

## MEDAL STANDARDS EVACS 2012 - MEN

(minimum performance in order to obtain medals when athletes are less than three - or two relay - starting)

EVENT	M 35	M 40	M 45	M 50	M 55	M 60	M 65	M 70	M 75	M 80	M 85	M 90+
100	11.50	11.60	12.10	12.20	12.70	13.30	13.80	14.80	16.50	18.30	20.80	25.00
200	23.10	23.20	24.30	24.40	25.40	27.50	27.60	30.60	33.80	38.00	45.00	54.00
400	52.10	52.30	54.20	55.00	58.70	1:01.60	1:05.00	1:09.00	1:16.00	1:30.00	1:59.00	2:10.00
800	2:01.00	2:04.00	2:05.00	2:08.50	2:17.00	2:24.00	2:35.00	2:40.00	3:00.00	4:15.00	4:40.00	5:10.00
1500	4:10.00	4:15.00	4:25.00	4:30.00	4:50.00	5:00.00	5:35.00	5:45.00	6:30.00	8:10.00	10:30.00	12:30.00
5.000	15:35.00	16:00.00	16:30.00	16:50.00	17:50.00	18:50.00	20:00.00	22:00.00	23:30.00	32:00.00	35:00.00	38:00.00
10.000	33:50.00	35:00.00	36:30.00	37:00.00	38:30.00	41:00.00	43:00.00	48:00.00	52:00.00	1h10:00.00	1h15:00.00	1h25:00.00
80 Hs.								15.50	20.50	23.00	27.00	30.00
100 Hs.				15.60	17.50	18.00	21.00					
110 Hs.	16.50	17.50	18.00									
200 Hs.										50.00	56.00	1:03.00
300 Hs.						47.70	55.00	58.00	1:10.00			
400 Hs.	1:00.00	1:02.00	1:04.00	1:07.00	1:10.00							
2.000 St.						8:00.00	9:15.00	10:30.00	12:30.00	15:20.00	15:30.00	15:30.00
3.000 St.	10:15.00	10:30.00	11:15.00	11:50.00	12:15.00							
4x100	48.00	50.00	51.00	52.00	55.00	1:00.00	1:02.00	1:05.00	1:10.00	1:15.00	1:35.00	
4x400	3:45.00	3:50.00	3:55.00	4:15.00	4:30.00	4:40.00	5:20.00	5:30.00	6:00.00	7:15.00	8:30.00	
5.000 Track Walk	24:00.00	26:15.00	26:30.00	27:00.00	27:20.00	29:00.00	31:00.00	32:00.00	38:00.00	42:00.00	44:00.00	50:00.00
20km Road Walk	1h50.00	1h57.00	1h58.00	1h59.00	2h00.00	2h05.00	2h09.00	2h12.00	2h45.00	2h50.00	3h15.00	3h:20.00
Marathon	3h00.00	3h05.00	3h10.00	3h15.00	3h20.00	3h30.00	3h40.00	4h30.00	5h15.00	5h30.00	6h30.00	6h30.00
High Jump	1.85	1.80	1.75	1.70	1.66	1.56	1.42	1.33	1.14	1.04	0.93	0.88
Pole Vault	3.90	3.80	3.70	3.40	3.00	2.90	2.70	2.30	1.90	1.40	1.40	1.30
Long Jump	6.40	6.25	5.65	5.50	5.25	4.80	4.65	4.25	3.60	3.20	2.50	2.00
Triple Jump	12.70	12.50	12.30	12.10	11.90	10.50	9.50	9.00	7.40	5.95	5.30	4.50
Shot Put	13.75	13.55	12.65	14.45	13.00	13.25	12.00	11.20	10.20	9.00	8.30	6.00
Discus	44.00	43.00	42.00	46.00	43.00	45.50	42.00	38.00	35.00	24.00	19.00	14.00
Hammer	48.00	46.00	44.00	48.00	46.00	46.00	43.00	43.00	36.00	27.00	23.00	18.00
Javelin	52.00	47.00	46.00	50.00	48.00	45.00	42.00	40.00	33.00	23.00	16.00	13.50
Weight Throw	13.00	12.50	12.00	16.00	13.00	16.00	15.00	16.00	14.00	12.00	8.25	7.00
Decathlon	5.300	5.800	6.000	5.800	5.600	5.500	5.100	5.800	5.000	4.200	4.100	5.000
Throwing Pentathlon	2.400	3.600	3.200	3.100	3.600	3.600	3.600	3.700	3.200	3.000	2.000	2.000

