



KZNMA Colours Standards (2024)

Outdoor Stadia

	MEN												
	35	40	45	50	55	60	65	70	75	80	85	90	95
100m	12.64	12.90	13.24	13.57	14.00	14.54	15.16	15.97	17.48	19.16	22.94	27.88	32.74
200m	25.78	26.29	26.90	27.76	28.95	29.90	31.77	33.28	37.11	42.06	48.24	55.76	65.48
400m	0:57.16	0:58.86	1:00.18	1:02.69	1:06.11	1:08.33	1:13.17	1:17.10	1:29.28	1:48.45	2:10.07	2:40.33	4:03.60
800m	2:14.97	2:16.77	2:19.96	2:23.38	2:31.14	2:40.53	2:50.62	3:10.11	3:46.40	4:44.95	5:23.24	6:27.82	8:38.34
1500m	4:43.11	4:45.54	4:51.94	5:02.10	5:10.44	5:28.44	5:52.77	6:26.55	7:16.21	9:43.24	11:41.50	13:15.87	16:12.16
5000m	17:43.27	18:02.05	18:26.86	18:43.14	19:34.36	20:38.84	22:13.99	24:24.93	27:53.97	33:22.41	41:46.20	47:42.46	54:01.28
10000m	00:37:21	00:37:30	00:38:59	00:39:21	00:41:34	00:43:31	00:46:53	00:51:48	00:57:50	01:11:40	01:23:53	01:38:49	01:48:03
3000m Steeplechase	12:23.01	12:29.28	12:30.40	12:59.30	13:58.43								
2000m Steeplechase						8:54.24	9:57.63	12:05.98	14:05.04	17:16.45	18:43.58	20:28.08	22:12.61
110m Short Hurdles	18.95	19.56	20.87										
100m Short Hurdles				19.02	19.63	20.53	21.11						
80m Short Hurdles								18.42	20.16	22.03	23.70	27.55	30.96
400m Long Hurdles	1:08.24	1:11.95	1:17.07	1:18.39	1:22.62								
300m Long Hurdles						1:01.60	1:03.36	1:09.12	1:15.61				
200m Long Hurdles										0:55.08	0:59.27	1:08.90	1:17.41
5000m Race Walk	26:52.8	27:39.3	28:45.6	29:43.0	31:15.3	32:25.2	33:29.7	36:54.9	39:23.0	41:37.5	47:02.4	53:14.2	58:50.2
High Jump	1.60	1.57	1.48	1.42	1.36	1.28	1.23	1.12	1.01	0.93	0.84	0.75	0.65
Pole Vault	3.54	3.37	3.28	3.00	2.75	2.56	2.39	2.09	1.80	1.45	1.32	1.12	0.92
Long Jump	5.48	5.30	5.08	4.77	4.55	4.22	3.92	3.56	3.17	2.63	1.96	1.52	0.95
Triple Jump	10.74	10.59	10.42	10.10	9.24	9.06	8.11	7.16	6.45	5.32	4.47	3.73	2.20
Shot Put	12.58	12.23	10.89	11.89	11.02	11.26	10.20	10.37	8.56	8.20	6.97	5.33	4.15
Discus	37.81	37.06	34.66	38.94	35.94	39.05	35.71	30.39	24.23	21.16	16.58	11.47	9.76
Hammer	44.11	43.43	39.60	39.93	38.14	38.63	33.98	33.98	25.90	26.14	21.62	17.78	12.67
Javelin	50.34	47.42	44.62	42.53	38.25	36.34	33.14	29.17	23.22	22.70	17.98	13.87	7.85
Weight Throw	11.90	11.62	11.45	13.66	13.36	14.56	13.68	14.02	11.06	10.66	8.85	6.92	5.61
Throws Pentathlon	3010	3106	3177	3318	3353	3335	3318	3168	2746	2631	2464	2209	1998
Decathlon	4761	4752	5025	5086	5104	5104	5104	4638	4690	3854	3678	3476	3388



KZNMA Colours Standards (2024)

