

Scottish Masters Track & Field Championships

Medals will be awarded to competitors finishing in the first three provided the appropriate merit standard has been achieved.

Indoor Merit Standards - Women

Event	W35	W40	W45	W50	W55	W60	W65	W70+
60m	8.95	9.45	9.95	10.45	10.95	11.45	11.95	N
200m	30.45	31.45	32.95	34.95	36.45	38.95	41.95	O
400m	67.95	70.95	74.95	78.95	82.95	86.95	92.95	
800m	2:44.50	2:54.50	3:09.50	3:19.50	3:29.50	3:39.50	3:49.50	S
1500m	5:44.50	5:59.50	6:19.50	6:34.50	6:44.50	7:04.50	7:29.50	T
3000m	11:59.50	12:29.50	12:59.50	13:39.50	14:29.50	15:19.50	16:29.50	A
60mH	11.95	11.95	12.45	12.95	13.45	13.95	14.95	N
High Jump	1.37	1.32	1.22	1.17	1.10	1.02	0.97	D
Pole Vault	2.27	2.07	1.92	1.77	1.67	1.57	1.47	A
Long Jump	4.02	3.82	3.62	3.42	3.12	2.82	2.02	R
Triple Jump	8.42	7.92	7.42	7.02	6.62	6.22	5.82	D
Shot	8.02	7.62	7.22	7.22	6.82	6.22	5.52	S

Indoor Merit Standards - Men

Event	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80+
60m	8.25	8.55	8.95	9.35	9.75	10.15	10.65	11.45	12.25	N
200m	26.45	26.95	27.95	28.95	30.45	31.95	33.95	36.95	40.45	O
400m	57.45	59.95	61.95	63.95	66.95	71.95	76.45	84.95	104.95	
800m	2:24.50	2:29.50	2:34.50	2:39.50	2:49.50	2:59.50	3:09.50	3:29.50	3:59.50	S
1500m	4:49.50	4:59.50	5:09.50	5:19.50	5:39.50	5:59.50	6:19.50	6:59.50	7:59.50	T
3000m	9:59.50	10:19.50	10:39.50	11:09.50	11:49.50	12:29.50	13:09.50	14:39.50	16:59.50	A
60mH	9.95	10.75	11.75	11.95	12.95	12.95	14.45	13.95	15.95	N
High Jump	1.52	1.47	1.42	1.37	1.32	1.27	1.17	1.12	1.02	D
Pole Vault	3.12	2.97	2.87	2.72	2.57	2.37	2.17	2.02	1.92	A
Long Jump	5.12	4.92	4.72	4.52	4.27	3.97	3.57	3.07	2.57	R
Triple Jump	11.12	10.72	10.32	9.92	9.47	8.82	8.02	7.02	6.02	D
Shot	10.82	10.12	9.22	9.62	9.02	9.52	8.32	8.22	6.72	S