

## BC Athletics Achievement Award Standards

### Men - Track, Marathon and Jumps

	GOLD	SILVER	BRONZE
100m			
M35	12.2	13.3	14.4
M40	12.4	13.6	14.7
M45	12.7	13.9	15.0
M50	13.0	14.2	15.4
M55	13.3	14.5	15.8
M60	14.0	15.3	16.6
M65	14.5	15.8	17.1
M70	15.1	16.5	17.9
M75	16.2	17.7	19.2
M80	18.1	19.8	21.4
M85	21.1	23.0	24.9
M90	26.7	29.1	31.5
M95	26.7	29.1	31.5
200m			
M35	24.3	26.5	28.8
M40	25.1	27.3	29.6
M45	25.8	28.2	30.5
M50	26.1	28.5	30.9
M55	26.8	29.3	31.7
M60	28.5	31.1	33.7
M65	29.5	32.2	34.8
M70	31.2	34.0	36.9
M75	34.0	37.1	40.2
M80	38.4	41.9	45.4
M85	45.2	49.4	53.5
M90	59.7	1:05.2	1:10.6
M95	1:00.9	1:06.4	1:12.0
400m			
M35	53.7	58.6	63.5
M40	55.7	60.7	65.8
M45	57.7	62.9	68.2
M50	58.9	64.2	69.6
M55	61.5	67.1	72.7
M60	63.9	69.7	75.5
M65	67.1	73.2	79.2
M70	73.2	79.9	86.5
M75	81.0	88.4	95.8
M80	93.7	102.2	110.7
M85	112.9	123.2	133.4
M90	151.8	165.6	179.4
800m			
M35	2:07	2:19	2:30
M40	2:09	2:21	2:33

M45	2:11	2:23	2:35
M50	2:16	2:28	2:41
M55	2:23	2:36	2:49
M60	2:29	2:42	2:56
M65	2:43	2:58	3:13
M70	2:52	3:08	3:24
M75	3:16	3:34	3:51
M80	3:54	4:15	4:36
M85	4:39	5:04	5:29
M90	5:34	6:05	6:35
M95	6:39	7:16	7:52

1,500m

M35	4:13	4:36	4:59
M40	4:23	4:47	5:11
M45	4:33	4:58	5:23
M50	4:42	5:08	5:33
M55	4:56	5:23	5:50
M60	5:06	5:34	6:02
M65	5:34	6:04	6:34
M70	5:52	6:24	6:56
M75	6:51	7:29	8:06
M80	7:41	8:23	9:05
M85	9:17	10:08	10:58
M90	10:54	11:53	12:53

5,000m

M35	15:40	17:05	18:31
M40	16:16	17:44	19:13
M45	16:53	18:25	19:57
M50	17:16	18:50	20:24
M55	18:24	20:04	21:45
M60	18:49	20:32	22:14
M65	20:32	22:24	24:16
M70	21:46	23:45	25:43
M75	24:36	26:50	29:04
M80	28:02	30:35	33:08
M85	36:13	39:31	42:49
M90	48:33	52:57	57:22
M95	55:26	1:00:28	1:05:31

10,000m

M35	33:17	36:18	39:20
M40	34:15	37:22	40:29
M45	35:15	38:28	41:40
M50	35:34	38:49	42:03
M55	37:12	40:35	43:58
M60	38:54	42:27	45:59
M65	42:36	46:29	50:21
M70	45:23	49:31	53:39
M75	52:02	56:46	1:01:30
M80	59:27	1:04:51	1:10:16
M85	1:17:07	1:24:07	1:31:08
M90	1:42:07	1:51:24	2:00:42

#### 110m Hurdles

M35	15.8	17.2	18.6
M40	16.8	18.3	19.8
M45	17.9	19.5	21.1

#### 100m Hurdles

M50	16.9	18.5	20.0
M55	17.6	19.2	20.8
M60	18.1	19.7	21.4
M65	20.0	21.8	23.7

#### 80m Hurdles

M70	16.3	17.8	19.3
M75	17.9	19.5	21.1
M80	20.7	22.6	24.5

#### 400m Hurdles

M35	59.4	1:04.8	1:10.2
M40	1:02.5	1:08.2	1:13.8
M45	1:05.7	1:11.7	1:17.6
M50	1:08.8	1:15.1	1:21.3
M55	1:10.9	1:17.3	1:23.8

