

**OUTDOOR MEDAL STANDARDS**

<b>SCVAC</b>	<b>MEDAL STANDARDS -MEN</b>											
<b>EVENT</b>	<b>M35</b>	<b>M40</b>	<b>M45</b>	<b>M50</b>	<b>M55</b>	<b>M60</b>	<b>M65</b>	<b>M70</b>	<b>M75</b>	<b>M80</b>	<b>M85</b>	<b>M90</b>
100m	13.97	14.41	14.96	15.51	16.06	16.61	17.38	18.7	20.46	21.67	22.88	25.41
200m	27.72	28.82	29.92	31.13	32.23	33.66	35.64	38.5	42.46	46.2	50.16	54.12
400m	62.81	64.9	67.1	69.96	72.82	76.23	80.3	85.36	91.52	99	111	123.2
800m	2.37	2.42	2.48	2.56	3.03	3.12	3.23	3.36	3.54	4.16	4.47	5.49
1500m	4.57	5.08	5.2	5.33	5.48	6.06	6.27	6.53	7.25	8.09	9.13	11.9
5000m	20.3	21.15	22.06	23	24.03	25.15	26.4	28.25	30.37	33.34	37.51	45.36
10000m	45.46	47.28	49.18	51.21	53.4	56.24	59.36	63.3	68.27	75	84.3	
80mH								21.56	23.82	26.84	31.57	
100mH				22.11	23.43	23.87	25.63					
110mH	20.13	21.12	22									
300mH						64.46	68.86	74.47	81.62	91.3	107.03	
400mH	69.08	72.38	76.23	79.42	84.26							
2000mBSC	10.27	11.15	12.16	13.33	15.24							
3000mgtSC	11.33	12.06	13.22	14.39	15.57							
3000mWalk	17.24	18.09	18.52	19.36	20.31	21.27	22.43	24	25.39	27.4	30.15	34.21
HJ	1.37	1.30	1.24	1.18	1.11	1.06	1.00	0.95	0.90	0.83	0.74	0.63
PV	3.15	2.92	2.70	2.56	2.34	2.20	2.07	1.89	1.80	1.62	1.35	
LJ	5.36	5.01	4.68	4.38	4.09	3.82	3.58	2.94	2.74	2.49	2.15	1.74
TJ	10.83	10.08	9.37	8.73	8.10	7.55	7.02	5.60	5.19	4.52	3.82	3.00
SP	9.99	8.91	8.05	7.96	7.15	7.02	6.30	6.33	5.67	4.86	3.79	2.65
DT	33.30	31.05	27.85	28.30	25.38	27.32	24.52	22.00	19.71	16.83	13.14	9.22
HT	35.91	32.35	29.16	28.89	26.01	25.95	23.13	23.31	21.00	18.00	16.96	10.17
JT	38.16	34.65	31.59	28.74	26.10	25.83	23.40	21.33	19.47	17.01	16.45	10.17
<b>SCVAC</b>	<b>MEDAL STANDARDS -WOMEN</b>											
<b>EVENT</b>	<b>W35</b>	<b>W40</b>	<b>W45</b>	<b>W50</b>	<b>W55</b>	<b>W60</b>	<b>W65</b>	<b>W70</b>	<b>W75</b>	<b>W80</b>	<b>W85</b>	<b>W90</b>
100m	16.06	16.88	17.38	18.15	18.92	19.69	20.68	22	24.09	25.52	28.05	31.46
200m	31.35	32.67	33.99	35.53	36.96	38.83	41.25	43.67	46.97	51.37	56.98	64.02
400m	71.72	74.58	77	81.29	85.36	90.09	95.81	102.7	109.6	118.8	130.9	141.9
800m	2.45	2.53	3.01	3.1	3.2	3.32	3.46	4.04	4.26	4.49	5.14	5.44
1500m	5.43	5.58	6.15	6.22	6.54	7.18	7.48	8.26	9.12	10.06	11.55	15.03
5000m	23.39	24.39	25.51	27.01	28.31	30.15	32.09	34.39	37.57	42.21	48.39	
10000m	49.4	50.24	53.31	55.43	58.18	61.03	64.31	68.45	74.03	80.3		
80mH		18.26	19.36	20.13	21.45	23.04	24.97	27.5	30.91	35.64		
100mH	20.02											
300mH				66.77	71.06	76.82	85.61	90.58	101.2			
400mH	83.16	87.72	92.84									
2000mitSC	10.57	11.33	12.16	13.06	13.55	14.57	16.12	17.57	20.09			
3000mWalk	20.09	20.48	21.4	22.43	23.49	25.06	26.34	28.24	30.21	33.00	36.28	41.58
HJ	1.33	1.25	1.17	1.10	1.03	0.97	0.91	0.86	0.81	0.74	0.67	0.61
PV	2.34	2.16	1.98	1.84	1.66	1.53	1.44	1.30	1.17	1.08		
LJ	4.15	3.87	3.60	3.34	3.11	2.89	2.70	2.52	2.34	2.11	1.80	1.44
TJ	7.74	7.20	6.70	6.24	5.79	5.40	5.02	4.68	4.32	4.05	3.60	3.10
SP	8.82	7.65	6.70	6.75	5.85	5.94	4.45	3.87	3.37	2.88	2.25	1.62
DT	24.70	21.87	19.35	171.00	15.15	13.41	11.88	10.48	9.27	8.01	6.48	4.86
HT	25.05	22.68	20.52	21.45	19.44	17.58	15.93	14.40	13.05	11.29	9.00	6.57
JT	24.93	21.00	96.00	20.52	19.89	17.55	15.39	13.59	11.97	10.53	9.72	5.31