

TRACK AGE FACTORS - 1989

	100	200	400	800	1500	MILE	3000	5000
OC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
M30	.9850	.9839	.9829	.9850	.9894	.9900	.9950	1.0000
M35	.9645	.9577	.9509	.9575	.9619	.9625	.9691	.9724
M40	.9435	.9307	.9179	.9285	.9327	.9333	.9397	.9430
M45	.9217	.9028	.8839	.8985	.9026	.9031	.9093	.9125
M50	.8987	.8738	.8489	.8670	.8709	.8714	.8774	.8804
M55	.8740	.8434	.8128	.8312	.8350	.8355	.8412	.8441
M60	.8470	.8113	.7756	.7915	.7951	.7956	.8011	.8038
M65	.8170	.7771	.7372	.7505	.7539	.7544	.7596	.7622
M70	.7832	.7403	.6975	.7083	.7115	.7119	.7168	.7192
M75	.7449	.7006	.6564	.6655	.6684	.6688	.6734	.6757
M80	.7015	.6576	.6138	.6222	.6250	.6254	.6297	.6318
M85	.6525	.6110	.5696	.5785	.5811	.5814	.5854	.5874
M90	.5975	.5611	.5247	.5345	.5369	.5372	.5409	.5427
WOC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
W30	.9835	.9823	.9812	.9835	.9883	.9890	.9945	1.0000
W35	.9610	.9535	.9460	.9532	.9581	.9587	.9660	.9696
W40	.9379	.9238	.9097	.9213	.9260	.9266	.9337	.9373
W45	.9139	.8931	.8723	.8883	.8929	.8934	.9002	.9037
W50	.8889	.8612	.8338	.8537	.8580	.8585	.8651	.8684
W55	.8614	.8277	.7941	.8143	.8185	.8190	.8253	.8285
W60	.8317	.7924	.7532	.7706	.7746	.7752	.7812	.7842
W65	.7987	.7548	.7109	.7255	.7293	.7298	.7355	.7384
W70	.7615	.7143	.6672	.6791	.6826	.6831	.6885	.6911
W75	.7194	.6707	.6220	.6320	.6352	.6357	.6407	.6433
W80	.6717	.6234	.5752	.5844	.5875	.5879	.5927	.5950
W85	.6177	.5721	.5260	.5363	.5392	.5395	.5439	.5461
W90	.5572	.5172	.4772	.4879	.4906	.4909	.4950	.4970

HURDLES AND STEEPLECHASE AGE FACTORS - 1989

	110H	100H	80H	400H	300H	3000SC	2000SC
OC	1.067m/42"			.914m/36"			
	1.0000			1.0000	1.399	1.0000	
	.991m/39"						
M30	.9923			.9812	1.374	.9841	
M35	.9714			.9464	1.326	.9577	
M40	.9401			.9098	1.275	.9256	
M45	.9002			.8696	1.219	.8863	
	.914m/36"			.840m/33"			
M50	.8681	.9583		.8442	1.184	.8406	
M55	.8159	.9008		.8025	1.127	.7911	
	.840m/33"			.762m/30"			
M60	.7832	.8640		.7684	1.082		1.1441
M65	.7355	.8118		.7169	1.012		1.0590
	.762m/30"						
M70	.7042	.7776	.9877	.6580	.9324		.9739
M75			.9267	.6066	.8647		.8914
M80			.8675	.5555	.7988		.8126
M85			.8072	.5038	.7334		
M90			.7517	.4505	.6672		
		100H	80H	400H	300H		
WOC		.840m/33"		.762m/30"			
		1.0000		1.0000	1.402		1.0000
W30		.9792		.9738	1.373		.9939
W35		.9496		.9358	1.318		.9471
		.762m/30"					
W40		.9169	1.160	.8957	1.258		.8926
W45		.8725	1.104	.8517	1.204		.8386
W50			1.057		1.133		.7860
W55			1.011		1.069		.7333
W60			.960		1.003		.6817
W65			.907		.936		.6320
W70			.851		.867		.5841
W75			.791		.797		.5369
W80			.728		.726		
W85			.661		.653		
W90			.601		.578		

