

MEDAL STANDARDS EVACS 2010 - MEN

(minimum performance in order to obtain medals)

EVENT	M 35	M 40	M 45	M 50	M 55	M 60	M 65	M 70	M 75	M 80	M 85	M 90+
100	11.60	12.00	12.40	12.80	13.20	13.90	14.90	16.00	17.40	19.60	22.00	25.00
200	24.00	25.00	25.80	26.80	27.60	28.50	30.50	33.50	36.00	41.00	47.00	54.00
400	51.50	53.50	55.50	57.50	1:01.00	1:05.00	1:09.00	1:13.00	1:23.00	1:35.00	1:50.00	2:00.00
800	2:00.00	2:04.00	2:09.00	2:14.00	2:24.00	2:36.00	2:48.00	3:00.00	3:30.00	4:00.00	4:40.00	5:10.00
1500	4:10.00	4:15.00	4:25.00	4:35.00	4:50.00	5:10.00	5:30.00	6:00.00	6:45.00	8:00.00	10:00.00	12:30.00
5.000	15:30.00	15:50.00	16:20.00	17:00.00	18:00.00	19:50.00	21:50.00	23:00.00	25:00.00	29:00.00	33:00.00	37:30.00
10.000	33:50.00	35:00.00	37:00.00	40:00.00	43:00.00	46:00.00	49:00.00	54:00.00	60:00.00	1h10:00.00	1h15:00.00	1h25:00.00
80 Hu								19.00	20.80	24.00	27.00	30.00
100 Hu				17.00	18.00	19.00	22.00					
110 Hu	16.50	18.00	19.20									
200 Hu										50.00	56.00	1:03.00
300 Hu						50.50	58.00	1:04.00	1:11.00			
400 Hu	60.00	1:02.00	1:05.00	1:08.00	1:11.00							
2.000 St.						9:00.00	10:00.00	11:00.00	12:30.00	15:20.00	15:30.00	
3.000 St.	10:00.00	10:20.00	10:50.00	11:40.00	12:30.00							
4x100	48.00	50.00	52.00	55.00	58.00	1:02.00	1:06.00	1:11.00	1:17.00	1:24.00	1:35.00	
4x400	3:51.00	3:56.00	4:12.00	4:30.00	4:52.00	5:16.00	5:47.00	6:37.00	7:40.00	8:45.00	9:15.00	
5.000 Walk Track	25:00.00	26:00.00	26:30.00	27:00.00	27:30.00	29:30.00	31:30.00	34:00.00	37:00.00	44:00.00	47:00.00	52:00.00
20km Walk Road	1h55.00	1h57.00	2h00.00	2h05.00	2h15.00	2h25.00	2h35.00	2h45.00	2h55.00	3h10.00	3h20.00	3h:30.00
Marathon	3h15.00	3h30.00	3h45.00	4h00.00	4h15.00	4h30.00	5h00.00	5h30.00	5h58.00	5h59.00		
High Jump	1.90	1.80	1.70	1.60	1.50	1.40	1.30	1.20	1.10	1.00	0.90	0.80
Pole Vault	4.10	3.90	3.50	3.20	2.90	2.60	2.30	2.00	1.80	1.60	1.40	
Long Jump	6.40	6.10	5.70	5.30	4.90	4.50	4.10	3.70	3.30	2.90	2.50	2.00
Triple Jump	13.40	12.50	11.50	10.50	9.50	9.00	8.50	8.00	7.50	6.80	6.15	5.00
Shot Put	14.00	13.50	12.50	14.00	12.80	12.50	11.30	10.80	9.00	7.50	6.00	5.00
Discus	44.00	42.00	38.00	45.00	39.00	43.00	37.50	32.00	26.50	21.00	15.50	11.50
Hammer	45.00	42.00	40.00	41.00	38.00	40.00	36.00	32.00	28.00	20.00	16.00	12.00
Javelin	54.00	52.00	50.00	45.00	40.00	38.00	34.00	29.00	23.00	19.00	14.00	11.50
Weight Throw	12.50	11.50	11.00	12.50	11.50	14.50	12.50	13.00	11.50	11.00	8.50	7.00
Pentathlon								2.900	2.500	2.000	2.000	2.000
Decathlon	5.000	5.700	5.800	6.000	5.300	6.000	5.600					
Throwing Pentathlon	2.900	3.000	2.800	3.400	3.400	3.500	3.500	3.900	3.500	2.500	2.500	2.000

