AMA Australian Standards - Womens Track events

Level 1	60m	100m	200m	400m	800m	1500m	5 K	10 K	Steeplechase	Hurdles		Walks		
									2 k	110/100/80	400/300/20	1500m	3 K	5 K
	ss.00	ss.00	ss.00	mm:ss	mm:ss	mm:ss	mm:ss	h:mm:ss	mm:ss	ss.00	mm:ss	mm:ss	mm:ss	mm:ss
W30	8.65	13.11	26.68	00:59	02:22	04:51	18:01	37:31	07:50	15.26	65.43	07:01	14:29	24:44
W35	8.75	13.24	27.49	01:01	02:22	04:54	18:01	37:31	08:08	15.49	65.43	07:05	14:37	24:58
W40	9.07	13.73	28.55	01:03	02:28	05:07	18:26	39:08	08:28	12.90	70.06	07:18	15:03	25:42
W45	9.42	14.26	29.70	01:06	02:35	05:21	19:41	40:58	08:48	13.98	76.36	07:35	15:39	26:44
W50	9.79	14.83	30.94	01:09	02:43	05:37	20:39	42:56	09:08	13.92	53.90	07:55	16:19	27:54
W55	10.20	15.44	32.29	01:13	02:51	05:54	21:42	45:06	09:29	15.20	57.45	08:16	17:04	29:16
W60	10.64	16.11	33.76	01:17	03:00	06:15	22:57	47:39	10:19	15.38	61.83	08:40	17:58	30:54
W65	11.12	16.84	35.37	01:23	03:13	06:41	24:30	50:50	11:09	16.95	67.57	09:08	19:02	32:51
W70	11.71	17.73	37.74	01:30	03:30	07:18	26:30	55:00	12:05	18.88	44.22	09:43	20:20	35:14
W75	12.46	18.87	40.76	01:41	03:54	08:12	29:15	1:00:49	13:26	21.45	00:47	10:25	21:56	38:09
W80	13.49	20.42	45.54	01:58	04:31	09:36	33:14	1:09:34	15:06	25.67	00:52	11:17	23:55	41:50
W85	15.04	22.76	54.09	02:30	05:35	12:04	39:34	1:24:03	17:42	34.76	01:07	12:23	26:26	46:34
W90	17.66	26.72	74.10	03:43	07:44	15:25	51:33	1:42:15	21:52	69.09	01:13	13:47	29:45	52:51
W95	22.91	34.63	90.79	04:39	09:14	24:14	1:21:11	2:31:55	31:15	84.65	01:23	15:40	34:16	1:01:34
W100	35.79	48.46	139.15	06:06	11:46	28:31	1:41:53	3:32:14	0:46:41	116.33	01:49	18:17	40:44	1:14:25

Level 2	60m	100m	200m	400m	800m	1500m	5 K	10 K	Steeplechase	Hurdles		Walks		
									2 k	110/100/80	400/300/20	1500m	3 K	5 K
	ss.00	ss.00	ss.00	mm:ss	mm:ss	mm:ss	mm:ss	h:mm:ss	mm:ss	ss.00	mm:ss	mm:ss	mm:ss	mm:ss
W30	9.89	14.99	30.49	01:08	02:42	05:32	20:35	0:42:53	08:57	17.44	74.77	08:01	16:33	28:16
W35	10.00	15.14	31.42	01:09	02:43	05:36	20:35	0:42:53	09:18	17.70	74.77	08:06	16:42	28:32
W40	10.36	15.70	32.63	01:12	02:50	05:51	21:04	0:44:43	09:41	14.74	80.07	08:20	17:12	29:22
W45	10.76	16.30	33.94	01:16	02:57	06:07	22:30	0:46:49	10:04	15.98	87.27	08:40	17:53	30:33
W50	11.19	16.94	35.36	01:19	03:06	06:25	23:36	0:49:04	10:27	15.91	61.60	09:02	18:39	31:53
W55	11.65	17.65	36.90	01:23	03:15	06:44	24:48	0:51:33	10:50	17.37	65.66	09:26	19:31	33:27
W60	12.16	18.41	38.58	01:28	03:26	07:08	26:14	0:54:28	11:47	17.58	70.66	09:54	20:32	35:18
W65	12.71	19.24	40.42	01:34	03:40	07:39	28:00	0:58:05	12:44	19.37	77.23	10:27	21:46	37:33
W70	13.38	20.26	43.13	01:43	04:00	08:21	30:17	1:02:52	13:49	21.58	50.54	11:06	23:15	40:16
W75	14.24	21.56	46.58	01:55	04:27	09:22	33:25	1:09:31	15:21	24.52	00:54	11:54	25:04	43:36
W80	15.42	23.34	52.05	02:15	05:10	10:58	37:59	1:19:30	17:16	29.34	01:00	12:54	27:20	47:48
W85	17.19	26.02	61.81	02:51	06:23	13:47	45:13	1:36:04	20:14	39.72	01:17	14:09	30:13	53:13
W90	20.18	30.53	84.68	04:15	08:50	17:38	58:54	1:56:51	25:00	78.96	01:24	15:45	34:00	1:00:24
W95	26.18	39.58	103.76	05:19	10:34	27:41	1:32:47	2:53:37	35:43	96.74	01:35	17:54	39:10	1:10:21
W100	40.90	55.38	159.03	06:58	13:26	32:36	1:56:27	4:02:33	0:53:21	132.95	02:04	20:53	46:34	1:25:03

