford
200M	M56	23.37	Ron Taylor
	W33	21.77	Merlene Ottey
400M	M58	52.74	Ralph Romain
	M59	53.41	Ralph Romain
	M60	54.04	Ralph Romain
	M61	54.34	Ralph Romain
800M	M33	1:44.03	Johnny Gray
	W34	1:55.91	Marla Kratochivilova
1500M	M34	3:33.12	Joe Cheshire
	M36	3:33.91	Mike Boit
	W35	3:57.73	Maricica Puica
Mile	M41	3:58.15	Eamonn Coghlan
	W35	4:17.33	Maricica Puica
5KM	M37	13:16.36	Carlos Lopes
	M65	16:38.8	Derek Turnbull
10KM	M37	27:17.5	Carlos Lopes
	M65	34:42	Derek Turnbull
	W45	32:41.98	Evy Palm
	W46	32:34.05	Evy Palm
Marathon	M38	2:07:11	Carlos Lopes
	M41	2:11:04	John Campbell
	M52	2:22:14	Piet van Alpehn
	M56	2:27:05	Erik Ostbye
	W42	2:26:51	Priscilla Welch
	W47	2:31:05	Evy Palm
110M/42"	M31	12.95	Mark McKoy
	M32	13.06	Greg Foster
	M33	13.19	Renaldo Nehemiah
100M/36"	M50	13.57	Walt Butler
100M/33"	M63	15.03	Jack Greenwood
300M/30"	M63	43.49	Jack Greenwood
400M/36"	M32	47.37	Edwin Moses
	M33	47.82	Kris Akabusi
	M35	48.93	Nat Page
	M49	55.69	Guido Mueller
400M/33"	M57	59.85	Jack Greenwood
400M/30"	W30	52.79	Sandra Farmer
Steeplechase	M40	8:41.5	Gaston Roelants
Long Jump	M30	8.87	Carl Lewis
	M33	8.70	Carl Lewis
	M60	6.07	Tom Patsalis
	W66	4.47	Paula Schneiderhan
Triple Jump	M39	16.90	Ray Kimble
	M75	10.05	Mazumi Morita
	W34	14.95	Inessa Kravets
	W65	9.03	Patricia Peterson
High Jump	M32	2.36	Carlo Thranhardt
	M64	1.68	Jim Gillcrist
Pole Vault	M36	5.65	Earl Bell
	M65	3.77	Boo Morcom
	W47	3.38	Phil Raschker
Hammer	M48	63.46	S. Murofusi
	M49	62.16	Josef Matousek
	M58	56.84	Richard Rzehak
	M61	58.00	Pentti Saarikoski
	M63	55.56	Pentti Saarikoski
	W35	59.50	Lyubov Karpova
	W57	44.26 (3K)	Antonia Ivanova
Shot Put	M50	18.45 (6K)	Klaus Liedtke
	M52	17.60 (6K)	Klaus Liedtke
	M65	14.70 (5K)	Reino Nokelainen
	W43	18.42	Antonia Ivanova
Discus	W47	58.58	Helgi Parts
Javelin	M48	69.36	Larry Stuart
	M65	55.02	Bud Held
Weight	M31	24.84	Lance Deal
	M62	18.72	Cliff Blair
5KRW	W71	29:16	Britta Tibbling
10KRW	M75	55:01	James Grimwade
20KRW	M40	1:21:36	Willi Sawall
50KRW	M75	5:19:00	James Grimwade

APPENDIX B

Scoring of WAVA Combined Events Competitions

The competition in WAVA Combined Events is held in five-year age groups (M40-44, M45-49, etc.). The age factor for M40 is used for the entire M40-44 age group, and so on.

The scoring of WAVA Combined Events Competitions is as follows. In all events, except the Weight Throw, the scoring procedure is exactly like normal IAAF scoring with the addition of one additional step. That additional step is that the actual performance in each event is multiplied by the appropriate Age Factor to arrive at an Age Factored Performance. This Age Factored Performance is then looked up in the current IAAF Combined Events Scoring Tables in the normal manner.

