

National Senior Games Association
Qualifying Procedures
& Rules of Competition
2007 Summer National Senior Games
January 16, 2008
Revised February 1, 2008
SECTION IV
MINIMUM PERFORMANCE STANDARDS
 Shaded cells indicate revisions

Age Division	2007 MPS	2009 MPS	Age Division	2007 MPS	2009 MPS
--------------	----------	----------	--------------	----------	----------

ARCHERY					
Men			Women		
900 Round			900 Round		
Limited	600	600	Limited	575	575
Unlimited	700	700	Unlimited	675	675
Barebow	425	425	Barebow	400	400
600 Round			600 Round		
Limited	400	400	Limited	400	400
Unlimited	470	470	Unlimited	470	470
Barebow	280	280	Barebow	280	280
300 Indoor Round			300 Indoor Round		
Limited	200	200	Limited	200	200
Unlimited	250	250	Unlimited	250	250
Barebow	180	180	Barebow	180	180
28 Target Field Round			28 Target Field Round		
Limited	400	400	Limited	375	375
Unlimited	450	450	Unlimited	425	425
Barebow	300	300	Barebow	275	275

GOLF							
Men	Age	2007	2009	Women	Age	2007	2009
	50-54	77	77		50-54	88	88
	55-59	78	78		55-59	89	89
	60-64	79	79		60-64	90	90
	65-69	81	81		65-69	93	93
	70-74	84	84		70-74	97	97
	75-79	88	88		75-79	102	102
	80-84	93	93		80-84	106	106
	85-89	100	100		85-89	111	111
	90+	105	105		90+	115	115
	90+ (9-hole)	51	51		90+ (9-hole)	56	56

RACE WALK							
1500 M				5000 M			
Men	Age	2007	2009	Women	Age	2007	2009
	50-54	8:25	8:25		50-54	9:55	9:55
	55-59	8:43	8:43		55-59	10:12	10:12
	60-64	9:00	9:00		60-64	10:21	10:21
	65-69	9:34	9:34		65-69	10:51	10:51
	70-74	10:06	10:06		70-74	11:26	11:26
	75-79	11:25	11:12		75-79	13:46	13:46
	80-84	13:24	13:06		80-84	14:08	14:08
	85-89	16:21	16:21		85-89	18:16	18:16
	90+	17:19	17:19		90+	18:16	18:16
	50-54	30:30	30:30		50-54	35:35	35:35
	55-59	31:21	31:21		55-59	36:13	36:13
	60-64	32:15	32:15		60-64	37:05	37:05
	65-69	34:14	34:14		65-69	37:56	37:56
	70-74	36:48	36:48		70-74	42:26	42:26
	75-79	39:10	39:10		75-79	44:17	44:17
	80-84	46:39	46:39		80-84	48:44	48:44
	85-89	53:10	53:10		85-89	55:30	55:30
	90+	53:10	53:10		90+	55:30	55:30

National Senior Games Association
Qualifying Procedures
& Rules of Competition
2007 Summer National Senior Games
January 16, 2008
Revised February 1, 2008
SECTION IV
MINIMUM PERFORMANCE STANDARDS
 Shaded cells indicate revisions

	Age Division	2007 MPS	2009 MPS		Age Division	2007 MPS	2009 MPS
--	--------------	----------	----------	--	--------------	----------	----------

