

## AMA Australian Standards – Men’s Field Events

Level 1	Hammer	Shot	Discus	Javelin	Weight	Throws Pent	Long Jump	Triple Jump	High Jump	Pole Vault
M30	52	13.90	44	59	15.50	3200	7.16	14.63	1.96	4.91
M35	52	13.40	44	58	15.20	3200	6.94	14.53	1.91	4.83
M40	48	12.50	40	54	14.20	3200	6.57	13.76	1.87	4.56
M45	44	11.50	37	50	13.30	3200	6.20	12.98	1.78	4.28
M50	44	11.80	43	48	14.80	3200	5.83	12.21	1.69	4.00
M55	40	10.90	40	44	13.80	3200	5.46	11.44	1.60	3.73
M60	40	11.10	42	42	14.90	3200	5.09	10.66	1.50	3.45
M65	36	10.20	38	38	13.90	3200	4.71	9.89	1.41	3.17
M70	36	10.80	35	35	13.60	3200	4.34	9.11	1.32	2.90
M75	32	9.90	31	31	12.60	3200	3.97	8.34	1.23	2.62
M80	28	9.20	27	28	11.90	3200	3.60	7.53	1.14	2.35
M85	23	8.20	23	24	10.70	3200	3.23	6.66	1.04	2.07
M90	19	7.10	18	20	9.30	3200	2.86	5.68	0.95	1.79
M95	14	5.80	13	16	7.40	3200	2.49	3.60	0.85	1.52
M100	9	4.10	8	7	4.80	3200	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	43	11.50	37	49	12.80	2500	6.27	12.80	1.72	4.30
M35	43	11.50	37	47	12.80	2500	6.07	12.72	1.67	4.23
M40	40	11.20	37	43	11.80	2500	5.75	12.04	1.64	3.99
M45	36	10.30	35	40	11.00	2500	5.42	11.36	1.56	3.74
M50	37	10.00	37	38	11.60	2500	5.10	10.68	1.48	3.50
M55	33	9.00	33	35	10.60	2500	4.77	10.01	1.40	3.26
M60	30	9.10	32	33	11.30	2500	4.45	9.33	1.32	3.02
M65	27	7.80	29	29	10.20	2500	4.13	8.65	1.24	2.78
M70	26	8.80	26	28	9.90	2500	3.80	7.97	1.16	2.54
M75	23	7.60	22	24	8.70	2500	3.48	7.30	1.08	2.29
M80	19	6.40	19	23	8.20	2500	3.15	6.59	0.99	2.05
M85	15	5.20	16	18	6.90	2500	2.83	5.82	0.91	1.81
M90	12	4.00	12	13	5.60	2500	2.50	4.97	0.83	1.57
M95	8	2.90	9	8	4.30	2500	2.18	3.15	0.75	1.33
M100	5	1.70	6	4	3.00	2500	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	34	9.20	29	39	10.30	1800	5.37	10.97	1.47	3.68
M35	34	9.20	29	37	10.00	1800	5.21	10.90	1.43	3.62
M40	32	9.00	29	34	9.40	1800	4.93	10.32	1.40	3.42
M45	29	8.30	28	32	8.80	1800	4.65	9.74	1.33	3.21
M50	29	8.00	29	30	9.30	1800	4.37	9.16	1.27	3.00
M55	26	7.20	26	28	8.50	1800	4.09	8.58	1.20	2.79
M60	24	7.20	26	26	9.00	1800	3.81	8.00	1.13	2.59
M65	21	6.20	23	23	8.20	1800	3.54	7.42	1.06	2.38
M70	21	7.10	20	22	7.90	1800	3.26	6.83	0.99	2.17
M75	18	6.10	18	19	7.00	1800	2.98	6.25	0.92	1.97
M80	15	5.10	15	19	6.50	1800	2.70	5.65	0.85	1.76
M85	12	4.20	12	15	5.50	1800	2.42	4.99	0.78	1.55
M90	9	3.20	10	11	4.50	1800	2.15	4.26	0.71	1.35
M95	6	2.30	7	6	3.40	1800	1.87	2.70	0.64	1.14
M100	3	1.30	5	3	2.40	1800	0.83	1.38	0.42	0.76