2016 – 2019 PRIMARY SCHOOLS ATHLETICS PERFORMANCE EVALUATION (APE) TABLES

ATHLETICS SOUTH AFRICA (ASA)

IN ASSOCIATION WITH

SOUTH AFRICAN SCHOOLS ATHLETICS (SASA)

CAPACITATING SCHOOLS ATHLETICS

Boys

Boys 13																									
	Track								Hurdles				Relays		Walk		Field								
	100m		200m		800m	1500m	3000m		80mH		200mH		4 x 100m		1500 mW		HJ	PV	LJ	SP	DT	HT	JT		
1000		11.06		23.29	2:02.59	3:58.54	8:41.86	1000		11.00	25.9	26.14	42.0	42.15	7:13.65	1000	1.78		6.24	17.59	62.02	49.34	55.89	1000
990	10.8	11.08	23.1	23.35	2:02.91	3:59.58	8:44.85	990	10.8	11.06	26.0	26.23	42.2	42.32	7:18.97	990	1.77	4.43	6.21	17.39	61.25	48.43	55.44	990
980		11.11		23.42	2:03.23	4:00.65	8:47.91	980		11.12	26.1	26.31	42.4	42.49	7:24.44	980		4.40	6.18	17.19	60.47	47.51	54.98	980
970		11.14	23.2	23.48	2:03.55	4:01.73	8:51.04	970	10.9	11.18	26.2	26.41	42.5	42.67	7:30.08	970	1.76	4.38	6.15	16.99	59.68	46.59	54.51	970
960	10.9	11.17	23.3	23.56	2:03.88	4:02.84	8:54.24	960	11.0	11.25	26.3	26.50	42.7	42.85	7:35.89	960	1.75	4.36	6.13	16.78	58.88	45.66	54.03	960
950		11.20	23.4	23.64	2:04.22	4:03.98	8:57.51	950		11.31	26.4	26.60	42.9	43.03	7:41.86	950	1.74	4.33	6.10	16.58	58.07	44.72	53.54	950
940		11.24	23.5	23.72	2:04.56	4:05.13	9:00.86	940	11.1	11.38	26.5	26.69	43.1	43.22	7:48.02	940	1.73	4.31	6.07	16.37	57.25	43.78	53.05	940
930	11.0	11.28	23.6	23.81	2:04.91	4:06.31	9:04.28	930	11.2	11.45	26.6	26.79	43.3	43.41	7:54.35	930		4.28	6.04	16.15	56.43	42.84	52.55	930
920		11.32	23.7	23.90	2:05.27	4:07.52	9:07.78	920	11.3	11.52	26.7	26.89	43.5	43.60	8:00.87	920	1.72	4.26	6.01	15.94	55.59	41.89	52.04	920
910	11.1	11.36	23.8	24.00	2:05.63	4:08.75	9:11.35	910		11.60	26.8	27.00	43.7	43.80	8:07.59	910	1.71	4.24	5.98	15.72	54.75	40.95	51.52	910
900		11.40	23.9	24.10	2:06.00	4:10.00	9:15.00	900	11.4	11.67	26.9	27.10	43.9	44.00	8:14.50	900	1.70	4.21	5.95	15.50	53.90	40.00	51.00	900
890	11.2	11.45	24.0	24.21	2:06.38	4:11.28	9:18.74	890	11.5	11.75	27.0	27.21	44.1	44.21	8:21.63	890	1.69	4.19	5.92	15.28	53.05	39.06	50.48	890
880		11.49	24.1	24.32	2:06.76	4:12.59	9:22.57	880	11.6	11.82	27.1	27.32	44.3	44.42	8:28.99	880		4.17	5.89	15.06	52.21	38.14	49.95	880
870	11.3	11.54	24.2	24.43	2:07.15	4:13.94	9:26.50	870		11.90	27.2	27.43	44.5	44.63	8:36.60	870	1.68	4.15	5.86	14.85	51.38	37.24	49.43	870
860		11.59	24.3	24.54	2:07.56	4:15.31	9:30.52	860	11.7	11.99	27.3	27.54	44.7	44.85	8:44.46	860	1.67	4.13	5.83	14.63	50.56	36.35	48.91	860
850	11.4	11.64	24.4	24.66	2:07.97	4:16.71	9:34.64	850	11.8	12.07	27.4	27.66	44.9	45.08	8:52.58	850	1.66	4.11	5.81	14.42	49.74	35.47	48.40	850
840		11.69	24.5	24.78	2:08.38	4:18.15	9:38.87	840	11.9	12.15	27.5	27.78	45.2	45.31	9:00.97	840	1.65	4.09	5.78	14.21	48.94	34.62	47.88	840
830	11.5	11.74	24.7	24.90	2:08.81	4:19.62	9:43.20	830	12.0	12.24	27.7	27.90	45.4	45.54	9:09.63	830	1.64	4.07	5.75	14.00	48.14	33.77	47.37	830
820		11.79	24.8	25.02	2:09.24	4:21.12	9:47.63	820	12.1	12.33	27.8	28.03	45.6	45.79	9:18.58	820		4.05	5.72	13.79	47.34	32.95	46.86	820
810	11.6	11.84	24.9	25.15	2:09.69	4:22.66	9:52.17	810	12.2	12.42	27.9	28.15	45.9	46.03	9:27.82	810	1.63	4.03	5.69	13.59	46.56	32.13	46.35	810
800		11.90	25.0	25.28	2:10.14	4:24.23	9:56.82	800	12.3	12.52	28.0	28.28	46.1	46.28	9:37.37	800	1.62	4.01	5.66	13.38	45.79	31.34	45.85	800
790	11.7	11.95	25.2	25.41	2:10.60	4:25.83	10:01.58	790	12.4	12.62	28.2	28.41	46.4	46.54	9:47.24	790	1.61	3.99	5.63	13.18	45.02	30.56	45.34	790
780		12.01	25.3	25.55	2:11.07	4:27.47	10:06.45	780	12.5	12.71	28.3	28.55	46.7	46.80	9:57.42	780	1.60	3.97	5.61	12.98	44.26	29.79	44.84	780
770	11.8	12.07	25.5	25.69	2:11.55	4:29.15	10:11.43	770	12.6	12.81	28.4	28.69	46.9	47.07	10:07.95	770		3.95	5.58	12.78	43.51	29.04	44.35	770
760	11.9	12.13	25.6	25.83	2:12.04	4:30.86	10:16.54	760	12.7	12.92	28.6	28.83	47.2	47.34	10:18.82	760	1.59	3.93	5.55	12.59	42.77	28.30	43.85	760
750		12.19	25.7	25.97	2:12.53	4:32.60	10:21.76	750	12.8	13.02	28.7	28.97	47.5	47.62	10:30.05	750	1.58	3.91	5.52	12.39	42.03	27.57	43.36	750
