

Club Points Standards

Outdoor Men

Event	30	35	40	45	50	55	60	65	70	75	80	85
100m	15.28	15.51	16.01	16.55	17.11	17.68	18.3	19.01	19.88	20.94	22.25	23.91
200m	30.56	31.1	32.2	33.37	34.58	35.83	37.15	38.71	40.62	42.95	45.84	49.52
400m	67.09	69.22	71.5	73.96	76.67	79.68	83.11	87.09	91.83	97.66	1:45	1:54
800m	2:37	2:42	2:47	2:54	3:00	3:08	3:17	3:27	3:39	3:54	4:12	4:34
1500m	5:21	5:27	5:39	5:52	6:06	6:21	6:39	7:00	7:25	7:56	8:35	9:27
5000m	20:06	20:11	20:52	21:39	22:30	23:27	24:33:00	25:48:00	27:18:00	29:08:00	31:29:00	34:37:00
10000	41:48:00	41:48:00	43:12:00	44:48:00	46:31:00	48:32:00	50:46:00	53:26:00	56:28:00	60:17:00	65:08:00	71:40:00
5000RW	28:18:00	29:07:00	30:04:00	31:09:00	32:22:00	33:45:00	35:18:00	37:06:00	39:09:00	41:30:00	44:19:00	47:53:00
80m H									19.9	21.65	23.97	27.23
100m H					20.97	22.1	22.41	23.9				
110m H	19.71	20.55	21.45	22.45								
300m H							64.99	69.02	73.88	79.99	87.93	98.89
400m H	72.5	75.14	78.61	82.47	85.66	90.53						
2000 SC							10:41	11:26	12:20	13:26	15:00	17:09
3000 SC	12:27	12:48	13:24	14:03	14:46	15:36						
High J.	1.32	1.25	1.19	1.13	1.07	1.01	0.96	0.91	0.86	0.82	0.78	0.72
Long J.	4.2	3.99	3.73	3.49	3.26	3.05	2.85	2.66	2.48	2.33	2.18	1.96
Triple J.	7.72	7.7	7.16	6.66	6.2	5.77	5.37	5	4.64	4.32	4.02	3.74
Pole V.	2.52	2.35	2.19	2.04	1.9	1.77	1.65	1.54	1.44	1.34	1.25	1.12
Shot P.	8.21	8.21	7.74	6.95	6.86	6.16	6.05	5.43	5.45	4.89	4.39	3.71
Discus	25.6	25.6	25.6	23.38	23.73	21.29	22.91	20.55	18.43	16.53	14.83	12.54
Javelin	41.28	38.35	34.89	31.75	28.89	26.29	25.97	23.63	21.5	19.57	17.81	15.4
Weight	5.74	5.53	5.12	4.73	5.18	4.8	4.96	4.59	4.75	4.4	4.7	4.17
Hammer	19.98	19.98	18.01	16.23	16.08	14.49	14.3	12.89	12.98	11.7	10.54	8.97

Outdoor Women

Event	30	35	40	45	50	55	60	65	70	75	80	85
100m	16.67	16.97	17.63	18.32	19.03	19.77	20.58	21.52	22.67	24.08	25.85	28.1
200m	33.54	34.28	35.68	37.16	38.71	40.36	42.14	44.22	46.79	49.94	53.92	59
400m	74.24	76.97	79.93	83.17	86.73	90.76	95.37	1:40	1:47	1:55	2:05	2:19
800m	2:54	3:00	3:08	3:16	3:25	3:35	3:47	4:01	4:17	4:39	5:05	5:42
1500m	5:57	6:05	6:20	6:37	6:55	7:16	7:40	8:08	8:42	9:24	10:20	11:36
5000m	23:02	23:13	24:12:00	25:14:00	26:22:00	27:42:00	29:10:00	30:54:00	33:02:00	35:40:00	39:04:00	43:44:00
10000	47:50:00	48:00:00	49:55:00	52:04:00	54:26:00	57:07:00	60:12:00	63:48:00	68:06:00	73:30:00	80:28:00	90:00:00
5000RW	32:28:00	33:24:00	34:36:00	35:58:00	37:30	39:15:00	41:10:00	43:28:00	46:03:00	49:08:00	52:48:00	57:25:00
80m H			17.23	18.25	18.96	20.12	21.48	23.13	25.16	27.76	31.28	36.38
100m H	19.53	20.56										
300m H					70.01	74.22	79.15	85.04	92.28	1:40	1:53	2:11
400m H	84.38	87.77	92.35	97.48								
2000 SC	9:36	9:55	10:24	10:57	11:35	12:20	13:11	14:14	15:31	17:10	19:24	22:41
High Jump	1.03	0.97	0.91	0.85	0.8	0.76	0.71	0.67	0.63	0.59	0.55	0.5
Long Jump	3.38	3.15	2.92	2.72	2.53	2.35	2.19	2.04	1.89	1.76	1.64	1.47
Triple Jump	6.33	6.18	5.7	5.26	4.85	4.47	4.13	3.81	3.51	3.24	2.99	2.76
Pol Vault	1.76	1.63	1.51	1.4	1.3	1.21	1.12	1.04	0.96	0.9	0.83	0.74
Shot Putt	7.72	7.72	7.22	6.3	6.34	5.52	4.82	4.2	3.66	3.19	2.78	2.34
Discus	25.85	25.85	24.39	21.59	19.11	16.91	14.96	13.24	11.72	10.37	9.18	7.86
Javelin	32.76	28.82	25.36	22.32	23.1	20.32	17.88	15.74	13.85	12.18	10.72	9.11
Weight	3.63	3.37	3.13	2.91	3.38	3.14	3.61	3.35	3.11	2.89	2.68	2.39
Hammer	14.4	14.28	12.92	11.7	12.23	11.07	10.02	9.07	8.21	7.43	6.72	5.77