Women

Age	Group 1	Group 2	Group 3	Group4	Group 5	Ruck-March	Firing
completed this year	Swimming 200m (mandatory)	Jump long or high	Sprint 50m or 75m or 100m or 1000m	Shot Put 4 Kg or Swimming 100m or Weight Lifting (75% of BodyWeight)	Run 2Km or 5Km or Swimming 1000m	G=Gold S=Silver B=Bronze Backpack: 10 kg (22lb)	**Pistol:** 25m 3 Targets, 6 rounds all must be engaged **Rifle:** 2oo m 1 Target 6 rounds
18 - 29	7:00 min	long : 11'8" or 3,50m high: 3'8" or 1,10m	75 m: 12.4 sec 100 m: 16.0 sec 1000 m: 5:30min	Shot Put: 22'6" or 6,75 m Swimming: 2:10 min	Run 2 Km : 12:00 min 5 Km : 32:00 min Swimming 1000 m: 28:00 min	G= 30Km/18.75Mls 5 Hrs S= 25 Km/15.6 Mls 4:10 Hrs B= 20 Km/ 12.5 Mls 3:20 Hrs	GOLD: 6 Hits SILVER: 5 Hits Bronze: 4 Hits
30 - 39	8:00 min	long 10'10" or 3,25 m high: 3'6" or 1,05 m	75 m: 13.0 sec 100 m: 17.0 sec 1000 m: 6:00min	Shot Put: 20' 10" or 6,25 m Swimming: 2:30 min	Run 2 Km : 13:00 min 5 Km : 35:00 min Swimming 1000 m: 30:00 min	G= 25 Km/15.6 Mls 4:10Hrs S= 20 Km/12.5 Mls 3:20Hrs B= 18 Km/11.25Mls 3:00Hrs	
40 - 44	9:00 min	long : 10 3,oo m high: 34" or 1,00 m	50 m: 9.2 sec 100 m: 18.5 sec 1000 m: 6:40min	Shot Put: 20' or 6,00 m Swimming: 2:45 min	Run 2 Km : 14:00 min 5 Km : 38:00 min Swimming 1000 m: 32:00 min	G= 25 Km/15.6 Mls 4:10Hrs S= 20 Km/12.5 Mls 3:20Hrs B= 18 Km/11.25Mls 3:00Hrs	
45 +	9:30 min	long : 9'8" or 2,90 m high: 3'2" or 0,95 m	50 m: 9.7 sec 100 m: 20.0 sec 1000 m: 7:00min	Shot Put: 19'2" or 5,75 m Swimming: 3:00 min	Run 2 Km : 15:00 min 5 Km : 40:30 min Swimming 1000 m: 34:00 min	G= 20 Km/12.5 Mls 3:20Hrs S= 18 Km/11.25Mls 3:00Hrs B= 15 Km/9.4 Mls 2:30Hrs	

Men

Age	Group 1	Group 2	Group 3	Group4	Group 5	Ruck-March	Firing
completed this year	Swimming 200m (mandatory)	Jump long or high	Sprint 50m or 100m or 400m or 1000m	Shot Put 7,25 Kg or Swimming 100m or WeightLifting (75% of BodyWeight)	Run 3Km or 5Km or Swimming 1000m	G=Gold S=Silver B=Bronze Backpack: 10 kg (22lb)	**Pistol** 25m 3 Targets, 6 rounds all must be engaged **Rifle:** 2oo m 1 Target 6 rounds
18 - 29	6:00 min	long : 15'10" or4,75 m high: 4'6" or 1,35 m	100 m: 13.4 sec 400 m: 68.0 sec 1000 m: 03:50min	Shot Put: 26' 8" or 8,00 m Swimming: 1:50 min	Run 5 Km : 23:00 min 3 Km : 13:00 min Swimming 1000 m: 26:00 min	G= 30Km/18.75Mls 5 Hrs S= 25 Km/15.6 Mls 4:10 Hrs B= 20 Km/ 12.5 Mls 3:20 Hrs	GOLD: 6 Hits SILVER: 5 Hits Bronze: 4 Hits
30 - 39	7:00 min	long : 15' or 4,50 m high: 4'4" or 1,30 m	100 m: 14.0 sec 400 m: 70.0 sec 1000 m: 04:10min	Shot Put: 25' 10" 0r 7,75 m Swimming: 1:55 min	Run 5 Km : 26:00 min 3 Km : 14:30 min Swimming 1000 m: 28:00 min	G= 25 Km/15.6 Mls 4:10Hrs S= 20 Km/12.5 Mls 3:20Hrs B= 18 Km/11.25Mls 3:00Hrs	
40 - 44	7:30 min	long : 14'2" or 4,25 m high: 4'2" or 1,25 m	100 m: 14.5 sec 400 m: 72.0 sec 1000 m: 04:30min	Shot Put: 25' or7,50 m Swimming: 2:00 min	Run 3 Km : 16:00 min 5 Km : 28:00 min Swimming 1000 m: 30:00 min	G= 25 Km/15.6 Mls 4:10Hrs S= 20 Km/12.5 Mls 3:20Hrs B= 18 Km/11.25Mls 3:00Hrs	
45 +	8:00 min	long : 13'4" or 4,00 m high: 3'10" or1,15 m	50 m: 8.2 sec 100 m: 16.0 sec 1000 m: 04:45min	Shot Put: 24' 2" or 7,25 Swimming: 2:10 min	Run 3 Km : 17:30 min 5 Km : 31:00 min Swimming 1000 m: 32:00 min	G= 20 Km/12.5 Mls 3:20Hrs S= 18 Km/11.25Mls 3:00Hrs B= 15 Km/9.4 Mls 2:30Hrs	

1 mile = 16oo m, 1 Foot = 30 cm, 1 Inch = 2,5 cm