KZNMA Colours Standards (2025)

Outdoor Stadia

	MEN													
	35	40	45	50	55	60	65	70	75	80	85	90	95	100
100m	12.64	12.86	13.24	13.52	13.92	14.48	15.18	15.81	17.27	19.03	22.61	27.54	32.22	37.13
200m	25.79	26.26	26.86	27.57	28.52	29.80	31.57	33.00	36.78	41.82	47.50	55.76	64.44	74.24
400m	0:56.93	0:59.23	1:00.27	1:03.26	1:05.56	1:08.03	1:12.71	1:17.10	1:28.72	1:48.45	2:10.07	2:40.40	4:19.27	
800m	2:14.06	2:17.51	2:19.78	2:23.36	2:30.28	2:39.13	2:50.92	3:09.74	3:36.78	4:00.97	4:44.31	6:08.13	8:38.60	
1500m	4:41.94	4:45.92	4:52.08	5:00.41	5:08.21	5:26.70	5:48.26	6:25.92	7:11.45	8:12.06	9:18.80	11:30.24	16:12.38	
5000m	17:43.59	17:52.16	18:23.12	18:34.36	19:24.95	20:27.81	22:09.44	24:27.13	27:42.61	33:08.38	39:17.41	45:12.40	54:01.28	
10000m	00:37:26	00:38:03	00:38:12	00:39:28	00:41:22	00:43:25	00:46:52	00:50:42	00:58:29	01:06:17	01:19:23	01:34:05	01:48:03	
3000m Steeplechase	12:11.98	12:16.96	12:17.61	12:50.92	13:46.50									
2000m Steeplechase						8:53.33	9:56.62	11:12.00	12:52.80	14:33.60	17:00.32	19:19.20	22:12.61	
110m Short Hurdles	18.64	19.38	20.10											
100m Short Hurdles				19.00	19.82	20.53	20.91							
80m Short Hurdles								18.31	20.16	22.03	23.70	27.10	30.96	
400m Long Hurdles	1:07.76	1:10.45	1:13.12	1:16.38	1:22.63									
300m Long Hurdles						1:01.60	1:02.72	1:08.66	1:15.75					
200m Long Hurdles										0:55.89	1:01.99	1:08.90	1:17.41	
5000 Race Walk	26:43.3	27:21.8	28:48.7	29:45.7	31:05.1	32:41.0	33:40.0	36:16.2	39:02.8	42:38.3	46:33.3	49:37.0	52:42.3	
High Jump	1.61	1.57	1.49	1.43	1.36	1.31	1.24	1.15	1.06	0.96	0.86	0.78	0.69	
Pole Vault	3.54	3.37	3.21	3.00	2.82	2.58	2.44	2.11	1.83	1.49	1.35	1.14	0.92	
Long Jump	5.55	5.33	5.08	4.82	4.63	4.24	3.93	3.62	3.17	2.63	2.09	1.60	1.10	
Triple Jump	10.90	10.65	10.48	10.07	9.64	9.24	8.20	7.29	6.45	5.60	4.58	3.73	2.24	
Shot Put	12.58	12.12	10.89	11.86	11.02	11.26	10.19	10.35	8.57	8.20	7.19	5.58	3.82	
Discus	37.81	37.19	34.87	39.27	35.84	39.08	35.82	30.87	25.71	21.77	16.86	11.47	8.68	
Hammer	48.51	43.89	39.73	40.48	38.46	38.21	34.03	34.39	26.91	26.85	21.30	17.10	14.49	
Javelin	50.45	47.70	44.88	42.18	38.46	36.05	33.91	29.36	23.54	22.39	18.09	13.26	7.85	
Weight Throw	11.94	11.77	11.49	13.92	13.47	14.72	13.71	14.04	10.98	11.01	8.85	7.11	5.61	
Throws Pentathlon	2400	2588	2832	2999	3113	3209	3318	3157	2881	2695	2491	2207	2741	
Decathlon	5040	5039	5312	5351	5431	5289	5302	4875	4693	3889	3973	3681	3388	

KZNMA Colours Standards (2025)

