

Scottish Masters Track & Field Championships

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

Indoor Merit Standards - Women

Event	W35	W40	W45	W50	W55	W60	W65	W70+
60m	8.95	9.45	9.95	10.45	10.95	11.45	11.95	N
200m	30.45	31.45	32.95	34.95	36.45	38.95	41.95	O
400m	67.95	70.95	74.95	78.95	82.95	86.95	92.95	
800m	2:44.50	2:54.50	3:09.50	3:19.50	3:29.50	3:39.50	3:49.50	S
1500m	5:44.50	5:59.50	6:19.50	6:34.50	6:44.50	7:04.50	7:29.50	T
3000m	11:59.50	12:29.50	12:59.50	13:39.50	14:29.50	15:19.50	16:29.50	A
60mH	11.95	11.95	12.45	12.95	13.45	13.95	14.95	N
High Jump	1.42	1.34	1.27	1.20	1.13	1.06	1.00	D
Pole Vault	2.55	2.35	2.15	2.00	1.81	1.70	1.70	A
Long Jump	4.40	4.12	3.85	3.60	3.35	3.10	2.85	R
Triple Jump	8.40	7.80	7.30	6.80	6.30	5.90	5.50	D
Shot	8.50	8.10	7.30	7.40	6.40	6.50	5.80	S

Indoor Merit Standards - Men

Event	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80+
60m	8.25	8.55	8.95	9.35	9.75	10.15	10.65	11.45	12.25	N
200m	26.45	26.95	27.95	28.95	30.45	31.95	33.95	36.95	40.45	O
400m	57.45	59.95	61.95	63.95	66.95	71.95	76.45	84.95	104.95	
800m	2:24.50	2:29.50	2:34.50	2:39.50	2:49.50	2:59.50	3:09.50	3:29.50	3:59.50	S
1500m	4:49.50	4:59.50	5:09.50	5:19.50	5:39.50	5:59.50	6:19.50	6:59.50	7:59.50	T
3000m	9:59.50	10:19.50	10:39.50	11:09.50	11:49.50	12:29.50	13:09.50	14:39.50	16:59.50	A
60mH	9.95	10.75	11.75	11.95	12.95	12.95	14.45	13.95	15.95	N
High Jump	1.50	1.44	1.35	1.29	1.22	1.16	1.10	1.04	0.99	D
Pole Vault	3.20	3.05	2.93	2.75	2.55	2.40	2.25	2.10	1.95	A
Long Jump	5.40	5.20	5.05	4.75	4.45	4.15	3.65	3.15	2.60	R
Triple Jump	11.40	11.00	10.20	9.50	8.80	8.20	7.65	6.25	5.65	D
Shot	10.90	9.70	8.75	8.65	7.80	7.65	6.90	7.00	6.15	S