FIELD EVENT AGE-FACTORS - 1989

	HJ	PV	LJ	TJ	SHOT DISCUS HAMMER JAVELIN				
					OC	16#	2kg	16#	800g
OC	1.000	1.000	1.000	1.000	OC	1.000	1.000	1.000	1.00
M30	1.021	1.025	1.021	1.022	M30	1.012	1.001	1.012	1.06
M35	1.066	1.075	1.072	1.074	M35	1.066	1.054	1.066	1.13
M40	1.116	1.135	1.132	1.135	M40	1.125	1.110	1.125	1.20
M45	1.172	1.205	1.201	1.205	M45	1.190	1.180	1.190	1.27
M50	1.235	1.285	1.279	1.285		6kg	1.5kg	6kg	
M55	1.305	1.375	1.367	1.376	M50	1.145	1.125	1.190	1.37
M60	1.382	1.475	1.465	1.476	M55	1.220	1.200	1.270	1.54
M65	1.466	1.585	1.574	1.588		5kg	1kg	5kg	600g
M70	1.557	1.710	1.694	1.712	M60	1.235	1.120	1.280	1.52
M75	1.655	1.855	1.826	1.849	M65	1.360	1.230	1.410	1.67
M80	1.760	2.025	1.970	1.999		4kg		4kg	
M85	1.872	2.225	2.147	2.184	M70	1.370	1.370	1.420	1.85
M90	1.991	2.460	2.318	2.363	M75	1.550	1.550	1.630	2.08
					M80	1.770	1.760	1.920	2.36
					M85	2.050	2.020	2.290	2.69
					M90	2.390	2.340	2.790	3.10
						4kg	1kg	4kg	600g
					WOC	1.000	1.000	1.000	1.000
					W30	1.040	1.001	1.040	1.090
					W35	1.080	1.065	1.080	1.200
					W40	1.165	1.132	1.165	1.320
					W45	1.270	1.210	1.270	1.465
						3kg		3kg	400g
					W50	1.230	1.310	1.270	1.500
					W55	1.360	1.430	1.410	1.670
					W60	1.510	1.570	1.570	1.870
					W65	1.680	1.730	1.750	2.100
					W70	1.870	1.910	1.960	2.360
					W75	2.080	2.110	2.190	2.650
					W80	2.310	2.330	2.440	2.970
					W85	2.660	2.570	2.810	3.320
					W90	2.930	2.830	3.100	3.800

LONG DISTANCE RUNNING  
AGE FACTORS - 1989

	5K-25K	30K	MARATHON
OC	1.0000	1.0000	1.0000
M35	.9724	.9742	.9859
M40	.9430	.9446	.9560
M45	.9125	.9141	.9251
M50	.8804	.8820	.8926
M55	.8441	.8456	.8558
M60	.8038	.8053	.8150
M65	.7622	.7636	.7728
M70	.7192	.7205	.7292
M75	.6757	.6769	.6851
M80	.6318	.6330	.6406
M85	.5874	.5885	.5955
M90	.5427	.5437	.5503
WOC	1.0000	1.0000	1.0000
W35	.9696	.9716	.9845
W40	.9373	.9391	.9516
W45	.9037	.9055	.9176
W50	.8684	.8702	.8819
W55	.8285	.8302	.8414
W60	.7842	.7858	.7965
W65	.7384	.7400	.7501
W70	.6911	.6925	.7021
W75	.6433	.6446	.6536
W80	.5950	.5963	.6047
W85	.5461	.5473	.5550
W90	.4970	.4981	.5053

RACE WALKING  
AGE FACTORS - 1989

	1500- 2-MILE	5K-8K	10K-50K
OC	1.0000	1.0000	1.0000
M30	.9958	.9979	1.0000
M35	.9681	.9735	.9789
M40	.9440	.9492	.9545
M45	.9177	.9228	.9279
M50	.8892	.8941	.8991
M55	.8585	.8633	.8681
M60	.8257	.8303	.8349
M65	.7908	.7951	.7995
M70	.7535	.7577	.7619
M75	.7142	.7181	.7221
M80	.6726	.6763	.6801
M85	.6289	.6324	.6359
M90	.5830	.5862	.5895
WOC	1.0000	1.0000	1.0000
W30	.9954	.9977	1.0000
W35	.9649	.9708	.9768
W40	.9384	.9442	.9500
W45	.9095	.9151	.9207
W50	.8781	.8835	.8890
W55	.8443	.8496	.8549
W60	.8083	.8133	.8184
W65	.7699	.7747	.7795
W70	.7288	.7334	.7381
W75	.6856	.6899	.6943
W80	.6399	.6440	.6481
W85	.5918	.5956	.5995
W90	.5413	.5449	.5485

