

MMAC Medal Standards Updated 2012 (BMAF Standards -5%)

MEN	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100m	12.81	13.13	13.54	13.96	14.49	15.12	16.17	17.32	18.90	21.00	22.92	25.26
200m	26.15	26.67	27.30	28.24	29.50	31.08	33.07	35.17	39.16	45.15	50.46	56.05
400m	59.11	59.74	61.00	63.31	66.67	70.45	75.18	82.95	95.55	119.70	2.15	2.48
800m	2-14.4	2-17.5	2-21.7	2-28.0	2-34.3	2-46.9	2-58.5	3-18.4	3-45.7	4-22.5	4.45	5.44
1500m	4-38.2	4-48.7	4-52.9	5-05.5	5-23.4	5-45.4	6-13.8	6-52.6	7-57.7	9-32.2	9.00	11.03
5000m	16-42.9	17-38.4	18-23.5	19-15.0	20-23.2	21-42.0	23-07.0	25-12.0	27-39.0	31-09.0	36.37	43.34
10000m	35-21.0	36-32.4	38-13.2	40-25.5	42-50.4	45-34.2	48-43.2	52-51.0	57-45.0	62-34.8	64.29	64.47
80m Hurdles								20.47	21.73	23-83	30.17	38.38
100m Hurdles				20.37	20.89	21.21	22.57					
110m Hurdles	18.90	19.42	19.84									
300m Hurdles						56.80	61.00	70.35	75.18	81.90	102.17	
400m Hurdles	66.15	68.46	70.45	75.70	76.54							
2000m Steeple Chase						9-27.0	9-58.5	10-40.5	11-33.0	12-25.5		
3000m Steeple Chase	11-24.6	11-42.4	12-02.3	12-22.4	12-44.4							
3000m Track Walk	16-06.0	16-27.0	16-52.2	17-30.0	17-12.0	19-01.3	20-00.1	21-10.5	22-35.5	24-19.5	29.07	33.08
5000m Track Walk	30-06.0	30-42.7	31-14.2	31-51.0	32-33.0	33-23.0	34-28.5	35-52.5	37-37.5	39-54.0	47.29	54.02
High Jump	1.52	1.49	1.44	1.38	1.32	1.25	1.17	1.09	0.99	0.91	0.79	0.67
Pole Vault	3.08	2.94	2.83	2.67	2.52	2.37	2.23	2.09	1.94	1.80	1.48	
Long Jump	5.22	5.03	4.84	4.56	4.27	3.89	3.51	3.04	2.56	2.04	2.27	1.84
Triple Jump	10.92	10.54	10.07	9.64	9.16	8.55	7.83	6.93	5.98	5.13	4.62	3.93
Shot Put	10.73	10.07	9.21	9.69	8.74	9.31	8.36	7.60	6.55	6.17	4.01	2.82
Discus	31.44	30.40	28.69	30.87	27.64	27.64	24.51	21-37	18.24	15.29	13.89	9.76
Hammer	32.87	31.73	30.59	31.35	28.69	29.35	26.98	23.75	20.99	17.67	13.55	9.68
Javelin	38.47	35.34	33.44	31.82	28.02	29.07	24.79	20.80	17.19	14.34	16.15	13.06
Weight Throw	10.07	9.02	8.36	11.21	8.93	11.21	9.59	11.30	8.93	7.88	6.58	5.55
5k Road	17:05	18:02	18:48	19:41	20:51	22:11	23:38	25:46	28:16	31:51		
10k Road	36:03	37:16	38:58	41:13	43:41	46:28	49:40	53:53	58:53	01:03:48		
10 Mile Road	00:59:02	01:01:00	01:03:54	01:07:41	01:11:50	01:16:33	01:22:00	01:28:57	01:36:53	01:44:42		

MMAC Medal Standards Updated 2012 (BMAF Standards -5%)

WOMEN	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90
100m	14.91	15.33	15.85	16.48	17.22	18.06	18.79	19.63	21.00	22.26	26.76	30.03
200m	30.24	31.18	32.44	33.60	34.96	37.38	40.11	44.62	51.66	60.37	66.07	74.93
400m	68.14	70.87	74.34	77.91	81.48	85.15	88.93	96.39	108.78	121.27	140.65	174.04
800m	2-38.5	2-43.8	2-51.1	2-58.5	3-10.0	3-22.6	3-40.5	4-01.5	4-22.5	4-43.5	5.39	7.06
1500m	5-40.2	5-44.4	5-54.9	6-07.5	6-30.6	6-58.9	7-33.6	8-13.5	9-00.7	9-58.5	13.06	16.31
5000m	20-28.5	21-00.0	21-52.5	22-50.2	23-58.5	25-33.0	26-57.0	28-21.0	30-27.0	33-46.5	46.36	
10000m	42-31.5	43-53.4	45-40.5	47-36.0	49-31.5	51-27.0	54-15.0	57-45.0	1-03.00	1-10.00	1-29.00	
80m Hurdles		15.54	16.38	16.80	17.53	18.27	19.84	22.57	25.72	31.39		
100m Hurdles	19.74											
300m Hurdles				64.15	69.40	69.82	74.13	80.01	87.04	96.39		
400m Hurdles	74.76	79.90	85.89									
2000m Steeple Chase	9-42.7	9-56.4	10-13.2	10-32.1	10-40.5	11-12.0	11-54.0	12-36.0	13-49.5	15-03.0		
3000m Track Walk	19-20.2	19-36.0	20-02.5	20-39.0	21-05.2	21-47.2	22-39.7	23-48.0	25-01.5	26-25.5	35.16	40.38
5000m Track Walk	32-43.5	33-25.5	34-18.0	35-15.7	36-13.5	37-16.5	38-30.0	40-04.5	41-49.5	43-34.5	63.00	63.09
High Jump	1.36	1.29	1.21	1.14	1.08	1.02	0.97	0.91	0.85	0.78	0.69	0.57
Pole Vault	2.47	2.28	2.09	1.93	1.76	1.61	1.51	1.37	1.23	1.14		
Long Jump	4.22	3.96	3.70	3.45	3.22	2.99	2.75	2.51	2.28	1.99	1.76	1.41
Triple Jump	8.64	8.17	7.64	7.22	6.79	6.36	5.89	5.41	4.94	4.46	3.36	2.81
Shot Put	8.17	7.88	7.41	7.45	6.88	6.31	5.60	4.94	4.18	3.46	2.38	1.72
Discus	24.70	22.80	20.99	19.47	17.67	16.24	14.63	12.54	10.16	8.93	6.83	5.13
Hammer	25.27	23.56	21.66	19.95	18.43	18.05	16.91	14.25	11.59	8.78	9.52	6.92
Javelin	25.17	22.80	20.99	19.95	18.14	17.57	17.10	13.30	10.45	8.55	6.84	5.06
Weight Throw	8.07	7.69	7.41	8.17	7.79	9.40	8.83	7.79	7.03	6.46	4.52	3.59
5k Road	20:59	21:25	22:06	22:55	24:00	25:30	26:49	28:07	30:04	33:06		
10k Road	42:57	44:17	45:59	47:00	49:31	51:12	28:21	56:48	01:01:29	01:07:47		
10 Mile Road	01:10:21	01:12:31	01:15:19	01:18:16	01:21:06	01:23:51	01:27:57	01:33:01	01:40:43	01:51:01		

These standards were compiled in 2012 and are approximately 5% less (time) or 5% more(distance) than the BMAF Standards.

5k; 10k & 10 Mile Road standards were added for 2015