

Copper Standard

Men	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100m	17.07	17.59	18.37	19.03	19.64	20.44	21.27	22.06	23.17	24.67	26.55	29.03
200m	34.80	36.10	37.56	38.94	40.23	41.60	43.07	45.13	47.90	51.14	55.89	62.64
400m	77.80	81.28	84.60	87.60	90.53	93.81	97.10	101.31	109.60	121.54	136.26	155.04
800m	03:00.73	03:06.66	03:13.81	03:23.60	03:33.67	03:43.18	03:53.25	04:05.76	04:22.28	04:47.17	05:26.05	06:13.79
1500m	06:10.05	06:23.29	06:38.23	06:56.10	07:17.32	07:40.42	08:04.89	08:31.44	09:01.91	09:43.34	11:01.34	13:07.74
3000m	12:59.77	13:28.89	14:15.13	14:55.11	15:28.05	16:12.99	17:12.31	18:21.79	19:31.84	21:11.69	24:12.66	28:26.02
5000m	22:23.20	23:10.54	24:29.72	25:49.37	26:50.30	27:46.12	29:14.56	31:19.32	33:21.51	36:21.98	42:24.19	51:15.83
10000m	46:49.90	48:45.79	51:16.99	53:32.63	55:41.17	58:06.19	60:48.73	64:20.24	68:52.99	76:28.09	90:07.18	108:26.96
Short Hurdles	22.80	23.77	24.80	23.60	24.78	24.99	26.23	21.93	23.69	25.65	30.88	37.60
Long Hurdles	83.40	87.41	91.99	96.00	100.40	73.58	76.22	80.00	86.35	64.26	75.50	89.23
Steeplechase	14:12.35	14:59.32	15:52.42	16:39.70	17:14.87	11:18.63	12:10.77	13:02.42	14:39.84	16:45.55	19:02.73	21:38.38
High Jump	1.08	1.03	0.97	0.92	0.88	0.84	0.80	0.80	0.80	0.80	0.80	0.80
Pole Vault	1.97	1.87	1.73	1.70	1.70	1.70	1.70	1.70	1.70	1.70	1.70	1.70
Long Jump	2.79	2.59	2.41	2.27	2.15	2.01	1.85	1.72	1.60	1.45	1.27	1.08
Triple Jump	5.91	5.63	5.20	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00
Shot Put	7.46	7.13	6.87	6.16	5.75	6.07	5.51	5.40	4.90	4.54	4.08	3.44
Discus	23.78	23.15	22.45	22.61	21.35	21.94	19.93	18.14	16.10	13.84	11.69	9.42
Hammer	27.79	27.07	26.26	25.57	22.24	20.94	20.05	19.52	17.72	16.31	13.70	9.42
Javelin	30.58	28.25	25.51	25.18	22.07	20.68	19.37	18.01	16.91	15.31	13.23	10.40
Weight Throw	8.32	7.16	6.87	8.65	7.29	8.00	7.31	7.65	6.94	6.58	5.67	3.70

[illegible]

Pole Vault	1.61	1.48	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30	1.30
Long Jump	2.33	2.15	1.98	1.88	1.78	1.64	1.52	1.43	1.33	1.21	1.03	1.00
Triple Jump	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00
Shot Put	7.00	6.34	5.64	5.02	4.80	4.57	4.26	3.67	4.06	3.56	3.00	2.25
Discus Throw	23.47	22.27	20.18	16.83	14.51	13.43	12.38	11.18	10.61	8.89	7.21	5.23
Hammer Throw	25.58	22.63	18.58	18.34	16.96	15.75	14.56	12.97	14.21	12.46	10.13	6.77
Javelin Throw	22.58	20.73	18.41	15.71	14.68	13.56	12.45	11.52	9.89	9.07	7.77	5.61
Weight Throw	6.37	6.41	5.91	6.20	5.79	6.25	5.73	5.11	5.49	4.58	3.96	2.83

Red values indicate minimum opening heights or distances required to reach the sand pit.