740	12.0	12.25	25.9	26.12	2:13.04	4:34.39	10:27.10	740	12.9	13.13	28.9	29.12	47.8	47.91	10:41.66	740	1.57	3.89	5.49	12.20	41.31	26.86	42.87	740
730		12.31	26.0	26.27	2:13.55	4:36.21	10:32.57	730	13.0	13.24	29.0	29.27	48.1	48.20	10:53.65	730	1.56	3.87	5.46	12.01	40.59	26.17	42.38	730
720	12.1	12.37	26.2	26.42	2:14.08	4:38.07	10:38.16	720	13.1	13.36	29.2	29.42	48.4	48.49	11:06.04	720	1.55	3.85	5.43	11.82	39.88	25.49	41.90	720
710	12.2	12.44	26.3	26.57	2:14.61	4:39.96	10:43.89	710	13.2	13.47	29.3	29.57	48.7	48.79	11:18.84	710		3.83	5.41	11.63	39.18	24.82	41.41	710
700		12.51	26.5	26.73	2:15.16	4:41.90	10:49.74	700	13.3	13.59	29.5	29.73	49.0	49.10	11:32.07	700	1.54	3.81	5.38	11.45	38.49	24.17	40.93	700
690	12.3	12.57	26.7	26.89	2:15.71	4:43.88	10:55.73	690	13.5	13.71	29.6	29.89	49.3	49.42	11:45.74	690	1.53	3.79	5.35	11.26	37.80	23.53	40.46	690
680	12.4	12.64	26.8	27.06	2:16.27	4:45.90	11:01.85	680	13.6	13.83	29.8	30.05	49.6	49.74	11:59.88	680	1.52	3.77	5.32	11.08	37.12	22.90	39.98	680
670		12.71	27.0	27.23	2:16.84	4:47.96	11:08.11	670	13.7	13.96	30.0	30.22	49.9	50.06	12:14.48	670	1.51	3.75	5.29	10.90	36.46	22.29	39.51	670
660	12.5	12.78	27.2	27.40	2:17.43	4:50.06	11:14.52	660	13.9	14.09	30.2	30.39	50.3	50.40	12:29.59	660		3.73	5.27	10.72	35.80	21.69	39.04	660
650	12.6	12.86	27.3	27.57	2:18.02	4:52.20	11:21.07	650	14.0	14.22	30.3	30.56	50.6	50.74	12:45.20	650	1.50	3.71	5.24	10.55	35.14	21.10	38.58	650
640	12.7	12.93	27.5	27.75	2:18.62	4:54.39	11:27.77	640	14.1	14.36	30.5	30.74	50.9	51.09	13:01.34	640	1.49	3.69	5.21	10.37	34.50	20.52	38.12	640
630		13.01	27.7	27.93	2:19.23	4:56.62	11:34.62	630	14.3	14.50	30.7	30.92	51.3	51.44	13:18.04	630	1.48	3.67	5.18	10.20	33.87	19.96	37.66	630
620	12.8	13.08	27.9	28.12	2:19.86	4:58.90	11:41.63	620	14.4	14.64	30.9	31.10	51.7	51.80	13:35.30	620	1.47	3.65	5.15	10.03	33.24	19.41	37.20	620
610	12.9	13.16	28.1	28.31	2:20.49	5:01.22	11:48.79	610	14.5	14.78	31.0	31.29	52.0	52.17	13:53.16	610		3.63	5.12	9.86	32.62	18.87	36.75	610
600	13.0	13.24	28.3	28.50	2:21.13	5:03.59	11:56.11	600	14.7	14.93	31.2	31.48	52.4	52.54	14:11.63	600	1.46	3.61	5.10	9.70	32.01	18.35	36.30	600
590	13.1	13.32	28.5	28.69	2:21.79	5:06.01	12:03.60	590	14.8	15.08	31.4	31.67	52.8	52.92	14:30.74	590	1.45	3.59	5.07	9.53	31.41	17.83	35.85	590
580	13.2	13.41	28.7	28.89	2:22.46	5:08.47	12:11.26	580	15.0	15.23	31.6	31.87	53.2	53.31	14:50.51	580	1.44	3.57	5.04	9.37	30.81	17.33	35.40	580
570		13.49	28.9	29.10	2:23.13	5:10.98	12:19.09	570	15.2	15.39	31.8	32.07	53.6	53.71	15:10.97	570	1.43	3.55	5.01	9.21	30.23	16.84	34.96	570
560	13.3	13.58	29.1	29.30	2:23.82	5:13.55	12:27.10	560	15.3	15.55	32.0	32.27	54.0	54.11	15:32.14	560		3.53	4.99	9.05	29.65	16.36	34.52	560
550	13.4	13.66	29.3	29.51	2:24.52	5:16.16	12:35.28	550	15.5	15.72	32.2	32.48	54.4	54.53	15:54.06	550	1.42	3.51	4.96	8.89	29.08	15.89	34.09	550
540	13.5	13.75	29.5	29.73	2:25.23	5:18.83	12:43.65	540	15.6	15.89	32.4	32.69	54.8	54.95	16:16.75	540	1.41	3.49	4.93	8.74	28.52	15.43	33.66	540
530	13.6	13.84	29.7	29.95	2:25.95	5:21.55	12:52.21	530	15.8	16.06	32.7	32.90	55.2	55.37	16:40.24	530	1.40	3.47	4.90	8.59	27.96	14.99	33.23	530
520	13.7	13.93	29.9	30.17	2:26.69	5:24.32	13:00.96	520	16.0	16.23	32.9	33.12	55.7	55.81	17:04.57	520	1.39	3.45	4.87	8.43	27.42	14.55	32.80	520
510	13.8	14.03	30.2	30.40	2:27.43	5:27.14	13:09.90	510	16.2	16.41	33.1	33.34	56.1	56.26	17:29.76	510		3.43	4.85	8.29	26.88	14.13	32.38	510
500	13.9	14.12	30.4	30.63	2:28.19	5:30.03	13:19.05	500	16.4	16.60	33.3	33.57	56.6	56.71	17:55.86	500	1.38	3.41	4.82	8.14	26.35	13.71	31.96	500
	100m		200m		800m	1500m	3000m		80mH		200mH		4 x 100m		1500 mW		HJ	PV	LJ	SP	DT	HT	JT		
Technical Standards: 80 mH - 76,2 cm : 200 mH - 68 cm : SP - 4 kg : DT - 1 kg : HT - 4 kg ; JT - 600 g																									

Boys 13																									
	Track								Hurdles				Relays		Walk		Field								
	100m		200m		800m	1500m	3000m		80mH		200mH		4 x 100m		1500 mW		HJ	PV	LJ	SP	DT	HT	JT		