ROAD RACE							
5 K							
Men	50-54	19:10	19:10	Women	50-54	25:08	25:08
	55-59	19:23	19:23		55-59	26:50	26:50
	60-64	20:02	20:02		60-64	27:21	27:21
	65-69	22:07	22:07		65-69	28:09	28:09
	70-74	23:42	23:42		70-74	33:27	33:27
	75-79	28:70	28:70		75-79	40:51	40:51
	80-84	42:34	39:15		80-84	46:58	46:58
	85-89	42:90	42:90		85-89	53:50	53:50
	90+	42:90	42:90		90+	57:30	57:30
10 K							
Men	50-54	43:30	43:30	Women	50-54	55:00	55:00
	55-59	45:06	45:06		55-59	58:42	58:42
	60-64	46:29	46:29		60-64	59:05	59:05
	65-69	49:45	49:45		65-69	59:33	59:33
	70-74	53:22	53:22		70-74	1:10:40	1:10:40
	75-79	1:08:23	1:02:24		75-79	1:40:00	1:40:00
	80-84	1:37:00	1:37:00		80-84	1:50:00	1:50:00
	85-89	1:45:20	1:45:20		85-89	1:50:00	1:50:00
	90+	1:45:20	1:45:20		90+	1:50:00	1:50:00

	Age Division	2007 MPS	2009 MPS (Feet)	2009 MPS (Meters)		Age Division	2007 MPS	2009 MPS (Feet)	2009 MPS (Meters)
--	--------------	----------	-----------------	-------------------	--	--------------	----------	-----------------	-------------------

50 YD Freestyle									
Men	50-54	:28.50	:28.50	:31.90	Women	50-54	:34.20	:34.20	:38.30
	55-59	:28.80	:28.80	:32.20		55-59	:36.60	:34.80	:38.90
	60-64	:30.70	:29.50	:30.60		60-64	:41.00	:41.00	:45.90
	65-69	:31.80	:31.80	:35.60		65-69	:43.20	:42.30	:47.30
	70-74	:34.40	:34.40	:38.50		70-74	:44.00	:44.00	:49.20
	75-79	:37.50	:37.50	:42.00		75-79	:48.10	:48.10	:53.80
	80-84	:47.00	:44.00	:49.20		80-84	1:01.20	1:01.20	1:08.50
	85-89	1:40.20	1:30.20	1:40.80		85-89	1:16.30	1:16.30	1:25.40
	90+	1:45.50	1:45.50	1:58.10		90+	2:30.20	2:30.20	2:48.00
100 YD Freestyle									
Men	50-54	1:05.50	1:04.20	1:11.80	Women	50-54	1:16.20	1:16.20	1:25.30
	55-59	1:06.00	1:06.00	1:13.80		55-59	1:21.60	1:16.90	1:26.00
	60-64	1:09.30	1:05.40	1:13.10		60-64	1:33.10	1:33.10	1:44.20
	65-69	1:15.10	1:15.10	1:24.00		65-69	1:33.30	1:33.30	1:44.40
	70-74	1:21.30	1:21.00	1:30.60		70-74	1:44.20	1:44.20	1:56.60
	75-79	1:26.30	1:26.30	1:36.60		75-79	1:54.80	1:54.80	2:08.40
	80-84	1:54.60	1:54.60	2:08.20		80-84	2:23.10	2:23.10	2:40.10
	85-89	3:41.50	3:19.40	3:42.90		85-89	2:48.60	2:48.60	3:14.40
	90+	3:43.50	3:43.50	4:10.00		90+	4:39.10	4:39.10	5:12.20
200 YD Freestyle									
Men	50-54	2:33.70	2:27.20	2:44.60	Women	50-54	2:46.10	2:46.10	3:05.70
	55-59	2:34.30	2:21.60	2:38.30		55-59	3:03.70	2:59.40	3:20.60
	60-64	2:42.60	2:36.50	2:55.00		60-64	3:21.40	3:19.00	3:42.50
	65-69	2:58.10	2:58.10	3:19.60		65-69	3:30.00	3:30.00	3:55.10
	70-74	3:14.90	3:13.60	3:36.40		70-74	3:58.00	3:48.90	4:15.90
	75-79	3:39.30	3:37.80	4:03.50		75-79	4:16.10	4:16.10	4:46.50
	80-84	4:26.80	4:06.40	4:35.50		80-84	6:02.10	6:02.10	6:45.00
	85-89	7:25.00	6:40.50	7:27.80		85-89	8:08.70	8:08.70	9:06.60
	90+	7:25.00	7:25.00	7:50.10		90+	11:02.40	11:02.40	12:21.00

