

SAMA national colours standards (2018/19)

	MEN											
	35	40	45	50	55	60	65	70	75	80	85	90
100m	11.34	11.70	12.05	12.17	12.52	12.92	13.73	14.43	15.86	17.50	21.00	25.00
200m	22.90	23.42	24.22	25.00	25.83	26.76	28.40	30.00	33.00	38.00	44.00	52.00
400m	51.00	52.41	54.44	56.36	58.13	61.66	65.36	71.06	78.74	1:33.00	1:48.0	2:12.0
800m	2:00.00	2:01.00	2:07.00	2:11.00	2:18.00	2:26.00	2:40.00	2:50.00	3:20.00	3:54.00	4:35.00	5:15.00
1500m	4:00.00	4:06.00	4:15.00	4:29.00	4:41.00	4:58.00	5:27.00	5:52.00	6:48.00	7:54.00	9:20.00	10:45.00
5000m	15:10.0	15:22.0	16:07.0	16:31.0	17:33.0	18:21.0	20:03.0	21:43.0	25:02.0	30:33.0	36:00.0	42:00.0
10000m	32:00.0	32:36.0	33:48.0	34:45.0	36:30.0	38:27.0	41:43.0	45:46.0	54:00.0	1:03:00	1:15:00	1:28:00
Steeple C	10:00.0	10:10.0	11:02.0	11:28.0	12:26.0	8:28.0	9:18.0	10:20.0	12:00.0	14:00.0	16:00.0	18:00.0
Short H	15.50	16.50	18.00	16.50	17.50	18.00	21.00	16.00	19.45	21.08	24.00	27.00
Long H	60.00	60.91	64.89	66.36	69.10	50.12	54.67	58.00	67.90	55.00	60.00	65.00
High J	1.85	1.78	1.68	1.61	1.51	1.44	1.34	1.27	1.15	1.07	1.00	0.92
Pole V	4.00	3.82	3.65	3.35	3.10	2.85	2.60	2.35	2.00	1.65	1.50	1.35
Long J	6.40	6.12	5.80	5.55	5.19	4.85	4.50	4.00	3.49	2.85	2.40	2.00
Triple J	13.20	12.79	11.80	11.43	10.80	10.20	9.00	8.00	7.00	6.00	5.50	5.00
Shot P	14.00	13.24	12.14	13.32	12.38	12.78	11.33	11.70	9.30	9.30	7.50	6.00
Discus T	41.00	40.17	38.08	43.92	40.34	44.26	39.79	33.22	27.36	22.00	18.00	13.00
Hammer	45.00	44.00	43.09	43.84	42.00	43.09	38.00	35.00	27.00	28.00	24.00	20.00
Javelin T	54.00	52.45	49.49	46.84	42.64	41.30	37.00	33.00	26.00	24.92	20.00	15.00
Weight T	13.50	13.00	12.50	15.50	15.00	16.50	15.50	15.50	12.00	11.00	10.00	8.00
T Pent	2700	2900	3200	3400	3500	3600	3600	3600	3200	3000	2500	2200
Dec/ Hep	5300	5400	5700	5700	5800	5800	5800	5200	5100	4300	4000	4000
5000 W	24:00.0	24:45.0	25:45.4	26:45.0	27:55.0	29:15.0	30:50.0	33:05.0	35:15.0	37:25.0	43:00.0	48:00.0
10km W	50:00.0	51:00.0	52:30.0	54:00.0	56:00.0	59:00.0	1:02:00	1:07:00	1:12:00	1:20:00	1:30:00	1:40:00
20km W	1:41:00	1:44:00	1:48:00	1:52:00	1:57:00	2:03:00	2:10:00	2:18:00	2:28:00	2:45:00	3:05:00	3:25:00

	WOMEN											
	35	40	45	50	55	60	65	70	75	80	85	90
100m	13.21	13.47	13.83	14.40	14.89	15.75	16.83	18.40	20.50	23.00	26.00	30.00
200m	27.38	27.72	28.84	30.27	31.32	33.36	36.91	39.90	45.00	50.00	56.00	64.00
400m	62.08	64.00	66.50	69.52	74.70	1:19.00	1:25.00	1:40.00	1:55.00	2:10.00	2:25.00	2:40.00
800m	2:29.00	2:30.00	2:33.00	2:42.00	2:53.00	3:05.00	3:30.00	3:50.00	4:18.00	4:40.00	5:15.00	5:55.00
1500m	5:01.00	5:05.00	5:13.00	5:29.00	5:50.00	6:09.00	6:50.00	7:45.00	8:50.00	9:44.00	10:45.00	12:10.00
5000m	18:58.0	19:14.0	19:45.0	20:39.0	21:28.0	23:14.0	26:00.0	28:43.0	32:30.0	38:00.0	43:00.0	50:00.0
10000m	39:52.0	41:00.0	42:26.0	44:00.0	48:00.0	51:14.0	56:16.0	1:03:00	1:10:00	1:20:00	1:30:00	1:45:00
Steeple C	8:21.0	8:35.0	9:15.0	10:00.0	10:55.0	12:20.0	13:20.0	14:30.0	16:00.0	18:00.0	20:00.0	23:00.0
Short H	17.83	14.00	15.00	16.00	17.19	17.00	18.00	20.00	21.50	23.00	25.00	28.00
Long H	72.95	74.41	77.59	57.82	63.17	66.39	73.80	55.00	60.00	65.00	70.00	80.00
High J	1.50	1.42	1.36	1.28	1.22	1.16	1.07	1.00	0.93	0.87	0.83	0.79
Pole V	2.55	2.33	2.20	2.05	1.85	1.67	1.61	1.55	1.45	1.35	1.25	1.15
Long J	4.96	4.72	4.40	4.13	3.88	3.60	3.25	2.75	2.25	2.07	1.85	1.50
Triple J	10.00	9.50	9.00	8.30	7.73	7.10	6.65	5.90	5.20	4.50	4.00	3.60
Shot P	10.48	10.23	9.90	10.50	9.80	9.00	8.10	7.20	6.50	6.00	5.00	4.00
Discus T	33.50	32.85	29.50	27.64	25.50	23.80	21.00	19.00	17.00	14.00	12.00	11.00
Hammer	35.50	34.00	29.00	32.68	29.90	26.53	23.00	20.00	21.00	16.00	14.00	13.00
Javelin T	31.53	29.26	28.13	28.50	25.00	22.50	20.00	18.00	11.10	10.00	9.00	8.00
Weight T	12.00	11.50	11.00	11.00	10.50	11.00	10.00	9.00	8.50	7.00	6.50	6.00
T Pent	2800	3100	3300	3400	3500	3400	3400	3100	3000	2900	2800	2500
Dec/ Hep	3000	3900	4300	4000	4000	3700	3100	3000	3000	2500	2400	2400
5000 W	27:00.0	27:50.0	28:45.0	30:05.0	31:35.0	33:10.0	35:10.0	37:25.0	40:00.0	44:40.0	50:00.0	55:00.0
10km W	54:20.0	56:20.0	58:38.0	1:01:15	1:04:15	1:07:35	1:11:15	1:17:55	1:22:00	1:31:00	1:40:00	1:50:00
20km W	1:50:00	1:55:00	2:00:00	2:06:00	2:12:00	2:20:00	2:30:00	2:45:00	3:00:00	3:20:00	3:40:00	4:00:00