

**WPMAA Colour Standards 2019-2020**

	30	35	40	45	50	55	MEN	65	70	75	80	85	90
							60						
100m	12.00	12.20	12.60	13.00	13.40	14.00	14.50	15.40	16.20	17.80	19.50	23.50	28.00
200m	24.50	25.00	25.50	26.50	27.50	28.90	30.00	32.00	34.00	37.00	43.00	49.00	58.00
400m	56.00	57.00	58.00	60.00	62.00	65.00	69.00	01:13.0	01:20.0	01:28.0	01:44.0	02:00.0	02:25.0
800m	02:12.0	02:14.0	02:16.0	02:22.0	02:27.0	02:35.0	02:44.0	02:58.0	03:10.0	03:44.0	04:22.0	05:08.0	05:53.0
1500m	04:34.0	04:41.0	04:48.0	04:58.0	05:15.0	05:29.0	05:49.0	06:23.0	06:52.0	07:57.0	09:15.0	10:55.0	12:35.0
5000m	17:30.0	17:45.0	18:00.0	18:50.0	19:25.0	20:40.0	21:30.0	23:30.0	25:30.0	29:30.0	35:30.0	42:00.0	49:00.0
10000m	36:50.0	37:30.0	38:10.0	39:20.0	40:40.0	42:40.0	45:00.0	48:50.0	53:30.0	1:03:00	1:14:00	1:28:00	1:43:00
Steeple C	11:20.0	11:40.0	11:55.0	12:50.0	13:30.0	14:30.0	09:50.0	10:50.0	12:05.0	14:00.0	16:30.0	18:45.0	21:00.0
Short H	17.00	18.00	19.30	21.00	19.30	20.50	21.00	24.60	18.80	22.80	24.80	28.00	32.00
Long H	65.50	67.00	68.50	72.50	74.50	77.50	56.00	61.00	65.00	76.00	62.00	67.00	73.00
High J	1.68	1.63	1.56	1.48	1.41	1.34	1.27	1.20	1.13	1.05	0.98	0.90	0.82
Pole V	3.40	3.30	3.18	3.00	2.80	2.60	2.40	2.20	2.00	1.70	1.45	1.25	1.12
Long J	5.50	5.30	5.10	4.85	4.60	4.30	4.00	3.75	3.30	2.90	2.35	2.00	1.65
Triple J	12.00	11.60	11.25	10.40	10.00	9.50	9.00	8.00	7.00	6.20	5.30	4.80	4.40
Shot P	11.50	10.90	10.40	9.50	10.40	9.70	10.00	8.90	9.20	7.25	7.25	5.90	4.70
Discus T	33.00	32.00	31.30	30.00	34.50	31.50	34.50	31.00	25.90	21.40	17.20	14.00	10.00
Hammer	36.00	35.00	34.20	33.60	34.40	32.80	33.60	29.60	27.30	21.00	21.80	18.70	15.60
Javelin T	44.00	42.00	40.90	38.60	36.50	33.30	32.20	28.90	25.80	20.30	19.50	15.60	11.70
Weight T	11.50	11.10	10.80	10.40	13.00	12.40	13.70	12.80	12.80	10.00	9.00	8.30	6.50
T Pent	2100	2180	2250	2480	2800	2810	2965	2965	2965	2575	2300	2260	2180
Dec/ Hep	4300	4400	4480	4730	4730	4800	4800	4800	4300	4230	3570	3320	3320
5000 W	27:00.0	28:05.0	28:57.0	30:08.0	31:18.0	32:40.0	34:13.0	36:04.0	38:42.0	41:15.0	43:47.0	50:19.0	56:10.0
10km W	57:30.0	58:30.0	59:40.0	01:01:26	01:03:11	01:05:31	01:09:02	01:12:32	01:18:23	01:24:14	01:33:36	01:45:18	01:57:00
20km W	01:55:00	01:58:10	02:01:41	02:06:22	02:11:02	02:16:53	02:23:55	02:32:06	02:41:28	02:53:10	03:13:03	03:36:27	03:59:51