National Senior Games Association
Qualifying Procedures
& Rules of Competition
2007 Summer National Senior Games
January 16, 2008
Revised February 1, 2008
SECTION IV
MINIMUM PERFORMANCE STANDARDS
 Shaded cells indicate revisions

	Age Division	2007 MPS	2009 MPS (Yards)	2009 MPS (Meters)		Age Division	2007 MPS	2009 MPS (Yards)	2009 MPS (Meters)
--	--------------	----------	------------------	-------------------	--	--------------	----------	------------------	-------------------

SWIMMING									
400 M / 500 YD Freestyle									
Men	50-54	7:15.30	7:15.30	6:23.10	Women	50-54	8:01.70	8:01.70	7:03.90
	55-59	7:25.20	7:04.90	6:13.90		55-59	8:50.80	8:50.80	7:47.10
	60-64	8:12.40	7:23.20	6:30.00		60-64	9:46.60	9:25.60	8:17.70
	65-69	8:15.00	8:11.10	7:12.20		65-69	10:11.40	10:11.40	8:58.00
	70-74	9:19.20	8:50.80	7:47.10		70-74	11:05.20	10:55.30	9:36.70
	75-79	9:57.10	9:57.10	8:45.10		75-79	11:22.60	11:22.60	10:00.70
	80-84	12:06.70	12:06.70	10:39.50		80-84	16:27.20	16:06.70	14:10.70
	85-89	16:46.00	16:46.00	14:45.30		85-89	26:55.30	26:55.30	23:41.50
	90+	16:46.00	16:46.00	14:45.30		90+	26:55.30	26:55.30	23:41.50
	50 YD Backstroke								
Men	50-54	:36.20	:36.20	:40.50	Women	50-54	:41.40	:41.40	:46.30
	55-59	:37.00	:37.00	:41.40		55-59	:44.70	:43.30	:48.40
	60-64	:38.00	:37.30	:41.70		60-64	:49.50	:49.50	:55.40
	65-69	:42.40	:42.30	:47.30		65-69	:52.10	:52.00	:58.10
	70-74	:47.70	:47.70	:53.40		70-74	:55.40	:55.40	1:01.20
	75-79	:51.80	:50.10	:56.00		75-79	1:00.10	1:00.10	1:07.30
	80-84	:56.40	:56.40	1:03.10		80-84	1:14.30	1:14.30	1:23.10
	85-89	1:41.60	1:31.40	1:42.20		85-89	1:34.90	1:34.90	1:46.20
	90+	1:50.80	1:50.80	2:04.10		90+	2:41.30	2:41.30	3:00.60
	100 YD Backstroke								
Men	50-54	1:27.20	1:27.20	1:37.60	Women	50-54	1:43.30	1:33.00	1:44.00
	55-59	1:29.00	1:20.10	1:29.60		55-59	1:43.40	1:34.80	1:46.00
	60-64	1:30.00	1:23.90	1:33.80		60-64	1:50.40	1:50.40	2:03.60
	65-69	1:40.20	1:31.70	1:42.50		65-69	1:57.50	1:57.50	2:11.60
	70-74	1:46.00	1:46.00	1:58.70		70-74	2:07.50	2:05.80	2:20.60
