

AMA Australian Standards – Women’s Field Events

Level 1	Hammer	Shot	Discus	Javelin	Weight	Throws Pent	Long Jump	Triple Jump	High Jump	Pole Vault
W30	46	13.60	46	44	14.20	3200	6.02	12.40	1.67	4.12
W35	42	13.10	44	41	13.00	3200	5.73	12.17	1.59	3.81
W40	39	12.20	41	38	11.90	3200	5.42	11.50	1.52	3.60
W45	36	11.40	38	35	10.90	3200	5.11	10.83	1.44	3.39
W50	36	10.80	35	33	12.00	3200	4.80	10.16	1.36	3.18
W55	33	9.90	32	30	11.00	3200	4.49	9.49	1.29	2.97
W60	30	9.00	29	27	11.70	3200	4.18	8.82	1.21	2.76
W65	27	8.20	26	24	10.70	3200	3.87	8.15	1.14	2.55
W70	24	7.30	22	21	9.70	3200	3.55	7.39	1.06	2.31
W75	24	7.40	21	19	10.10	3200	3.22	6.47	0.98	2.03
W80	21	6.50	18	16	9.20	3200	2.78	5.30	0.90	1.69
W85	18	7.60	15	13	8.20	3200	2.06	3.79	0.81	1.29
W90	15	4.80	12	10	7.20	3200	1.84	3.70	0.72	0.85
W95	12	4.00	9	7	6.10	3200	1.36	2.80	0.62	
W100	9	3.10	6	4	5.00	3200	0.80	1.64	0.52	

Level 2	Hammer	Shot	Discus	Javelin	Weight	Throws Pent	Long Jump	Triple Jump	High Jump	Pole Vault
W30	38	11.30	38	36	10.00	2500	5.26	10.85	1.46	3.61
W35	34	10.70	37	36	9.20	2500	5.01	10.65	1.39	3.33
W40	30	9.60	34	33	8.40	2500	4.74	10.06	1.33	3.15
W45	25	8.50	32	29	7.50	2500	4.47	9.48	1.26	2.96
W50	31	8.10	29	26	9.50	2500	4.20	8.89	1.19	2.78
W55	28	7.40	26	23	8.60	2500	3.93	8.30	1.13	2.60
W60	25	6.70	24	20	9.20	2500	3.66	7.72	1.06	2.41
W65	22	6.00	21	18	8.20	2500	3.38	7.13	0.99	2.23
W70	20	5.30	18	16	7.20	2500	3.11	6.47	0.93	2.02
W75	17	4.60	16	14	6.20	2500	2.82	5.66	0.86	1.77
W80	14	3.90	15	11	5.20	2500	2.43	4.64	0.78	1.48
W85	11	3.20	12	9	4.10	2500	1.81	3.31	0.71	1.13
W90	8	2.50	9	7	3.10	2500	1.61	3.24	0.63	0.74
W95	6	1.80	6	5	2.10	2500	1.19	2.45	0.55	
W100	3	1.10	3	3	1.10	2500	0.70	1.43	0.46	

Level 3	Hammer	Shot	Discus	Javelin	Weight	Throws Pent	Long Jump	Triple Jump	High Jump	Pole Vault
W30	30	9.00	30	29	8.00	1800	4.51	9.30	1.25	3.09
W35	27	8.50	29	29	7.40	1800	4.30	9.13	1.19	2.86
W40	23	7.70	27	26	6.70	1800	4.06	8.63	1.14	2.70
W45	20	6.80	25	23	6.00	1800	3.83	8.12	1.08	2.54
W50	24	6.50	23	21	7.50	1800	3.60	7.62	1.02	2.38
W55	22	5.90	21	18	6.90	1800	3.37	7.12	0.97	2.23
W60	20	5.30	19	16	7.40	1800	3.13	6.61	0.91	2.07
W65	17	4.80	17	14	6.50	1800	2.90	6.11	0.85	1.91
W70	15	4.20	15	13	5.70	1800	2.66	5.54	0.79	1.73
W75	13	3.60	12	11	4.90	1800	2.41	4.85	0.73	1.52
W80	11	3.10	12	9	4.10	1800	2.08	3.98	0.67	1.27
W85	9	2.50	10	7	3.30	1800	1.55	2.84	0.61	0.97
W90	6	2.00	7	5	2.50	1800	1.38	2.77	0.54	0.64
W95	4	1.40	5	4	1.70	1800	1.02	2.10	0.47	
W100	2	1.00	3	2	1.00	1800	0.60	1.23	0.39	