Age Factors

The Age factors to be used for each gender and age group are listed in the appropriate WAVA Appendix. Use the full, four place, number for Age Factoring. Round the result as shown below. Note that the Age Factors automatically correct for the reducing WAVA implements and distances. So a M65-69 man throwing a 4 Kilogram Shot can be looked up in the standard 7.26 Kilogram table after multiplying his actual performance times the Age Factor because the Age Factor takes into account the fact that he is throwing a smaller Shot. The same is true with a W60-64 woman running 80 meter hurdles, .762 meter high with 7 meter spacing. The Age Factor automatically produces an Age Factored Performance that can be looked up in the 100 Meter, .840 high, 8.5 meter spaced women's hurdle table.

Rounding

The general rule is that rounding is done so as to never give artificial aid to the performer. So, after multiplying the Actual Performance by the Age Factor, be sure to round all running events up to the higher one hundredth of a second and round all throwing and jumping events down to the shorter centimeter.

Example: M50-54 man runs 13.12 second Actual Performance 100 Meter
13.12 times .8930 Age Factor equals 11.71616 Age Factored Performance
11.71616 rounded up equals 11.72 to look up in scoring table
11.72 is awarded 707 points

Example: W35-39 woman jumps 1.47 meter Actual Performance in the High Jump
1.47 times 1.0789 Age Factor equals 1.585983 Age Factored Performance
1.585983 rounded down equals 1.58 to look up in scoring table
1.58 is awarded 712 points

Scoring Tables

The current IAAF scoring tables to use are the 1985 Edition of the "Scoring Tables for Men's and Women's Combined Events Competitions" and the various supplements that the IAAF has published. (see below for the formulas that describe the scoring in the tables) If a performance is being scored that does not appear in the tables, be sure to move to the performance that results in less points being scored, not more.

Example: Looking up a male 66.06 second 400 meter, 66.09 must be used not 66.05
66.06 is closer to 66.05 than it is to 66.09 but is faster than was actually ran
66.06 therefore is awarded 230 points

Example: Looking up a male 12.36 meter Shot Put, 12.35 must be used not 12.37
12.36 is equally close to 12.37, but 12.37 is farther than was actually thrown
12.36 therefore is awarded 628 points

Hand Timing

If Combined Events running events, from 400 meters down (including hurdles), are hand timed, they have to be corrected before multiplying by the appropriate Age Factor. The score must be looked up in the fully automatic portion of the scoring Tables (The hand times portions of the scoring tables are never used in Veteran's scoring). The IAAF corrections to apply are:

50 through 300 Meters	add 0.24 seconds to the hand time
400 Meters	add 0.14 seconds to the hand time
all above 400 Meters	add nothing (use hand time as is)

Example: M40-44 man runs 17.7 second hand timed 110 meter hurdles
17.7 plus .24 Correction equals 17.94
17.94 times .9326 equals 16.730844 Age Factored Performance
16.730844 rounded up equals 16.74 to look up in scoring table
16.74 is awarded 652 points

Long Throws

The Discus, Javelin, and Hammer all have one additional rule. The IAAF states that these throws be measured to the shorter, even, centimeter. These throws also have to be rounded down to the shorter, even, centimeter after multiplying by the Age Factor to obtain the Age Factored Performance. Note that computer programs using the formulas below will not work correctly unless this rounding to the shorter, even, centimeter is done.

Example: A W40-44 Hammer Throw of 36.77 must be recorded as 36.76
36.76 times 1.1140 Age Factor equals 40.95064 Age Factored Performance
40.95064 is rounded down to 40.94 (shorter even centimeter)
40.94 is awarded 732 points

Weight Throw

The Weight Throw is a new event and has no IAAF scoring table at this time. It is scored on the appropriate, men's or women's, Shot Put scoring tables after the performance is corrected by a **.9308** correction factor.