500	13.9	14.12	30.4	30.63	2:28.19	5:30.03	13:19.05	500	16.4	16.60	33.3	33.57	56.6	56.71	17:55.86	500	1.38	3.41	4.82	8.14	26.35	13.71	31.96	500
490	14.0	14.22	30.6	30.86	2:28.96	5:32.97	13:28.40	490	16.5	16.78	33.6	33.80	57.0	57.17	18:22.89	490	1.37	3.39	4.79	7.99	25.82	13.31	31.55	490
480	14.1	14.32	30.9	31.10	2:29.74	5:35.96	13:37.96	480	16.7	16.98	33.8	34.04	57.5	57.64	18:50.90	480	1.36	3.37	4.77	7.85	25.31	12.91	31.14	480
470	14.2	14.42	31.1	31.35	2:30.53	5:39.02	13:47.74	470	16.9	17.17	34.0	34.27	58.0	:58.12	19:19.92	470		3.35	4.74	7.71	24.80	12.52	30.73	470
460	14.3	14.52	31.4	31.60	2:31.34	5:42.13	13:57.74	460	17.1	17.37	34.3	34.52	58.5	:58.61	19:50.01	460	1.35	3.33	4.71	7.57	24.30	12.15	30.32	460
450	14.4	14.62	31.6	31.85	2:32.16	5:45.31	14:07.96	450	17.3	17.58	34.5	34.76	59.0	:59.10	20:21.19	450	1.34	3.31	4.68	7.43	23.81	11.78	29.92	450
440	14.5	14.73	31.9	32.11	2:32.99	5:48.55	14:18.41	440	17.5	17.79	34.8	35.01	:59.5	:59.61	20:53.52	440	1.33	3.29	4.66	7.29	23.32	11.42	29.52	440
430	14.6	14.84	32.1	32.37	2:33.84	5:51.85	14:29.10	430	17.8	18.00	35.0	35.27	1:00.0	1:00.12	21:27.04	430	1.32	3.28	4.63	7.16	22.84	11.08	29.12	430
420	14.7	14.95	32.4	32.64	2:34.69	5:55.22	14:40.03	420	18.0	18.22	35.3	35.53	1:00.5	1:00.65	22:01.81	420		3.26	4.60	7.03	22.37	10.74	28.73	420
410	14.8	15.06	32.7	32.91	2:35.56	5:58.65	14:51.21	410	18.2	18.44	35.6	35.79	1:01.0	1:01.18	22:37.87	410	1.31	3.24	4.57	6.89	21.91	10.41	28.34	410
400	14.9	15.17	33.0	33.19	2:36.45	6:02.15	15:02.64	400	18.4	18.67	35.8	36.06	1:01.6	1:01.73	23:15.29	400	1.30	3.22	4.55	6.77	21.46	10.09	27.95	400
390	15.1	15.29	33.2	33.47	2:37.35	6:05.72	15:14.32	390	18.7	18.91	36.1	36.34	1:02.1	1:02.29	23:54.11	390	1.29	3.20	4.52	6.64	21.01	9.77	27.57	390
380	15.2	15.40	33.5	33.76	2:38.26	6:09.36	15:26.28	380	18.9	19.14	36.4	36.62	1:02.7	1:02.85	24:34.40	380		3.18	4.49	6.51	20.57	9.47	27.19	380
370	15.3	15.52	33.8	34.05	2:39.19	6:13.07	15:38.50	370	19.1	19.39	36.7	36.90	1:03.3	1:03.43	25:16.21	370	1.28	3.16	4.47	6.39	20.13	9.17	26.82	370
360	15.4	15.64	34.1	34.35	2:40.13	6:16.85	15:51.01	360	19.4	19.64	36.9	37.19	1:03.9	1:04.01	25:59.63	360	1.27	3.14	4.44	6.27	19.71	8.88	26.45	360
350	15.5	15.77	34.4	34.65	2:41.08	6:20.70	16:03.80	350	19.7	19.89	37.2	37.48	1:04.5	1:04.61	26:44.71	350	1.26	3.12	4.41	6.15	19.29	8.60	26.08	350
340	15.7	15.89	34.7	34.96	2:42.05	6:24.63	16:16.88	340	19.9	20.15	37.5	37.78	1:05.1	1:05.22	27:31.52	340		3.10	4.39	6.03	18.87	8.33	25.71	340
330	15.8	16.02	35.0	35.27	2:43.04	6:28.64	16:30.26	330	20.2	20.42	37.8	38.08	1:05.7	1:05.84	28:20.15	330	1.25	3.09	4.36	5.91	18.47	8.06	25.35	330
320	15.9	16.15	35.4	35.59	2:44.03	6:32.73	16:43.95	320	20.5	20.69	38.1	38.39	1:06.3	1:06.48	29:10.67	320	1.24	3.07	4.33	5.80	18.07	7.80	24.99	320
310	16.0	16.28	35.7	35.92	2:45.05	6:36.90	16:57.96	310	20.7	20.97	38.5	38.70	1:07.0	1:07.12	30:03.16	310	1.23	3.05	4.31	5.68	17.68	7.55	24.63	310
300	16.2	16.42	36.0	36.25	2:46.08	6:41.15	17:12.28	300	21.0	21.26	38.8	39.02	1:07.6	1:07.78	30:57.71	300		3.03	4.28	5.57	17.29	7.30	24.28	300
290	16.3	16.55	36.4	36.59	2:47.12	6:45.48	17:26.94	290	21.3	21.55	39.1	39.35	1:08.3	1:08.44	31:54.42	290	1.22	3.01	4.26	5.46	16.91	7.06	23.93	290
280	16.5	16.69	36.7	36.93	2:48.19	6:49.90	17:41.93	280	21.6	21.85	39.4	39.68	1:09.0	1:09.12	32:53.38	280	1.21	2.99	4.23	5.35	16.54	6.83	23.59	280
270	16.6	16.83	37.0	37.28	2:49.26	6:54.40	17:57.27	270	21.9	22.15	39.8	40.01	1:09.7	1:09.82	33:54.68	270	1.20	2.97	4.20	5.25	16.17	6.61	23.25	270
260	16.7	16.98	37.4	37.64	2:50.36	6:59.00	18:12.97	260	22.2	22.46	40.1	40.35	1:10.4	1:10.53	34:58.45	260		2.96	4.18	5.14	15.81	6.39	22.91	260
250	16.9	17.12	37.8	38.00	2:51.47	7:03.68	18:29.04	250	22.5	22.78	40.5	40.70	1:11.1	1:11.25	36:04.77	250	1.19	2.94	4.15	5.04	15.46	6.18	22.57	250
240	17.0	17.27	38.1	38.37	2:52.59	7:08.46	18:45.48	240	22.9	23.11	40.8	41.06	1:11.8	1:11.98	37:13.79	240	1.18	2.92	4.13	4.94	15.12	5.97	22.24	240
230	17.2	17.42	38.5	38.75	2:53.74	7:13.33	19:02.30	230	23.2	23.44	41.2	41.41	1:12.6	1:12.73	38:25.60	230	1.17	2.90	4.10	4.84	14.77	5.77	21.91	230