TRACK STANDARDS - 1989

AGE DIV.	100	200	400	800	1500	MILE	3000	5000	AGE DIV.
OC	9.85	19.62	43.29	1:41.73	3:29.46	3:46.09	7:32.0	12:57	OC
M30	10.00	19.94	44.04	1:43.28	3:31.70	3:48.37	7:34.3	12:57	M30
M35	10.21	20.49	45.53	1:46.24	3:37.76	3:54.90	7:46.4	13:19	M35
M40	10.44	21.08	47.16	1:49.56	3:44.57	4:02.24	8:01.0	13:44	M40
M45	10.69	21.73	48.98	1:53.22	3:52.06	4:10.35	8:17.1	14:12	M45
M50	10.96	22.45	51.00	1:57.34	4:00.51	4:19.46	8:35.2	14:43	M50
M55	11.27	23.26	53.26	2:02.39	4:10.85	4:30.60	8:57.3	15:21	M55
M60	11.63	24.18	55.81	2:08.53	4:23.44	4:44.18	9:24.2	16:07	M60
M65	12.06	25.24	58.72	2:15.55	4:37.84	4:59.70	9:55.1	16:59	M65
M70	12.58	26.50	62.06	2:23.63	4:54.39	5:17.59	10:30.6	18:00	M70
M75	13.22	28.00	65.95	2:32.86	5:13.38	5:38.05	11:11.2	19:10	M75
M80	14.04	29.84	70.53	2:43.50	5:35.14	6:01.51	11:57.8	20:30	M80
M85	15.10	32.11	76.00	2:55.85	6:00.45	6:28.87	12:52.1	22:02	M85
M90	16.49	34.97	82.50	3:10.33	6:30.13	7:00.87	13:55.6	24:32	M90
WOC	10.78	21.58	47.83	1:52.92	3:52.50	4:10.96	8:21.7	14:22	WOC
W30	10.96	21.97	48.75	1:54.81	3:55.25	4:13.75	8:24.5	14:22	W30
W35	11.22	22.63	50.56	1:58.46	4:02.67	4:21.77	8:39.4	14:49	W35
W40	11.49	23.36	52.58	2:02.57	4:11.08	4:30.84	8:57.3	15:20	W40
W45	11.80	24.16	54.83	2:07.12	4:20.39	4:40.90	9:17.3	15:54	W45
W50	12.13	25.06	57.36	2:12.27	4:30.98	4:52.32	9:39.9	16:33	W50
W55	12.51	26.07	60.23	2:18.67	4:44.06	5:06.42	10:07.9	17:20	W55
W60	12.96	27.23	63.50	2:26.53	5:00.15	5:23.73	10:42.2	18:19	W60
W65	13.50	28.59	67.28	2:35.64	5:18.80	5:43.88	11:22.1	19:27	W65
W70	14.16	30.21	71.69	2:46.28	5:40.61	6:07.38	12:08.7	20:47	W70
W75	14.98	32.18	76.90	2:58.67	6:06.03	6:34.78	13:03.0	22:20	W75
W80	16.05	34.62	83.15	3:13.22	6:35.74	7:06.88	14:06.5	24:49	W80
W85	17.45	37.72	90.83	3:30.55	7:11.19	7:45.17	15:22.4	26:18	W85
W90	19.35	41.72	100.23	3:51.44	7:53.91	8:31.22	16:53.5	28:54	W90

HURDLES AND STEEPLECHASE STANDARDS - 1989

AGE DIV.	110H	100H	80H	400H	300H	3000SC	2000SC	AGE DIV.
OC	1.067m/42"			.914m/36"				OC
	12.90			47.02	33.60	8:05.0		
	.991m/39"			.914m/36"				
M30	13.00			47.92	34.23	8:12.8		M30
M35	13.28			49.68	35.47	8:26.4		M35
M40	13.71			51.68	36.88	8:44.0		M40
M45	14.33			54.07	38.56	9:07.2		M45
	.914m/36"			.840m/33"				
M50	14.86	13.46		55.70	39.70	9:37.0		M50
M55	15.81	14.32		58.59	41.72	10:13.1		M55
	.840m/33"			.762m/30"				
M60	16.47	14.92		61.19	43.46		7:03.9	M60
M65	17.54	15.89		65.59	46.46		7:38.0	M65
	.762m/30"			.762m/30"				
M70	18.32	16.59	13.06	71.46	50.43		8:18.0	M70
M75			13.92	77.51	54.38		9:04.1	M75
M80			14.87	84.65	58.86		9:56.8	M80
M85			15.96	93.33	64.11			M85
M90			17.16	104.37	70.47			M90
		100H	80H	400H	300H		2000SC	
		.840m/33"		.762m/30"				
WOC		12.25	9.68	52.94	37.77		6:00.0	WOC
W30		12.51		54.36	38.57		6:02.2	W30
W35		12.90		56.57	40.16		6:20.1	W35
		.762m/30"		.762m/30"				
W40		13.36	10.56	59.10	42.07		6:43.3	W40
W45		14.04	11.10	62.16	43.98		7:09.3	W45
W50			11.58		46.71		7:38.0	W50
W55			12.12		49.53		8:10.9	W55
W60			12.76		52.78		8:48.1	W60
W65			13.51		56.58		9:29.6	W65
W70			14.40		61.06		10:16.3	W70
W75			15.48		66.43		11:10.6	W75
W80			16.82		72.97			
W85			18.52		81.12			
W90			20.77		90.00			



