



SAMA National colours standards (2024)

Outdoor Stadia

	MEN												
	35	40	45	50	55	60	65	70	75	80	85	90	95
100m	11,29	11,52	11,82	12,12	12,50	12,98	13,54	14,26	15,61	17,11	20,48	24,89	29,23
200m	23,02	23,47	24,02	24,79	25,85	26,70	28,37	29,71	33,13	37,55	43,07	49,79	58,46
400m	0:51,04	0:52,55	0:53,73	0:55,97	0:59,03	1:01,01	1:05,33	1:08,84	1:19,71	1:36,83	1:56,13	2:23,15	3:37,50
800m	2:00,51	2:02,12	2:04,96	2:08,02	2:14,95	2:23,33	2:32,34	2:49,74	3:22,14	4:14,42	4:48,61	5:46,27	7:42,80
1500m	4:12,78	4:14,95	4:20,66	4:29,73	4:37,18	4:53,25	5:14,97	5:45,13	6:29,47	8:40,75	10:26,34	11:50,60	14:28,00
5000m	15:49,35	16:06,12	16:28,27	16:42,80	17:28,54	18:26,11	19:51,06	21:47,97	24:54,62	29:47,87	37:17,68	42:35,77	48:14,00
10000m	0:33:21	0:33:29	0:34:49	0:35:08	0:37:07	0:38:51	0:41:51	0:46:15	0:51:38	1:03:59	1:14:53	1:28:14	1:36:28
3000m Steeplechase	11:03,40	11:09,00	11:10,00	11:35,80	12:28,60								
2000m Steeplechase						7:57,00	8:53,60	10:48,20	12:34,50	15:25,40	16:43,20	18:16,50	19:49,83
110m Short Hurdles	16,92	17,46	18,63										
100m Short Hurdles				16,98	17,53	18,33	18,85						
80m Short Hurdles								16,45	18,00	19,67	21,16	24,60	27,64
400m Long Hurdles	1:00,93	1:04,24	1:08,81	1:09,99	1:13,77								
300m Long Hurdles						0:55,00	0:56,57	1:01,71	1:07,51				
200m Long Hurdles										0:49,18	0:52,92	1:01,52	1:09,12
5000 Race Walk	24:00,0	24:41,5	25:40,7	26:32,0	27:54,4	28:56,8	29:54,4	32:57,6	35:09,8	37:09,9	42:00,0	47:32,0	52:32,0
High Jump	1,82	1,78	1,68	1,61	1,54	1,45	1,40	1,27	1,15	1,06	0,96	0,85	0,74
Pole Vault	4,02	3,83	3,73	3,41	3,13	2,91	2,72	2,37	2,05	1,65	1,50	1,27	1,04
Long Jump	6,23	6,02	5,77	5,42	5,17	4,79	4,46	4,04	3,60	2,99	2,23	1,73	1,08
Triple Jump	12,20	12,03	11,84	11,48	10,50	10,30	9,22	8,14	7,33	6,05	5,08	4,24	2,50
Shot Put	14,29	13,90	12,38	13,51	12,52	12,80	11,59	11,78	9,73	9,32	7,92	6,06	4,72
Discus	42,97	42,11	39,39	44,25	40,84	44,37	40,58	34,53	27,53	24,04	18,84	13,03	11,09
Hammer	50,13	49,35	45,00	45,38	43,34	43,90	38,61	38,61	29,43	29,70	24,57	20,21	14,40
Javelin	57,20	53,89	50,71	48,33	43,47	41,30	37,66	33,15	26,39	25,79	20,43	15,76	8,92
Weight Throw	13,52	13,21	13,01	15,52	15,18	16,55	15,55	15,93	12,57	12,11	10,06	7,86	6,37
Throws Pentathlon	3420	3530	3610	3770	3810	3790	3770	3600	3120	2990	2800	2510	2270
Decathlon	5410	5400	5710	5780	5800	5800	5800	5270	5330	4380	4180	3950	3850



