

USATF Masters All American Standards – Track and Field – Men - Imperial

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	-
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	-
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	-
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	-
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	-
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	-
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	-
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	-
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5	-	-
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6	-	-
110H	15.4	16.5	17.8	18.8	-	-	-	-	-	-	-	-	-
100H	-	-	-	-	18.0	19.0	20.0	21.0	-	-	-	-	-
80H	-	-	-	-	-	-	-	-	18.0	21.0	25.0	30.0	-
400H	58.0	60.0	62.0	64.0	68.0	71.0	-	-	-	-	-	-	-
300H	-	-	-	-	48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	-
200H											56.0	63.0	70.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00	-	-	-	-	-	-	-
2K-SC	-	-	-	-	-	-	9:30	10:30	12:00	14:00	16:30	19:30	-
HJ	6-2 ³ / ₄	6- ³ / ₄	5-9 ¹ / ₄	5-6	5-3	4-11	4-9	4-6 ¹ / ₄	4-1 ¹ / ₄	3-9 ¹ / ₄	3-3 ¹ / ₄	2-7 ¹ / ₂	-
PV	14-5 ¹ / ₄	13-5 ¹ / ₄	12-11 ¹ / ₂	12-1 ¹ / ₂	11-7 ³ / ₄	10-0	8-10 ¹ / ₄	7-10 ¹ / ₂	7-6 ¹ / ₂	6-6 ³ / ₄	5-10 ³ / ₄	4-3 ¹ / ₄	-
LJ	21-4	20- ¹ / ₄	19-2 ¹ / ₄	18-4 ¹ / ₂	17-8 ¹ / ₂	16- ³ / ₄	14-9	13-9 ¹ / ₄	12-5 ¹ / ₂	10-11 ³ / ₄	9-4 ¹ / ₄	7-2 ¹ / ₂	-
TJ	43-3 ³ / ₄	41-4 ¹ / ₄	37-8 ³ / ₄	35-5 ¹ / ₄	34-1 ¹ / ₂	31-2	29-2 ¹ / ₂	26-11	22-10	21-4	19-5 ³ / ₄	18-1	-
Shot	47-7	46-0	44-0	41-5	42-11 ³ / ₄	39-4 ¹ / ₂	42-0	37-8 ³ / ₄	36-1 ¹ / ₄	29-6 ¹ / ₂	26-3	19-8 ¹ / ₄	-
Discus	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 ¹ / ₄	50-0	-
Hammer	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 ¹ / ₂	56-0	-
Javelin	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	-
Weight	49-2 ¹ / ₂	45-11 ¹ / ₄	43-5 1/4	41-0 1/4	46-9	43-5 1/4	45-11 1/4	43-5 1/4	44-3 1/2	38-6 1/4	32-9 1/4	28-8 1/4	19-8 1/4
Super Weight	31-2	29-6 ¹ / ₂	27-10 ³ / ₄	26-5	19-8 ¹ / ₄	18- ¹ / ₂	14-9	13-1 ¹ / ₂	11-5 ³ / ₄	9-10	8-2 ¹ / ₂	6-6 ³ / ₄	
Pentathlon	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	-
Decathlon	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	-
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	-