RACE WALKING STANDARDS - 1989

AGE DIV.	1500	MILE	3000	2-MI	5000	8K	10K	15K	20K	30K	40K	50K	AGE DIV.
OC	5:19.0	5:44.0	11:08	12:00	18:51	30:36	38:30	58:00	1:18:40	2:00:00	2:43:00	3:38:00	OC
M30	5:20.3	5:45.5	11:11	12:03	18:53	30:40							M35
M35	5:29.5	5:55.3	11:30	12:24	19:22	31:26	39:20	59:15	1:20:22	2:02:35	2:46:31	3:42:42	M40
M40	5:37.9	6:04.4	11:49	12:43	19:52	32:14	40:20	1:00:46	1:22:25	2:05:43	2:50:46	3:48:24	M45
M45	5:47.6	6:14.9	12:08	13:05	20:26	33:10	41:29	1:02:30	1:24:47	2:09:19	2:55:40	3:54:56	M50
M50	5:58.7	6:26.9	12:31	13:30	21:05	34:13	42:50	1:04:30	1:27:30	2:13:28	3:01:18	4:02:46	M55
M55	6:11.6	6:40.7	12:58	13:59	21:50	35:27	44:21	1:06:49	1:30:37	2:18:14	3:07:46	4:11:07	M60
M60	6:26.3	6:56.6	13:29	14:32	22:42	36:51	46:07	1:09:28	1:34:13	2:23:44	3:15:14	4:21:07	M65
M65	6:43.4	7:15.0	14:04	15:10	23:42	38:29	48:09	1:12:33	1:38:24	2:30:56	3:23:53	4:32:40	M70
M70	7:03.4	7:36.5	14:47	15:56	24:53	40:23	50:32	1:16:08	1:43:15	2:37:30	3:33:56	4:46:08	M75
M75	7:26.6	8:01.7	15:35	16:48	26:15	42:37	53:19	1:20:19	1:48:57	2:46:11	3:45:44	5:01:54	M80
M80	7:54.3	8:31.5	16:33	17:50	27:52	45:15	56:36	1:25:17	1:55:40	2:56:26	3:59:40	5:20:32	M85
M85	8:27.2	9:07.0	17:42	19:05	29:48	48:23	60:33	1:31:13	2:03:43	3:08:42	4:16:20	5:42:49	M90
M90	9:07.1	9:50.1	19:06	20:35	32:09	52:12	65:19	1:38:23	2:13:27	3:23:34	4:36:30	6:09:48	
WOC	5:54.1	6:21.8	12:21	13:19	20:55	33:58	42:44	1:04:23	1:27:19	2:13:12	3:01:00	4:02:00	WOC
W30	5:55.7	6:23.6	12:24	13:23	20:58	34:04							W35
W35	6:07.0	6:35.7	12:48	13:48	21:33	34:59	43:45	1:05:55	1:29:23	2:16:22	3:05:17	4:07:45	W40
W40	6:17.3	6:46.9	13:10	14:11	22:09	36:12	44:58	1:07:46	1:31:55	2:20:13	3:10:32	4:14:44	W45
W45	6:29.3	6:59.8	13:35	14:39	22:52	37:07	46:25	1:09:56	1:34:50	2:24:40	3:16:35	4:22:51	W50
W50	6:43.3	7:14.8	14:04	15:10	23:41	38:27	48:04	1:12:25	1:38:13	2:29:50	3:23:36	4:32:13	W55
W55	6:59.4	7:32.2	14:38	15:46	24:37	39:59	49:59	1:15:19	1:42:08	2:35:48	3:31:43	4:43:04	W60
W60	7:18.1	7:52.3	15:17	16:28	25:43	41:46	52:13	1:18:40	1:46:41	2:42:46	3:41:10	4:55:42	W65
W65	7:39.9	8:15.9	16:02	17:18	27:00	43:51	54:49	1:22:36	1:52:01	2:50:53	3:52:12	5:10:27	W70
W70	8:05.9	8:43.9	16:57	18:16	28:31	46:19	57:54	1:27:14	1:58:18	3:00:28	4:05:13	5:27:52	W75
W75	8:36.5	9:16.9	18:01	19:25	30:19	49:14	61:33	1:32:44	2:05:46	3:11:51	4:20:42	5:48:33	W80
W80	9:13.4	9:56.6	19:18	20:49	32:29	52:45	65:56	1:39:20	2:14:44	3:25:31	4:39:17	6:13:24	W85
W85	9:58.3	10:45.2	20:52	22:30	35:12	57:02	71:17	1:47:24	2:25:39	3:42:11	5:01:55	6:43:40	W90
W90	10:54.2	11:45.3	22:49	24:36	38:39	62:20	77:55	1:57:23	2:39:12	4:02:51	5:30:00	7:21:12	