220	17.3	17.58	38.9	39.13	2:54.90	7:18.30	19:19.52	220	23.5	23.79	41.5	41.78	1:13.3	1:13.49	39:40.35	220		2.88	4.07	4.74	14.44	5.58	21.59	220
210	17.5	17.73	39.3	39.52	2:56.07	7:23.36	19:37.14	210	23.9	24.13	41.9	42.15	1:14.1	1:14.26	40:58.18	210	1.16	2.87	4.05	4.64	14.11	5.39	21.27	210
200	17.7	17.89	39.7	39.92	2:57.27	7:28.53	19:55.17	200	24.3	24.49	42.3	42.53	1:14.9	1:15.05	42:19.21	200	1.15	2.85	4.02	4.54	13.79	5.21	20.95	200
190	17.8	18.05	40.1	40.32	2:58.48	7:33.80	20:13.64	190	24.6	24.86	42.7	42.92	1:15.7	1:15.86	43:43.60	190		2.83	4.00	4.45	13.47	5.03	20.63	190
180	18.0	18.22	40.5	40.73	2:59.71	7:39.17	20:32.54	180	25.0	25.23	43.1	43.31	1:16.5	1:16.68	45:11.51	180	1.14	2.81	3.97	4.36	13.16	4.86	20.32	180
170	18.2	18.39	40.9	41.15	3:00.96	7:44.66	20:51.88	170	25.4	25.61	43.5	43.70	1:17.4	1:17.52	46:43.10	170	1.13	2.79	3.95	4.27	12.86	4.69	20.01	170
160	18.3	18.56	41.3	41.58	3:02.23	7:50.25	21:11.69	160	25.8	26.01	43.9	44.11	1:18.2	1:18.37	48:18.54	160	1.12	2.78	3.92	4.18	12.56	4.53	19.71	160
150	18.5	18.73	41.8	42.01	3:03.52	7:55.95	21:31.97	150	26.2	26.41	44.3	44.52	1:19.1	1:19.24	49:58.02	150		2.76	3.90	4.09	12.27	4.37	19.41	150
140	18.7	18.91	42.2	42.46	3:04.83	8:01.77	21:52.74	140	26.6	26.82	44.7	44.94	1:20.0	1:20.12	51:41.73	140	1.11	2.74	3.87	4.00	11.98	4.22	19.11	140
130	18.8	19.08	42.7	42.91	3:06.15	8:07.71	22:14.00	130	27.0	27.24	45.1	45.37	1:20.9	1:21.02	53:29.87	130	1.10	2.72	3.85	3.92	11.70	4.07	18.81	130
120	19.0	19.27	43.1	43.37	3:07.50	8:13.76	22:35.78	120	27.4	27.67	45.6	45.80	1:21.8	1:21.94	55:22.65	120	1.09	2.70	3.82	3.83	11.42	3.93	18.52	120
110	19.2	19.45	43.6	43.84	3:08.87	8:19.94	22:58.08	110	27.9	28.11	46.0	46.24	1:22.7	1:22.88	57:20.30	110		2.69	3.80	3.75	11.15	3.79	18.23	110
100	19.4	19.64	44.1	44.31	3:10.25	8:26.24	23:20.91	100	28.3	28.56	46.5	46.69	1:23.7	1:23.83	59:23.06	100	1.08	2.67	3.77	3.67	10.88	3.65	17.95	100
90	19.6	19.83	44.6	44.80	3:11.66	8:32.67	23:44.31	90	28.8	29.02	46.9	47.15	1:24.7	1:24.80	1:01:31.15	90	1.07	2.65	3.75	3.59	10.62	3.52	17.66	90
80	19.8	20.03	45.1	45.29	3:13.09	8:39.23	24:08.27	80	29.2	29.49	47.4	47.61	1:25.7	1:25.79	1:03:44.86	80		2.63	3.72	3.51	10.36	3.40	17.39	80
70	20.0	20.23	45.6	45.80	3:14.54	8:45.92	24:32.82	70	29.7	29.97	47.8	48.08	1:26.7	1:26.80	1:06:04.46	70	1.06	2.62	3.70	3.44	10.11	3.27	17.11	70
60	20.2	20.43	46.1	46.31	3:16.01	8:52.75	24:57.96	60	30.2	30.46	48.3	48.56	1:27.7	1:27.83	1:08:30.23	60	1.05	2.60	3.67	3.36	9.87	3.16	16.84	60
50	20.4	20.64	46.6	46.83	3:17.50	8:59.71	25:23.73	50	30.7	30.97	48.8	49.05	1:28.7	1:28.88	1:11:02.47	50		2.58	3.65	3.29	9.63	3.04	16.57	50
40	20.6	20.84	47.1	47.36	3:19.02	9:06.82	25:50.12	40	31.2	31.49	49.3	49.55	1:29.8	1:29.95	1:13:41.52	40	1.04	2.57	3.63	3.22	9.39	2.93	16.30	40
30	20.8	21.06	47.7	47.91	3:20.56	9:14.08	26:17.17	30	31.8	32.02	49.8	50.06	1:30.9	1:31.04	1:16:27.71	30	1.03	2.55	3.60	3.15	9.16	2.82	16.04	30
20	21.0	21.27	48.2	48.46	3:22.12	9:21.49	26:44.89	20	32.3	32.56	50.3	50.57	1:32.00	1:32.15	1:19:21.39	20		2.53	3.58	3.08	8.94	2.72	15.78	20
10	21.3	21.49	48.8	49.02	3:23.70	9:29.04	27:13.30	10	32.9	33.12	50.9	51.10	1:33.10	1:33.28	1:22:22.95	10	1.02	2.51	3.55	3.01	8.71	2.62	15.52	10
0	21.5	21.72	49.4	49.59	3:25.31	9:36.76	27:42.42	0	33.5	33.69	51.4	51.63	1:34.30	1:34.44	1:25:32.77	0	#REF!	2.50	3.53	2.94	8.50	2.52	15.27	0
	100m		200m		800m	1500m	3000m		100mH		300mH		4 x 100m		3000 mW		HJ	PV	LJ	SP	DT	HT	JT		
Technical Standards: 80 mH - 76,2 cm : 200 mH - 68 cm : SP - 4 kg : DT - 1 kg : HT - 4 kg ; JT - 600 g																									

Bekker Sport

Athletics Performance Evaluation (APE) Tables (2020 - 2023) Compiled by Sarel Bekker (Formula) and Richard Stander (Statistics)

Boys 12																					
	Track						Hurdles				Relays		Walk		Field						
	100m		150m		1200m		75mH		150mH		4 x 100m		1500 mW		HJ	LJ	SP	DT	HT	JT	
1000		11.35		16.99	3:07.79	1000	10.5	10.75	20.4	20.69	42.8	42.99	7:24.17	1000		5.78	15.60	48.02	47.28	43.28	1000
990	11.1	11.38		17.03	3:08.46	990		10.81	20.5	20.76	43.0	43.16	7:29.61	990	1.70	5.76	15.43	47.42	46.41	42.93	990
