SAMA National Colours Standards (2025)

Outdoor Stadia

	MEN													
	35	40	45	50	55	60	65	70	75	80	85	90	95	100
100m	11,29	11,48	11,82	12,07	12,43	12,93	13,55	14,12	15,42	16,99	20,19	24,59	28,77	33,15
200m	23,03	23,45	23,98	24,62	25,46	26,61	28,19	29,46	32,84	37,34	42,41	49,79	57,54	66,29
400m	0:50,83	0:52,88	0:53,81	0:56,48	0:58,54	1:00,74	1:04,92	1:08,84	1:19,21	1:36,83	1:56,13	2:23,21	3:51,49	
800m	1:59,70	2:02,78	2:04,80	2:08,00	2:14,18	2:22,08	2:32,61	2:49,41	3:13,55	3:35,15	4:13,85	5:28,69	7:43,04	
1500m	4:11,73	4:15,29	4:20,79	4:28,22	4:35,19	4:51,70	5:10,95	5:44,57	6:25,22	7:19,34	8:18,93	10:16,29	14:28,20	
5000m	15:49,63	15:57,29	16:24,93	16:34,96	17:20,13	18:16,26	19:47,00	21:49,94	24:44,47	29:35,34	35:04,83	40:21,79	48:14,00	
10000m	0:33:25	0:33:58	0:34:06	0:35:14	0:36:56	0:38:46	0:41:51	0:45:16	0:52:13	0:59:11	1:10:53	1:24:00	1:36:28	
3000m Steeplechase	10:53,55	10:58,00	10:58,58	11:28,32	12:17,95									
2000m Steeplechase						7:56,19	8:52,70	10:00,00	11:30,00	13:00,00	15:11,00	17:15,00	19:49,83	
110m Short Hurdles	16,64	17,30	17,95											
100m Short Hurdles				16,96	17,70	18,33	18,67							
80m Short Hurdles								16,35	18,00	19,67	21,16	24,20	27,64	
400m Long Hurdles	1:00,50	1:02,90	1:05,29	1:08,20	1:13,78									
300m Long Hurdles						0:55,00	0:56,00	1:01,30	1:07,63					
200m Long Hurdles										0:49,90	0:55,35	1:01,52	1:09,12	
5000 Race Walk	23:51,5	24:25,9	25:43,5	26:34,4	27:45,3	29:10,9	30:03,6	32:23,0	34:51,8	38:04,2	41:34,0	44:18,0	47:03,5	
High Jump	1,83	1,78	1,69	1,63	1,55	1,49	1,41	1,31	1,20	1,09	0,98	0,89	0,78	
Pole Vault	4,02	3,83	3,65	3,41	3,21	2,93	2,77	2,40	2,08	1,69	1,53	1,30	1,04	
Long Jump	6,31	6,06	5,77	5,48	5,26	4,82	4,47	4,11	3,60	2,99	2,37	1,82	1,25	
Triple Jump	12,39	12,10	11,91	11,44	10,95	10,50	9,32	8,28	7,33	6,36	5,20	4,24	2,54	
Shot Put	14,29	13,77	12,38	13,48	12,52	12,79	11,58	11,76	9,74	9,32	8,17	6,34	4,34	
Discus	42,97	42,26	39,62	44,62	40,73	44,41	40,70	35,08	29,22	24,74	19,16	13,03	9,86	
Hammer	55,13	49,88	45,15	46,00	43,71	43,42	38,67	39,08	30,58	30,51	24,20	19,43	16,47	
Javelin	57,33	54,20	51,00	47,93	43,71	40,97	38,53	33,36	26,75	25,44	20,56	15,07	8,92	
Weight Throw	13,57	13,37	13,06	15,82	15,31	16,73	15,58	15,95	12,48	12,51	10,06	8,08	6,37	
Throws Pentathlon	2727	2941	3218	3408	3537	3647	3770	3587	3274	3063	2831	2508	3115	
Decathlon	5727	5726	6036	6081	6172	6010	6025	5540	5333	4419	4515	4183	3850	

SAMA National Colours Standards (2025)