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Outdoor Stadia

	WOMEN												
	35	40	45	50	55	60	65	70	75	80	85	90	95
100m	13,16	13,37	13,72	14,12	14,82	15,75	16,58	18,16	20,09	22,74	25,55	28,95	38,50
200m	26,95	27,36	27,77	29,43	30,78	32,60	35,54	37,94	43,93	49,72	55,38	68,15	85,52
400m	1:00,92	1:01,90	1:04,46	1:08,55	1:14,61	1:17,43	1:23,55	1:32,21	1:52,19	2:08,86	2:22,93	2:46,56	4:17,87
800m	2:27,86	2:28,83	2:32,05	2:38,79	2:49,61	3:02,90	3:17,70	3:45,60	4:14,34	4:39,42	5:22,50	5:55,00	8:43,00
1500m	5:00,41	5:03,89	5:12,51	5:17,32	5:37,44	6:07,52	6:47,78	7:42,59	8:42,68	9:24,28	11:35,38	14:10,00	16:21,00
5000m	18:56,16	19:09,42	19:34,51	20:15,23	21:20,68	23:10,38	25:13,35	28:33,04	31:40,59	37:24,25	44:10,00	49:01,00	54:31,00
10000m	0:39:38	0:40:42	0:41:58	0:42:59	0:44:31	0:48:25	0:52:53	0:58:55	1:09:31	1:16:02	1:28:20	1:38:02	1:49:02
2000m Steeplechase	8:13,66	8:32,68	8:54,24	9:49,36	10:49,87	12:16,64	13:12,87	13:51,85	15:32,99	15:46,26	19:17,38	23:00,00	26:00,00
100m Short Hurdles	17,70												
80m Short Hurdles		13,45	14,49	15,38	16,17	16,98	17,93	18,98	21,00	22,46	30,45	38,44	46,43
400m Long Hurdles	1:12,16	1:14,14	1:17,58										
300m Long Hurdles				0:57,69	1:01,98	1:05,11	1:08,95						
200m Long Hurdles								0:47,46	0:52,59	0:57,71	1:56,00	2:18,00	2:36,00
5000 Race Walk	26:57,6	27:49,2	28:37,7	30:04,4	31:33,5	32:53,8	35:06,9	37:23,9	39:57,7	41:51,0	43:36,0	47:54,0	52:54,0
High Jump	1,50	1,42	1,38	1,32	1,22	1,16	1,07	1,04	0,93	0,92	0,80	0,72	0,59
Pole Vault	2,58	2,38	2,33	2,25	2,12	1,81	1,73	1,63	1,55	1,35	1,08	0,98	0,88
Long Jump	4,96	4,74	4,40	4,30	3,98	3,62	3,26	2,78	2,33	2,13	1,86	1,31	0,96
Triple Jump	10,08	9,62	9,19	8,32	7,88	7,14	6,70	6,21	5,20	4,56	4,17	3,03	2,15
Shot Put	12,01	10,61	10,23	11,11	9,83	9,01	8,33	7,40	7,19	6,08	5,10	4,01	2,98
Discus	36,66	34,80	31,90	29,79	25,58	23,04	20,03	19,03	17,09	14,44	12,09	10,49	8,55
Hammer	40,22	37,14	35,68	38,07	33,49	29,31	25,14	22,31	22,26	17,50	14,15	12,15	10,15
Javelin	34,75	32,52	30,16	29,33	25,12	23,09	20,05	18,13	15,02	10,08	8,79	7,79	6,79
Weight Throw	12,05	11,63	11,10	12,45	11,00	11,70	10,08	9,07	8,61	7,35	6,50	6,00	5,50
Throws Pentathlon	2750	2920	3060	3250	3100	3090	3010	3080	2630	2400	2390	2290	2190
Heptathlon	3040	3960	4350	4020	4060	3740	3110	3120	3170	2960	2930	2400	2300



SAMA National colours standards (2024)

Outdoor Non-Stadia

	MEN												
	35	40	45	50	55	60	65	70	75	80	85	90	95
10km Road Race	0:33:21	0:33:29	0:35:02	0:35:08	0:37:07	0:38:51	0:42:23	0:46:15	0:51:38	1:03:59	1:18:12	1:32:24	1:36:28
Half Marathon	1:15:39	1:17:04	1:18:04	1:20:06	1:23:58	1:28:42	1:36:04	1:45:59	2:00:04	2:16:49	2:45:00	3:29:11	4:19:00
Marathon	2:42:49	2:49:08	2:57:59	2:59:17	3:09:49	3:19:29	3:26:49	3:41:35	4:20:17	4:33:39	5:30:00	7:38:14	8:40:14
10km Road Walk	0:49:55	0:50:30	0:52:03	0:53:43	0:55:55	0:58:55	1:01:28	1:06:36	1:11:50	1:19:53	1:24:01	1:35:35	1:45:36
20km Road Walk	1:41:00	1:43:57	1:47:35	1:51:54	1:56:22	2:01:21	2:08:10	2:17:01	2:25:32	2:43:49	2:48:02	3:11:11	3:31:11
8km Cross Country	0:25:35	0:25:37	0:26:57	0:27:13	0:29:05								
6km Cross Country						0:23:02	0:24:29	0:24:32					
4km Cross Country									0:18:41	0:25:36	0:29:18	0:36:58	0:38:35

	WOMEN												
	35	40	45	50	55	60	65	70	75	80	85	90	95
10km Road Race	0:40:42	0:41:00	0:42:11	0:43:37	0:47:04	0:50:20	0:55:13	1:00:30	1:11:29	1:20:00	1:38:12	1:45:00	1:51:48
Half Marathon	1:35:30	1:38:10	1:40:59	1:42:08	1:49:13	1:54:08	2:05:30	2:19:37	2:30:50	2:52:02	3:25:00	3:52:00	4:20:12
Marathon	3:16:46	3:25:36	3:33:40	3:38:14	3:50:17	4:11:44	4:27:53	4:50:13	5:37:47	6:15:00	7:15:00	9:15:00	11:15:00
10km Road Walk	0:54:12	0:56:01	0:58:17	1:01:09	1:03:59	1:07:08	1:10:39	1:17:24	1:21:40	1:23:41	1:27:12	1:41:25	1:51:25
20km Road Walk	1:50:00	1:55:00	1:59:56	2:05:42	2:11:54	2:19:29	2:29:43	2:43:25	2:46:17	2:47:22	3:07:22	3:27:22	3:47:22
4km Cross Country	0:14:05	0:14:34	0:15:57	0:16:21	0:17:19	0:17:31	0:19:50	0:23:27	0:23:54	0:29:39	0:32:32	0:39:13	0:43:37