

AMA Australian Standards - Mens Field Events

Level 1	Hammer	Shot	Discus	Javelin	Weight	Throws Pent	Long Jump	Triple Jump	High Jump	Pole Vault
M30	51	14.00	43	59	15.50	2928	7.16	14.63	1.96	4.95
M35	51	13.40	43	57	15.50	2935	6.89	14.09	1.93	4.89
M40	49	12.60	42	53	14.50	2929	6.53	13.34	1.84	4.62
M45	46	11.80	40	49	13.60	2939	6.17	12.61	1.76	4.36
M50	47	12.10	43	48	15.60	2935	5.82	11.90	1.67	4.10
M55	43	11.30	40	44	14.50	2939	5.49	11.21	1.59	3.84
M60	43	11.40	45	43	15.40	2931	5.16	10.54	1.51	3.59
M65	40	10.50	41	39	14.30	2937	4.84	9.90	1.43	3.33
M70	40	10.80	37	38	15.10	2940	4.54	9.27	1.36	3.08
M75	35	9.70	33	33	13.80	2929	4.23	8.65	1.28	2.83
M80	36	10.10	29	32	14.70	2941	3.88	7.93	1.21	2.58
M85	30	8.90	24	27	12.90	2919	3.46	7.08	1.14	2.30
M90	25	7.80	20	22	10.90	2927	2.98	6.09	1.06	1.96
M95	20	6.70	16	17	8.80	2942	2.43	4.96	0.95	1.58
M100	14	5.50	12	12	6.50	2255	1.80	3.69	0.82	1.14

Level 2	Hammer	Shot	Discus	Javelin	Weight	Throws Pent	Long Jump	Triple Jump	High Jump	Pole Vault
M30	42	11.70	36	49	12.90	2352	6.27	12.80	1.72	4.33
M35	42	11.20	36	47	12.90	2354	6.03	12.33	1.69	4.28
M40	40	10.50	35	44	12.10	2350	5.71	11.67	1.61	4.05
M45	38	9.80	33	41	11.30	2353	5.40	11.03	1.54	3.82
M50	39	10.10	36	40	13.00	2359	5.09	10.41	1.46	3.59
M55	36	9.40	33	37	12.10	2359	4.80	9.81	1.39	3.36
M60	36	9.50	37	36	12.80	2347	4.51	9.23	1.32	3.14
M65	33	8.80	34	32	11.90	2349	4.24	8.66	1.25	2.92
M70	33	9.00	31	32	12.60	2371	3.97	8.11	1.19	2.70
M75	29	8.10	27	28	11.50	2352	3.70	7.57	1.12	2.48
M80	30	8.40	24	27	12.30	2366	3.40	6.94	1.06	2.26
M85	25	7.50	20	22	10.70	2334	3.03	6.19	1.00	2.01
M90	21	6.50	17	18	9.10	2353	2.61	5.33	0.93	1.72
M95	16	5.60	13	14	7.30	2340	2.12	4.34	0.83	1.38
M100	12	4.60	10	10	5.40	1798	1.58	3.23	0.72	1.00

Level 3	Hammer	Shot	Discus	Javelin	Weight	Throws Pent	Long Jump	Triple Jump	High Jump	Pole Vault
M30	34	9.30	29	39	10.30	1781	5.37	10.97	1.47	3.71
M35	34	8.90	29	38	10.30	1788	5.17	10.57	1.45	3.67
M40	32	8.40	28	35	9.70	1778	4.89	10.00	1.38	3.47
M45	30	7.90	26	33	9.10	1786	4.63	9.45	1.32	3.27
M50	31	8.10	29	32	10.40	1794	4.37	8.92	1.25	3.08
M55	29	7.50	26	29	9.70	1773	4.11	8.41	1.19	2.88
M60	29	7.60	30	29	10.30	1790	3.87	7.91	1.13	2.69
M65	26	7.00	27	26	9.50	1781	3.63	7.42	1.07	2.50
M70	27	7.20	24	25	10.10	1773	3.40	6.95	1.02	2.31
M75	24	6.50	22	22	9.20	1786	3.17	6.49	0.96	2.12
M80	24	6.70	19	21	9.80	1774	2.91	5.95	0.91	1.93
M85	20	6.00	16	18	8.60	1782	2.60	5.31	0.86	1.72
M90	17	5.20	13	15	7.30	1783	2.23	4.56	0.79	1.47
M95	13	4.40	11	11	5.90	1787	1.82	3.72	0.71	1.18
M100	10	3.70	8	8	4.30	1346	1.35	2.77	0.62	0.85