980		11.40	16.8	17.08	3:09.14	980	10.6	10.87	20.6	20.83	43.2	43.33	7:35.22	980	1.69	5.73	15.25	46.82	45.53	42.57	980
970		11.43		17.13	3:09.84	970	10.7	10.93		20.90	43.4	43.51	7:40.99	970		5.71	15.07	46.21	44.64	42.21	970
960	11.2	11.46	16.9	17.18	3:10.55	960		11.00	20.7	20.97	43.6	43.69	7:46.94	960	1.68	5.68	14.89	45.59	43.75	41.84	960
950		11.50	17.0	17.23	3:11.28	950	10.8	11.06	20.8	21.05	43.7	43.88	7:53.06	950	1.67	5.66	14.70	44.96	42.85	41.46	950
940		11.53		17.29	3:12.02	940	10.9	11.13	20.9	21.13	43.9	44.07	7:59.36	940	1.66	5.63	14.52	44.33	41.95	41.08	940
930	11.3	11.57	17.1	17.35	3:12.77	930		11.20		21.21	44.1	44.26	8:05.85	930		5.60	14.33	43.69	41.05	40.69	930
920		11.61		17.41	3:13.54	920	11.0	11.27	21.0	21.29	44.3	44.46	8:12.53	920	1.65	5.58	14.14	43.04	40.14	40.29	920
910	11.4	11.66	17.2	17.48	3:14.33	910	11.1	11.34	21.1	21.37	44.5	44.66	8:19.41	910	1.64	5.55	13.94	42.39	39.24	39.89	910
900		11.70	17.3	17.55	3:15.13	900		11.41	21.2	21.45	44.7	44.87	8:26.49	900	1.63	5.52	13.75	41.73	38.33	39.49	900
890	11.5	11.75	17.4	17.62	3:15.95	890	11.2	11.48	21.3	21.53	44.9	45.08	8:33.79	890	1.62	5.49	13.56	41.07	37.43	39.08	890
880		11.79		17.70	3:16.78	880	11.3	11.56	21.4	21.62	45.2	45.30	8:41.33	880		5.47	13.36	40.42	36.55	38.68	880
870	11.6	11.84	17.5	17.78	3:17.64	870	11.4	11.64	21.5	21.71	45.4	45.51	8:49.13	870	1.61	5.44	13.17	39.78	35.68	38.28	870
860		11.89	17.6	17.85	3:18.51	860	11.5	11.72	21.6	21.80	45.6	45.74	8:57.18	860	1.60	5.41	12.98	39.14	34.83	37.87	860
850	11.7	11.94	17.7	17.93	3:19.40	850		11.80		21.89	45.8	45.97	9:05.49	850	1.59	5.39	12.79	38.51	33.99	37.47	850
840		11.99	17.8	18.02	3:20.31	840	11.6	11.88	21.7	21.99	46.1	46.20	9:14.08	840	1.58	5.36	12.60	37.89	33.17	37.08	840
830	11.8	12.05	17.9	18.10	3:21.25	830	11.7	11.97	21.8	22.08	46.3	46.45	9:22.96	830		5.33	12.42	37.27	32.36	36.68	830
820		12.10		18.19	3:22.20	820	11.8	12.06	21.9	22.18	46.6	46.69	9:32.12	820	1.57	5.31	12.24	36.65	31.57	36.28	820
810	11.9	12.15	18.0	18.27	3:23.17	810	11.9	12.15	22.0	22.28	46.8	46.94	9:41.59	810	1.56	5.28	12.05	36.05	30.79	35.89	810
800		12.21	18.1	18.36	3:24.16	800	12.0	12.24	22.1	22.39	47.1	47.20	9:51.37	800	1.55	5.25	11.87	35.45	30.03	35.50	800
790	12.0	12.27	18.2	18.45	3:25.17	790	12.1	12.33	22.3	22.49	47.3	47.46	10:01.47	790		5.23	11.69	34.85	29.28	35.11	790
780		12.33	18.3	18.55	3:26.21	780	12.2	12.43	22.4	22.60	47.6	47.73	10:11.91	780	1.54	5.20	11.52	34.27	28.54	34.72	780
770	12.1	12.38	18.4	18.64	3:27.26	770	12.3	12.53	22.5	22.71	47.9	48.00	10:22.69	770	1.53	5.17	11.34	33.68	27.82	34.34	770
760	12.2	12.45	18.5	18.74	3:28.34	760	12.4	12.63	22.6	22.82	48.1	48.28	10:33.83	760	1.52	5.15	11.17	33.11	27.12	33.95	760
750		12.51	18.6	18.84	3:29.43	750	12.5	12.73	22.7	22.93	48.4	48.56	10:45.33	750	1.51	5.12	10.99	32.54	26.42	33.57	750
740	12.3	12.57	18.7	18.94	3:30.55	740	12.6	12.84	22.8	23.05	48.7	48.85	10:57.22	740		5.09	10.82	31.98	25.74	33.19	740
730	12.4	12.63	18.8	19.04	3:31.69	730	12.7	12.95	22.9	23.16	49.0	49.15	11:09.50	730	1.50	5.07	10.65	31.42	25.08	32.82	730
720		12.70	18.9	19.14	3:32.86	720	12.8	13.06	23.0	23.28	49.3	49.45	11:22.19	720	1.49	5.04	10.48	30.87	24.42	32.44	720
710	12.5	12.77	19.0	19.25	3:34.04	710	12.9	13.17	23.2	23.41	49.6	49.76	11:35.30	710	1.48	5.02	10.32	30.33	23.78	32.07	710
700	12.6	12.84	19.1	19.36	3:35.25	700	13.0	13.29	23.3	23.53	49.9	50.07	11:48.85	700		4.99	10.15	29.80	23.16	31.70	700
690		12.90	19.2	19.47	3:36.49	690	13.2	13.41	23.4	23.66	50.3	50.39	12:02.86	690	1.47	4.96	9.99	29.27	22.54	31.33	690
680	12.7	12.98	19.3	19.58	3:37.74	680	13.3	13.53	23.5	23.79	50.6	50.72	12:17.33	680	1.46	4.94	9.83	28.74	21.94	30.96	680
670	12.8	13.05	19.5	19.70	3:39.02	670	13.4	13.65	23.7	23.92	50.9	51.05	12:32.29	670	1.45	4.91	9.67	28.22	21.36	30.59	670
660	12.9	13.12	19.6	19.82	3:40.33	660	13.5	13.78	23.8	24.05	51.3	51.40	12:47.76	660	1.44	4.88	9.51	27.71	20.78	30.23	660
650		13.20	19.7	19.94	3:41.66	650	13.7	13.91	24.0	24.19	51.6	51.74	13:03.75	650		4.86	9.36	27.21	20.22	29.87	650
