



OMA Medal Qualification Standards

In order to win a medal at an Ontario Masters Meet

- ◆ You must beat a competitor (eg. 2nd of three in the event, or 3rd of four in the event)

OR

- ◆ You must best the medal standards if you're in the top three and there are insufficient competitors to beat someone. (eg. 2nd of two, or 3rd of three)

Medal Standards - Men

Event	30	35	40	45	50	55	60	65	70	75	80	85
60m	10.25	10.38	10.73	11.10	11.47	11.85	12.27	12.75	13.32	14.04	14.92	16.03
60mH	11.50	12.01	12.52	13.10	13.29	14.01	14.20	15.15	15.60	16.97	18.78	21.31
200m	31.55	32.11	33.24	34.44	35.69	37.00	38.35	39.96	41.93	44.33	47.32	51.12
400m	69.26	71.45	73.80	76.35	79.15	82.25	85.79	89.90	94.80	1:40	1:48	1:58
800m	2:42	2:47	2:53	2:59	3:06	3:14	3:23	3:33	3:46	4:01	4:21	4:47
1500m	5:32	5:38	5:50	6:03	6:18	6:34	6:52	7:14	7:39	8:11	8:51	9:46
3000m	11:59	12:04	12:30	12:58	13:28	14:02	14:41	15:26	16:21	17:27	18:51	20:45
3000mRW	16:54	17:24	18:00	18:38	19:23	20:11	21:08	22:11	23:24	24:50	26:30	28:38
High Jump	1.20	1.14	1.08	1.03	0.97	0.92	0.88	0.83	0.79	0.75	0.71	0.65
Long Jump	4.02	3.82	3.57	3.34	3.12	2.92	2.73	2.55	2.38	2.23	2.08	1.88
Triple Jump	7.54	7.52	7.00	6.51	6.06	5.63	5.24	4.88	4.54	4.22	3.92	3.65
Pole Vault	2.46	2.29	2.14	1.99	1.86	1.73	1.61	1.50	1.40	1.31	1.22	1.10
Shot Put	7.99	7.99	7.53	6.76	6.68	5.99	5.89	5.29	5.31	4.76	4.27	3.61
Weight Throw	5.74	5.53	5.12	4.73	5.18	4.80	4.96	4.59	4.75	4.40	4.70	4.17

Medal Standards - Women

Event	30	35	40	45	50	55	60	65	70	75	80	85
60m	11.07	11.26	11.69	12.14	12.62	13.12	13.64	14.27	15.04	15.96	17.15	18.64
60mH	12.30	12.94	13.15	13.93	14.83	15.87	17.10	18.62	20.52	23.05	26.54	31.88
200m	34.62	35.39	36.83	38.36	39.96	41.66	43.50	45.64	48.30	51.55	55.66	60.91
400m	76.64	79.45	82.51	85.85	89.53	93.69	98.44	1:44	1:50	1:59	2:09	2:24
800m	3:00	3:06	3:14	3:22	3:32	3:42	3:54	4:08	4:25	4:47	5:15	5:53
1500m	6:08	6:17	6:33	6:50	7:09	7:30	7:55	8:24	8:59	9:42	10:40	11:58
3000m	13:16	13:28	14:01	14:21	15:17	16:03	16:55	17:56	19:11	20:43	22:42	25:28
3000mRW	18:46	19:19	20:01	20:49	21:42	22:43	23:52	25:10	26:40	28:27	30:36	33:17
High Jump	1.03	0.97	0.91	0.85	0.80	0.76	0.71	0.67	0.63	0.59	0.55	0.50
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	5.70	5.26	4.85	4.47	4.13	3.81	3.51	3.24	2.99	2.76
Pole Vault	1.76	1.63	1.51	1.40	1.30	1.21	1.12	1.04	0.96	0.90	0.83	0.74
Shot Put	7.72	7.72	7.22	6.30	6.34	5.52	4.82	4.20	3.66	3.19	2.78	2.34
Weight Throw	3.63	3.37	3.13	2.91	3.38	3.14	3.61	3.35	3.11	2.89	2.68	2.39