Outdoor Stadia

	WOMEN												
	35	40	45	50	55	60	65	70	75	80	85	90	95
100m	13,03	13,16	13,61	14,09	14,68	15,49	16,39	18,07	20,17	22,43	25,38	29,33	50,32
200m	26,82	27,15	27,67	29,21	30,45	32,34	35,21	37,74	43,83	50,20	56,52	69,58	100,63
400m	1:00,77	1:01,96	1:04,51	1:08,41	1:12,16	1:16,91	1:22,96	1:33,35	1:44,14	1:54,53	2:15,24	2:53,73	7:45,01
800m	2:26,80	2:28,27	2:32,35	2:38,45	2:49,23	3:01,01	3:13,56	3:25,01	3:41,54	4:05,16	4:55,24	9:56,00	15:30,01
1500m	5:01,13	5:02,95	5:15,46	5:16,02	5:33,30	6:04,21	6:36,51	7:36,47	8:49,09	9:45,43	11:08,63	20:30,82	29:03,77
5000m	0:18:48	0:18:58	0:19:18	0:20:05	0:21:15	0:22:51	0:25:08	0:28:17	0:30:37	0:33:43	0:45:33	1:11:43	1:36:53
10000m	0:39:38	0:40:42	0:41:58	0:43:19	0:45:28	0:48:31	0:52:13	0:56:59	1:01:56	1:07:26	1:33:20	2:23:25	3:13:45
2000m Steeplechase	8:07,17	8:32,43	8:54,22	9:46,52	10:49,87	11:51,12	13:12,87	13:51,85	15:32,99	16:37,67	19:17,38	22:34,77	25:52,16
100m Short Hurdles	17,70												
80m Short Hurdles		13,41	14,04	15,00	15,68	16,98	17,93	18,57	20,15	20,44	30,45	38,44	46,43
400m Long Hurdles	1:11,34	1:13,02	1:17,18										
300m Long Hurdles				0:56,63	1:00,50	1:05,11	1:07,45						
200m Long Hurdles								0:46,42	0:52,59	0:57,71	1:29,53	2:00,00	2:35,22
5000 Race Walk	27:30,1	27:46,9	28:28,3	29:58,3	31:05,0	32:19,5	34:32,0	36:17,0	38:52,0	40:51,0	43:20,9	45:40,5	48:48,0
High Jump	1,50	1,43	1,39	1,33	1,24	1,18	1,09	1,05	0,97	0,92	0,81	0,70	0,57
Pole Vault	2,66	2,49	2,36	2,25	2,13	1,97	1,78	1,63	1,53	1,35	1,15	1,00	0,88
Long Jump	4,96	4,76	4,54	4,35	4,01	3,69	3,31	2,85	2,46	2,18	1,75	1,28	0,89
Triple Jump	10,08	9,76	9,17	8,35	7,92	7,15	6,70	5,97	5,21	4,62	4,08	3,03	2,15
Shot Put	11,97	10,75	10,09	11,18	10,11	9,01	8,43	7,40	7,29	6,22	5,20	4,60	4,26
Discus	36,66	34,80	32,39	30,63	26,13	24,04	20,85	19,17	17,36	15,18	13,30	10,54	10,08
Hammer	40,54	37,77	36,10	39,94	34,16	29,27	25,69	22,56	22,98	19,00	17,72	15,88	11,18
Javelin	34,75	32,47	29,21	29,58	25,09	22,89	20,52	18,60	15,17	11,35	10,14	7,95	7,00
Weight Throw	12,50	11,87	11,33	12,93	11,10	12,02	10,46	9,34	8,70	8,00	7,64	6,86	5,50
Throws Pentathlon	2754	3026	3168	3359	3383	3247	3298	3134	2977	2827	3591	3782	3126
Heptathlon	3125	3981	4462	4109	4150	3786	3110	3126	3170	2960	2930	2615	2300

SAMA National Colours Standards (2025)

Outdoor Non-Stadia

	MEN												
	35	40	45	50	55	60	65	70	75	80	85	90	95
10km Road Race	0:33:54	0:34:07	0:34:49	0:35:41	0:37:56	0:39:55	0:41:56	0:47:23	0:54:20	1:01:13	1:15:13	1:27:51	1:49:03
Half Marathon	1:15:04	1:16:47	1:17:36	1:20:06	1:23:26	1:27:14	1:34:19	1:45:04	1:56:27	2:09:10	2:38:42	3:25:50	4:21:34
Marathon	2:43:04	2:47:35	2:53:27	2:58:00	3:06:10	3:11:39	3:21:41	3:42:18	3:52:53	4:18:20	5:17:25	7:38:14	10:28:10
10km Road Walk	0:51:31	0:51:50	0:54:24	0:55:14	0:56:02	0:59:36	1:02:46	1:07:48	1:12:21	1:19:53	1:25:07	1:29:37	1:34:07
20km Road Walk	1:43:59	1:45:27	1:48:49	1:52:09	1:58:12	2:03:57	2:09:55	2:17:15	2:28:16	2:39:49	2:50:14	3:08:11	3:25:29
8km Cross Country	0:23:46	0:24:27	0:25:08	0:26:30	0:27:51								
6km Cross Country						0:22:29	0:24:51	0:26:19					
4km Cross Country									0:19:45	0:24:29	0:30:05	0:35:08	0:40:35

	WOMEN												
	35	40	45	50	55	60	65	70	75	80	85	90	95
10km Road Race	0:41:30	0:42:00	0:42:27	0:43:38	0:47:04	0:50:20	0:55:13	1:00:30	1:08:00	1:13:30	1:36:32	2:28:22	3:20:26
Half Marathon	1:36:06	1:37:00	1:40:47	1:41:50	1:46:03	1:55:32	2:05:19	2:15:44	2:25:26	2:35:05	3:23:42	5:13:03	7:02:54
Marathon	3:16:41	3:23:52	3:33:40	3:41:58	3:49:47	4:09:27	4:28:41	4:52:31	5:16:40	5:40:43	6:47:24	10:26:06	14:05:48
10km Road Walk	0:58:59	1:00:30	1:01:11	1:03:15	1:05:39	1:08:57	1:12:33	1:16:28	1:20:03	1:23:41	1:27:02	1:31:21	1:37:36
20km Road Walk	1:57:57	2:01:00	2:02:22	2:07:20	2:11:19	2:17:55	2:25:05	2:32:55	2:40:05	2:47:22	3:04:12	3:21:02	3:37:52
4km Cross Country	0:14:39	0:15:27	0:15:37	0:16:18	0:17:27	0:18:46	0:19:31	0:22:21	0:25:35	0:28:58	0:32:11	0:37:54	0:43:37