

Diamond Standard

Men	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100m	11.21	11.56	12.07	12.51	12.91	13.43	13.97	14.50	15.23	16.21	17.45	19.07
200m	22.87	23.73	24.68	25.59	26.43	27.34	28.30	29.65	31.48	33.61	36.73	41.17
400m	51.12	53.41	55.59	57.57	59.49	61.65	63.81	66.57	72.02	79.87	89.54	101.89
800m	01:58.77	02:02.66	02:07.36	02:13.79	02:20.41	02:26.66	02:33.28	02:41.50	02:52.35	03:08.71	03:34.26	04:05.63
1500m	04:03.18	04:11.87	04:21.69	04:33.44	04:47.38	05:02.56	05:18.64	05:36.09	05:56.11	06:23.34	07:14.59	08:37.66
3000m	08:32.42	08:51.55	09:21.94	09:48.22	10:09.86	10:39.39	11:18.38	12:04.03	12:50.07	13:55.68	15:54.61	18:41.10
5000m	14:42.67	15:13.78	16:05.82	16:58.16	17:38.19	18:14.88	19:12.99	20:34.98	21:55.28	23:53.87	27:51.90	33:41.26
10000m	30:46.50	32:02.66	33:42.02	35:11.15	36:35.62	38:10.93	39:57.74	42:16.73	45:15.97	50:15.03	59:13.29	71:16.00
Short Hurdles	14.99	15.62	16.30	15.51	16.29	16.42	17.23	14.41	15.57	16.86	20.29	24.71
Long Hurdles	54.81	57.44	60.45	63.09	65.98	48.35	50.09	52.57	56.74	42.23	49.62	58.64
Steeplechase	09:20.11	09:50.98	10:25.87	10:56.95	11:20.06	07:25.95	08:00.22	08:34.16	09:38.18	11:00.79	12:30.94	14:13.22
High Jump	1.94	1.85	1.74	1.65	1.58	1.51	1.43	1.34	1.26	1.16	1.06	0.95
Pole Vault	4.55	4.32	4.01	3.70	3.50	3.31	3.06	2.76	2.45	2.15	1.86	1.70
Long Jump	6.45	5.99	5.58	5.25	4.98	4.66	4.28	3.97	3.70	3.36	2.94	2.50
Triple Jump	13.68	13.05	12.05	11.22	10.63	9.90	9.11	8.39	7.73	7.05	6.29	5.54
Shot Put	17.29	16.51	15.90	14.26	13.31	14.06	12.76	12.50	11.34	10.52	9.45	7.97
Discus	55.08	53.60	51.99	52.37	49.44	50.81	46.15	42.01	37.29	32.04	27.08	21.81
Hammer	64.35	62.69	60.81	59.22	51.50	48.48	46.44	45.20	41.05	37.77	31.73	21.81
Javelin	70.82	65.42	59.07	58.31	51.11	47.90	44.85	41.70	39.17	35.45	30.63	24.09
Weight Throw	19.27	16.58	15.92	20.03	16.88	18.53	16.92	17.72	16.07	15.24	13.12	8.57

Women	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90
100m	12.21	12.55	12.95	13.38	14.01	14.90	15.83	16.58	17.38	18.75	21.07	24.29
200m	25.05	26.02	27.05	27.75	28.89	30.92	32.75	34.34	36.31	39.71	46.69	57.52
400m	57.15	60.74	63.81	65.46	67.14	71.01	76.00	80.59	88.59	101.86	138.80	220.24
800m	02:13.03	02:16.53	02:22.11	02:30.70	02:38.37	02:46.94	03:00.56	03:16.35	03:32.39	03:55.10	04:38.97	05:44.40
1500m	04:29.79	04:35.06	04:47.45	05:07.92	05:24.42	05:43.15	06:09.90	06:38.27	07:11.27	07:53.63	09:36.57	13:09.28
3000m	09:40.22	10:08.95	10:36.78	11:05.70	11:32.56	12:10.16	13:05.61	14:07.71	15:18.45	16:51.75	19:01.89	
5000m	16:37.93	17:19.79	18:04.51	18:52.57	19:45.37	20:43.55	22:08.65	23:58.70	26:16.91	29:02.82	38:46.50	62:35.83
10000m	34:40.05	35:58.65	37:36.95	39:52.11	41:48.17	43:26.38	46:16.83	50:11.65	54:16.55	67:37.53	98:34.29	
Short Hurdles	14.14	12.85	13.15	13.81	14.07	14.74	15.67	17.56	19.62	23.24	30.47	39.49
Long Hurdles	61.31	65.98	70.03	51.31	53.42	55.82	59.81	41.75	45.30	48.27	116.62	
Steeplechase	07:22.41	07:44.17	07:49.50	08:39.30	08:59.33	09:27.92	10:08.56	11:06.50	12:36.00	14:12.88	19:20.83	
High Jump	1.68	1.59	1.48	1.39	1.31	1.24	1.18	1.11	1.05	0.95	0.83	0.80
Pole Vault	3.74	3.42	2.99	2.70	2.53	2.44	2.38	2.13	1.69	1.40	1.30	1.30
Long Jump	5.38	4.99	4.59	4.35	4.12	3.81	3.53	3.30	3.09	2.79	2.39	1.99
Triple Jump	11.40	10.67	9.81	9.04	8.60	8.29	7.71	7.00	6.44	5.82	5.00	5.00
Shot Put	16.22	14.69	13.06	11.61	11.12	10.58	9.86	8.49	9.41	8.24	6.95	5.22
Discus Throw	54.34	51.58	46.73	38.96	33.60	31.10	28.67	25.88	24.57	20.59	16.69	12.12
Hammer Throw	59.24	52.41	43.04	42.46	39.28	36.46	33.72	30.04	32.91	28.86	23.45	15.67
Javelin Throw	52.29	48.00	42.64	36.39	33.98	31.40	28.83	26.67	22.91	21.00	18.00	13.00
Weight Throw	14.75	14.85	13.69	14.36	13.40	14.47	13.28	11.84	12.70	10.60	9.16	6.56

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