

## Scottish Masters Track & Field Championships

Medals will be awarded to competitors finishing in the first three provided  
the appropriate merit standard has been achieved.

### Outdoor Merit Standards - Women

Event	W35	W40	W45	W50	W55	W60	W65	W70+
100m	15.0	15.5	16.0	16.7	17.5	18.5	19.4	N O
200m	29.0	30.0	32.0	33.0	34.4	36.0	38.0	
400m	66.5	69.0	72.0	75.5	79.5	83.5	89.0	
800m	2:35	2:40	2:50	3:00	3:10	3:20	3:32	
1500m	5:25	5:35	5:50	6:05	6:25	6:50	7:20	S T
3000m	12:00	12:30	13:00	13:40	14:30	15:20	16:30	
5000m	22:00	23:00	24:00	25:10	26:30	28:00	30:00	
10000m	42:30	43:48	45:30	47:20	51:00	53:40	57:00	
80m H		17.0	18.0	19.0	20.0	21.5	23.5	A N D A R D S
100m H	19.0							
300m H				62.0	66.0	70.5	76.5	
400m H	77.0	81.0	86.0					
2000m SC	10:10	10:45	11:25	12:05	12:55	13:50	15:00	R E Q D
High Jump	1.42	1.34	1.27	1.20	1.13	1.06	1.00	
Pole Vault	2.55	2.35	2.15	2.00	1.81	1.70	1.70	
Long Jump	4.40	4.12	3.85	3.60	3.35	3.10	2.85	
Triple Jump	8.40	7.80	7.30	6.80	6.30	5.90	5.50	R E Q D
Shot	8.50	8.10	7.30	7.40	6.40	6.50	5.80	
Discus	25.80	23.80	21.10	18.60	16.50	15.00	13.30	
Hammer	26.40	24.60	22.30	20.30	18.60	16.90	15.20	
Javelin	26.30	23.90	21.90	20.80	18.90	16.90	14.90	R E Q D
Weight	7.20	6.70	6.20	7.20	6.70	7.70	7.10	

### Outdoor Merit Standards - Men

Event	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80+
100m	13.0	13.5	14.0	14.5	15.0	15.7	16.5	17.7	18.6	N O
200m	26.0	27.0	28.0	29.0	30.0	31.5	33.0	35.5	38.3	
400m	58.0	60.0	62.0	64.5	67.5	71.0	74.5	80.0	92.0	
800m	2:25	2:30	2:35	2:45	2:50	3:00	3:10	3:20	3:40	
1500m	4:40	4:50	5:00	5:15	5:25	5:45	6:00	6:38	6:50	S T A N D A R D S
5000m	19:00	19:45	20:30	21:20	22:20	23:20	24:45	26:30	28:30	
10000m	34:40	36:00	37:24	39:30	41:48	44:24	47:24	51:20	56:00	
80m H								20.0	21.5	
100m H				20.5	21.5	22.0	24.0			R E Q D
110m H	19.0	20.0	21.0							
300m H						60.0	64.0	68.0	76.0	
400m H	64.0	67.0	71.0	74.0	78.0					
2000m SC						9:45	10:30	11:30	12:45	R E Q D
3000m SC	10:45	11:15	12:25	13:40	14:50					
High Jump	1.50	1.44	1.35	1.29	1.22	1.16	1.10	1.04	0.99	
Pole Vault	3.20	3.05	2.93	2.75	2.55	2.40	2.25	2.10	1.95	
Long Jump	5.40	5.20	5.05	4.75	4.45	4.15	3.65	3.15	2.60	R E Q D
Triple Jump	11.40	11.00	10.20	9.50	8.80	8.20	7.65	6.25	5.65	
Shot	10.90	9.70	8.75	8.65	7.80	7.65	6.90	7.00	6.15	
Discus	32.80	31.50	30.00	30.80	27.65	28.90	25.60	22.30	19.50	
Hammer	34.60	33.20	31.75	31.45	28.30	27.95	25.20	24.80	21.90	R E Q D
Javelin	40.30	37.00	34.40	31.30	28.40	28.15	25.50	21.70	17.90	
Weight	9.90	9.15	8.50	9.30	8.60	8.90	8.25	8.55	7.85	