

The qualifying period for the 21st Asia Masters Athletics Championships will be 1st March to 20 August 2019 AMA Affiliates Meet
 Thai Masters, Singapore Masters, Malaysian Masters, Sri Lankan Masters, Indonesian Masters and Brunei Masters

To be eligible for selection each athlete must be a Citizen of the Republic of Singapore, holding a Singapore Passport (Note Permanent residents are not considered as Citizen)

Relay Events

Nominations for the 4x100 and 4x400m relays (6athletes for each age group) fastest 6runners 100m and 400m will be considered for the inclusion in the Relay Team.

Individual attendance and commitment to relay training will be taken into consideration.

The final decision on the composition of the final four (4) relay runners Men & Women will be made by the Head Relay Coach

Men /age	time	Event	Time	Women/Age
35	12.7	100m	13.5	35
40	13.2		14.6	40
45	14.0		15.0	45
50	14.5		16.0	50
55	15.05		17.3	55
60	16.2		18.0	60
65	17.5		18.95	65
70	18.95		20.0	70
75	19.0		21.0	75
80	19.5		21.5`	80
		200m		
35	26.3		27.01	35
40	26.5		28.0	40
45	27.07		30.01	45
50	29.00		33.27	50
55	31.0		35.00	55
60	33.25		37.00	60
65	35.40		39.00	65
70	37.28		40.00	70
75	38.16		42.20	75
80	40.00			
		400m		
35	1.02.4		1.10.14	35
40	1.05.8		1.16.12	40

45	1.08.03		1.20.34	45
50	1.15.5		1.28.35	50
55	1.25.6		1.35.14	55
60	1.35.9		1.45.80	60
65	1.40.5		2.10.25	65
70	1.42.1		2.50.55	70
75	1.45.2			
80	1.50.00			
		800m		
35	2.20.5		2.40.10	35
40	2.25.10		2.50.15	40
45	2.54.20		3.25.20	45
50	3.10.15		4.15.80	50
55	4.05.10		4.30.60	55
60	4.35.04		5.55.25	60
65	5.01.10		6.20.10	65
70	5.20.24		6.55.10	70
75	5.30.10			
80	6.00.24			
		1500m		
35	5.15.10		6.35.15	35
40	5.30.35		6.45.25	40
45	6.15.45		7.00.10	45
50	7.00.29		7.10.30	50
55	7.20.55		7.45.28	55
60	7.35.45		8.00.35	60
65	8.05.15		8.35.40	65
70	8.45.26		9.00.20	70
75	9.00min			
80	9.50.25			
85	10.00min			
Men/Age	Time	Event	Time	Women/Age
		5000mRun		
35	21.45.10		24.15.80	35
40	22.10.50		25.19.25	40
45	23.15.15		26.30.40	45
50	24.28.10		27.50.35	50
55	25.18.45		28.45.40	55
60	26.19.35		29.65.20	60
65	27.20.80		30.46.20	65
70	28.40.16		32.55.40	70
75	30.45.16		35.80.30	75
80	35.40.75		40.45.20	80
85	40.10.25		45.29.19	85
		10000 Run		
35	42.04		45.20.10	35

40	45.15		47.35.20	40
45	47.25		49.30.50	45
50	49.30		52.15.70	50
55	50.40		55.35.95	55
60	55.35		58.50.30	60
65	57.49		1h.03.10	65
70	60.00min		1h.05.20	70
75	1h.3.05			
80	1h10.45			
85	1h20.50			
Men		3000m Steple chase	Women	2000. Steple Chase
35 0.914m	12.35.40		13.25 0.762m	35
40	13.25.10		14.28	40
45	13.55.50		14.59	45
50	14.50.65		15.35	50
55	15.28 40		17.24	55
			18.35	60
		2000m Steple chase		
60	11.45 0.762m			
65	13.50			
70	17.00			
		400m Hurdles		
35	1.08.64 0.914m		1.25.40 0.762m	35
40	1.12.58		1.35.50	40
45	1.15.45		1.40.65	45
50	1.18.40			
55	1.20.50			
60	1.25.72			
		110m Hurdles	100m Hurdles	
35	18.25 0.991m		21.40 0.840m	35
40	20.42			
45	21.53			
		100m Hurdles		
50	20.40 0.914m			
55	21.40			
60	22.56 0.840m			
65	25.45			

Men		80mHurdles	Women	
70	18.50 0.762		16.27 0.762	40
75	20.48		17.59	45
			18.20	50
			19.25	55
			21.50 0686m	60
		300m Hurdles		
60	1.05.58		1.12.45	50
65	1.08.56		1.15.40	55
70	1.20.50		1.20.40	60
75	1.30.25		1.25.72	65
		5000mWalk		
35	29.50		33.35	35
40	31.40		35.70	40
45	33.20		37.25	45
50	35.55		39.30	50
55	37.75		40.55	55
60	39.45		42.70	60
65	40.25		45.60	65
70	41.65		50.30	70
75	43.50		55.20	75
80	45.60		59.40	80
Men		Pole Vault		Women
35	3.30m		1.50m	35
40	3.20		1.40	40
45	2.80		1.30	45
50	2.70		1.20	50
55	2.50		1.10	55
60	2.20		0.95	60
65	2.00			
		High Jump		
35	1.45m		1.10m	35
40	1.40		1.05	40
45	1.30		1.00	45
50	1.25		0.95	50
55	1.20		0.90	55
60	1.10		0.85	60
65	1.00		0.80	65
70	0.90		0.75	70
75	0.80		0.70	75
		Long Jump		
35	5.50m		3.90m	35
40	5.20		3.70	40

45		5.00			3.50		45
50		4.70			3.20		50
55		4.50			3.00		55
60		4.30			2.90		60
65		4.20			2.50		65
70		3.50			2.20		70
75		3.20			2.00		75
				Triple Jump			
35		11.00m			7.00m		35
40		10.50			6.50		40
45		10.00			6.00		45
50		9.50			5.50		50
55		9.00			5.00		55
60		8.00			4.00		60
65		7.00			3.00		65
70		5.00			2.50		70
75		4.00			2.00		75
				Shot Put			
35	7.26 kg	9.00m	7.26kg		9.00m	4kg	35
40		8.20			8.50		40
45		7.80			8.00		45
50	6.kg	7.00	6.kg		7.50	3kg	50
55		6.80			7.00		55
60	5kg	6.00	5kg		6.00		60
65		5.50			5.00		65
70	4kg	5.00			4.00		70
75		4.00					
				Javelin			
35		37.25m			35.00m	6.00g	35
		8.00g					
40		34.10			32.00		40
45		32.30			30.00		45
50		30.20m			25.00		50
		700g			5.00g		
55		25.23			22.00		55
60		22.20			20.00		60
		6.00g					
65		20.00			19.00		65
70		19.00			15.00		70
		5.00g					
				Discus			
35		29.00m			30.00m	1.kg	35
		2.00kg					
40		27.30			28.00		40
45		25.40			25.00		45
50		24.60			20.00		50
		1.50kg					