## MEDAL STANDARDS EVACS 2012 - WOMEN

(minimum performance in order to obtain medals when athletes are less than three - or two relay - starting)

EVENT	W 35	W 40	W 45	W 50	W 55	W 60	W 65	W 70	W 75	W 80	W 85	W 90+
100	13.10	13.20	13.60	14.90	15.00	16.00	17.10	19.50	20.50	28.00	30.00	33.00
200	27.50	27.60	27.80	30.00	30.60	33.00	36.00	38.00	49.00	52.00	58.00	1:05.00
400	1:01.60	1:02.10	1:04.00	1:06.00	1:10.00	1:14.00	1:26.00	1:35.00	1:45.00	2:00.00	2:20.00	2:40.00
800	2:16.00	2:28.00	2:30.00	2:45.00	2:50.00	2:52.00	3:20.00	3:42.00	3:50.00	4:20.00	5:00.00	5:25.00
1500	5:00.00	5:05.00	5:20.00	5:30.00	5:50.00	5:55.00	6:50.00	7:20.00	9:00.00	10:20.00	12:50.00	14:20.00
5.000	19:00.00	19:05.00	19:30.00	20:00.00	22:00.00	22:20.00	25:30.00	27:00.00	33:00.00	42:00.00	45:15.00	47:00.00
10.000	40:00.00	40:30.00	41:30.00	43:00.00	47:00.00	49:00.00	55:00.00	58:00.00	1h06:00.00	1h23:00.00	1h38:00.00	1h40:00.00
80 Hs.		13.00	13.80	14.10	16.30	18.80	20.00	22.00	26.00	29.00	31.00	31.00
100 Hs.	17.80											
200 Hs.								48.00	52.00	1:00.00	1:00.00	1:00.00
300 Hs.				56.00	1:01.00	1:04.00	1:09.00					
400 Hs.	1:10.00	1:13.00	1:18.00									
2.000 St.	8:30.00	8:40.00	9:35.00	10:00.00	10:15.00	12:15.00	12:50.00	14:00.00	14:50.00	16:00.00	16:00.00	16:00.00
4x100	58.00	1:00.00	1:01.00	1:05.00	1:09.00	1:15.00	1:21.00	1:25.00	1:40.00	1:45.00		
4x400	4:24.00	4:40.00	4:56.00	5:16.00	5:30.00	6:15.00	6:50.00	7:30.00	8:30.00	9:30.00		
5.000 Track Walk	32:00.00	32:30.00	33:00.00	33:15.00	33:30.00	34:00.00	35:00.00	39:00.00	45:30.00	47:00.00	54:00.00	59:00.00
10km Road Walk	1h05:00	1h06:00	1h07:00	1h08:00	1h09:00	1h12:00	1h13:00	1h18:00	1h36:00	1h40:00	1h50:00	1h55:00
Marathon	4h02:00	4h15:00	4h30:00	4h40:00	4h45:00	4h55:00	5h00:00	5h30:00	5h55:00	6h30:00	6h30:00	6h30:00
High Jump	1.55	1.50	1.45	1.35	1.20	1.17	1.09	0.95	0.93	0.86	0.75	0.75
Pole Vault	2.50	2.40	2.30	2.20	2.10	1.80	1.70	1.40	1.25	1.25	1.25	1.25
Long Jump	5.15	5.10	4.65	4.10	4.00	3.70	3.25	2.80	2.50	2.00	1.80	1.60
Triple Jump	11.30	10.20	8.90	8.40	7.90	7.20	6.50	6.00	5.70	4.00	3.80	3.70
Shot Put	10.40	10.10	10.00	11.00	10.50	10.00	8.50	6.50	7.90	5.70	5.50	4.50
Discus	35.50	33.50	32.20	28.00	26.00	24.00	23.00	20.00	19.00	15.00	10.00	8.00
Hammer	30.00	29.00	26.00	36.00	30.00	29.00	25.00	19.00	26.30	18.00	12.00	10.50
Javelin	32.00	30.00	29.00	29.00	28.00	25.00	23.00	14.50	13.00	12.50	10.50	6.50
Weight Throw	12.00	11.20	10.00	12.20	11.00	12.00	10.00	8.00	10.30	7.30	5.80	4.80
Heptathlon	3.500	4.200	4.000	3.800	3.900	4.200	4.000	3.600	4.000	4.000	4.000	4.000
Throwing Pentathlon	2.800	2.800	3.300	2.800	3.200	3.300	3.000	2.800	3.400	3.000	2.900	2.900