640	13.0	13.27	19.8	20.06	3:43.01	640	13.8	14.04	24.1	24.33	52.0	52.10	13:20.29	640	1.43	4.83	9.20	26.71	19.67	29.51	640
630	13.1	13.35	19.9	20.18	3:44.40	630	13.9	14.17	24.2	24.47	52.3	52.46	13:37.39	630	1.42	4.81	9.05	26.22	19.13	29.16	630
620	13.2	13.43	20.1	20.31	3:45.80	620	14.1	14.31	24.4	24.62	52.7	52.82	13:55.07	620	1.41	4.78	8.90	25.73	18.60	28.80	620
610	13.3	13.51	20.2	20.44	3:47.23	610	14.2	14.45	24.5	24.77	53.1	53.20	14:13.36	610		4.75	8.75	25.26	18.08	28.45	610
600		13.59	20.3	20.57	3:48.69	600	14.4	14.60	24.7	24.92	53.4	53.58	14:32.28	600	1.40	4.73	8.60	24.78	17.58	28.10	600
590	13.4	13.67	20.5	20.70	3:50.18	590	14.5	14.74	24.8	25.07	53.8	53.97	14:51.85	590	1.39	4.70	8.46	24.32	17.09	27.76	590
580	13.5	13.76	20.6	20.84	3:51.70	580	14.7	14.90	25.0	25.22	54.2	54.37	15:12.10	580	1.38	4.68	8.31	23.86	16.61	27.41	580
570	13.6	13.84	20.7	20.98	3:53.24	570	14.8	15.05	25.1	25.38	54.6	54.77	15:33.06	570		4.65	8.17	23.40	16.14	27.07	570
560	13.7	13.93	20.9	21.12	3:54.81	560	15.0	15.21	25.3	25.54	55.0	55.18	15:54.75	560	1.37	4.63	8.03	22.95	15.68	26.73	560
550	13.8	14.02	21.0	21.26	3:56.41	550	15.1	15.37	25.5	25.71	55.5	55.61	16:17.19	550	1.36	4.60	7.89	22.51	15.23	26.40	550
540	13.9	14.11	21.2	21.41	3:58.03	540	15.3	15.53	25.6	25.87	55.9	56.03	16:40.43	540	1.35	4.57	7.75	22.08	14.79	26.06	540
530	14.0	14.21	21.3	21.56	3:59.69	530	15.5	15.70	25.8	26.04	56.3	56.47	17:04.50	530		4.55	7.62	21.65	14.36	25.73	530
520	14.1	14.30	21.5	21.71	4:01.38	520	15.6	15.87	26.0	26.22	56.8	56.91	17:29.41	520	1.34	4.52	7.48	21.23	13.94	25.40	520
510	14.2	14.40	21.6	21.86	4:03.10	510	15.8	16.05	26.2	26.39	57.2	57.37	17:55.21	510	1.33	4.50	7.35	20.81	13.54	25.07	510
500	14.3	14.49	21.8	22.02	4:04.85	500	16.0	16.23	26.3	26.57	57.7	57.83	18:21.94	500	1.32	4.47	7.22	20.40	13.14	24.75	500
	100m		150m		1200m		75mH		150mH		4 x 100m		1500 mW		HJ	LJ	SP	DT	HT	JT	
Technical Standards: 75 mH - 76,2 cm : 150 mH - 68 cm : SP - 3 kg : DT - 1 kg : HT - 3 kg ; JT - 500 g																					

Boys 12																					
	Track						Hurdles				Relays		Walk		Field						
	100m		150m		1200m		75mH		150mH		4 x 100m		1500 mW		HJ	LJ	SP	DT	HT	JT	
500	14.3	14.49	21.8	22.02	4:04.85	500	16.0	16.23	26.3	26.57	57.7	57.83	18:21.94	500	1.32	4.47	7.22	20.40	13.14	24.75	500
490	14.4	14.59	21.9	22.18	4:06.63	490	16.2	16.41	26.5	26.75	58.2	58.30	18:49.63	490		4.45	7.09	19.99	12.75	24.43	490
480	14.5	14.69	22.1	22.34	4:08.44	480	16.4	16.60	26.7	26.94	:58.6	:58.78	19:18.32	480	1.31	4.42	6.96	19.59	12.37	24.11	480
470	14.6	14.80	22.3	22.51	4:10.28	470	16.6	16.79	26.9	27.13	:59.1	:59.27	19:48.05	470	1.30	4.40	6.84	19.20	12.00	23.79	470
460	14.7	14.90	22.4	22.68	4:12.16	460	16.7	16.99	27.1	27.32	:59.6	:59.76	20:18.86	460	1.29	4.37	6.71	18.81	11.64	23.48	460
450	14.8	15.01	22.6	22.85	4:14.07	450	16.9	17.19	27.3	27.52	1:00.1	1:00.27	20:50.80	450		4.34	6.59	18.43	11.29	23.17	450
440	14.9	15.12	22.8	23.03	4:16.02	440	17.2	17.39	27.5	27.71	1:00.6	1:00.79	21:23.91	440	1.28	4.32	6.47	18.06	10.95	22.86	440
430	15.0	15.23	23.0	23.20	4:18.00	430	17.4	17.60	27.7	27.92	1:01.2	1:01.31	21:58.25	430	1.27	4.29	6.35	17.69	10.61	22.55	430
420	15.1	15.34	23.2	23.39	4:20.02	420	17.6	17.81	27.9	28.12	1:01.7	1:01.85	22:33.86	420	1.26	4.27	6.23	17.32	10.29	22.25	420
410	15.2	15.45	23.3	23.57	4:22.07	410	17.8	18.03	28.1	28.33	1:02.3	1:02.39	23:10.80	410		4.24	6.12	16.96	9.97	21.94	410
400	15.3	15.57	23.5	23.76	4:24.16	400	18.0	18.26	28.3	28.54	1:02.8	1:02.95	23:49.12	400	1.25	4.22	6.00	16.61	9.66	21.65	400
390	15.5	15.69	23.7	23.95	4:26.28	390	18.2	18.48	28.5	28.76	1:03.4	1:03.52	24:28.88	390	1.24	4.19	5.89	16.26	9.36	21.35	390
380	15.6	15.81	23.9	24.14	4:28.44	380	18.5	18.72	28.7	28.98	1:04.0	1:04.09	25:10.15	380	1.23	4.17	5.78	15.92	9.07	21.06	380
370	15.7	15.93	24.1	24.34	4:30.64	370	18.7	18.96	29.0	29.21	1:04.5	1:04.68	25:52.98	370		4.14	5.67	15.59	8.79	20.77	370
360	15.8	16.05	24.3	24.54	4:32.88	360	19.0	19.20	29.2	29.43	1:05.1	1:05.28	26:37.44	360	1.22	4.12	5.56	15.26	8.51	20.48	360