Example: A M70-74 Weight throw of 14.67 meters
14.67 times 1.2088 Age Factor equals 17.733096 Age Factored Performance
17.733096 is rounded down to 17.73
17.73 is multiplied by .9308 correction factor to get 16.503084
16.503084 is rounded down to 16.50 and looked up in Men's Shot Put tables
there is no 16.50 so 16.49 is used to award 882 points

Example: A W35-39 Weight throw of 10.36 meters
10.36 times 1.3036 Age Factor equals 13.505296 Age Factored Performance
13.505296 is rounded down to 13.50
13.50 is multiplied by .9308 correction factor to get 12.5658
12.5658 is rounded down to 12.56 and looked up in Women's Shot Put tables
there is no 12.56 so 12.55 is used to award 698 points

1985 IAAF Computer Formulas

The 1985 IAAF scoring tables are generated by the following mathematical formulas.

Running Events: Points = a (b - Performance)^c

Jumping and Throwing Events: Points = a (Performance - b)^c

WOMEN:

60 m	a=46.0849	b=13s	c=1.81
100m	a=17.857	b=21s	c=1.81
200m	a=4.99087	b=24.5s	c=1.81
800m	a=.11193	b=254s	c=1.81
60m hurdle	a=20.0479	b=17s	c=1.835
100m hurdle	a=9.23076	b=26.7s	c=1.835
high jump	a=1.84523	b=75cm	c=1.348
long jump	a=.188807	b=210cm	c=1.41
shot put	a=56.0211	b=1.5m	c=1.05
discus	a=12.3311	b=3m	c=1.10
hammer	a=17.5458	b=6m	c=1.05
javelin	a=15.9803	b=3.8m	c=1.04

MEN:

60 m	a=58.015	b=11.5s	c=1.81
100m	a=25.4347	b=18s	c=1.81
200m	a=5.8425	b=38s	c=1.81
300m	a=2.58503	b=60.1s	c=1.81
400m	a=1.53775	b=82s	c=1.81
1000m	a=.08713	b=305.5s	c=1.85
1500m	a=.03768	b=480s	c=1.85
60m hurdle	a=20.5173	b=15.5s	c=1.92
110m hurdle	a=5.74352	b=28.5s	c=1.92
high jump	a=.8465	b=75cm	c=1.42
pole vault	a=.2797	b=100cm	c=1.35
long jump	a=.14354	b=220cm	c=1.40
shot put	a=51.39	b=1.5m	c=1.05
discus	a=12.91	b=4m	c=1.10
hammer	a=13.0449	b=7m	c=1.05
javelin	a=10.14	b=7m	c=1.08

APPENDIX C / ANNEXE C / ANHANG C

1994 WAVA Decathlon Age Factors (Day 1)

	100M	LJ	SP 7.26K (16#)	SP 6K	SP 5K	SP 4K	HJ	400M	
M40-44	.9542	1.1265	1.0600				1.1298	.9384	M40-44
M45-49	.9231	1.2049	1.1811				1.1910	.9071	M45-49
M50-54	.8930	1.2888		1.1963			1.2555	.8751	M50-54
M55-59	.8639	1.3786		1.3330			1.3235	.8420	M55-59
M60-64	.8352	1.4746			1.3558		1.3952	.8073	M60-64
M65-69	.8039	1.5773			1.5106		1.4708	.7704	M65-69
M70-74	.7687	1.6871				1.5054	1.5505	.7306	M70-74
M75-79	.7296	1.8046				1.6774	1.6346	.6871	M75-79
M80-84	.6864	1.9302				1.8689	1.7231	.6388	M80-84
M85-89	.6389	2.1391				2.2085	1.8671	.5837	M85-89
M90-94	.5870	2.5062				2.8705	2.1112	.5171	M90-94
M95-99	.5306	3.1145				4.1451	2.4962	.4262	M95-99
M100+	.4696	4.1203				6.7332	3.0922	.2739	M100+

