

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 O
200m	30.45	31.45	32.95	34.95	36.45	38.95	41.95	
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 T A
1500m	5:44.50	5:59.50	6:19.50	6:34.50	6:44.50	7:04.50	7:29.50	
3000m	11:59.50	12:29.50	12:59.50	13:39.50	14:29.50	15:19.50	16:29.50	
60mH	11.95	11.95	12.45	12.95	13.45	13.95	14.95	N D A
High Jump	1.37	1.32	1.22	1.17	1.10	1.02	0.97	
Pole Vault	2.27	2.07	1.92	1.77	1.67	1.57	1.47	
Long Jump	4.02	3.82	3.62	3.42	3.12	2.82	2.02	R D S
Triple Jump	8.42	7.92	7.42	7.02	6.62	6.22	5.82	
Shot	8.02	7.62	7.22	7.22	6.82	6.22	5.52	

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 O
200m	26.45	26.95	27.95	28.95	30.45	31.95	33.95	36.95	40.45	
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 T A
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	
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	
60mH	9.95	10.75	11.75	11.95	12.95	12.95	14.45	13.95	15.95	N D A
High Jump	1.52	1.47	1.42	1.37	1.32	1.27	1.17	1.12	1.02	
Pole Vault	3.12	2.97	2.87	2.72	2.57	2.37	2.17	2.02	1.92	
Long Jump	5.12	4.92	4.72	4.52	4.27	3.97	3.57	3.07	2.57	R D S
Triple Jump	11.12	10.72	10.32	9.92	9.47	8.82	8.02	7.02	6.02	
Shot	10.82	10.12	9.22	9.62	9.02	9.52	8.32	8.22	6.72	