

# 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	9.0	9.5	10.0	10.5	11.0	11.5	12.0	N
200m	30.5	31.5	33.0	35.0	36.5	39.0	42.0	O
400m	68.0	71.0	75.0	79.0	83.0	87.0	93.0	
800m	2:45	2:55	3:10	3:20	3:30	3:40	3:50	S
1500m	5:45	6:00	6:20	6:35	6:45	7:05	7:30	T
3000m	12:00	12:30	13:00	13:40	14:30	15:20	16:30	A
60mH	12.0	12.0	12.5	13.0	13.5	14.0	15.0	N
High Jump	1.35	1.30	1.20	1.15	1.08	1.00	0.95	D
Pole Vault	2.25	2.05	1.90	1.75	1.65	1.55	1.45	A
Long Jump	4.00	3.80	3.60	3.40	3.10	2.80	2.60	R
Triple Jump	8.40	7.90	7.40	7.00	6.60	6.20	5.80	D
Shot	8.00	7.60	7.20	7.20	6.80	6.20	5.50	S

## Indoor Merit Standards - Men

Event	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80+
60m	8.3	8.6	9.0	9.4	9.8	10.2	10.7	11.5	12.3	N
200m	26.5	27.0	28.0	29.0	30.5	32.0	34.0	37.0	40.5	O
400m	57.5	60.0	62.0	64.0	67.0	72.0	76.5	85.0	105.0	
800m	2:25	2:30	2:35	2:40	2:50	3:00	3:10	3:30	4:00	S
1500m	4:50	5:00	5:10	5:20	5:40	6:00	6:20	7:00	8:00	T
3000m	10:00	10:20	10:40	11:10	11:50	12:30	13:10	14:40	17:00	A
60mH	10.0	10.8	11.8	12.0	13.0	13.0	14.5	14.0	16.0	N
High Jump	1.50	1.45	1.40	1.35	1.30	1.25	1.15	1.10	1.00	D
Pole Vault	3.10	2.95	2.85	2.70	2.55	2.35	2.15	2.00	1.90	A
Long Jump	5.10	4.90	4.70	4.50	4.25	3.95	3.55	3.05	2.55	R
Triple Jump	11.10	10.70	10.30	9.90	9.45	8.80	8.00	7.00	6.10	D
Shot	10.80	10.10	9.20	9.60	9.00	9.50	8.30	9.00	7.00	S