

AMA Australian Standards - Womens Track events

Level 1	60m	100m	200m	400m	800m	1500m	5 K	10 K	Steeplechase 2 k	Hurdles		Walks		
										110/100/80	400/300/200	1500m	3 K	5 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	8.18	12.40	25.33	00:57	02:23	04:48	17:38	36:16	07:26	15.25	64.33	07:14	14:35	25:03
W35	8.18	12.40	25.33	00:58	02:24	04:53	17:41	36:45	07:42	15.35	65.91	07:14	14:36	25:04
W40	8.19	12.64	25.88	01:00	02:29	05:05	18:21	38:06	08:04	13.41	68.33	07:31	15:08	26:00
W45	8.51	13.13	26.91	01:02	02:35	05:17	19:05	39:38	08:29	13.90	70.94	07:49	15:44	27:01
W50	8.83	13.66	28.02	01:05	02:42	05:31	19:56	41:22	08:55	14.39	55.29	08:09	16:24	28:11
W55	9.16	14.21	29.20	01:08	02:49	05:45	20:54	43:19	09:23	14.97	57.57	08:30	17:10	29:29
W60	9.50	14.80	30.48	01:11	02:57	06:02	22:00	45:34	09:53	15.60	60.05	08:55	18:01	30:57
W65	9.85	15.43	31.86	01:15	03:06	06:20	23:17	48:07	10:28	16.30	62.76	09:18	19:00	32:37
W70	10.20	16.09	33.35	01:20	03:16	06:39	24:45	51:05	11:13	17.21	42.38	09:43	20:06	34:31
W75	10.56	16.81	34.98	01:25	03:28	07:02	26:28	0:54:32	12:12	18.49	00:45	10:05	21:23	36:43
W80	11.01	17.61	36.84	01:32	03:44	07:35	28:30	0:58:35	13:32	20.29	00:49	10:30	22:52	39:16
W85	11.72	18.82	39.74	01:42	04:08	08:25	31:08	1:03:52	15:25	22.89	00:55	12:04	24:36	42:15
W90	12.79	20.63	44.26	01:56	04:44	09:40	35:27	1:12:41	18:10	26.82	01:04	14:11	26:41	45:49
W95	14.41	23.39	51.48	02:18	05:40	11:41	0:42:54	1:28:07	22:35	33.21	01:19	17:23	29:19	0:50:20
W100	16.97	27.78	63.88	02:56	07:20	15:21	0:57:17	1:58:32	0:30:37	45.13	01:47	22:25	33:01	0:56:43

Level 2	60m	100m	200m	400m	800m	1500m	5 K	10 K	Steeplechase 2 k	Hurdles		Walks		
										110/100/80	400/300/200	1500m	3 K	5 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	8.69	13.18	26.91	01:00	02:43	05:29	20:09	0:41:27	08:29	17.43	73.51	08:16	16:40	28:38
W35	8.69	13.18	26.91	01:02	02:44	05:35	20:13	0:42:00	08:48	17.55	75.32	08:16	16:41	28:39
W40	8.70	13.43	27.50	01:04	02:50	05:48	20:58	0:43:33	09:13	15.33	78.09	08:35	17:18	29:42
W45	9.04	13.96	28.60	01:06	02:57	06:02	21:49	0:45:18	09:41	15.89	81.07	08:56	17:59	30:53
W50	9.38	14.51	29.77	01:09	03:05	06:18	22:47	0:47:16	10:11	16.45	63.18	09:19	18:45	32:12
W55	9.74	15.10	31.03	01:12	03:13	06:35	23:53	0:49:30	10:43	17.11	65.79	09:43	19:37	33:41
W60	10.10	15.72	32.39	01:16	03:22	06:53	25:09	0:52:04	11:18	17.83	68.63	10:12	20:36	35:22
W65	10.47	16.39	33.85	01:20	03:33	07:14	26:36	0:55:00	11:57	18.63	71.72	10:37	21:42	37:16
W70	10.84	17.10	35.44	01:25	03:45	07:36	28:17	0:58:23	12:49	19.67	48.43	11:06	22:58	39:27
W75	11.22	17.86	37.16	01:31	03:58	08:02	30:15	1:02:20	13:57	21.13	00:52	11:32	24:26	41:58
W80	11.70	18.71	39.15	01:38	04:16	08:40	32:34	1:06:57	15:28	23.19	00:56	12:00	26:08	44:52
W85	12.45	19.99	42.22	01:48	04:43	09:37	35:35	1:13:00	17:37	26.17	01:03	13:48	28:07	48:18
W90	13.59	21.92	47.03	02:04	05:24	11:03	40:31	1:23:04	20:46	30.65	01:13	16:13	30:29	0:52:21
W95	15.31	24.85	54.70	02:27	06:29	13:21	0:49:01	1:40:43	25:48	37.95	01:30	19:52	33:30	0:57:32
W100	18.03	29.51	67.88	03:07	08:23	17:33	1:05:28	2:15:28	0:35:00	51.58	02:02	25:38	37:45	1:04:49

Level 3	60m	100m	200m	400m	800m	1500m	5 K	10 K	Steeplechase 2 k	Hurdles		Walks		
										110/100/80	400/300/200	1500m	3 K	5 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	9.93	15.06	30.76	01:09	03:10	06:23	23:31	0:48:22	09:54	20.33	85.77	09:38	19:27	33:24
W35	9.93	15.06	30.76	01:10	03:11	06:31	23:35	0:49:00	10:15	20.47	87.88	09:39	19:28	33:26
W40	9.94	15.35	31.43	01:13	03:19	06:46	24:28	0:50:48	10:46	17.89	91.11	10:01	20:11	34:39
W45	10.33	15.95	32.68	01:16	03:27	07:03	25:27	0:52:51	11:18	18.53	94.58	10:25	20:59	36:02
W50	10.72	16.58	34.02	01:19	03:36	07:21	26:35	0:55:09	11:53	19.19	73.71	10:52	21:53	37:34
W55	11.13	17.26	35.46	01:23	03:45	07:41	27:52	0:57:46	12:30	19.96	76.76	11:20	22:53	39:18
W60	11.54	17.97	37.02	01:27	03:56	08:02	29:20	1:00:45	13:11	20.80	80.07	11:53	24:02	41:15
W65	11.96	18.73	38.69	01:32	04:08	08:26	31:02	1:04:10	13:57	21.74	83.67	12:24	25:19	43:29
W70	12.39	19.54	40.50	01:37	04:22	08:52	33:00	1:08:07	14:57	22.94	56.51	12:57	26:48	46:02
W75	12.82	20.41	42.47	01:43	04:37	09:23	35:17	1:12:43	16:16	24.65	01:00	13:27	28:30	48:57
W80	13.37	21.39	44.74	01:52	04:59	10:07	38:00	1:18:07	18:03	27.06	01:05	14:00	30:29	52:21
W85	14.23	22.85	48.25	02:04	05:31	11:13	41:31	1:25:10	20:33	30.53	01:13	16:06	32:49	0:56:21
W90	15.53	25.05	53.74	02:21	06:18	12:53	0:47:16	1:36:55	24:14	35.76	01:25	18:55	35:34	1:01:05
W95	17.50	28.40	62.51	02:48	07:34	15:35	0:57:12	1:57:30	0:30:06	44.28	01:45	23:11	39:05	1:07:07
W100	20.61	33.73	77.57	03:34	09:47	20:28	1:16:23	2:38:03	0:40:49	60.18	02:22	29:54	44:02	1:15:37