

BC Athletics Achievement Award Standards Women

Women track, marathon and jumps

	GOLD	SILVER	BRONZE
100m			
W35	13.9	15.1	16.4
W40	14.0	15.3	16.6
W45	14.7	16.0	17.4
W50	15.1	16.4	17.8
W55	15.8	17.2	18.6
W60	16.5	18.0	19.5
W65	17.4	19.0	20.6
W70	19.4	21.1	22.9
W75	21.1	23.0	24.9
W80	25.3	27.7	30.0
200m			
W35	27.6	30.1	32.6
W40	28.8	31.5	34.0
W45	30.1	32.8	35.6
W50	31.1	33.9	36.7
W55	32.5	35.4	38.4
W60	35.2	38.4	41.6
W65	36.6	39.9	43.2
W70	40.3	43.9	47.6
W75	45.8	50.0	54.1
W80	56.6	01:01.8	1:06.9
400m			
W35	1:04.9	1:10.8	1:16.7
W40	1:06.4	1:12.4	1:18.5
W45	1:07.9	1:14.1	1:20.3
W50	1:11.6	1:18.1	1:24.6
W55	1:14.8	1:21.6	1:28.5
W60	1:20.4	1:27.7	1:35.0
W65	1:26.6	1:34.5	1:42.3
W70	1:40.9	1:50.1	1:59.3
W75	1:59.2	2:10.1	2:20.9
W80	2:34.8	2:48.9	3:03.0
800m			
W35	2:32	2:46	3:00
W40	2:34	2:48	3:02
W45	2:36	2:50	3:04
W50	2:50	3:06	3:21
W55	3:04	3:21	3:38
W60	3:15	3:32	3:50
W65	3:33	3:52	4:12
W70	3:52	4:13	4:35
W75	4:30	4:54	5:18
W80	5:21	5:50	6:20
W85	5:46	6:17	6:49

1,500m

W35	5:01	5:28	5:56
W40	5:12	5:40	6:08
W45	5:23	5:52	6:21
W50	5:46	6:17	6:49
W55	6:05	6:38	7:11
W60	6:29	7:05	7:40
W65	7:02	7:41	8:19
W70	7:34	8:15	8:56
W75	9:12	10:03	10:53
W80	10:50	11:49	12:49

5,000m

W35	19:05	20:49	22:33
W40	19:32	21:19	23:05
W45	20:00	21:49	23:38
W50	21:01	23:03	24:58
W55	22:28	24:31	26:34
W60	23:46	25:55	28:05
W65	25:42	28:02	30:22
W70	28:57	31:35	34:13
W75	32:42	35:40	38:39
W80	36:56	40:17	43:39

10,000m

W35	39:54	43:32	47:09
W40	41:12	44:57	48:42
W45	42:33	46:25	50:17
W50	43:55	47:55	51:54
W55	46:18	50:30	54:43
W60	51:37	56:18	1:00
W65	55:17	0:19	5:20
W70	0:14	5:42	11:11
W75	8:22	14:35	20:48
W80	11:47	18:19	24:51

100m Hurdles

W35	17.2	18.8	20.3
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80m Hurdles

W40	13.6	14.9	16.1
W45	14.7	16.0	17.3
W50	15.5	16.9	18.3
W55	16.3	17.8	19.3
W60	19.5	21.2	23.0
W65	20.9	22.8	24.7
W70	27.1	29.6	32.0
W75	30.7	33.5	36.3
W80	32.2	35.1	38.1

400m Hurdles

W35	1:18.8	1:26.0	1:33.2
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W40	1:18.8	1:26.0	1:33.2
W45	1:17.6	1:24.7	1:31.8

300m Hurdles

W50	0:58.7	1:04.1	1:09.4
W55	1:04.0	1:09.8	1:15.6
W60	1:12.5	1:19.1	1:25.7
W65	1:17.1	1:24.1	1:31.1

2,000m Steeplechase

W35	11:19	12:21	13:23
W40	11:19	12:21	13:23
W45	11:19	12:21	13:23
W50	11:19	12:21	13:23
W55	11:27	12:29	13:31
W60	13:43	14:58	16:13
W65	17:22	18:56	20:31
W70	18:14	19:53	21:32

5,000m Track Walk

W35	27:29	29:59	32:29
W40	28:31	31:06	33:42
W45	29:35	32:16	34:57
W50	30:22	33:08	35:53
W55	33:27	36:29	39:32
W60	34:30	37:38	40:47
W65	35:38	38:52	42:07
W70	37:40	41:05	44:31
W75	41:42	45:30	49:17
W80	47:52	52:13	56:34

10km Road Run

W35	40:11	43:51	47:30
W40	41:13	44:58	48:43
W45	42:16	46:06	49:57
W50	43:18	47:15	51:11
W55	45:59	50:10	54:20
W60	48:37	53:03	57:28
W65	53:01	57:50	2:40
W70	1:01:34	1:07:10	1:12:46
W75	1:09:25	1:15:44	1:22:02
W80	1:12:53	1:19:31	1:26:08

10km Road Walk

W35	56:00	1:01:05	1:06:11
W40	58:30	1:03:49	1:09:08
W45	1:01:07	1:06:40	1:12:13
W50	1:02:27	1:08:08	1:13:49
W55	1:08:38	1:14:53	1:21:07
W60	1:11:04	1:17:31	1:23:59
W65	1:13:05	1:19:43	1:26:22
W70	1:17:27	1:24:30	1:31:33
W75	1:23:48	1:31:25	1:39:02
W80	1:30:35	1:38:50	1:47:04

Marathon

W35	3:16:35	3:34:27	3:52:19
W40	3:24:30	3:43:06	4:01:41
W45	3:32:45	3:52:06	4:11:26
W50	3:33:05	3:52:27	4:11:49
W55	3:54:11	4:15:28	4:36:45
W60	4:18:13	4:41:42	5:05:10
W65	5:01:13	5:28:36	5:55:58
W70	5:19:18	5:48:20	6:17:21
W75	5:35:16	6:05:44	6:36:13
W80	5:52:02	6:24:02	6:56:02

High Jump

W35	1.42	1.26	1.10
W40	1.40	1.24	1.09
W45	1.33	1.18	1.04
W50	1.28	1.13	0.99
W55	1.16	1.03	0.90
W60	1.10	0.98	0.86
W65	1.01	0.90	0.78
W70	0.90	0.80	0.70
W75	0.90	0.80	0.70
W80	0.90	0.80	0.70
W85	0.90	0.80	0.70
W90	0.90	0.80	0.70

Pole Vault

W35	2.25	2.00	1.75
W40	2.03	1.81	1.58
W45	1.84	1.63	1.43
W50	1.73	1.53	1.34
W55	1.36	1.21	1.06
W60	1.12	0.99	0.87
W65	1.12	0.99	0.87

Long Jump

W35	5.18	4.60	4.03
W40	4.83	4.30	3.76
W45	4.51	4.01	3.51
W50	4.12	3.66	3.20
W55	3.87	3.44	3.01
W60	3.51	3.12	2.73
W65	3.23	2.87	2.51
W70	2.63	2.34	2.04
W75	2.01	1.78	1.56
W80	1.91	1.70	1.48

Triple Jump

W35	11.57	10.28	9.00
W40	9.92	8.82	7.71
W45	8.51	7.56	6.62
W50	8.51	7.56	6.62
W55	7.87	7.00	6.12

W60	7.20	6.40	5.60
W65	6.71	5.97	5.22
W70	5.26	4.68	4.09
W75	4.38	3.89	3.40
W80	4.38	3.89	3.40