	75-79	1:54.70	1:54.70	2:08.30		75-79	2:15.70	2:15.70	2:31.80
	80-84	2:13.30	2:13.30	2:29.20		80-84	2:36.40	2:36.40	2:55.00
	85-89	3:57.10	3:33.40	3:58.60		85-89	4:17.20	4:17.20	4:47.80
	90+	4:25.20	4:25.20	4:57.30		90+	5:45.90	5:45.90	6:27.40
	200 YD Backstroke								
Men	50-54	3:09.90	3:09.90	3:32.70	Women	50-54	3:40.00	3:38.80	4:04.60
	55-59	3:00.30	3:00.30	3:21.60		55-59	3:44.20	3:29.80	3:54.60
	60-64	3:23.20	3:04.40	3:26.20		60-64	4:18.00	3:59.20	4:27.40
	65-69	3:40.60	3:26.30	3:50.60		65-69	4:20.80	4:20.80	4:51.80
	70-74	3:58.50	3:54.80	4:22.50		70-74	4:46.20	4:46.20	5:20.30
	75-79	4:23.80	4:12.90	4:42.70		75-79	4:52.00	4:52.00	5:26.70
	80-84	5:24.00	5:24.00	6:02.60		80-84	5:31.20	5:31.20	6:10.60
	85-89	10:35.90	10:35.90	11:52.10		85-89	10:44.80	10:44.80	12:02.10
	90+	10:35.90	10:35.90	11:52.10		90+	10:44.80	10:44.80	12:02.10
	50 YD Breaststroke								
Men	50-54	:36.50	:36.50	:40.80	Women	50-54	:47.40	:47.40	:53.00
	55-59	:37.70	:37.70	:42.20		55-59	:47.50	:47.50	:53.10
	60-64	:41.70	:37.80	:42.30		60-64	:53.00	:53.00	:59.40
	65-69	:44.20	:44.20	:49.50		65-69	:55.80	:55.80	1:02.40
	70-74	:46.80	:46.80	:52.40		70-74	1:01.08	1:01.08	1:08.40
	75-79	:55.40	:55.40	1:02.00		75-79	1:09.80	1:09.80	1:18.20
	80-84	:58.60	:58.60	1:06.00		80-84	1:19.70	1:19.70	1:29.20
	85-89	1:36.20	1:26.80	1:37.00		85-89	2:28.70	2:28.70	2:46.50
	90+	1:36.20	1:36.20	1:47.40		90+	3:29.90	3:29.90	3:55.05
	100 YD Breaststroke								
Men	50-54	1:24.20	1:24.20	1:34.20	Women	50-54	1:43.30	1:43.30	1:56.00
	55-59	1:25.40	1:16.90	1:26.00		55-59	1:54.30	1:50.50	2:03.50
	60-64	1:38.40	1:28.60	1:39.10		60-64	2:02.80	2:02.80	2:17.51
	65-69	1:41.50	1:37.20	1:48.70		65-69	2:07.50	2:07.50	2:22.70
	70-74	1:48.60	1:48.60	2:01.60		70-74	2:18.00	2:18.00	2:34.40
	75-79	2:04.40	2:04.40	2:19.20		75-79	2:39.00	2:39.00	2:58.10
	80-84	2:21.20	2:21.20	1:38.00		80-84	2:45.00	2:45.00	3:04.60
	85-89	5:29.50	4:56.60	5:31.60		85-89	5:45.90	5:45.90	6:27.40
	90+	5:29.50	5:29.50	6:09.00		90+	5:45.90	5:45.90	6:27.40