	30	35	40	45	50	55	WOMEN	65	70	75	80	85	90
							60						
100m	14.20	14.50	14.80	15.30	16.10	16.70	17.70	18.80	20.60	23.00	25.70	29.00	33.50
200m	29.00	30.00	31.00	32.00	33.50	35.00	37.30	41.30	44.70	50.00	56.00	63.00	72.00
400m	67.00	69.00	72.00	75.00	78.00	1:22.0	01:28.0	01:35.0	01:52.0	02:08.0	02:25.0	02:42.0	03:00.0
800m	02:43.0	02:45.0	02:47.0	02:50.0	03:00.0	03:13.0	03:27.0	03:55.0	04:18.0	04:49.0	05:14.0	05:53.0	06:38.0
1500m	05:47.0	05:52.0	05:57.0	06:06.0	06:25.0	06:49.0	07:12.0	08:00.0	09:04.0	10:20.0	11:23.0	12:35.0	14:14.0
5000m	21:50.0	22:10.0	22:30.0	23:10.0	24:00.0	25:10.0	27:10.0	30:20.0	33:40.0	38:00.0	44:00.0	50:00.0	58:00.0
10000m	45:20.0	46:40.0	48:00.0	49:30.0	51:30.0	56:00.0	1:00:00	1:05:30	1:14:00	1:22:00	1:33:00	1:45:00	2:00:00
Steeple C	09:00.0	09:30.0	10:00.0	10:45.0	11:40.0	12:45.0	14:30.0	15:40.0	17:00.0	18:40.0	21:00.0	23:30.0	27:00.0
Short H	19.00	20.00	15.70	16.80	17.90	19.20	19.00	20.20	22.40	24.10	26.00	28.00	31.00
Long H	80.00	82.00	83.50	87.00	65.00	68.50	74.50	82.00	62.00	67.00	73.00	79.00	88.00
High J	1.38	1.33	1.27	1.21	1.15	1.09	1.03	0.98	0.92	0.86	0.80	0.75	0.70
Pole V	2.25	2.10	1.95	1.85	1.70	1.55	1.40	1.35	1.30	1.20	1.15	1.05	1.00
Long J	4.25	4.10	3.95	3.65	3.45	3.20	3.00	2.70	2.30	1.85	1.70	1.55	1.25
Triple J	9.20	8.80	8.40	7.90	7.30	6.80	6.25	5.85	5.20	4.60	4.00	3.50	3.15
Shot P	8.50	8.20	8.00	7.70	8.20	7.60	7.00	6.30	5.60	5.10	4.70	3.90	3.10
Discus T	27.00	26.10	25.60	23.00	21.60	19.90	18.60	16.40	14.80	13.30	10.90	9.40	8.60
Hammer	29.00	27.70	26.50	22.60	25.50	23.30	20.70	18.00	15.60	16.40	12.50	11.00	10.00
Javelin T	26.00	24.50	22.80	21.90	22.20	19.50	17.50	15.60	14.00	8.70	7.80	7.00	6.30
Weight T	10.30	10.00	9.50	9.10	9.10	8.70	9.10	8.30	7.50	7.10	5.80	5.40	5.00
T Pent	2400	2500	2650	2880	2880	2880	2880	2880	2350	2350	2350	2350	2350
Dec/ Hep	2300	2490	3240	3570	3320	3320	3070	2570	2490	2490	2075	1990	1990
5000 W	31:00.0	31:35.0	32:34.0	33:38.0	35:12.0	36:57.0	38:48.0	41:09.0	43:47.0	46:48.0	52:16.0	58:30.0	01:04:21
10km W	01:02:00	01:03:34	01:05:55	01:08:36	01:11:40	01:15:10	01:19:04	01:23:22	01:31:10	01:35:56	01:46:28	01:57:00	02:08:42
20km W	02:05:00	02:08:42	02:14:33	02:20:24	02:27:25	02:34:26	02:43:48	02:55:30	03:13:03	03:30:36	03:54:00	04:17:24	04:40:48