

NZMA ACHIEVEMENT AWARDS MENS TARGETS

Event	30-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
100m	12.00	12.30	12.70	13.00	13.50	14.00	14.80	16.50	17.40	19.00	22.00	24.00
200m	24.50	25.00	26.00	27.00	28.50	29.00	32.00	34.00	37.00	41.00	46.00	48.00
400m	54.00	56.00	58.00	61.00	65.00	70.00	77.00	83.00	90.00	98.00	110.00	115.00
800m	2.07	2.10	2.15	2.20	2.30	2.45	3.00	3.20	3.50	4.30	5.30	6.00
1500m	4.00	4.20	4.30	4.45	5.00	5.30	6.00	7.00	8.00	9.00	10.30	11.00
5000m	16.00	16.30	17.00	18.00	19.00	21.00	23.00	25.00	28.00	31.00	35.00	40.00
10,000m	33.00	34.00	36.00	38.00	40.00	44.00	49.00	53.00	60.00	65.00	75.00	80.00
steeple	10.00	11.00	12.00	13.00	14.00	9.00	10.00	11.00	13.00	16.00	20.00	24.00
3k track walk	15.00	16.00	16.00	17.00	18.00	19.00	20.00	22.00	24.00	26.00	30.00	35.00
110m hurdles	18.00	19.00	20.00									
100m hurdles				18.50	20.00	21.00	23.00					
80m hurdles								20.00	23.00	28.00	32.00	36.00
400m hurdles	65.00	67.00	69.00	72.00	75.00							
300m hurdles						60.00	65.00	70.00	80.00	90.00	110.00	115.00
High Jump	1.62	1.56	1.50	1.44	1.36	1.27	1.18	1.10	1.00	0.85	0.70	0.60
Long Jump	5.80	5.40	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65	2.00	2.50
Triple Jump	11.50	11.00	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50	4.75	4.25
Polevault	3.00	2.75	2.50	2.30	2.10	1.90	1.75	1.60	1.45	1.25	1.00	0.50
Shot Put	11.00	10.00	9.00	10.00	9.00	10.00	9.00	8.50	8.00	7.00	6.00	5.00
Discus	35.00	33.00	30.00	33.00	30.00	33.00	30.00	28.00	25.00	20.00	16.00	13.00
Javelin	45.00	40.00	38.00	35.00	33.00	33.00	30.00	25.00	22.00	19.00	15.00	11.00
Hammer	40.00	35.00	30.00	35.00	30.00	33.00	28.00	28.00	25.00	20.00	16.00	13.00
Weight throw	8.70	11.20	11.50	9.60	11.00	12.00	11.30	11.50	9.30	8.30	7.50	6.00

NZMA ACHIEVEMENT AWARDS WOMENS TARGETS

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
100m	14.00	14.60	15.00	15.60	16.20	16.80	17.40	18.20	19.20	21.00	22.50	25.00	27.00
200m	29.00	30.00	31.00	32.00	33.20	35.00	36.50	38.00	40.00	43.50	47.50	53.00	55.00
400m	66.00	69.50	71.50	73.50	78.50	83.70	88.00	95.00	103.00	112.00	125.00	140.00	150.00
800m	2.33	2.40	2.46	2.54	3.05	3.20	3.35	3.55	4.10	4.35	5.00	6.00	6.30
1500m	5.15	5.29	5.40	5.58	6.20	6.48	7.23	8.04	8.52	9.48	11.00	13.00	13.30
5000m	20.00	21.00	22.00	23.00	24.00	25.30	27.00	30.30	34.00	37.00	42.00	47.00	48.00
10,000m	41.00	43.00	45.00	48.00	50.00	53.00	57.00	62.00	70.00	80.00	95.00	110.00	115.00
Steeple	8.00	8.40	9.00	9.20	9.50	10.30	12.00	14.00	16.00	18.50	21.00	25.00	27.00
3k track walk	17.00	18.00	19.00	20.00	21.00	22.00	23.00	24.00	26.00	30.00	35.00	44.00	46.00
100m hurdles	18.00	20.00											
80m hurdles			15.50	16.00	17.30	18.00	18.80	20.20	23.00	26.00	30.00	35.00	38.00
400m hurdles	76.50	80.90	85.40	89.80									
300m hurdles					68.00	74.00	80.00	87.00	96.00	110.00	130.00	150.00	152.00
High Jump	1.35	1.30	1.25	1.15	1.10	1.06	1.02	1.00	0.90	0.80	0.75	0.60	0.55
Long Jump	4.50	4.30	4.10	3.80	3.50	3.20	3.00	2.80	2.30	2.10	1.90	1.50	1.45
Triple Jump	9.50	9.00	8.60	8.10	7.60	7.20	6.80	6.25	5.50	4.50	4.10	3.80	3.60
Polevault	2.40	2.10	1.80	1.60	1.40	1.20	1.10	1.00	0.90	0.80	0.70	0.60	0.40
Shot Put	9.50	9.00	8.50	8.00	8.00	7.50	7.00	6.50	5.80	5.00	4.00	3.50	3.30
Discus	27.00	25.00	23.00	21.00	19.00	7.00	16.00	15.00	13.00	11.00	10.00	9.00	8.50
Javelin	27.00	25.00	23.00	21.00	20.00	19.00	17.00	16.00	14.00	12.00	11.00	10.00	9.50
Hammer	27.00	26.00	25.00	24.00	23.00	22.00	20.00	18.00	15.00	12.00	9.00	9.00	8.50
Weight throw	7.20	7.50	10.50	9.50	7.50	9.50	9.50	9.30	8.50	7.50	4.10	3.50	3.00