Outdoor Stadia

	WOMEN													
	35	40	45	50	55	60	65	70	75	80	85	90	95	100
100m	14.59	14.74	15.24	15.78	16.44	17.35	18.36	20.24	22.59	25.12	28.43	32.85	56.36	
200m	30.04	30.41	30.99	32.72	34.10	36.22	39.44	42.27	49.09	56.22	63.30	77.93	112.71	
400m	1:08.06	1:09.40	1:12.25	1:16.62	1:20.82	1:26.14	1:32.92	1:44.78	1:56.64	2:08.27	2:31.47	3:14.58	8:40.81	
800m	2:44.42	2:46.06	2:50.63	2:57.46	3:09.54	3:22.73	3:36.79	3:49.61	4:08.12	4:34.58	5:30.67	11:07.52	17:21.61	
1500m	5:37.27	5:39.30	5:53.32	5:53.94	6:13.30	6:47.92	7:24.09	8:31.25	9:52.58	10:55.68	12:28.87	22:58.52	32:33.02	
5000m	21:03.36	21:14.56	21:36.96	22:29.60	23:48.00	25:35.52	28:08.96	31:40.64	34:17.44	37:45.76	51:00.96	20:19.36	48:30.56	
10000m	00:44:23	00:45:35	00:47:00	00:48:31	00:50:55	00:54:20	00:58:29	01:03:49	01:09:22	01:15:32	01:44:32	02:40:38	03:37:00	
2000m Steeplechase	9:05.63	9:33.92	9:58.33	10:56.90	12:07.85	13:16.45	14:48.01	15:31.67	17:24.95	18:37.39	21:36.27	25:17.34	28:58.42	
100m Short Hurdles	19.82													
80m Short Hurdles		15.02	15.72	16.80	17.56	19.02	20.08	20.80	22.57	22.89	34.10	43.05	52.00	
400m Long Hurdles	1:19.90	1:21.78	1:26.44											
300m Long Hurdles				1:03.43	1:07.76	1:12.92	1:15.54							
200m Long Hurdles								0:51.99	0:58.90	1:04.64	1:40.27	2:14.40	2:53.85	
5000 Race Walk	30:48.1	31:06.9	31:53.3	33:34.1	34:48.8	36:12.2	38:40.6	40:38.2	43:31.8	45:45.1	48:33.0	51:09.4	54:39.4	
High Jump	1.32	1.26	1.22	1.17	1.09	1.04	0.96	0.92	0.85	0.81	0.71	0.62	0.50	
Pole Vault	2.34	2.19	2.08	1.98	1.87	1.73	1.57	1.43	1.35	1.19	1.01	0.88	0.77	
Long Jump	4.36	4.19	4.00	3.83	3.53	3.25	2.91	2.51	2.16	1.92	1.54	1.13	0.78	
Triple Jump	8.87	8.59	8.07	7.35	6.97	6.29	5.90	5.25	4.58	4.07	3.59	2.67	1.89	
Shot Put	10.53	9.46	8.88	9.84	8.90	7.93	7.42	6.51	6.42	5.47	4.58	4.05	3.75	
Discus	32.26	30.62	28.50	26.95	22.99	21.16	18.35	16.87	15.28	13.36	11.70	9.28	8.87	
Hammer	35.68	33.24	31.77	35.15	30.06	25.76	22.61	19.85	20.22	16.72	15.59	13.97	9.84	
Javelin	30.58	28.57	25.70	26.03	22.08	20.14	18.06	16.37	13.35	9.99	8.92	7.00	6.16	
Weight Throw	11.00	10.45	9.97	11.38	9.77	10.58	9.20	8.22	7.66	7.04	6.72	6.04	4.84	
Throws Pentathlon	2424	2663	2788	2956	2977	2857	2902	2758	2620	2488	3160	3328	2751	
Heptathlon	2750	3503	3927	3616	3652	3332	2737	2751	2790	2605	2578	2301	2024	

KZNMA Colours standards (2025)

Outdoor Non-Stadia

	MEN													
	35	40	45	50	55	60	65	70	75	80	85	90	95	100
10km Road Race	00:37:58	00:38:13	00:39:00	00:39:57	00:42:29	00:44:42	00:46:58	00:53:04	01:00:51	01:08:34	01:24:15	01:38:24	02:02:08	
Half Marathon	01:24:04	01:26:00	01:26:55	01:29:43	01:33:27	01:37:42	01:45:38	01:57:40	02:10:25	02:24:40	02:57:45	03:50:32	04:52:57	
Marathon	03:02:38	03:07:42	03:14:16	03:19:22	03:28:30	03:34:39	03:45:53	04:08:59	04:20:50	04:49:20	05:55:30	08:33:13	11:44:40	
10km Road Walk	00:57:42	00:58:03	01:00:56	01:01:52	01:02:45	01:06:45	01:10:18	01:15:56	01:21:02	01:29:28	01:35:20	01:40:22	01:45:25	
20km Road Walk	01:56:28	01:58:06	02:01:52	02:05:36	02:12:23	02:18:49	02:25:30	02:33:43	02:46:04	02:59:00	03:10:40	03:30:46	03:50:08	
8km Cross Country	00:26:37	00:27:23	00:28:09	00:29:41	00:31:12									
6km Cross Country						00:25:11	00:27:50	00:29:28						
4km Cross Country									00:22:07	00:27:25	00:33:42	00:39:21	00:45:27	

	WOMEN													
	35	40	45	50	55	60	65	70	75	80	85	90	95	100
10km Road Race	00:46:29	00:47:02	00:47:33	00:48:52	00:52:43	00:56:22	01:01:51	01:07:46	01:16:10	01:22:19	01:48:07	02:46:10	03:44:29	
Half Marathon	01:47:38	01:48:38	01:52:53	01:54:03	01:58:47	02:09:24	02:20:21	02:32:01	02:42:53	02:53:42	03:48:09	05:50:37	07:53:39	
Marathon	03:40:17	03:48:20	03:59:18	04:08:36	04:17:21	04:39:23	05:00:56	05:27:37	05:54:40	06:21:36	07:36:17	11:41:14	15:47:18	
10km Road Walk	01:06:04	01:07:46	01:08:32	01:10:50	01:13:32	01:17:13	01:21:15	01:25:39	01:29:39	01:33:44	01:37:29	01:42:19	01:49:19	
20km Road Walk	02:12:06	02:15:31	02:17:03	02:22:37	02:27:04	02:34:28	02:42:30	02:51:16	02:59:18	03:07:27	03:26:18	03:45:09	04:04:01	
4km Cross Country	00:16:24	00:17:18	00:17:29	00:18:15	00:19:33	00:21:01	00:21:52	00:25:02	00:28:39	00:32:27	00:36:03	00:42:27	00:48:51	