

USATF Masters All American Standards – Track and Field – Women

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
55H	8.00	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80		
60H	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	
100H	17.2	18.2	-	-	-	-	-	-	-	-	-
80H	-	-	15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0	-	-	-	-	-	-	-
300H	-	-	-	-	66.0	72.0	79.0	87.0	96.0	110.0	120.0
200H									64.0	73.0	80.0
2k SC	8.20	8.25	9:00	9:30	10:00	10:25	11:00	11:55	12:50		
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
-	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 ¹ / ₄	3-0 ¹ / ₄	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
-	8-10 ¹ / ₄	7-10 ¹ / ₂	6-10 ³ / ₄	5-10 ³ / ₄	4-11	3-11 ¹ / ₄	3-7 ¹ / ₄	3-3 ¹ / ₄	2-11 ¹ / ₂	2-7 ¹ / ₂	2-3 ¹ / ₂
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
-	15-1	14-6	13-3	12-6	11-1 ³ / ₄	10-6	10-2	8-6 ¹ / ₄	7-6 ¹ / ₂	6-10 ³ / ₄	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
-	31-2	29-10	27-8	24-7	23-0	21-0	20-4 ¹ / ₄	19-8 ¹ / ₄	18-1 ¹ / ₂	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
-	33-9 ¹ / ₂	30-7	27-11	27-6 ³ / ₄	26-3	25-6	24-7 ¹ / ₄	21-8	19-8 ¹ / ₄	17- ³ / ₄	14-1 ¹ / ₄
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
-	114-10	109-11	91-10	82-0	75-5 ¹ / ₂	72-8	65-7 ¹ / ₂	55-9 ¹ / ₄	52-6	49-2 ¹ / ₂	39-4 ¹ / ₂
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
-	105-0	98-5	82-0	78-9	72-2 ¹ / ₄	68-10 ³ / ₄	59- ³ / ₄	52-6	45-11 ¹ / ₄	42-8	36-1 ¹ / ₄
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
-	114-10	106-7	98-5	82-0	75-5 ¹ / ₂	72-2 ¹ / ₄	68-10 ³ / ₄	59- ³ / ₄	45-11 ¹ / ₄	39-4 ¹ / ₂	29-6 ¹ / ₂
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50
-	32-9 3/4	32-9 3/4	29-6 1/2	26-3	29-6 1/2	26-3	31-2	28-8 1/2	25-5 1/4	21-4	18-0 1/2
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
-	21-4	19-8 ¹ / ₄	18-1 ¹ / ₂	16-4 ³ / ₄	17-2 ³ / ₄	16-4 ³ / ₄	15-7	14-9	13-1 ¹ / ₂	11-5 ³ / ₄	9-10
Pent.	2400	2300	2100	2100	2100	2100	2100	2100	2100	2100	
Decath.			4800	4200	4000	4000	3900	3700	3600	3500	
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300