

**SCVAC MEDAL STANDARDS - MEN**

EVENT	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100M	13.97	14.41	14.96	15.51	16.06	16.61	17.38	18.7	20.46	21.67	22.88	25.41
200M	27.72	28.82	29.92	31.13	32.23	33.66	35.64	38.5	42.46	46.2	50.16	54.12
400M	62.81	64.9	67.1	69.96	72.82	76.23	80.3	85.36	91.52	99	111	123.2
800M	2.37	2.42	2.48	2.56	3.03	3.12	3.23	3.36	3.54	4.16	4.47	5.49
1500M	4.57	5.08	5.2	5.33	5.48	6.06	6.27	6.53	7.25	8.09	9.13	11.9
5000M	20.3	21.15	22.06	23	24.03	25.15	26.4	28.25	30.37	33.34	37.51	45.36
10000M	45.46	47.28	49.18	51.21	53.4	56.24	59.36	63.3	68.27	75	84.3	
80mH								21.56	23.82	26.84	31.57	
100mH				22.11	23.43	23.87	25.63					
110mH	20.13	21.12	22									
300mH						64.46	68.86	74.47	81.62	91.3	107.03	
400mH	69.08	72.38	76.23	79.42	84.26							
2000mB SC						10.27	11.15	12.16	13.33	15.24		
3000mgt SC	11.33	12.06	13.22	14.39	15.57							
3000m Walk	17.24	18.09	18.52	19.36	20.31	21.27	22.43	24	25.39	27.4	30.15	34.21
HJ	1.37	1.3	1.24	1.18	1.11	1.06	1	0.95	0.9	0.83	0.74	0.63
PV	3.15	2.92	2.7	2.56	2.34	2.2	2.07	1.89	1.8	1.62	1.35	
U	5.36	5.01	4.68	4.38	4.09	3.82	3.58	2.94	2.74	2.49	2.15	1.74
TJ	10. rg,	10.08	9.37	8.73	8.1	7.55	7.02	5.6	5.19	4.52	3.82	3
SP	9.99	8.91	8.05	7.96	7.15	7.02	6.3	6.33	5.67	4.86	3.79	2.65
DT	33.3	31.05	27.85	28.3	25.38	27.32	24.52	22	19.71	16.83	13.14	9.22
HT	35.91	32.35	29.16	28.89	26.01	25.95	23.13	23.31	21	18	16.96	10.17
JT	38.16	34.65	31.59	28.74	26.1	25.83	23.4	21.33	19.47	17.01	16.45	10.17

**SCVAC MEDAL STANDARDS - WOMEN**

EVENT	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90
100M	16.06	16.88	17.38	18.15	18.92	19.69	20.68	22	24.09	25.52	28.05	31.46
200M	31.35	32.67	33.99	35.53	36.96	38.83	41.25	43.67	46.97	51.37	56.98	64.02
400M	71.72	74.58	77	81.29	85.36	90.09	95.81	102.7	109.6	118.8	130.9	141.9
800M	2.45	2.53	3.01	3.1	3.2	3.32	3.46	4.04	4.26	4.49	5.14	5.44
1500M	5.43	5.58	6.15	6.22	6.54	7.18	7.48	8.26	9.12	10.06	11.55	15.03
5000M	23.39	24.39	25.51	27.01	28.31	30.15	32.09	34.39	37.57	42.21	48.39	
10000M	49.4	50.24	53.31	55.43	58.18	61.03	64.31	68.45	74.03	80.3		
80mH		18.26	19.36	20.13	21.45	23.04	24.97	27.5	30.91	35.64		
100mH	20.02											
300mH				66.77		71.06,	82.61	90.58	101.2			
400mH	83.16	87.72	92.84									
2000mit SC	10.57	11.33	12.16	13.06	13.55	14.57	16.12	17.57	20.09			
3000m Walk	20.09	20.48	21.4	22.43	23.49	25.06	26.34	28.24	30.21	33	36.28	41.58
HJ	1.33	1.25	1.17	1.1	1.03	0.97	0.91	0.86	0.81	0.74	0.67	0.61
PV	2.34	2.16	1.98	1.84	1.66	1.53	1.44	1.3	1.17	1.08		
U	4.15	3.87	3.6	3.34	3.11	2.89	2.7	2.52	2.34	2.11	1.8	1.44
TJ	7.74	7.2	6.7	6.24	5.79	5.4	5.02	4.68	4.32	4.05	3.6	3.1
SP	8.82	7.65	6.7	6.75	5.85	5.94	4.45	3.87	3.37	2.88	2.25	1.62
DT	24.7	21.87	19.35	17.1	15.15	13.41	11.88	10.48	9.27	8.01	6.48	4.86
HT	25.05	22.68	20.52	21.45	19.44	17.58	15.93	14.4	13.05	11.29		9.657_
JT	24.93	21.96	20.52	19.89	17.55	15.39	13.59	11.97	10.53	9	7.2	5.31