1994 WAVA Decathlon Age Factors (Day 2)

(M) (M/IN)	HUR 110/9.14 .991/39	HUR 100/8.5 .914/36	HUR 100/8.5 .840/33	HUR 80/7 .762/30	DT 2.0K	DT 1.5K	DT 1.0K	PV	JT 800G	JT 600G	1500M
M40-44	.9326				1.0000			1.1499	1.1829		.9479
M45-49	.8910				1.0949			1.2331	1.2999		.9137
M50-54		.9539				1.0787		1.3223	1.4285		.8788
M55-59		.9051				1.2025		1.4180	1.5698		.8428
M60-64			.8929				1.1174	1.5205		1.5893	.8052
M65-69			.8374				1.2457	1.6305		1.7465	.7654
M70-74				1.0058			1.3887	1.7485		1.9192	.7227
M75-79				.9239			1.5482	1.8750		2.1080	.6763
M80-84				.8346			1.7260	2.0106		2.3176	.6251
M85-89				.7346			2.0414	2.2370		2.6783	.5671
M90-94				.6186			2.6572	2.6373		3.3596	.4976
M95-99				.4761			3.8454	3.3064		4.6022	.4038
M100+				.2868			6.2655	4.4261		6.9467	.2486

APPENDIX D / ANNEXE D / ANHANG D

1994 WAVA Heptathlon Age Factors (Day 1)

(M) (M/IN)	HUR 100/8.5 .840/33	HUR 80/8 .762/30	HUR 80/7 .762/30	HJ	SP 4K	SP 3K	200M	
W35-39	.9500			1.0789	1.0000		.9784	W35-39
W40-44		1.1337		1.1472	1.0688		.9399	W40-44
W45-49		1.0700		1.2199	1.2258		.9026	W45-49
W50-54			1.0306	1.2973		1.2176	.8662	W50-54
W55-59			.9708	1.3795		1.3964	.8309	W55-59
W60-64			.9091	1.4669		1.6016	.7959	W60-64
W65-69			.8446	1.5599		1.8369	.7684	W65-69
W70-74			.7764	1.6587		2.1068	.7169	W70-74
W75-79			.7036	1.7639		2.4163	.6716	W75-79
W80-84			.6246	1.8757		2.7713	.6221	W80-84
W85-89			.5369	2.0598		3.2997	.5684	W85-89
W90-94			.4360	2.3788		4.2531	.5102	W90-94
W95-99			.3132	2.8967		5.9754	.4476	W95-99
W100+			.1521	3.7305		9.2252	.3803	W100+

1994 WAVA Heptathlon Age Factors (Day 2)

	LJ	JT 600G	JT 400G	800M	
W35-39	1.0748	1.1655		.9668	W35-39
W40-44	1.1552	1.3244		.9289	W40-44
W45-49	1.2416	1.5050		.8906	W45-49
W50-54	1.3345		1.4546	.8516	W50-54
W55-59	1.4343		1.6530	.8115	W55-59
W60-64	1.5416		1.8784	.7698	W60-64
W65-69	1.6570		2.1345	.7259	W65-69
W70-74	1.7809		2.4256	.6791	W70-74
W75-79	1.9141		2.7564	.6286	W75-79
W80-84	2.0573		3.1322	.5733	W80-84
W85-89	2.2971		3.6850	.5112	W85-89
W90-94	2.7237		4.6645	.4376	W90-94
W95-99	3.4425		6.3897	.3397	W95-99
W100+	4.6583		9.5369	.1804	W100+

APPENDIX E / ANNEXE E / ANHANG E

1994 WAVA Men's Weight Pentathlon

	HT 7.26K (16#)	HT 6K	HT 5K	HT 4K	SP 7.26K (16#)	SP 6K	SP 5K	SP 4K	
M40-44	1.1092				1.0600				M40-44
M45-49	1.2310				1.1811				M45-49
M50-54		1.2421				1.1963			M50-54
M55-59		1.3786				1.3330			M55-59
M60-64			1.3967				1.3558		M60-64
M65-69			1.5502				1.5106		M65-69
M70-74				1.5389				1.5054	M70-74
M75-79				1.7080				1.6774	M75-79
M80-84				1.8956				1.8689	M80-84
M85-89				2.2262				2.2085	M85-89
M90-94				2.8642				2.8705	M90-94
M95-99				4.0743				4.1451	M95-99
M100+				6.4800				6.7332	M100+