350	15.9	16.18	24.5	24.75	4:35.16	350	19.2	19.45	29.4	29.67	1:05.8	1:05.89	27:23.62	350	1.21	4.10	5.45	14.93	8.24	20.19	350
340	16.1	16.31	24.7	24.96	4:37.48	340	19.5	19.71	29.7	29.90	1:06.4	1:06.51	28:11.56	340	1.20	4.07	5.35	14.61	7.98	19.91	340
330	16.2	16.44	24.9	25.17	4:39.85	330	19.7	19.97	29.9	30.14	1:07.0	1:07.14	29:01.37	330		4.05	5.24	14.30	7.72	19.63	330
320	16.3	16.57	25.2	25.39	4:42.25	320	20.0	20.23	30.1	30.39	1:07.6	1:07.79	29:53.11	320	1.19	4.02	5.14	13.99	7.47	19.35	320
310	16.5	16.71	25.4	25.61	4:44.69	310	20.3	20.51	30.4	30.63	1:08.3	1:08.45	30:46.88	310	1.18	4.00	5.04	13.69	7.23	19.07	310
300	16.6	16.85	25.6	25.83	4:47.18	300	20.5	20.78	30.6	30.89	1:09.0	1:09.12	31:42.76	300		3.97	4.94	13.39	7.00	18.80	300
290	16.8	16.99	25.8	26.06	4:49.71	290	20.8	21.07	30.9	31.14	1:09.7	1:09.80	32:40.84	290	1.17	3.95	4.84	13.09	6.77	18.53	290
280	16.9	17.13	26.1	26.29	4:52.29	280	21.1	21.36	31.2	31.40	1:10.4	1:10.49	33:41.22	280	1.16	3.92	4.75	12.81	6.55	18.26	280
270	17.0	17.27	26.3	26.52	4:54.91	270	21.4	21.66	31.4	31.67	1:11.1	1:11.20	34:44.02	270	1.15	3.90	4.65	12.52	6.33	18.00	270
260	17.2	17.42	26.5	26.76	4:57.58	260	21.7	21.96	31.7	31.94	1:11.8	1:11.92	35:49.33	260		3.88	4.56	12.24	6.12	17.74	260
250	17.3	17.57	26.8	27.01	5:00.30	250	22.0	22.28	32.0	32.22	1:12.5	1:12.65	36:57.26	250	1.14	3.85	4.47	11.97	5.92	17.48	250
240	17.5	17.72	27.0	27.26	5:03.06	240	22.4	22.60	32.3	32.50	1:13.3	1:13.40	38:07.95	240	1.13	3.83	4.38	11.70	5.72	17.22	240
230	17.6	17.88	27.3	27.51	5:05.88	230	22.7	22.92	32.5	32.78	1:14.0	1:14.16	39:21.51	230		3.80	4.29	11.44	5.53	16.97	230
220	17.8	18.04	27.5	27.77	5:08.74	220	23.0	23.26	32.8	33.07	1:14.8	1:14.94	40:38.07	220	1.12	3.78	4.20	11.18	5.34	16.72	220
210	18.0	18.20	27.8	28.03	5:11.65	210	23.4	23.60	33.1	33.36	1:15.6	1:15.73	41:57.78	210	1.11	3.76	4.12	10.93	5.16	16.47	210
200	18.1	18.36	28.1	28.30	5:14.62	200	23.7	23.95	33.4	33.66	1:16.4	1:16.54	43:20.77	200		3.73	4.03	10.68	4.99	16.22	200
190	18.3	18.53	28.3	28.57	5:17.64	190	24.1	24.30	33.7	33.97	1:17.2	1:17.36	44:47.21	190	1.10	3.71	3.95	10.43	4.82	15.98	190
180	18.5	18.70	28.6	28.84	5:20.71	180	24.4	24.67	34.0	34.28	1:18.1	1:18.20	46:17.25	180	1.09	3.69	3.87	10.19	4.65	15.73	180
170	18.6	18.87	28.9	29.13	5:23.83	170	24.8	25.04	34.4	34.59	1:18.9	1:19.05	47:51.06	170	1.08	3.66	3.79	9.95	4.49	15.50	170
160	18.8	19.04	29.2	29.41	5:27.02	160	25.2	25.43	34.7	34.91	1:19.8	1:19.92	49:28.82	160		3.64	3.71	9.72	4.34	15.26	160
150	19.0	19.22	29.5	29.70	5:30.25	150	25.6	25.82	35.0	35.24	1:20.7	1:20.80	51:10.71	150	1.07	3.62	3.63	9.50	4.19	15.03	150
140	19.2	19.40	29.8	30.00	5:33.55	140	26.0	26.22	35.3	35.57	1:21.6	1:21.70	52:56.94	140	1.06	3.59	3.55	9.27	4.04	14.79	140
130	19.4	19.59	30.1	30.30	5:36.90	130	26.4	26.63	35.7	35.91	1:22.5	1:22.62	54:47.70	130		3.57	3.48	9.05	3.90	14.57	130
120	19.5	19.77	30.4	30.61	5:40.32	120	26.8	27.05	36.0	36.25	1:23.4	1:23.56	56:43.22	120	1.05	3.55	3.40	8.84	3.76	14.34	120
110	19.7	19.96	30.7	30.92	5:43.79	110	27.2	27.48	36.4	36.60	1:24.4	1:24.51	58:43.72	110	1.04	3.52	3.33	8.63	3.63	14.12	110
100	19.9	20.16	31.0	31.24	5:47.33	100	27.7	27.92	36.7	36.96	1:25.3	1:25.49	1:00:49.45	100		3.50	3.26	8.42	3.50	13.90	100
90	20.1	20.36	31.3	31.56	5:50.93	90	28.1	28.37	37.1	37.32	1:26.3	1:26.48	1:03:00.65	90	1.03	3.48	3.19	8.22	3.38	13.68	90
80	20.3	20.56	31.7	31.89	5:54.60	80	28.6	28.83	37.4	37.69	1:27.3	1:27.49	1:05:17.60	80	1.02	3.45	3.12	8.02	3.25	13.46	80
70	20.5	20.76	32.0	32.23	5:58.33	70	29.1	29.30	37.8	38.06	1:28.4	1:28.52	1:07:40.58	70		3.43	3.05	7.83	3.14	13.25	70
60	20.7	20.97	32.3	32.57	6:02.12	60	29.5	29.79	38.2	38.44	1:29.4	1:29.57	1:10:09.89	60	1.01	3.41	2.98	7.64	3.02	13.04	60
50	20.9	21.18	32.7	32.92	6:05.99	50	30.0	30.28	38.6	38.83	1:30.5	1:30.64	1:12:45.82	50	1.00	3.39	2.92	7.45	2.91	12.83	50
40	21.2	21.39	33.0	33.27	6:09.93	40	30.5	30.79	39.0	39.22	1:31.6	1:31.73	1:15:28.73	40		3.36	2.85	7.27	2.81	12.62	40
