

AMA Australian Standards - Womens Field Events

| Level 1 | Hammer | Shot | Discus | Javelin | Weight | Throws Pent | Long Jump | Triple Jump | High Jump | Pole Vault |
|---------|--------|-------|--------|---------|--------|-------------|-----------|-------------|-----------|------------|
| W30 | 50 | 12.70 | 43 | 44 | 15.40 | 2869 | 5.94 | 12.54 | 1.67 | 4.05 |
| W35 | 47 | 12.30 | 43 | 43 | 14.80 | 2869 | 5.75 | 12.49 | 1.64 | 4.04 |
| W40 | 43 | 11.40 | 40 | 39 | 13.70 | 2866 | 5.44 | 11.72 | 1.56 | 3.81 |
| W45 | 39 | 10.60 | 36 | 35 | 12.70 | 2860 | 5.15 | 10.99 | 1.49 | 3.58 |
| W50 | 41 | 11.20 | 33 | 35 | 13.30 | 2867 | 4.86 | 10.30 | 1.41 | 3.36 |
| W55 | 37 | 10.30 | 30 | 31 | 12.20 | 2864 | 4.57 | 9.64 | 1.35 | 3.15 |
| W60 | 33 | 9.40 | 27 | 28 | 13.10 | 2866 | 4.30 | 9.02 | 1.28 | 2.95 |
| W65 | 29 | 8.50 | 24 | 25 | 11.80 | 2862 | 4.03 | 8.43 | 1.22 | 2.75 |
| W70 | 26 | 7.70 | 21 | 22 | 10.50 | 2855 | 3.77 | 7.87 | 1.16 | 2.56 |
| W75 | 30 | 8.30 | 22 | 21 | 11.20 | 2857 | 3.51 | 7.33 | 1.10 | 2.36 |
| W80 | 26 | 7.30 | 19 | 19 | 9.70 | 2887 | 3.21 | 6.74 | 1.04 | 2.14 |
| W85 | 22 | 6.30 | 16 | 16 | 8.20 | 2872 | 2.86 | 6.02 | 0.98 | 1.88 |
| W90 | 18 | 5.30 | 13 | 13 | 6.80 | 2852 | 2.45 | 5.19 | 0.90 | 1.59 |
| W95 | 14 | 4.30 | 10 | 10 | 5.40 | 2809 | 2.00 | 4.23 | 0.80 | |
| W100 | 10 | 3.30 | 8 | 8 | 3.90 | 2882 | 1.48 | 3.16 | 0.69 | |

| Level 2 | Hammer | Shot | Discus | Javelin | Weight | Throws Pent | Long Jump | Triple Jump | High Jump | Pole Vault |
|---------|--------|-------|--------|---------|--------|-------------|-----------|-------------|-----------|------------|
| W30 | 41 | 10.60 | 36 | 36 | 12.80 | 2306 | 5.19 | 10.97 | 1.46 | 3.54 |
| W35 | 39 | 10.20 | 36 | 36 | 12.40 | 2318 | 5.03 | 10.93 | 1.43 | 3.53 |
| W40 | 36 | 9.50 | 33 | 32 | 11.40 | 2298 | 4.76 | 10.25 | 1.37 | 3.33 |
| W45 | 32 | 8.80 | 30 | 29 | 10.60 | 2302 | 4.50 | 9.62 | 1.30 | 3.13 |
| W50 | 34 | 9.40 | 28 | 29 | 11.10 | 2323 | 4.25 | 9.01 | 1.24 | 2.94 |
| W55 | 31 | 8.60 | 25 | 26 | 10.10 | 2310 | 4.00 | 8.44 | 1.18 | 2.76 |
| W60 | 27 | 7.80 | 22 | 23 | 10.90 | 2287 | 3.76 | 7.89 | 1.12 | 2.58 |
| W65 | 24 | 7.10 | 20 | 21 | 9.80 | 2312 | 3.52 | 7.38 | 1.06 | 2.41 |
| W70 | 22 | 6.40 | 18 | 18 | 8.80 | 2309 | 3.29 | 6.88 | 1.01 | 2.24 |
| W75 | 25 | 6.90 | 18 | 18 | 9.30 | 2305 | 3.07 | 6.42 | 0.96 | 2.07 |
| W80 | 21 | 6.10 | 16 | 15 | 8.10 | 2306 | 2.81 | 5.89 | 0.91 | 1.87 |
| W85 | 18 | 5.20 | 13 | 13 | 6.90 | 2288 | 2.50 | 5.27 | 0.86 | 1.64 |
| W90 | 15 | 4.40 | 11 | 11 | 5.70 | 2316 | 2.15 | 4.54 | 0.79 | 1.39 |
| W95 | 11 | 3.60 | 9 | 9 | 4.50 | 2350 | 1.75 | 3.70 | 0.70 | |
| W100 | 8 | 2.80 | 7 | 7 | 3.30 | 2399 | 1.30 | 2.76 | 0.60 | |

| Level 3 | Hammer | Shot | Discus | Javelin | Weight | Throws Pent | Long Jump | Triple Jump | High Jump | Pole Vault |
|---------|--------|------|--------|---------|--------|-------------|-----------|-------------|-----------|------------|
| W30 | 33 | 8.50 | 29 | 29 | 10.20 | 1765 | 4.45 | 9.40 | 1.25 | 3.04 |
| W35 | 31 | 8.20 | 29 | 28 | 9.90 | 1761 | 4.31 | 9.37 | 1.23 | 3.03 |
| W40 | 29 | 7.60 | 27 | 26 | 9.20 | 1772 | 4.08 | 8.79 | 1.17 | 2.85 |
| W45 | 26 | 7.00 | 24 | 23 | 8.40 | 1746 | 3.86 | 8.24 | 1.11 | 2.69 |
| W50 | 27 | 7.50 | 22 | 23 | 8.90 | 1760 | 3.64 | 7.72 | 1.06 | 2.52 |
| W55 | 24 | 6.90 | 20 | 21 | 8.10 | 1768 | 3.43 | 7.23 | 1.01 | 2.36 |
| W60 | 22 | 6.30 | 18 | 19 | 8.70 | 1772 | 3.22 | 6.77 | 0.96 | 2.21 |
| W65 | 20 | 5.70 | 16 | 16 | 7.90 | 1747 | 3.02 | 6.32 | 0.91 | 2.06 |
| W70 | 17 | 5.10 | 14 | 15 | 7.00 | 1763 | 2.82 | 5.90 | 0.87 | 1.92 |
| W75 | 20 | 5.60 | 14 | 14 | 7.50 | 1743 | 2.63 | 5.50 | 0.82 | 1.77 |
| W80 | 17 | 4.90 | 13 | 12 | 6.50 | 1769 | 2.41 | 5.05 | 0.78 | 1.60 |
| W85 | 14 | 4.20 | 11 | 11 | 5.50 | 1797 | 2.14 | 4.52 | 0.74 | 1.41 |
| W90 | 12 | 3.50 | 9 | 9 | 4.50 | 1779 | 1.84 | 3.89 | 0.68 | 1.19 |
| W95 | 9 | 2.90 | 7 | 7 | 3.60 | 1772 | 1.50 | 3.18 | 0.60 | |
| W100 | 7 | 2.20 | 5 | 5 | 2.60 | 1717 | 1.11 | 2.37 | 0.51 | |