MEDAL STANDARDS EVACS 2010 - WOMEN

(minimum performance in order to obtain medals)

EVENT	W 35	W 40	W 45	W 50	W 55	W 60	W 65	W 70	W 75	W 80	W 85	W 90+
100	13.50	14.10	14.60	15.20	15.90	16.70	17.60	19.50	22.30	25.00	27.00	33.00
200	27.50	29.00	30.50	32.00	33.50	36.00	39.00	42.00	46.00	52.00	58.00	1:05.00
400	1:02.50	1:05.00	1:08.00	1:12.00	1:17.50	1:25.00	1:32.50	1:40.00	1:50.00	2:00.00	2:20.00	2:40.00
800	2:26.00	2:32.00	2:40.00	2:50.00	3:00.00	3:15.00	3:30.00	3:46.00	4:04.00	4:35.00	5:00.00	5:25.00
1500	5:00.00	5:10.00	5:20.00	5:35.00	6:00.00	6:35.00	7:00.00	8:00.00	9:00.00	10:30.00	13:00.00	14:30.00
5.000	18:45.00	19:20.00	20:00.00	21:00.00	23:00.00	26:00.00	29:00.00	31:00.00	34:00.00	42:00.00	45:15.00	
10.000	39:45.00	41:00.00	42:30.00	45:15.00	48:00.00	52:00.00	56:00.00	1h00:00.00	1h06:00.00	1h23:00.00	1h38:00.00	
80 Hu		14.50	15.50	16.00	17.50	19.50	22.00	26.00	30.00			
100 Hu	17.50											
200 Hu								1:06.00	1:11.00			
300 Hu				57.00	1:01.00	1:06.00	1:11.00					
400 Hu	1:12.00	1:20.00	1:22.00									
2.000 St.	8:20.00	8:45.00	9:35.00	10:30.00	11:35.00	12:30.00	13:50.00	14:40.00	14:50.00			
4x100	59.00	1:01.00	1:03.00	1:06.00	1:10.00	1:15.00	1:21.00	1:28.00	1:45.00	1:50.00		
4x400	4:24.00	4:40.00	4:56.00	5:16.00	5:40.00	6:10.00	6:50.00	7:50.00	8:45.00			
5.000 Walk Track	31:30.00	33:00.00	33:30.00	35:00.00	36:30.00	38:00.00	40:00.00	42:00.00	46:40.00	49:00.00	55:00.00	1h00:00
10km Walk Road	1h24:00	1h26:00	1h28:00	1h30:00	1h32:00	1h34:00	1h36:00	1h38:00	1h41:00	1h45:00	1h50:00	1h55:00
Marathon	4h00:00	4h15:00	4h30:00	4h45:00	5h00:00	5h15:00	5h30:00	5h45:00	6h00:00			
High Jump	1.55	1.50	1.40	1.30	1.20	1.10	1.05	0.95	0.85	0.75	0.70	0.70
Pole Vault	2.50	2.30	2.10	1.90	1.80	1.60	1.50	1.40	1.20	1.10		
Long Jump	4.95	4.60	4.20	3.85	3.50	3.15	2.80	2.50	2.20	1.90	1.60	1.45
Triple Jump	9.50	8.75	8.00	7.25	6.50	6.00	5.50	5.00	4.50	3.90	3.80	3.70
Shot Put	10.50	10.10	10.00	10.00	9.00	8.00	7.00	6.00	5.50	5.00	4.50	4.00
Discus	37.00	34.50	31.00	28.00	25.00	22.00	19.00	16.00	13.00	9.00	7.00	5.00
Hammer	25.00	24.00	23.00	30.00	26.00	23.00	21.00	18.50	17.00	14.50	10.50	10.00
Javelin	37.00	30.00	27.00	29.00	27.00	21.00	18.00	15.50	12.50	10.00	8.00	6.00
Weight Throw	10.00	9.00	8.00	9.00	8.00	8.50	7.50	6.50	5.50	5.00	4.50	4.00
Pentathlon								1.900	1.900	1.700	1.500	1.500
Heptathlon	3.800	3.900	3.700	3.700	3.500	3.800	3.900					
Throwing Pentathlon	2.900	3.000	3.000	3.100	3.000	3.500	3.500	3.500	3.000	3.200	2.500	2.500