

Scottish Masters Track & Field Championships

Medals will be awarded to competitors finishing in the first three in each event per Age Group

Athletes achieving the merit standard will receive an additional 3 trials in appropriate field events.

Outdoor Merit Standards - Women

Event	W35	W40	W45	W50	W55	W60	W65	W70+
Long Jump	4.40	4.12	3.85	3.60	3.35	3.10	2.85	No Standards
Triple Jump	8.40	7.80	7.30	6.80	6.30	5.90	5.50	
Shot	8.50	8.10	7.30	7.40	6.50	6.50	5.80	
Discus	25.80	23.80	21.10	18.60	16.50	15.00	13.30	
Hammer	26.40	24.60	22.30	20.30	18.60	16.90	15.20	
Javelin	26.30	23.90	21.90	20.80	18.90	16.90	14.90	

Outdoor Merit Standards - Men

Event	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80+
Long Jump	5.40	5.20	5.05	4.75	4.45	4.15	3.65	3.15	2.60	No Standards
Triple Jump	11.40	11.00	10.20	9.50	8.80	8.20	7.65	6.25	5.65	
Shot	10.90	9.70	8.75	8.65	7.80	7.65	7.00	7.00	6.15	
Discus	32.80	31.50	30.00	30.80	27.65	28.90	25.60	22.30	19.50	
Hammer	34.60	33.20	31.75	31.45	28.30	27.95	25.20	24.80	21.90	
Javelin	40.30	37.00	34.40	31.30	28.40	28.15	25.50	21.70	17.90	