#### 300m Hurdles

M50	45.5	49.7	53.8
M55	49.0	53.5	57.9
M60	51.6	56.3	1:01.0
M65	54.2	59.1	1:04.1
M70	1:00.0	1:05.5	1:10.9
M75	1:08.1	1:14.3	1:20.5
M80	1:22.9	1:30.5	1:38.0

#### 3,000m Steeplechase

M35	10:25	11:22	12:19
M40	10:38	11:36	12:34
M45	10:51	11:51	12:50
M50	11:36	12:39	13:42
M55	12:28	13:36	14:43

#### 2,000m Steeplechase

M60	8:35	9:22	10:09
M65	9:16	10:06	10:57
M70	10:25	11:22	12:19
M75	11:46	12:50	13:54
M80	13:48	15:03	16:19

#### 10K Road Run

M35	33:09	36:10	39:11
M40	33:53	36:58	40:03
M45	34:38	37:47	40:56
M50	35:38	38:52	42:07
M55	37:27	40:51	44:16

M60	38:45	42:16	45:47
M65	43:20	47:16	51:13
M70	44:57	49:02	53:07
M75	50:36	55:13	59:49
M80	56:57	1:02:08	1:07:19
M85	1:06:01	1:12:01	1:18:01
M90	1:25:21	1:33:06	1:40:52

#### 20K Road Walk

M35	1:39:54	1:48:59	1:58:03
M40	1:44:54	1:54:26	2:03:58
M45	1:50:09	2:00:10	2:10:10
M50	1:50:09	2:00:10	2:10:10
M55	1:56:51	2:07:28	2:18:05
M60	2:04:56	2:16:17	2:27:39
M65	2:12:34	2:24:37	2:36:40
M70	2:26:24	2:39:43	2:53:01
M75	2:50:17	3:05:46	3:36:44
M80	2:56:19	3:12:21	3:28:22

#### 5,000m Track Walk

M35	22:59	25:05	27:10
M40	24:09	26:21	28:33
M45	25:22	27:41	29:59
M50	25:27	27:46	30:04
M55	26:31	28:55	31:20
M60	28:42	31:19	33:55
M65	30:41	33:28	36:15
M70	34:14	37:20	40:27
M75	36:30	39:50	43:09
M80	40:07	43:45	47:24
M85	50:13	54:47	59:21

#### Marathon

M35	2:36:44	2:50:59	3:05:14
M40	2:43:55	2:58:49	3:13:43
M45	2:51:26	3:07:01	3:22:36
M50	2:53:37	3:09:24	3:25:11
M55	3:02:19	3:18:53	3:35:28
M60	3:09:41	3:26:56	3:44:11
M65	3:30:43	3:49:53	4:09:02
M70	3:56:08	4:17:35	4:39:03
M75	4:34:36	4:59:34	5:24:31
M80	6:04:30	6:37:38	7:10:47

#### High Jump

M35	1.82	1.62	1.42
M40	1.74	1.54	1.35
M45	1.65	1.47	1.29
M50	1.57	1.39	1.22
M55	1.53	1.36	1.19
M60	1.41	1.25	1.10
M65	1.34	1.19	1.04
M70	1.23	1.09	0.95

M75	1.16	1.03	0.90
M80	1.01	0.09	0.79
M85	0.88	0.79	0.69

Pole Vault

M35	4.04	3.59	3.14
M40	3.89	3.46	3.03
M45	3.75	3.33	2.92
M50	3.55	3.16	2.76
M55	3.21	2.85	2.50
M60	2.97	2.64	2.31
M65	2.61	2.32	2.03
M70	2.28	2.03	1.77
M75	2.02	1.80	1.57
M80	1.71	1.52	1.33
M85	1.17	1.04	0.91

Long Jump

M35	6.37	5.66	4.96
M40	6.04	5.37	4.70
M45	5.73	5.09	4.46
M50	5.44	4.84	4.23
M55	5.21	4.63	4.05
M60	4.80	4.27	3.74
M65	4.51	4.01	3.51
M85	2.02	1.79	1.57

Triple Jump

M35	13.69	12.17	10.65
M40	12.79	11.37	9.95
M45	11.95	10.62	9.29
M50	11.44	10.17	8.90
M55	10.94	9.72	8.51
M60	10.16	9.03	7.90
M65	9.49	8.43	7.38
M70	8.37	7.44	6.51
M75	7.95	7.07	6.18
M80	6.65	5.91	5.18
M85	4.46	3.97	3.47
M90	3.31	2.94	2.58