

## 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