LONG DISTANCE RUNNING STANDARDS - 1989

AGE DIV.	5K	8K	10K	15K	10M	20K	HALF-MAR	25K	30K	MARATHON	AGE DIV.
OC	12:57	21:18	26:55	41:17	44:29	56:02	59:25	1:11:09	1:26:27	2:04:20	OC
M35	13:19	21:54	27:41	42:27	45:45	57:37	1:01:06	1:13:10	1:28:44	2:06:06	M35
M40	13:44	22:35	28:33	43:47	47:10	59:25	1:03:00	1:15:27	1:31:31	2:10:03	M40
M45	14:12	23:21	29:30	45:15	48:45	1:01:24	1:05:07	1:17:58	1:34:34	2:14:24	M45
M50	14:43	24:12	30:34	46:53	50:32	1:03:39	1:07:29	1:20:49	1:38:01	2:19:17	M50
M55	15:21	25:14	31:53	48:54	52:42	1:06:23	1:10:23	1:24:17	1:42:14	2:25:17	M55
M60	16:07	26:29	33:29	51:22	55:20	1:09:43	1:13:55	1:28:31	1:47:21	2:32:33	M60
M65	16:59	27:56	35:18	54:09	58:22	1:13:31	1:17:57	1:33:21	1:53:13	2:40:53	M65
M70	18:00	29:36	37:25	57:24	1:01:51	1:17:55	1:22:37	1:38:56	1:59:59	2:50:30	M70
M75	19:10	31:31	39:50	1:01:06	1:05:50	1:22:56	1:27:56	1:45:18	2:07:43	3:01:29	M75
M80	20:30	33:42	42:36	1:05:20	1:10:24	1:28:41	1:34:03	1:52:37	2:16:34	3:12:17	M80
M85	22:02	36:16	45:49	1:10:17	1:15:44	1:35:24	1:41:09	2:01:08	2:26:54	3:28:47	M85
M90	24:32	39:15	49:35	1:16:42	1:21:58	1:43:15	1:49:29	2:11:06	2:39:00	3:45:56	M90
WOC	14:22	23:39	29:53	45:49	49:23	1:02:12	1:05:57	1:18:59	1:35:58	2:18:00	WOC
W35	14:49	24:23	30:49	47:15	50:56	1:04:09	1:08:01	1:21:27	1:38:47	2:20:10	W35
W40	15:20	25:14	31:53	48:53	52:41	1:06:22	1:10:22	1:24:16	1:42:12	2:25:01	W40
W45	15:54	26:10	33:04	50:43	54:39	1:08:50	1:12:59	1:27:24	1:45:59	2:30:24	W45
W50	16:33	27:14	34:25	52:46	56:52	1:11:38	1:15:57	1:30:57	1:50:17	2:36:29	W50
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W70	20:47	34:13	43:14	1:06:18	1:11:27	1:30:00	1:35:26	1:54:17	2:18:52	3:16:33	W70
W75	22:20	36:46	46:27	1:11:13	1:16:46	1:36:41	1:42:31	2:02:46	2:29:11	3:31:08	W75
W80	24:49	39:45	50:13	1:17:00	1:23:00	1:44:32	1:50:50	2:12:44	2:41:18	3:48:13	W80
W85	26:18	43:18	54:43	1:23:54	1:30:26	1:53:54	2:00:46	2:24:37	2:55:44	4:08:39	W85
W90	28:54	47:15	60:08	1:32:11	1:39:22	2:05:09	2:12:42	2:38:55	3:13:06	4:33:06	W90