National Senior Games Association
Qualifying Procedures
& Rules of Competition
2007 Summer National Senior Games
January 16, 2008
Revised February 1, 2008
SECTION IV
MINIMUM PERFORMANCE STANDARDS
 Shaded cells indicate revisions

	Age Division	2007 MPS	2009 MPS (Yards)	2009 MPS (Meters)		Age Division	2007 MPS	2009 MPS (Yards)	2009 MPS (Meters)
--	--------------	----------	------------------	-------------------	--	--------------	----------	------------------	-------------------

SWIMMING									
200 YD Breaststroke									
Men	50-54	3:08.40	3:08.40	3:30.80	Women	50-54	3:59.70	3:59.70	4:28.20
	55-59	3:09.80	3:09.80	3:32.40		55-59	4:03.50	4:03.50	4:32.50
	60-64	3:39.60	3:17.60	3:40.90		60-64	4:32.60	4:32.60	5:05.20
	65-69	3:53.30	3:39.40	4:05.30		65-69	5:03.90	4:40.00	5:13.00
	70-74	4:01.10	4:01.10	4:29.90		70-74	5:10.80	5:00.60	5:36.10
	75-79	4:59.90	4:59.90	5:35.70		75-79	5:53.00	5:53.00	6:35.20
	80-84	6:13.00	6:13.00	6:57.60		80-84	7:34.20	7:34.20	8:28.20
	85-89	12:03.60	12:03.60	13:30.10		85-89	12:47.90	12:47.90	14:19.60
	90+	12:03.60	12:03.60	13:30.10		90+	12:47.90	12:47.90	14:19.60
	50 YD Butterfly								
Men	50-54	:30.90	:30.90	:34.60	Women	50-54	:37.70	:37.70	:42.20
	55-59	:32.40	:32.40	:36.30		55-59	:39.90	:39.90	:44.60
	60-64	:34.00	:33.80	:37.80		60-64	:50.30	:50.30	:56.30
	65-69	:40.60	:40.60	:45.50		65-69	1:02.80	:56.50	1:03.20
	70-74	:45.90	:44.50	:49.80		70-74	1:04.90	1:04.90	1:12.60
	75-79	:55.30	:55.30	1:01.90		75-79	1:13.60	1:13.60	1:22.40
	80-84	1:46.00	1:46.00	1:58.70		80-84	1:30.00	1:30.00	1:40.70
	85-89	2:03.70	2:03.70	2:18.50		85-89	3:18.20	3:18.20	3:42.00
	90+	2:18.90	2:18.90	2:35.50		90+	3:18.20	3:18.20	3:42.00
	100 YD Butterfly								
Men	50-54	1:33.10	1:33.10	1:44.20	Women	50-54	1:30.00	1:30.00	1:40.70
	55-59	1:35.20	1:35.20	1:46.50		55-59	2:12.30	1:59.10	2:13.20
	60-64	1:53.90	1:42.50	1:54.60		60-64	2:55.90	2:55.90	3:17.00
	65-69	2:03.70	2:03.70	2:18.50		65-69	2:57.70	2:39.90	2:58.80
	70-74	2:05.50	1:53.00	2:06.30		70-74	3:40.80	3:18.70	3:42.10
	75-79	4:09.70	3:44.70	4:11.20		75-79	4:33.80	4:33.80	5:06.60
	80-84	5:18.00	5:18.00	5:56.10		80-84	5:18.00	5:18.00	5:56.10
	85-89	6:11.00	6:11.00	6:55.40		85-89	6:11.00	6:11.00	6:55.50
	90+	6:11.00	6:11.00	6:55.40		90+	6:11.00	6:11.00	6:55.50
	100 YD Individual Medley								
Men	50-54	1:16.00	1:16.00	1:25.00	Women	50-54	1:28.20	1:28.20	1:38.70
	55-59	1:16.80	1:11.70	1:20.20		55-59	1:42.40	1:38.00	1:49.60
	60-64	1:32.20	1:23.00	1:32.80		60-64	1:54.60	1:44.60	1:56.90
	65-69	1:34.60	1:34.60	1:45.90		65-69	1:55.50	1:55.50	2:09.20
	70-74	1:47.40	1:39.10	1:50.80		70-74	2:14.80	2:07.60	2:22.70
	75-79	1:52.30	1:52.30	2:05.70		75-79	2:35.20	2:25.40	2:45.60
	80-84	2:49.60	2:49.60	3:09.80		80-84	2:54.50	2:54.50	3:15.30
	85-89	4:16.60	4:16.60	4:47.30		85-89	5:25.60	5:25.60	6:04.50
	90+	4:16.60	4:16.60	4:47.30		90+	5:25.60	5:25.60	6:04.50
	200 YD Individual Medley								
Men	50-54	2:54.40	2:54.40	3:15.20	Women	50-54	3:23.20	3:23.20	3:47.40
	55-59	3:05.00	2:57.70	3:18.70		55-59	3:49.30	3:48.40	4:15.40
	60-64	3:09.10	3:02.30	3:23.80		60-64	4:14.40	4:12.40	4:42.20
	65-69	3:40.10	3:40.10	4:06.30		65-69	4:33.80	4:27.00	4:58.50
	70-74	3:58.50	3:58.50	4:27.10		70-74	5:00.30	5:00.30	5:36.30
	75-79	4:10.90	4:10.90	4:40.80		75-79	5:15.30	5:15.30	5:52.80
	80-84	8:50.00	8:50.00	9:52.50		80-84	8:52.60	8:52.60	9:56.40
	85-89	9:29.70	9:29.70	10:38.00		85-89	12:02.80	12:02.80	13:29.40
	90+	9:29.70	9:29.70	10:38.00		90+	12:02.80	12:02.80	13:29.40