	DT 2.0K	DT 1.5K	DT 1.0K	JT 800G	JT 600G	WT 15.88K (35#)	WT 11.34K (25#)	WT 9.08K (20#)	WT 7.26K (16#)	WT 5.45K (12#)	
M40-44	1.0000			1.1829		1.1228					M40-44
M45-49	1.0949			1.2999		1.2133					M45-49
M50-54		1.0787		1.4285			1.1081				M50-54
M55-59		1.2025		1.5698			1.1974				M55-59
M60-64			1.1174		1.5893			1.1574			M60-64
M65-69			1.2457		1.7465			1.2507			M65-69
M70-74			1.3887		1.9192				1.2088		M70-74
M75-79			1.5482		2.1090				1.3063		M75-79
M80-84			1.7260		2.3176					1.2224	M80-84
M85-89			2.0414		2.6793					1.3765	M85-89
M90-94			2.6572		3.3596					1.6541	M90-94
M95-99			3.8454		4.6022					2.1310	M95-99
M100+			6.2655		6.9467					2.9587	M100+

1994 WAVA Women's Weight Pentathlon

	HT 4K	HT 3K	SP 4K	SP 3K	DT 1.0K	JT 600G	JT 400G	WT 9.08K (20#)	WT 7.26K (16#)	WT 5.45K (12#)	
W35-39	1.0084		1.0000		1.0000	1.1655		1.3036			W35-39
W40-44	1.1140		1.0688		1.0597	1.3244		1.4038			W40-44
W45-49	1.2307		1.2258		1.1974	1.5050		1.5117			W45-49
W50-54		1.1774		1.2176	1.3530		1.4546		1.3001		W50-54
W55-59		1.3008		1.3964	1.5288		1.6530		1.4001		W55-59
W60-64		1.4370		1.6016	1.7275		1.8784			1.2187	W60-64
W65-69		1.5875		1.8369	1.9520		2.1345			1.3124	W65-69
W70-74		1.7537		2.1068	2.2056		2.4256			1.4133	W70-74
W75-79		1.9374		2.4163	2.4922		2.7564			1.5219	W75-79
W80-84		2.1403		2.7713	2.8161		3.1322			1.6390	W80-84
M85-89		2.4951		3.2997	3.2889		3.6850			1.8356	M85-89
W90-94		3.1716		4.2531	4.1175		4.6645			2.1869	W90-94
W95-99		4.4321		5.9754	5.5548		6.3897			2.7830	W95-99
W100+		6.8768		9.2252	8.1240		9.5369			3.8006	W100+

APPENDIX F / ANNEXE F / ANHANG F

1994 WAVA Men's Outdoor Pentathlon

	LJ	JT 800G	JT 600G	200M	DT 2.0K	DT 1.5K	DT 1.0K	1500M	
M40-44	1.1265	1.1829		.9488	1.0000			.9479	M40-44
M45-49	1.2049	1.2999		.9159	1.0949			.9137	M45-49
M50-54	1.2888	1.4285		.8840		1.0787		.8788	M50-54
M55-59	1.3786	1.5698		.8531		1.2025		.8428	M55-59
M60-64	1.4746		1.5893	.8226			1.1174	.8052	M60-64
M65-69	1.5773		1.7465	.7895			1.2457	.7654	M65-69
M70-74	1.6871		1.9192	.7525			1.3887	.7227	M70-74
M75-79	1.8046		2.1090	.7116			1.5482	.6763	M75-79
M80-84	1.9302		2.3176	.6666			1.7260	.6251	M80-84
M85-89	2.1391		2.6793	.6173			2.0414	.5671	M85-89
M90-94	2.5062		3.3596	.5636			2.6572	.4976	M90-94
M95-99	3.1145		4.6022	.5054			3.8454	.4038	M95-99
M100+	4.1203		6.9467	.4426			6.2655	.2486	M100+