Outdoor Stadia

	WOMEN												
	35	40	45	50	55	60	65	70	75	80	85	90	95
100m	14.74	14.97	15.37	15.81	16.60	17.64	18.57	20.34	22.50	25.47	28.62	32.42	43.12
200m	30.18	30.64	31.10	32.96	34.47	36.51	39.80	42.49	49.20	55.69	62.03	76.33	95.78
400m	1:08.23	1:09.33	1:12.20	1:16.78	1:23.56	1:26.72	1:33.58	1:43.28	2:05.65	2:24.32	2:40.08	3:06.55	4:48.81
800m	2:45.60	2:46.69	2:50.30	2:57.84	3:09.96	3:24.85	3:41.42	4:12.67	4:44.86	5:12.95	6:01.20	6:37.60	9:45.76
1500m	5:36.46	5:40.36	5:50.01	5:55.40	6:17.93	6:51.62	7:36.71	8:38.10	9:45.40	10:31.99	12:58.83	15:52.00	18:18.72
5000m	21:12.50	21:27.35	21:55.45	22:41.06	23:54.36	25:57.23	28:14.95	31:58.60	35:28.66	41:53.56	49:28.00	54:53.92	1:03.52
10000m	00:44:23	00:45:35	00:47:00	00:48:08	00:49:52	00:54:14	00:59:14	01:05:59	01:17:52	01:25:09	01:38:56	01:49:48	02:02:07
2000m Steeplechase	9:12.90	9:34.20	9:58.35	11:00.08	12:07.85	13:45.04	14:48.01	15:31.67	17:24.95	17:39.81	21:36.27	25:45.60	29:07.20
100m Short Hurdles	19.82												
80m Short Hurdles		15.06	16.23	17.23	18.11	19.02	20.08	21.26	23.52	25.16	34.10	43.05	52.00
400m Long Hurdles	1:20.82	1:23.04	1:26.89										
300m Long Hurdles				1:04.61	1:09.42	1:12.92	1:17.22						
200m Long Hurdles								0:53.16	0:58.90	1:04.64	2:09.92	2:34.56	2:54.72
5000m Race Walk	30:11.7	31:09.5	32:03.8	33:40.9	35:20.7	36:50.7	39:19.7	41:53.2	44:45.4	46:52.3	48:49.9	53:38.9	59:14.9
High Jump	1.32	1.25	1.21	1.16	1.07	1.02	0.94	0.92	0.82	0.81	0.70	0.63	0.52
Pole Vault	2.27	2.09	2.05	1.98	1.87	1.59	1.52	1.43	1.36	1.19	0.95	0.86	0.77
Long Jump	4.36	4.17	3.87	3.78	3.50	3.19	2.87	2.45	2.05	1.87	1.64	1.15	0.84
Triple Jump	8.87	8.47	8.09	7.32	6.93	6.28	5.90	5.46	4.58	4.01	3.67	2.67	1.89
Shot Put	10.57	9.34	9.00	9.78	8.65	7.93	7.33	6.51	6.33	5.35	4.49	3.53	2.62
Discus	32.26	30.62	28.07	26.22	22.51	20.28	17.63	16.75	15.04	12.71	10.64	9.23	7.52
Hammer	35.39	32.68	31.40	33.50	29.47	25.79	22.12	19.63	19.59	15.40	12.45	10.69	8.93
Javelin	30.58	28.62	26.54	25.81	22.11	20.32	17.64	15.95	13.22	8.87	7.74	6.86	5.98
Weight Throw	10.60	10.23	9.77	10.96	9.68	10.30	8.87	7.98	7.58	6.47	5.72	5.28	4.84
Throws Pentathlon	2420	2570	2693	2860	2728	2719	2649	2710	2314	2112	2103	2015	1927
Heptathlon	2675	3485	3828	3538	3573	3291	2737	2746	2790	2605	2578	2112	2024



KZNMA Colours Standards (2024)

Outdoor Non-Stadia

	MEN												
	35	40	45	50	55	60	65	70	75	80	85	90	95
10km Road Race	00:37:58	00:38:13	00:39:14	00:39:57	00:42:29	00:44:42	00:47:28	00:53:04	01:02:22	01:13:36	01:27:35	01:43:29	01:58:20
Half Marathon	01:24:44	01:26:19	01:27:26	01:29:43	01:34:03	01:39:21	01:47:36	01:58:42	02:14:28	02:33:14	03:04:48	03:54:17	04:50:05
Marathon	03:02:21	03:09:26	03:19:20	03:20:48	03:32:36	03:43:25	03:51:38	04:08:10	04:51:31	05:06:29	06:09:36	08:33:13	09:42:40
10km Road Walk	00:55:54	00:56:34	00:58:18	01:00:10	01:02:38	01:05:59	01:08:51	01:14:36	01:20:27	01:29:28	01:34:06	01:47:03	01:58:16
20km Road Walk	01:53:07	01:56:25	02:00:30	02:05:20	02:10:20	02:15:55	02:23:33	02:33:28	02:43:00	03:03:28	03:08:12	03:34:08	03:56:32
8km Cross Country	00:28:39	00:28:41	00:30:11	00:30:29	00:32:34								
6km Cross Country						00:25:48	00:27:25	00:27:29					
4km Cross Country									00:20:56	00:28:40	00:32:49	00:41:24	00:43:13

	WOMEN												
	35	40	45	50	55	60	65	70	75	80	85	90	95
10km Road Race	00:45:35	00:45:55	00:47:15	00:48:51	00:52:43	00:56:22	01:01:51	01:07:46	01:20:04	01:29:36	01:49:59	01:57:36	02:05:13
Half Marathon	01:46:58	01:49:57	01:53:06	01:54:23	02:02:19	02:07:50	02:20:34	02:36:22	02:48:56	03:12:41	03:49:36	04:19:50	04:51:25
Marathon	03:40:23	03:50:16	03:59:18	04:04:25	04:17:55	04:41:56	05:00:02	05:25:03	06:18:19	07:00:00	08:07:12	10:21:36	12:36:00
10km Road Walk	01:00:42	01:02:44	01:05:17	01:08:29	01:11:40	01:15:11	01:19:08	01:26:41	01:31:28	01:33:44	01:37:40	01:53:35	02:04:47
20km Road Walk	02:03:12	02:08:48	02:14:20	02:20:47	02:27:44	02:36:13	02:47:41	03:03:02	03:06:14	03:07:27	03:29:51	03:52:15	04:14:39
4km Cross Country	00:15:46	00:16:19	00:17:52	00:18:19	00:19:24	00:19:37	00:22:13	00:26:16	00:26:46	00:33:12	00:36:26	00:43:55	00:48:51