National Senior Games Association
Qualifying Procedures
& Rules of Competition
2007 Summer National Senior Games
January 16, 2008
Revised February 1, 2008
SECTION IV
MINIMUM PERFORMANCE STANDARDS
 Shaded cells indicate revisions

	Age Division	2007 MPS	2009 MPS		Age Division	2007 MPS	2009 MPS
--	--------------	----------	----------	--	--------------	----------	----------

TRACK & FIELD							
100 M							
Men	50-54	:14.00	:14.00	Women	50-54	:17.30	:17.20
	55-59	:14.20	:14.20		55-59	:17.70	:17.70
	60-64	:14.40	:14.30		60-64	:18.00	:18.00
	65-69	:14.70	:14.70		65-69	:18.40	:18.40
	70-74	:16.00	:16.00		70-74	:20.60	:20.60
	75-79	:16.90	:16.90		75-79	:22.20	:22.20
	80-84	:19.50	:19.50		80-84	:26.80	:26.80
	85-89	:25.60	:25.50		85-89	:44.20	:39.80
	90-94	:57.70	:51.90		90-94	:44.20	:44.20
	95+	:57.70	:57.70		95+	:44.20	:44.20
200 M							
Men	50-54	:28.70	:28.70	Women	50-54	:35.70	:35.20
	55-59	:29.40	:29.40		55-59	:36.60	:36.60
	60-64	:29.80	:29.80		60-64	:38.80	:38.80
	65-69	:30.90	:30.90		65-69	:41.50	:41.50
	70-74	:32.40	:32.40		70-74	:44.60	:44.20
	75-79	:37.00	:36.90		75-79	:51.80	:51.80
	80-84	:44.30	:44.20		80-84	1:14.80	1:07.30
	85-89	:58.90	:58.90		85-89	1:46.70	1:46.70
	90+	1:03.00	1:03.00		90+	1:46.70	1:46.70
	400 M						
Men	50-54	1:06.20	1:06.20	Women	50-54	1:30.70	1:21.60
	55-59	1:06.40	1:06.40		55-59	1:31.50	1:28.70
	60-64	1:07.80	1:07.80		60-64	1:35.10	1:35.10
	65-69	1:11.20	1:11.20		65-69	1:42.00	1:42.00
	70-74	1:17.00	1:17.00		70-74	1:54.20	1:48.20
	75-79	1:31.40	1:27.60		75-79	2:21.50	2:21.50
	80-84	1:43.80	1:43.80		80-84	4:14.10	3:48.70
	85-89	3:10.30	3:10.30		85-89	4:17.00	4:17.00
	90+	3:30.00	3:30.00		90+	4:21.80	4:21.80
	800 M						
Men	50-54	2:32.10	2:32.10	Women	50-54	3:31.50	3:31.50
	55-59	2:36.40	2:36.40		55-59	3:32.10	3:32.10
	60-64	2:40.20	2:40.20		60-64	3:40.80	3:40.80
	65-69	2:50.40	2:50.40		65-69	3:50.00	3:50.00
	70-74	3:05.20	3:05.20		70-74	4:29.80	4:29.80
	75-79	3:44.00	3:39.00		75-79	5:02.30	5:02.30
	80-84	5:31.10	5:12.70		80-84	6:11.80	6:11.80
	85-89	6:44.80	6:44.80		85-89	9:30.00	9:30.00
	90+	7:00.20	7:00.20		90+	9:30.00	9:30.00
	1500 M						
Men	50-54	5:22.00	5:22.00	Women	50-54	7:00.00	7:00.00
	55-59	5:24.20	5:24.20		55-59	7:03.00	7:03.00
	60-64	5:42.50	5:42.50		60-64	7:17.00	7:17.00
	65-69	6:03.80	6:03.80		65-69	7:55.00	7:55.00
	70-74	6:58.00	6:58.00		70-74	9:10.00	9:10.00
	75-79	7:58.00	7:58.00		75-79	15:09.70	15:09.70
	80-84	10:23.60	10:23.60		80-84	15:20.70	15:20.70
	85-89	16:05.00	16:05.00		85-89	16:30.00	16:30.00
	90+	16:05.00	16:05.00		90+	16:30.00	16:30.00

