

## AMA Australian Standards - Womens Field Events

Level 1	Hammer	Shot	Discus	Javelin	Weight	Throws Pent	Long Jump	Triple Jump	High Jump	Pole Vault
W30	62	18.10	61	58	18.90	4318	6.02	12.40	1.67	4.12
W35	56	17.50	59	55	17.30	4329	5.73	12.17	1.59	3.81
W40	52	16.30	55	51	15.90	4328	5.42	11.50	1.52	3.60
W45	48	15.20	51	47	14.60	4338	5.11	10.83	1.44	3.39
W50	48	14.40	47	44	16.00	4330	4.80	10.16	1.36	3.18
W55	44	13.20	43	40	14.60	4329	4.49	9.49	1.29	2.97
W60	40	12.10	38	36	15.60	4274	4.18	8.82	1.21	2.76
W65	36	10.90	34	32	14.20	4270	3.87	8.15	1.14	2.55
W70	32	9.80	30	28	12.90	4287	3.55	7.39	1.06	2.31
W75	33	9.90	29	26	13.50	4359	3.22	6.47	0.98	2.03
W80	28	8.70	24	22	12.20	4328	2.78	5.30	0.90	1.69
W85	24	7.60	20	17	10.90	4299	2.06	3.79	0.81	1.29
W90	20	6.40	16	13	9.50	4296	1.84	3.70	0.72	0.85
W95	16	5.30	12	9	8.10	4317	1.36	2.80	0.62	
W100	12	4.10	8	5	6.60	4325	0.80	1.64	0.52	

Level 2	Hammer	Shot	Discus	Javelin	Weight	Throws Pent	Long Jump	Triple Jump	High Jump	Pole Vault
W30	54	15.80	54	51	16.50	3712	5.26	10.85	1.46	3.61
W35	49	15.30	52	48	15.10	3714	5.01	10.65	1.39	3.33
W40	46	14.30	48	45	13.90	3716	4.74	10.06	1.33	3.15
W45	42	13.30	45	41	12.80	3727	4.47	9.48	1.26	2.96
W50	42	12.60	41	39	14.00	3720	4.20	8.89	1.19	2.78
W55	39	11.60	37	35	12.80	3702	3.93	8.30	1.13	2.60
W60	35	10.60	34	32	13.60	3694	3.66	7.72	1.06	2.41
W65	32	9.50	30	28	12.50	3670	3.38	7.13	0.99	2.23
W70	28	8.50	26	24	11.30	3645	3.11	6.47	0.93	2.02
W75	28	8.60	25	22	11.80	3693	2.82	5.66	0.86	1.77
W80	25	7.60	21	19	10.70	3701	2.43	4.64	0.78	1.48
W85	21	6.60	18	15	9.50	3707	1.81	3.31	0.71	1.13
W90	18	5.60	14	12	8.30	3724	1.61	3.24	0.63	0.74
W95	14	4.60	10	8	7.10	3667	1.19	2.45	0.55	
W100	10	3.60	7	5	5.80	3825	0.70	1.43	0.46	

Level 3	Hammer	Shot	Discus	Javelin	Weight	Throws Pent	Long Jump	Triple Jump	High Jump	Pole Vault
W30	46	13.60	46	44	14.20	3106	4.51	9.30	1.25	3.09
W35	42	13.10	44	41	13.00	3091	4.30	9.13	1.19	2.86
W40	39	12.20	41	38	11.90	3087	4.06	8.63	1.14	2.70
W45	36	11.40	38	35	10.90	3094	3.83	8.12	1.08	2.54
W50	36	10.80	35	33	12.00	3096	3.60	7.62	1.02	2.38
W55	33	9.90	32	30	11.00	3098	3.37	7.12	0.97	2.23
W60	30	9.00	29	27	11.70	3068	3.13	6.61	0.91	2.07
W65	27	8.20	26	24	10.70	3077	2.90	6.11	0.85	1.91
W70	24	7.30	22	21	9.70	3050	2.66	5.54	0.79	1.73
W75	24	7.40	21	19	10.10	3077	2.41	4.85	0.73	1.52
W80	21	6.50	18	16	9.20	3082	2.08	3.98	0.67	1.27
W85	18	5.70	15	13	8.20	3094	1.55	2.84	0.61	0.97
W90	15	4.80	12	10	7.20	3100	1.38	2.77	0.54	0.64
W95	12	4.00	9	7	6.10	3123	1.02	2.10	0.47	
W100	9	3.10	6	4	5.00	3154	0.60	1.23	0.39	