

AMA Australian Standards - Mens Field Events

| Level 1 | Hammer | Shot | Discus | Javelin | Weight | Throws Pent | Long Jump | Triple Jump | High Jump | Pole Vault |
|---------|--------|-------|--------|---------|--------|-------------|-----------|-------------|-----------|------------|
| M30 | 69 | 18.50 | 59 | 79 | 20.70 | 4126 | 7.16 | 14.63 | 1.96 | 4.91 |
| M35 | 67 | 17.80 | 58 | 78 | 20.30 | 4122 | 6.94 | 14.53 | 1.91 | 4.83 |
| M40 | 62 | 16.60 | 54 | 73 | 19.00 | 4137 | 6.57 | 13.76 | 1.87 | 4.56 |
| M45 | 56 | 15.40 | 49 | 67 | 17.70 | 4121 | 6.20 | 12.98 | 1.78 | 4.28 |
| M50 | 58 | 15.80 | 58 | 64 | 19.70 | 4124 | 5.83 | 12.21 | 1.69 | 4.00 |
| M55 | 53 | 14.60 | 53 | 59 | 18.40 | 4122 | 5.46 | 11.44 | 1.60 | 3.73 |
| M60 | 53 | 14.80 | 56 | 56 | 19.80 | 4133 | 5.09 | 10.66 | 1.50 | 3.45 |
| M65 | 47 | 13.60 | 51 | 50 | 18.50 | 4118 | 4.71 | 9.89 | 1.41 | 3.17 |
| M70 | 48 | 14.40 | 46 | 47 | 18.10 | 4116 | 4.34 | 9.11 | 1.32 | 2.90 |
| M75 | 42 | 13.20 | 41 | 42 | 16.80 | 4123 | 3.97 | 8.34 | 1.23 | 2.62 |
| M80 | 37 | 12.30 | 36 | 38 | 15.90 | 4135 | 3.60 | 7.53 | 1.14 | 2.35 |
| M85 | 31 | 11.00 | 30 | 32 | 14.30 | 4106 | 3.23 | 6.66 | 1.04 | 2.07 |
| M90 | 25 | 9.50 | 24 | 27 | 12.40 | 4118 | 2.86 | 5.68 | 0.95 | 1.79 |
| M95 | 19 | 7.70 | 18 | 22 | 9.80 | 4152 | 2.49 | 3.60 | 0.85 | 1.52 |
| M100 | 12 | 5.50 | 11 | 9 | 6.40 | 2838 | 1.11 | 1.84 | 0.56 | 1.01 |

| Level 2 | Hammer | Shot | Discus | Javelin | Weight | Throws Pent | Long Jump | Triple Jump | High Jump | Pole Vault |
|---------|--------|-------|--------|---------|--------|-------------|-----------|-------------|-----------|------------|
| M30 | 61 | 16.20 | 52 | 69 | 18.10 | 3534 | 6.27 | 12.80 | 1.72 | 4.30 |
| M35 | 59 | 15.60 | 51 | 68 | 17.70 | 3525 | 6.07 | 12.72 | 1.67 | 4.23 |
| M40 | 54 | 14.50 | 47 | 63 | 16.60 | 3520 | 5.75 | 12.04 | 1.64 | 3.99 |
| M45 | 49 | 13.50 | 43 | 59 | 15.50 | 3536 | 5.42 | 11.36 | 1.56 | 3.74 |
| M50 | 51 | 13.80 | 51 | 56 | 17.30 | 3534 | 5.10 | 10.68 | 1.48 | 3.50 |
| M55 | 46 | 12.70 | 47 | 52 | 16.10 | 3541 | 4.77 | 10.01 | 1.40 | 3.26 |
| M60 | 46 | 13.00 | 49 | 49 | 17.40 | 3542 | 4.45 | 9.33 | 1.32 | 3.02 |
| M65 | 41 | 11.90 | 45 | 44 | 16.20 | 3535 | 4.13 | 8.65 | 1.24 | 2.78 |
| M70 | 42 | 12.60 | 41 | 41 | 15.90 | 3539 | 3.80 | 7.97 | 1.16 | 2.54 |
| M75 | 37 | 11.60 | 36 | 36 | 14.70 | 3518 | 3.48 | 7.30 | 1.08 | 2.29 |
| M80 | 33 | 10.80 | 32 | 33 | 13.90 | 3546 | 3.15 | 6.59 | 0.99 | 2.05 |
| M85 | 27 | 9.60 | 27 | 28 | 12.50 | 3534 | 2.83 | 5.82 | 0.91 | 1.81 |
| M90 | 22 | 8.30 | 21 | 24 | 10.80 | 3530 | 2.50 | 4.97 | 0.83 | 1.57 |
| M95 | 16 | 6.70 | 15 | 19 | 8.60 | 3498 | 2.18 | 3.15 | 0.75 | 1.33 |
| M100 | 11 | 4.80 | 9 | 8 | 5.60 | 2393 | 0.97 | 1.61 | 0.49 | 0.89 |

| Level 3 | Hammer | Shot | Discus | Javelin | Weight | Throws Pent | Long Jump | Triple Jump | High Jump | Pole Vault |
|---------|--------|-------|--------|---------|--------|-------------|-----------|-------------|-----------|------------|
| M30 | 52 | 13.90 | 44 | 59 | 15.50 | 2932 | 5.37 | 10.97 | 1.47 | 3.68 |
| M35 | 51 | 13.40 | 44 | 58 | 15.20 | 2939 | 5.21 | 10.90 | 1.43 | 3.62 |
| M40 | 46 | 12.50 | 40 | 54 | 14.20 | 2929 | 4.93 | 10.32 | 1.40 | 3.42 |
| M45 | 42 | 11.50 | 37 | 50 | 13.30 | 2935 | 4.65 | 9.74 | 1.33 | 3.21 |
| M50 | 44 | 11.80 | 43 | 48 | 14.80 | 2928 | 4.37 | 9.16 | 1.27 | 3.00 |
| M55 | 40 | 10.90 | 40 | 44 | 13.80 | 2934 | 4.09 | 8.58 | 1.20 | 2.79 |
| M60 | 40 | 11.10 | 42 | 42 | 14.90 | 2946 | 3.81 | 8.00 | 1.13 | 2.59 |
| M65 | 36 | 10.20 | 38 | 38 | 13.90 | 2939 | 3.54 | 7.42 | 1.06 | 2.38 |
| M70 | 36 | 10.80 | 35 | 35 | 13.60 | 2938 | 3.26 | 6.83 | 0.99 | 2.17 |
| M75 | 32 | 9.90 | 31 | 31 | 12.60 | 2932 | 2.98 | 6.25 | 0.92 | 1.97 |
| M80 | 28 | 9.20 | 27 | 28 | 11.90 | 2930 | 2.70 | 5.65 | 0.85 | 1.76 |
| M85 | 23 | 8.20 | 23 | 24 | 10.70 | 2935 | 2.42 | 4.99 | 0.78 | 1.55 |
| M90 | 19 | 7.10 | 18 | 20 | 9.30 | 2922 | 2.15 | 4.26 | 0.71 | 1.35 |
| M95 | 14 | 5.80 | 13 | 16 | 7.40 | 2917 | 1.87 | 2.70 | 0.64 | 1.14 |
| M100 | 9 | 4.10 | 8 | 7 | 4.80 | 2004 | 0.83 | 1.38 | 0.42 | 0.76 |