1994 WAVA Women's Outdoor Pentathlon

	HUR 100/8.5 .840/33	HUR 80/8 .762/30	HUR 80/7 .762/30	HJ	SP 4K	SP 3K	LJ	800M	
W35-39	.9500			1.0789	1.0000		1.0748	.9668	W35-39
W40-44		1.1337		1.1472	1.0688		1.1552	.9289	W40-44
W45-49		1.0700		1.2199	1.2258		1.2416	.8906	W45-49
W50-54			1.0306	1.2973		1.2176	1.3345	.8516	W50-54
W55-59			.9708	1.3795		1.3964	1.4343	.8115	W55-59
W60-64			.9091	1.4669		1.6016	1.5416	.7698	W60-64
W65-69			.8446	1.5599		1.8369	1.6570	.7259	W65-69
W70-74			.7764	1.6587		2.1068	1.7809	.6791	W70-74
W75-79			.7036	1.7639		2.4163	1.9141	.6286	W75-79
W80-84			.6246	1.8757		2.7713	2.0573	.5733	W80-84
W85-89			.5369	2.0598		3.2997	2.2971	.5112	W85-89
W90-94			.4360	2.3788		4.2531	2.7237	.4376	W90-94
W95-99			.3132	2.8967		5.9754	3.4425	.3397	W95-99
W100+			.1521	3.7305		9.2252	4.6583	.1804	W100+

APPENDIX G / ANNEXE G / ANHANG G

1994 WAVA Men's Indoor Pentathlon

	HUR	HUR	HUR	HUR	LJ	SP	SP	SP	SP	HJ	1000
(M)	60/9.14	60/8.5	60/8.5	60/7		7.26K	6K	5K	4K		
(M/IN)	.991/39	.914/36	.840/33	.762/30		(16#)					
M40-44	.9326				1.1265	1.0600				1.1298	.9419
M45-49	.8910				1.2049	1.1811				1.1910	.9082
M50-54		.8784			1.2888		1.1963			1.2555	.8738
M55-59		.8335			1.3786		1.3330			1.3235	.8383
M60-64			.8222		1.4746			1.3558		1.3952	.8012
M65-69			.7711		1.5773			1.5106		1.4708	.7619
M70-74				.7491	1.6871				1.5054	1.5505	.7197
M75-79				.6881	1.8046				1.6774	1.6346	.6738
M80-84				.6216	1.9302				1.8689	1.7231	.6231
M85-89				.5471	2.1391				2.2085	1.8671	.5656
M90-94				.4607	2.5062				2.8705	2.1112	.4966
M95-99				.3546	3.1145				4.1451	2.4962	.4033
M100+				.2136	4.1203				6.7332	3.0922	.2486

1994 WAVA Women's Indoor Pentathlon

	HUR	HUR	HUR	HJ	SP	SP	LJ	800		
(M)	60/8.5	60/8	60/7		4K	3K				
(M/IN)	.840/33	.762/30	.762/30							
W35-39	.9500			1.0789	1.0000		1.0748	.9668	W35-39	
W40-44	.8998	.9358		1.1472	1.0688		1.1552	.9289	W40-44	
W45-49		.8832		1.2199	1.2258		1.2416	.8906	W45-49	
W50-54			.8298	1.2973		1.2176	1.3345	.8516	W50-54	
W55-59			.7753	1.3795		1.3964	1.4343	.8115	W55-59	
W60-64			.7192	1.4669		1.6016	1.5416	.7698	W60-64	
W65-69			.6607	1.5599		1.8369	1.6570	.7259	W65-69	
W70-74			.5992	1.6587		2.1068	1.7809	.6791	W70-74	
W75-79			.5339	1.7639		2.4163	1.9141	.6286	W75-79	
W80-84			.4635	1.8757		2.7713	2.0573	.5733	W80-84	
W85-89			.3859	2.0598		3.2997	2.2971	.5112	W85-89	
W90-94			.2974	2.3788		4.2531	2.7237	.4376	W90-94	
W95-99			.1909	2.8967		5.9754	3.4425	.3397	W95-99	
W100+			.0527	3.7305		9.2252	4.6583	.1804	W100+	

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WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59 60-69 70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39 40-49	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"	10
50-59 60-69 70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

MEN

30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"				
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2¾"	7

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	
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30-49	4.00k	1.00k	4.00k	600gms.	
50 plus	3.00k	1.00k	3.00k	400 gms.	
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	
50-59	6.00k	1.50k	6.00k	800 gms.	
60-69	5.00k	1.00k	5.00k	600 gms.	
70 plus	4.00k	1.00k	4.00k	600 gms.	

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