

TRACK MINIMUM PERFORMANCE STANDARDS
(Shaded items indicate revised standards from the 2019 National Senior Games)

Minimum Performance Standards (MPS) are based on results from the previous National Senior Games.

(Metric)

Age	MEN'S DIVISION					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.51	:13.89	:28.49	1:06.20	2:32.10	5:19.00
55-59	:7.51	:14.00	:28.74	1:06.40	2:35.14	5:24.20
60-64	:7.77	:14.30	:29.80	1:07.80	2:36.40	5:35.10
65-69	:7.99	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:8.33	:15.62	:32.37	1:15.13	3:05.20	6:46.90
75-79	:9.27	:16.39	:36.90	1:27.60	3:35.44	7:48.49
80-84	:10.54	:18.94	:39.79	1:42.87	4:11.66	8:47.37
85-89	:11.79	:21.59	:51.17	2:18.75	5:30.32	13:01.62
90-94	:14.87	:42.04	1:03.00	3:30.00	7:00.20	16:05.00
95+	:16.54	:57.70	1:03.00	3:30.00	7:00.20	16:05.00

Age	WOMEN'S DIVISION					
	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.35	:35.20	1:21.60	3:10.40	6:35.10
55-59	:8.62	:16.36	:35.52	1:22.98	3:18.64	7:03.00
60-64	:8.73	:16.61	:36.19	1:32.44	3:39.72	7:17.00
65-69	:9.25	:17.89	:37.42	1:38.77	3:50.00	7:55.00
70-74	:10.34	:19.67	:41.94	1:44.17	4:11.21	9:10.00
75-79	:11.18	:21.99	:46.84	1:55.20	5:02.30	10:55.47
80-84	:14.55	:25.28	1:06.55	3:06.74	6:11.80	13:44.30
85-89	:23.83	:35.82	1:46.70	4:17.00	8:37.32	16:30.00
90+		:44.20	1:46.70	4:21.80	9:30.00	16:30.00

FIELD MINIMUM PERFORMANCE STANDARDS (Metric)

Age	MEN'S DIVISIONS							
	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60	29.00
55-59	4.50	1.37	8.52	11.28	35.91	40.39	2.60	27.20
60-64	4.46	1.28	8.27	11.28	35.91	38.61	2.60	27.20
65-69	4.01	1.22	7.70	10.55	34.95	34.49	2.43	27.20
70-74	3.65	1.17	7.43	10.49	31.29	31.03	2.21	27.20
75-79	3.04	1.08	6.09	9.07	26.73	27.26	1.53	22.18
80-84	2.90	.99	4.97	9.06	22.73	22.65	1.10	21.72
85-89	1.73	.84	2.94	7.07	17.30	17.34	.86	17.60
90-94	1.19	.66	2.00	4.41	11.58	9.06	.86	14.00
95-99	1.19	.66	2.00	3.41	6.20	6.81	.86	5.00
100+	1.19	.66	2.00	3.05	6.20	5.00	.86	5.00

Age	WOMEN'S DIVISIONS								
	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer	
50-54	3.37	1.07	6.60	8.94	22.40	21.15	1.22	19.30	
55-59	3.37	1.04	4.73	8.93	22.40	21.15	1.22	19.30	
60-64	3.05	.99	4.73	8.52	21.74	20.48	1.22	19.30	
65-69	2.92	.99	4.73	7.51	17.45	17.73	1.22	14.78	
70-74	2.43	.90	4.21	6.40	16.99	15.37	1.22	12.22	
75-79	11.11	2.22	.78	3.52	6.40	15.81	13.92	1.22	11.11
80-84	1.57	.66	3.52	6.09	13.51	11.18	.91	7.70	
85-89	.84	.56	2.50	4.37	7.62	5.95	.86	6.00	
90+	.76	.56	2.30	2.13	3.15	4.27	.86	5.00	