

AMA Australian Standards - Mens 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	7.46	11.27	22.58	00:51	02:06	04:17	15:44	32:44	09:52	16.00	57.43	06:30	13:29	22:37
M35	7.47	11.27	23.06	00:52	02:07	04:21	15:44	33:04	09:54	16.07	58.81	06:30	13:29	22:37
M40	7.64	11.66	23.81	00:53	02:12	04:30	16:13	34:22	10:20	16.65	61.31	06:52	13:48	23:22
M45	7.83	12.06	24.60	00:55	02:17	04:40	16:55	35:45	10:48	17.31	64.04	07:09	14:20	24:13
M50	8.04	12.48	25.42	00:57	02:23	04:50	17:41	37:13	11:18	16.56	67.02	07:27	14:55	25:10
M55	8.26	12.92	26.27	00:59	02:29	05:02	18:31	38:47	11:52	17.33	70.30	07:31	15:34	26:15
M60	8.51	13.37	27.16	01:01	02:35	05:15	19:25	40:28	07:49	16.92	49.39	07:43	16:17	27:28
M65	8.77	13.85	28.10	01:03	02:41	05:30	20:24	42:16	08:15	17.86	52.06	08:13	17:06	28:52
M70	9.07	14.34	29.08	01:05	02:48	05:46	21:30	44:11	08:44	14.83	55.04	08:46	18:01	30:27
M75	9.39	14.86	30.10	01:08	02:56	06:04	22:42	46:16	09:16	15.82	00:58	09:20	19:04	32:16
M80	9.74	15.40	31.49	01:13	03:07	06:27	24:04	48:52	10:01	17.04	00:42	09:59	20:15	34:22
M85	10.27	16.23	33.85	01:20	03:25	07:04	26:05	0:53:21	11:08	18.86	00:46	10:51	21:38	36:50
M90	11.14	17.62	37.64	01:30	03:53	08:02	29:33	1:00:51	12:52	21.74	00:54	11:54	23:13	39:44
M95	12.52	19.89	43.79	01:47	04:38	09:39	35:37	1:13:57	15:45	26.56	01:06	13:27	25:11	43:19
M100	14.79	23.69	54.51	02:17	05:59	12:40	0:47:30	1:39:49	21:13	35.74	01:28	15:27	28:07	48:46

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	7.93	11.98	23.99	00:54	02:24	04:54	17:59	0:37:24	11:17	18.29	65.63	07:26	15:24	25:51
M35	7.93	11.98	24.50	00:55	02:25	04:59	17:59	0:37:48	11:19	18.36	67.21	07:26	15:24	25:51
M40	8.12	12.39	25.30	00:57	02:30	05:09	18:32	0:39:17	11:48	19.03	70.07	07:51	15:47	26:42
M45	8.32	12.81	26.13	00:58	02:37	05:20	19:20	0:40:51	12:20	19.78	73.19	08:10	16:23	27:40
M50	8.54	13.26	27.00	01:00	02:43	05:32	20:12	0:42:32	12:55	18.93	76.60	08:31	17:03	28:46
M55	8.78	13.72	27.91	01:02	02:50	05:45	21:09	0:44:20	13:33	19.81	80.34	08:35	17:47	30:00
M60	9.04	14.21	28.86	01:05	02:57	06:00	22:11	0:46:14	08:56	19.34	56.44	08:49	18:37	31:24
M65	9.32	14.71	29.85	01:07	03:04	06:17	23:19	0:48:18	09:26	20.41	59.49	09:23	19:33	32:59
M70	9.63	15.24	30.90	01:09	03:12	06:35	24:34	0:50:30	09:59	16.95	62.90	10:01	20:36	34:48
M75	9.97	15.79	31.98	01:12	03:21	06:56	25:57	0:52:53	10:36	18.08	01:07	10:40	21:47	36:52
M80	10.35	16.37	33.46	01:17	03:34	07:22	27:30	0:55:51	11:26	19.47	00:48	11:24	23:09	39:16
M85	10.91	17.24	35.97	01:25	03:54	08:04	29:48	1:00:58	12:43	21.56	00:53	12:24	24:43	42:05
M90	11.84	18.72	39.99	01:36	04:26	09:11	33:46	1:09:33	14:42	24.84	01:01	13:36	26:32	45:24
M95	13.31	21.13	46.52	01:54	05:17	11:02	40:42	1:24:31	18:01	30.35	01:15	15:22	28:46	49:31
M100	15.71	25.17	57.91	02:26	06:50	14:28	0:54:17	1:54:04	24:15	40.84	01:41	17:40	32:08	0:55:44

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	9.06	13.69	27.41	01:01	02:48	05:43	20:59	0:43:38	13:09	21.33	76.57	08:40	17:59	30:09
M35	9.07	13.69	28.00	01:03	02:49	05:49	20:59	0:44:06	13:12	21.43	78.41	08:40	17:59	30:09
M40	9.28	14.16	28.91	01:05	02:56	06:00	21:38	0:45:49	13:46	22.20	81.75	09:10	18:24	31:09
M45	9.51	14.64	29.87	01:07	03:03	06:13	22:34	0:47:40	14:23	23.08	85.39	09:32	19:06	32:17
M50	9.76	15.15	30.86	01:09	03:10	06:27	23:35	0:49:38	15:04	22.08	89.36	09:57	19:53	33:34
M55	10.03	15.68	31.90	01:11	03:18	06:43	24:41	0:51:43	15:49	23.11	93.73	10:01	20:45	35:00
M60	10.33	16.24	32.98	01:14	03:26	07:00	25:53	0:53:57	10:26	22.56	65.85	10:18	21:43	36:38
M65	10.65	16.81	34.12	01:16	03:35	07:19	27:12	0:56:21	11:00	23.81	69.41	10:57	22:48	38:29
M70	11.01	17.42	35.31	01:19	03:45	07:41	28:40	0:58:55	11:39	19.78	73.38	11:42	24:01	40:36
M75	11.40	18.05	36.55	01:23	03:55	08:06	30:17	1:01:42	12:22	21.10	01:18	12:27	25:25	43:01
M80	11.83	18.70	38.23	01:28	04:10	08:36	32:05	1:05:09	13:21	22.71	00:56	13:19	27:00	45:49
M85	12.47	19.70	41.11	01:37	04:33	09:25	34:46	1:11:08	14:50	25.15	01:02	14:29	28:50	49:06
M90	13.53	21.40	45.71	01:50	05:10	10:43	39:24	1:21:09	17:09	28.99	01:11	15:53	30:58	52:58
M95	15.21	24.15	53.17	02:10	06:10	12:52	0:47:29	1:38:36	21:01	35.41	01:27	17:56	33:34	0:57:46
M100	17.96	28.77	66.19	02:47	07:59	16:53	1:03:20	2:13:05	28:18	47.65	01:58	20:36	37:29	1:05:02