National Senior Games Association
Qualifying Procedures
& Rules of Competition
2007 Summer National Senior Games
January 16, 2008
Revised February 1, 2008
SECTION IV
MINIMUM PERFORMANCE STANDARDS
 Shaded cells indicate revisions

	Age Division	2007 MPS	2009 MPS (Feet)	2009 MPS (Meters)		Age Division	2007 MPS	2009 MPS (Feet)	2009 MPS (Meters)
--	--------------	----------	-----------------	-------------------	--	--------------	----------	-----------------	-------------------

TRACK & FIELD									
Discus									
Men	50-54	119' 07"	130' 09"	39.85	Women	50-54	67' 06"	67' 06"	20.57
	55-59	116' 05"	116' 05"	35.48		55-59	60' 10"	60' 10"	18.54
	60-64	115' 09"	115' 09"	35.28		60-64	59' 03"	59' 03"	18.06
	65-69	113' 03"	113' 03"	34.52		65-69	56' 00"	56' 00"	17.07
	70-74	102' 08"	102' 08"	31.29		70-74	50' 11"	50' 11"	15.52
	75-79	86' 08"	86' 08"	26.42		75-79	43' 04"	43' 04"	13.21
	80-84	67' 00"	67' 00"	20.42		80-84	37' 00"	37' 00"	11.28
	85-89	52' 08"	52' 08"	16.05		85-89	18' 05"	18' 09"	5.72
	90+	38' 00"	38' 00"	11.58		90+	10' 04"	10' 04"	3.15
	High Jump								
Men	50-54	4' 06"	4' 09"	1.46	Women	50-54	3' 06"	3' 06"	1.07
	55-59	4' 02"	4' 04"	1.32		55-59	3' 03"	3' 03"	0.99
	60-64	4' 01"	4' 01"	1.24		60-64	3' 00"	3' 04"	1.02
	65-69	4' 00"	4' 00"	1.22		65-69	2' 10"	2' 10"	0.86
	70-74	3' 09"	3' 09"	1.14		70-74	2' 07"	2' 08"	0.82
	75-79	3' 04"	3' 04"	1.02		75-79	2' 05"	2' 05"	0.74
	80-84	2' 10"	3' 01"	0.94		80-84	2' 02"	2' 02"	0.66
	85-89	2' 02"	2' 02"	0.66		85-89	1' 10"	1' 10"	0.56
	90+	2' 02"	2' 02"	0.66		90+	1' 10"	1' 10"	0.56
	Javelin								
Men	50-54	132' 06"	132' 06"	40.39	Women	50-54	67' 00"	67' 00"	20.42
	55-59	119' 03"	122' 05"	37.31		55-59	65' 03"	65' 03"	19.89
	60-64	118' 00"	118' 00"	35.97		60-64	62' 08"	62' 08"	19.10
	65-69	112' 08"	112' 08"	34.34		65-69	58' 02"	58' 02"	17.73
