

ABERDEEN AAC VETERAN MEN'S STANDARDS FROM 2020

EVENT	SENIOR	M35	M40	M45	M50	M55	M60	M65	M70	M75
60	7.10	7.20	7.42	7.65	7.90	8.17	8.45	8.76	9.35	9.60
100	11.1	12.1	12.6	13.1	13.7	14.4	15.1	16.0	17.0	18.3
200	22.7	24.6	25.5	26.6	27.9	29.3	31.7	34.4	36.2	39.4
400	51.4	55.0	57.2	59.3	61.7	65.5	70.7	75.5	81.4	92.6
800	1-57.0	2-03.0	2:10.0	2:17.0	2:26.0	2:35.0	2:46.0	3:02.0	3:25.0	3:45.0
1500	4-02.0	4-15.0	4:25.0	4:40.0	4:55.0	5:20.0	5:50.0	6:15.0	6:50.0	7:30.0
3000	8-50.0	9-30.0	10:17.0	10:38.0	11:01.0	11:42.0	12:26.0	13:13.0	14:00.0	15:05.0
5000	15-15.0	16-00.0	16:25.0	17:12.0	18:10.0	19:52.0	21:17.0	23:24.0	25:15.0	27:55.0
10000	32-30.0	34-00.0	35:10.0	36:40.0	38:55.0	42:35.0	45:55.0	49:50.0	54:15.0	59:35.0
110H	17.0	18.0	19.1	20.7						
100H					19.7	20.4	21.3	23.4		
80H									19.4	23.4
400H	60.0	62.5	64.9	69.4	74.5	79.8				
300H							57.4	64.9	73.4	
3000SC	10-00.0	10-25.0	11:00.0	11:53.0	12:40.0	13:40.0				
2000SC							9:45.0	10:40.0	11:45.0	
HJ	1.80	1.63	1.47	1.38	1.28	1.22	1.15	1.10	1.05	0.90
PV	3.20	3.20	3.15	2.75	2.55	2.25	2.15	1.85	1.55	1.40
LJ	6.40	5.60	5.05	4.80	4.55	4.35	4.00	3.65	3.35	2.75
TJ	13.00	11.50	10.55	10.10	9.45	8.75	7.75	7.20	6.85	5.90
SP	12.00	11.00	10.50	10.00	9.50	8.85	8.25	7.50	7.50	5.75
DT	35.00	32.00	30.00	29.00	28.00	26.00	28.00	26.00	23.00	18.00
HT	35.00	32.00	34.00	32.00	31.00	28.00	23.50	19.00	15.50	12.50
JT	45.00	40.00	36.00	35.00	32.00	29.00	25.00	22.50	21.00	16.75

ABERDEEN AAC VETERAN WOMEN'S STANDARDS FROM 2020

EVENT	W35	W40	W45	W50	W55	W60	W65	W70	W75
60	8.3	8.6	8.9	9.3	9.7	10.1	10.6	11.1	11.8
100	14.3	15.1	16.0	16.8	18.1	19.4	20.6	22.1	23.4
200	29.6	31.2	34.3	36.2	39.1	41.5	45.7	48.9	53.2
400	67.0	71.3	78.7	86.2	93.6	1:41.1	1:48.5	1:57.0	2:03.4
800	2:35.0	2:46.0	2:57.0	3:12.0	3:27.0	4:00.0	4:20.0	4:40.0	5:00.0
1500	5:20.0	5:35.0	5:55.0	6:30.0	6:55.0	7:40.0	8:30.0	9:30.0	10:10.0
3000	12:16.0	13:07.0	14:05.0	15:15.0	16:25.0	18:00.0	19:40.0	21:35.0	24:00.0
5000	21:55.0	23:25.0	25:05.0	27:15.0	29:20.0	32:10.0	35:00.0	38:30.0	42:50.0
10000	46:50.0	50:05.0	53:45.0	58:15.0	62:40.0	68:50.0	75:00.0	82:20.0	92:00.0
100H	18.1								
80H		17.0	18.1	19.1	20.7	22.3	24.5		
400H	77.7	80.9	86.2						
300H				67.0	70.2	74.5			
HJ	1.30	1.24	1.15	1.05	1.00	0.93			
PV	2.50	2.40	2.25	2.15	1.85	1.55			
LJ	3.80	3.70	3.60	3.40	3.15	2.80			
TJ	8.10	7.50	6.85	6.30	5.80	5.20			
SP	8.00	7.60	7.00	6.50	6.00	6.00			
DT	20.00	19.00	18.00	16.00	14.50	13.50			
HT	20.00	18.50	17.00	16.00	15.00	14.00			
JT	22.00	20.00	18.50	18.00	16.00	14.00			