

AMA Australian Standards – Men’s Track events

Level 1	60m	100m	200m	400m	800m	1500m	5 K	10 K	Steeplechase	Hurdles		Walks		
										3 k/2 k	110/100/80	400/300/200	1500m	3 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
M30	7.52	11.52	22.73	50.80	1:58.95	04:17	15:46	32:55	09:52	16.14	58.48	06:27	13:11	22:30
M35	7.60	11.64	23.58	52.36	1:59.30	04:20	15:46	32:55	09:52	16.30	58.48	06:35	13:25	22:53
M40	7.90	12.07	24.51	54.34	2:05.15	04:31	16:20	34:07	10:21	16.94	61.09	06:48	13:53	23:38
M45	8.20	12.49	25.44	56.30	2:11.00	04:42	16:57	35:25	10:52	17.63	63.95	07:05	14:27	24:36
M50	8.50	12.92	26.37	58.27	2:16.84	04:55	17:37	36:48	11:27	16.80	67.09	07:23	15:04	25:38
M55	8.80	13.34	27.30	60.25	2:22.69	05:09	18:20	38:19	12:06	17.49	70.55	07:43	15:44	26:45
M60	9.10	13.77	28.24	62.21	2:28.55	05:24	19:06	39:57	07:56	17.91	68.25	08:05	16:29	28:02
M65	9.40	14.19	29.17	64.18	2:34.39	05:42	19:59	41:53	08:32	18.68	74.47	08:31	17:22	29:32
M70	9.70	14.62	30.35	69.41	2:42.95	06:04	21:05	44:22	09:16	15.79	82.99	09:01	18:24	31:19
M75	10.06	15.53	32.82	76.47	2:56.13	06:33	22:36	47:49	10:14	16.39	01:35	09:37	19:37	33:25
M80	10.59	16.71	35.77	83.53	3:11.77	07:15	24:53	52:57	11:33	18.11	01:01	10:20	21:05	35:57
M85	11.30	18.24	40.00	96.47	3:17.90	08:23	28:39	1:01:21	13:28	19.34	01:06	11:11	22:52	39:04
M90	13.18	20.00	48.24	116.46	4:37.66	10:29	35:42	1:17:02	16:15	21.53	01:17	12:15	25:05	42:57
M95	17.88	23.39	60.00	159.50	6:13.60	15:33	52:29	1:43:42	20:50	26.33	01:36	13:35	27:54	47:56
M100	31.10	47.65	94.05	210.19	8:12.15	22:30	1:24:26	2:56:13	26:12	54.13	03:35	15:18	31:34	54:32

Level 2	60m	100m	200m	400m	800m	1500m	5 K	10 K	Steeplechase	Hurdles		Walks		
										3 k/2 k	110/100/80	400/300/200	1500m	3 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
M30	7.99	12.24	24.15	54.00	2:06	04:54	18:01	0:37:37	11:17	18.44	66.83	07:23	15:05	25:43
M35	8.07	12.40	24.55	56.00	2:07	04:57	18:01	0:37:37	11:17	18.63	66.83	07:31	15:21	26:09
M40	8.39	12.78	25.33	58.00	2:12	05:09	18:41	0:38:59	11:49	19.36	69.82	07:47	15:52	27:01
M45	8.71	13.18	26.15	60.00	2:17	05:23	19:23	0:40:28	12:25	20.15	73.08	08:06	16:31	28:06
M50	9.03	13.60	27.03	62.00	2:23	05:37	20:08	0:42:04	13:05	19.20	76.67	08:26	17:13	29:18
M55	9.35	14.06	27.97	64.00	2:29	05:53	20:57	0:43:47	13:50	19.98	80.63	08:49	17:58	30:35
M60	9.67	14.54	28.98	66.00	2:35	06:11	21:50	0:45:39	09:04	20.46	78.00	09:15	18:50	32:03
M65	9.99	15.09	30.16	69.00	2:43	06:31	22:50	0:47:52	09:45	21.35	85.11	09:44	19:51	33:46
M70	10.31	15.73	31.60	72.00	2:50	06:56	24:06	0:50:43	10:36	18.05	94.85	10:19	21:02	35:47
M75	10.70	16.52	33.47	77.00	3:03	07:29	25:50	0:54:38	11:42	18.73	01:49	11:00	22:26	38:11
M80	11.25	17.56	36.06	85.00	3:21	08:17	28:26	1:00:31	13:12	20.69	01:09	11:48	24:06	41:05
M85	12.00	19.05	39.91	97.00	3:51	09:35	32:44	1:10:07	15:24	22.10	01:15	12:47	26:08	44:39
M90	14.00	21.34	46.17	120.00	4:41	11:59	40:48	1:28:02	18:34	24.60	01:28	14:00	28:40	49:06
M95	19.00	25.23	57.76	173.00	6:21	17:47	59:59	1:58:31	23:49	30.09	01:49	15:31	31:53	54:47
M100	33.05	44.74	90.52	219.00	8:43	25:42	1:36:29	3:21:23	29:57	61.87	04:06	17:30	36:05	1:02:19

Level 3	60m	100m	200m	400m	800m	1500m	5 K	10 K	Steeplechase	Hurdles		Walks		
										3 k/2 k	110/100/80	400/300/200	1500m	3 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
M30	9.13	13.99	27.60	62.00	2:24	05:43	21:02	0:43:53	13:09	21.52	77.97	08:37	17:35	30:00
M35	9.23	14.17	28.06	64.00	2:26	05:46	21:02	0:43:53	13:09	21.73	77.97	08:46	17:54	30:30
M40	9.59	14.60	28.94	66.00	2:31	06:01	21:47	0:45:29	13:48	22.59	81.45	09:05	18:31	31:31
M45	9.96	15.06	29.89	68.00	2:37	06:16	22:36	0:47:13	14:30	23.51	85.27	09:27	19:16	32:48
M50	10.32	15.55	30.89	70.00	2:43	06:33	23:29	0:49:04	15:16	22.40	89.45	09:51	20:05	34:10
M55	10.69	16.07	31.97	73.00	2:50	06:52	24:26	0:51:05	16:08	23.31	94.07	10:17	20:58	35:41
M60	11.06	16.62	33.13	76.00	2:58	07:12	25:28	0:53:16	10:35	23.88	91.00	10:47	21:59	37:23
M65	11.41	17.24	34.47	79.00	3:06	07:36	26:39	0:55:51	11:22	24.91	99.30	11:21	23:09	39:23
M70	11.78	17.97	36.12	83.00	3:15	08:05	28:07	0:59:10	12:22	21.05	110.65	12:02	24:32	41:45
M75	12.21	18.88	38.25	88.00	3:29	08:44	30:08	1:03:45	13:39	21.86	02:07	12:49	26:10	44:33
M80	12.86	20.07	41.21	97.00	3:50	09:40	33:11	1:10:36	15:24	24.14	01:21	13:46	28:07	47:56
M85	13.71	21.77	45.61	111.00	4:24	11:10	38:12	1:21:48	17:58	25.79	01:28	14:55	30:30	52:06
M90	16.00	24.39	52.76	138.00	5:21	13:58	47:36	1:42:43	21:40	28.70	01:42	16:20	33:27	57:17
M95	21.71	28.84	66.01	198.00	7:15	20:44	1:09:59	2:18:17	27:47	35.11	02:07	18:06	37:12	1:03:55
M100	37.77	51.14	103.45	250.00	9:58	29:59	1:52:34	3:54:57	34:57	72.18	04:47	20:24	42:05	1:12:42