	70-74	96' 00"	96' 00"	29.26		70-74	50' 05"	50' 05"	15.37
	75-79	85' 04"	85' 04"	26.01		75-79	44' 10"	44' 10"	13.67
	80-84	63' 00"	63' 00"	19.20		80-84	33' 08"	33' 08"	10.26
	85-89	43' 00"	43' 00"	13.11		85-89	17' 09"	19' 06"	5.95
	90+	22' 04"	22' 04"	6.81		90+	14' 00"	14' 00"	4.27
	Long Jump								
Men	50-54	14' 09"	14' 11"	4.55	Women	50-54	11' 00"	11' 00"	3.25
	55-59	14' 03"	14' 03"	4.34		55-59	10' 06"	10' 06"	3.20
	60-64	13' 11"	13' 11"	4.24		60-64	9' 01"	9' 01"	2.77
	65-69	13' 02"	13' 02"	4.01		65-69	9' 00"	9' 00"	2.74
	70-74	11' 02"	11' 06"	3.50		70-74	7' 03"	8' 00"	2.43
	75-79	9' 11"	9' 11"	3.02		75-79	5' 07"	5' 10"	1.78
	80-84	9' 02"	9' 06"	2.90		80-84	5' 01"	5' 01"	1.55
	85-89	4' 06"	4' 06"	1.37		85-89	2' 06"	2' 06"	0.76
	90+	3' 11"	3' 11"	1.19		90+	2' 06"	2' 06"	0.76
	Pole Vault								
Men	50-54	7' 09"	8' 06"	2.60	Women	50-54	4' 00"	4' 00"	1.22
	55-59	7' 06"	8' 03"	2.51		55-59	4' 00"	4' 00"	1.22
	60-64	7' 03"	8' 00"	2.43		60-64	4' 00"	4' 00"	1.22
	65-69	7' 00"	7' 00"	2.13		65-69	4' 00"	4' 00"	1.22
	70-74	6' 00"	6' 04"	1.94		70-74	4' 00"	4' 00"	1.22
	75-79	4' 02"	4' 07"	1.40		75-79	4' 00"	4' 00"	1.22
	80-84	3' 00"	3' 00"	0.91		80-84	3' 00"	3' 00"	0.91
	85-89	2' 10"	2' 10"	0.86		85-89	2' 10"	2' 10"	0.86
	90+	2' 10"	2' 10"	0.86		90+	2' 10"	2' 10"	0.86
	Shot Put								
Men	50-54	36' 08"	37' 06"	11.43	Women	50-54	27' 00"	27' 00"	8.23
	55-59	35' 03"	37' 00"	11.28		55-59	24' 09"	24' 09"	7.54
	60-64	35' 00"	36' 11"	11.25		60-64	24' 00"	24' 00"	7.32
	65-69	34' 06"	34' 06"	10.52		65-69	22' 05"	22' 05"	6.83
	70-74	34' 00"	34' 05"	10.49		70-74	20' 00"	20' 00"	6.10
	75-79	29' 04"	29' 04"	8.94		75-79	17' 08"	17' 08"	5.38
	80-84	22' 03"	24' 06"	7.46		80-84	14' 07"	14' 07"	4.45
	85-89	19' 07"	20' 11"	6.38		85-89	11' 01"	11' 10"	3.61
	90+	11' 08"	11' 08"	3.56		90+	7' 00"	7' 00"	2.13