Level 3	60m	100m	200m	400m	800m	1500m	5 K	10 K	Steeplechase	Hurdles		Walks		
									2 k	110/100/80	400/300/20	1500m	3 K	5 K
	ss.00	ss.00	ss.00	mm:ss	mm:ss	mm:ss	mm:ss	h:mm:ss	mm:ss	ss.00	mm:ss	mm:ss	mm:ss	mm:ss
W30	11.53	17.48	35.57	01:19	03:09	06:27	24:01	0:50:02	10:27	20.35	87.23	09:22	19:18	32:58
W35	11.66	17.66	36.66	01:21	03:10	06:32	24:01	0:50:02	10:51	20.66	87.23	09:27	19:29	33:17
W40	12.09	18.31	38.07	01:24	03:18	06:50	24:34	0:52:10	11:17	17.20	93.42	09:44	20:03	34:15
W45	12.56	19.01	39.60	01:28	03:27	07:09	26:15	0:54:37	11:44	18.65	101.81	10:07	20:52	35:39
W50	13.06	19.77	41.25	01:33	03:37	07:29	27:32	0:57:15	12:11	18.56	71.87	10:33	21:45	37:11
W55	13.60	20.59	43.05	01:37	03:48	07:52	28:56	1:00:08	12:38	20.26	76.60	11:01	22:46	39:01
W60	14.19	21.48	45.01	01:43	04:01	08:19	30:36	1:03:32	13:45	20.51	82.44	11:33	23:57	41:11
W65	14.83	22.45	47.16	01:50	04:17	08:55	32:40	1:07:46	14:52	22.60	90.10	12:11	25:23	43:48
W70	15.62	23.64	50.32	02:00	04:40	09:44	35:20	1:13:20	16:07	25.17	58.97	12:57	27:07	46:58
W75	16.62	25.16	54.34	02:15	05:12	10:55	39:00	1:21:06	17:55	28.61	01:03	13:53	29:15	50:52
W80	17.99	27.23	60.73	02:38	06:02	12:48	44:19	1:32:45	20:08	34.22	01:10	15:03	31:53	55:46
W85	20.06	30.35	72.11	03:20	07:27	16:05	52:45	1:52:04	23:37	46.34	01:30	16:30	35:15	1:02:05
W90	23.55	35.62	98.80	04:58	10:19	20:34	1:08:43	2:16:19	29:10	92.12	01:38	18:23	39:40	1:10:28
W95	30.54	46.18	121.06	06:12	12:19	32:18	1:48:15	3:22:33	0:41:40	112.87	01:51	20:53	45:42	1:22:05
W100	47.72	64.61	185.53	08:08	15:41	38:02	2:15:51	4:42:59	1:02:15	155.11	02:25	24:22	54:19	1:39:13