

## Scottish Masters Track & Field Championships

Medals will be awarded to competitors finishing in the first three in each event per Age Group

Athletes achieving the merit standard will receive an additional 3 trials in appropriate field events.

### Indoor Merit Standards - Women

Event	W35	W40	W45	W50	W55	W60	W65	W70+
High Jump	1.42	1.34	1.27	1.20	1.13	1.06	1.00	No Standards
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	
Shot	8.50	8.10	7.30	7.40	6.50	6.50	5.80	

### Indoor Merit Standards - Men

Event	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80+
High Jump	1.50	1.44	1.35	1.29	1.22	1.16	1.10	1.04	0.99	No Standards
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	
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	7.00	7.00	6.15	