

AAAC CLUB STANDARDS Wheelchair Racing & Frame Running- MEN

| Event | U15 | U20 | Senior | M50 | M60 |
|-----------------|---------|---------|---------|---------|---------|
| 60 FR T72 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 100 WC T54 | 16.38 | 15.20 | 14.76 | 18.15 | 20.07 |
| 100 FR T71 | 31.96 | 29.65 | 28.79 | 35.41 | 39.15 |
| 100 FR T72 | 22.38 | 20.76 | 20.16 | 24.80 | 27.42 |
| 200 WC T54 | 28.43 | 26.38 | 25.61 | 31.50 | 35.85 |
| 200 FR T71 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 200 FR T72 | 63.50 | 58.93 | 57.21 | 70.37 | 80.09 |
| 400 WC T54 | 50.25 | 46.63 | 45.27 | 54.32 | 62.47 |
| 400 FR T71 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 400 FR T72 | 117.35 | 108.89 | 105.72 | 126.86 | 145.89 |
| 800 WC T54 | 01:40.6 | 01:30.1 | 01:27.5 | 01:49.4 | 02:04.2 |
| 800 FR T71 | 04:56.5 | 04:25.6 | 04:17.9 | 05:22.3 | 06:06.1 |
| 800 FR T72 | 04:22.1 | 03:54.7 | 03:47.9 | 04:44.8 | 05:23.6 |
| 1500 WC T54 | 03:34.5 | 03:10.4 | 03:04.9 | 03:45.6 | 04:28.1 |
| 1500 FR T71 | 00:00.0 | 00:00.0 | 00:00.0 | 00:00.0 | 00:00.0 |
| 1500 FR T72 | 09:37.3 | 08:32.6 | 08:17.7 | 10:07.2 | 12:01.6 |
| 5000 WC T54 | - | 11:11.1 | 10:51.6 | 13:01.9 | 15:12.2 |
| 10000 WC T54 | - | 25:18.3 | 24:34.1 | 29:28.9 | 34:38.5 |
| Marathon WC T54 | - | - | 1:35:15 | - | - |

AAAC CLUB STANDARDS Wheelchair Racing & Frame Running- WOMEN

| Event | Senior | W35 |
|-----------------|---------|---------|
| 60 FR T72 | 0.00 | 0.00 |
| 100 WC T54 | 20.31 | 22.95 |
| 100 FR T72 | 24.28 | 27.44 |
| 200 WC T54 | 35.19 | 39.76 |
| 200 FR T72 | 54.80 | 61.92 |
| 400 WC T54 | 64.68 | 69.85 |
| 400 FR T72 | 114.80 | 123.98 |
| 800 WC T54 | 0:02:11 | 02:22.0 |
| 800 FR T72 | 0:04:25 | 04:45.7 |
| 1500 WC T54 | 0:04:06 | 04:23.2 |
| 1500 FR T72 | 0:07:28 | 07:59.8 |
| 5000 WC T54 | 0:13:01 | 13:55.9 |
| 10000 WC T54 | 0:38:06 | 44:34.6 |
| Marathon WC T54 | 2:36:21 | 2:38:42 |

Notes:

- Requirement to have minimum of three category results in Power of 10 is satisfied (2023 or AT)
- No records as yet for this event category in Power of 10
- Standard requires review based on high baseline value or minimal Power of 10 data entries.