

AMA Australian Standards – Women’s Track events

Level 1	60m	100m	200m	400m	800m	1500m	5 K	10 K	Steeplechase	Hurdles		Walks		
										2 k	110/100/80	400/300/200	1500m	3 K
	ss.00	ss.00	ss.00	ss	mm:ss	mm:ss	mm:ss	h:mm:ss	mm:ss	ss.00	mm:ss	mm:ss	mm:ss	mm:ss
W30	8.14	12.34	25.11	00:56	02:13	04:51	18:01	37:31	11:17	15.26	65.43	07:01	14:29	24:44
W35	8.14	12.34	25.11	58.46	02:13	04:54	18:01	37:31	11:17	15.49	65.43	07:05	14:37	24:58
W40	8.44	12.93	26.61	61.78	02:17	05:07	18:26	39:08	11:47	12.90	70.06	07:18	15:03	25:42
W45	8.93	13.68	28.28	65.10	02:23	05:21	19:41	40:58	12:19	13.98	76.36	07:35	15:39	26:44
W50	9.42	14.43	29.95	68.43	02:29	05:37	20:39	42:56	12:54	13.92	53.90	07:55	16:19	27:54
W55	9.91	15.19	31.62	71.75	02:39	05:54	21:42	45:06	13:34	15.20	57.45	08:16	17:04	29:16
W60	10.40	15.94	33.30	75.07	02:52	06:15	22:57	47:39	14:21	15.38	61.83	08:40	17:58	30:54
W65	10.88	16.69	34.97	78.40	03:10	06:41	24:30	50:50	15:20	16.95	67.57	09:08	19:02	32:51
W70	11.37	17.44	36.64	84.71	03:30	07:18	26:30	55:00	16:42	18.88	44.22	09:43	20:20	35:14
W75	12.12	18.67	38.31	95.29	03:58	08:12	29:15	1:00:49	18:55	21.45	00:47	10:25	21:56	38:09
W80	12.94	19.76	42.35	105.88	04:30	09:36	33:14	1:09:34	23:01	25.67	00:52	11:17	23:55	41:50
W85	13.88	22.94	49.41	121.19	05:10	12:04	39:34	1:24:03	27:36	34.76	01:07	12:23	26:26	46:34
W90	16.00	27.06	61.18	141.16	06:02	15:25	51:33	1:42:15	35:08	69.09	01:13	13:47	29:45	52:51
W95	20.00	35.29	80.00	176.49	07:19	24:14	1:21:11	2:31:55	46:41	84.65	01:23	15:40	34:16	1:01:34
W100	33.68	51.06	103.87	231.70	09.11	28:31	1:41:53	3:32:14	1:07:39	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	400/300/200	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
W30	8.65	13.11	26.68	59	2m 22s	05:32	20:35	0:42:53	12:54	17.44	74.77	08:01	16:33	28:16
W35	8.75	13.24	27.49	61	2m 22s	05:36	20:35	0:42:53	12:54	17.70	74.77	08:06	16:42	28:32
W40	9.07	13.73	28.55	63	2m 28s	05:51	21:04	0:44:43	13:27	14.74	80.07	08:20	17:12	29:22
W45	9.42	14.26	29.70	66	2m 35s	06:07	22:30	0:46:49	14:04	15.98	87.27	08:40	17:53	30:33
W50	9.79	14.83	30.94	69	2m 43s	06:25	23:36	0:49:04	14:45	15.91	61.60	09:02	18:39	31:53
W55	10.20	15.44	32.29	73	2m 51s	06:44	24:48	0:51:33	15:30	17.37	65.66	09:26	19:31	33:27
W60	10.64	16.11	33.76	77	3m 00s	07:08	26:14	0:54:28	16:24	17.58	70.66	09:54	20:32	35:18
W65	11.12	16.84	35.37	83	3m 13s	07:39	28:00	0:58:05	17:32	19.37	77.23	10:27	21:46	37:33
W70	11.71	17.73	37.74	90	3m 30s	08:21	30:17	1:02:52	19:06	21.58	50.54	11:06	23:15	40:16
W75	12.46	18.87	40.76	101	3m 54s	09:22	33:25	1:09:31	21:37	24.52	00:54	11:54	25:04	43:36
W80	13.49	20.42	45.54	118	4m 31s	10:58	37:59	1:19:30	26:18	29.34	01:00	12:54	27:20	47:48
W85	15.04	22.76	54.09	150	5m 35s	13:47	45:13	1:36:04	31:32	39.72	01:17	14:09	30:13	53:13
W90	17.66	26.72	74.10	223	7m 44s	17:38	58:54	1:56:51	40:10	78.96	01:24	15:45	34:00	1:00:24
W95	22.91	34.63	90.79	279	9m 14s	27:41	1:32:47	2:53:37	53:21	96.74	01:35	17:54	39:10	1:10:21
W100	35.79	48.46	139.15	366	11m 46s	32:36	1:56:27	4:02:33	1:17:18	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	400/300/200	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
W30	9.89	14.99	30.49	68	2m 42s	06:27	24:01	0:50:02	15:03	20.35	87.23	09:22	19:18	32:58
W35	10.00	15.14	31.42	69	2m 43s	06:32	24:01	0:50:02	15:03	20.66	87.23	09:27	19:29	33:17
W40	10.36	15.70	32.63	72	2m 50s	06:50	24:34	0:52:10	15:42	17.20	93.42	09:44	20:03	34:15
W45	10.76	16.30	33.94	76	2m 57s	07:09	26:15	0:54:37	16:25	18.65	101.81	10:07	20:52	35:39
W50	11.19	16.94	35.36	79	3m 06s	07:29	27:32	0:57:15	17:12	18.56	71.87	10:33	21:45	37:11
W55	11.65	17.65	36.90	83	3m 15s	07:52	28:56	1:00:08	18:05	20.26	76.60	11:01	22:46	39:01
W60	12.16	18.41	38.58	88	3m 26s	08:19	30:36	1:03:32	19:08	20.51	82.44	11:33	23:57	41:11
W65	12.71	19.24	40.42	94	3m 40s	08:55	32:40	1:07:46	20:27	22.60	90.10	12:11	25:23	43:48
W70	13.38	20.26	43.13	103	4m 00s	09:44	35:20	1:13:20	22:16	25.17	58.97	12:57	27:07	46:58
W75	14.24	21.56	46.58	115	4m 27s	10:55	39:00	1:21:06	25:13	28.61	01:03	13:53	29:15	50:52
W80	15.42	23.34	52.05	135	5m 10s	12:48	44:19	1:32:45	30:41	34.22	01:10	15:03	31:53	55:46
W85	17.19	26.02	61.81	171	6m 23s	16:05	52:45	1:52:04	36:48	46.34	01:30	16:30	35:15	1:02:05
W90	20.18	30.53	84.68	255	8m 50s	20:34	1:08:43	2:16:19	46:51	92.12	01:38	18:23	39:40	1:10:28
W95	26.18	39.58	103.76	319	10m 34s	32:18	1:48:15	3:22:33	1:02:15	112.87	01:51	20:53	45:42	1:22:05
W100	40.90	55.38	159.03	418	13m 26s	38:02	2:15:51	4:42:59	1:30:12	155.11	02:25	24:22	54:19	1:39:13