30	21.4	21.61	33.4	33.63	6:13.93	30	31.1	31.31	39.4	39.62	1:32.7	1:32.84	1:18:18.94	30	0.99	3.34	2.79	7.09	2.71	12.42	30
20	21.6	21.83	33.8	34.00	6:18.01	20	31.6	31.84	39.8	40.03	1:33.80	1:33.97	1:21:16.84	20	0.98	3.32	2.73	6.92	2.61	12.22	20
10	21.8	22.06	34.1	34.37	6:22.17	10	32.1	32.38	40.2	40.44	1:35.00	1:35.13	1:24:22.80	10		3.30	2.67	6.75	2.51	12.02	10
0	22.1	22.29	34.5	34.75	6:26.39	0	32.7	32.94	40.6	40.87	1:36.20	1:36.30	1:27:37.23	0	#REF!	3.27	2.61	6.58	2.42	11.82	0
	100m		150m		1200m		75mH		150mH		4 x 100m		1500 mW		HJ	LJ	SP	DT	HT	JT	
Technical Standards: 75 mH - 76,2 cm : 150 mH - 68 cm : SP - 3 kg : DT - 1 kg : HT - 3 kg ; JT - 500 g																					

Boys 11																Boys 10																
	Track						Hurdles		Relays			Field					Track						Hurdles		Relays			Field			
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP			80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	
1000		9.70		11.70	3:11.87	1000	10.5	10.75	44.3	44.41	1000	1.62	5.31	14.98	1000		10.04		12.12	3:17.02	1000		11.51	46.3	46.40	1000	1.53	4.82	13.09	1000
990		9.72		11.73	3:12.55	990		10.81	44.4	44.58	990		5.29	14.81	990		10.06		12.14	3:17.72	990	11.3	11.58	46.4	46.58	990	1.52	4.80	12.95	990
980		9.74		11.75	3:13.25	980	10.6	10.87	44.6	44.76	980	1.61	5.27	14.64	980	9.8	10.08	11.9	12.17	3:18.44	980	11.4	11.64	46.6	46.77	980		4.78	12.80	980
970	9.5	9.77	11.5	11.78	3:13.97	970	10.7	10.93	44.8	44.95	970	1.60	5.24	14.47	970		10.11		12.20	3:19.17	970		11.71	46.8	46.96	970	1.51	4.76	12.65	970
960		9.79		11.82	3:14.69	960		11.00	45.0	45.14	960		5.22	14.29	960		10.13		12.24	3:19.92	960	11.5	11.78	47.0	47.16	960	1.50	4.74	12.50	960
950		9.82	11.6	11.85	3:15.43	950	10.8	11.06	45.2	45.33	950	1.59	5.20	14.12	950	9.9	10.16	12.0	12.28	3:20.68	950	11.6	11.85	47.2	47.36	950		4.71	12.34	950
940		9.85		11.89	3:16.19	940	10.9	11.13	45.4	45.52	940	1.58	5.17	13.94	940		10.19		12.31	3:21.46	940	11.7	11.92	47.4	47.57	940	1.49	4.69	12.18	940
930	9.6	9.88		11.93	3:16.96	930		11.20	45.6	45.72	930	1.57	5.15	13.76	930		10.22	12.1	12.35	3:22.25	930		11.99	47.6	47.78	930	1.48	4.67	12.03	930
920		9.91	11.7	11.97	3:17.75	920	11.0	11.27	45.8	45.93	920		5.12	13.57	920	10.0	10.26		12.40	3:23.06	920	11.8	12.07	47.9	47.99	920		4.65	11.87	920
910		9.94		12.01	3:18.55	910	11.1	11.34	46.0	46.14	910	1.56	5.10	13.39	910		10.29	12.2	12.44	3:23.88	910	11.9	12.14	48.1	48.21	910	1.47	4.62	11.70	910
900	9.7	9.98	11.8	12.06	3:19.37	900		11.41	46.2	46.35	900	1.55	5.07	13.20	900		10.33		12.49	3:24.72	900	12.0	12.22	48.3	48.43	900	1.46	4.60	11.54	900
890		10.02		12.11	3:20.20	890	11.2	11.48	46.4	46.57	890		5.05	13.01	890	10.1	10.37	12.3	12.54	3:25.58	890		12.30	48.5	48.66	890		4.58	11.38	890
880	9.8	10.05	11.9	12.16	3:21.06	880	11.3	11.56	46.6	46.79	880	1.54	5.02	12.83	880		10.41		12.59	3:26.45	880	12.1	12.38	48.7	48.89	880	1.45	4.56	11.21	880
870		10.09		12.21	3:21.93	870	11.4	11.64	46.9	47.02	870	1.53	5.00	12.64	870	10.2	10.45	12.4	12.64	3:27.35	870	12.2	12.46	49.0	49.13	870	1.44	4.53	11.05	870
860		10.13	12.0	12.26	3:22.82	860	11.5	11.72	47.1	47.25	860	1.52	4.97	12.46	860		10.49		12.69	3:28.27	860	12.3	12.55	49.2	49.37	860	1.43	4.51	10.89	860
850	9.9	10.17		12.31	3:23.74	850		11.80	47.3	47.49	850		4.95	12.28	850		10.53	12.5	12.75	3:29.20	850	12.4	12.64	49.5	49.62	850		4.49	10.74	850
840		10.21	12.1	12.36	3:24.67	840	11.6	11.88	47.6	47.73	840	1.51	4.92	12.10	840	10.3	10.57		12.80	3:30.16	840	12.5	12.73	49.7	49.87	840	1.42	4.47	10.58	840
830	10.0	10.26		12.42	3:25.62	830	11.7	11.97	47.8	47.98	830	1.50	4.90	11.92	830		10.62	12.6	12.86	3:31.14	830	12.6	12.82	50.0	50.13	830	1.41	4.44	10.42	830
820		10.30	12.2	12.47	3:26.59	820	11.8	12.06	48.1	48.23	820	1.49	4.87	11.75	820	10.4	10.66		12.92	3:32.13	820	12.7	12.91	50.3	50.39	820		4.42	10.27	820
810	10.1	10.34	12.3	12.53	3:27.58	810	11.9	12.15	48.3	48.49	810		4.85	11.57	810		10.71	12.7	12.97	3:33.15	810	12.8	13.01	50.5	50.67	810	1.40	4.40	10.12	810
800		10.39		12.59	3:28.60	800	12.0	12.24	48.6	48.75	800	1.48	4.83	11.40	800	10.5	10.75	12.8	13.03	3:34.19	800	12.9	13.11	50.8	50.94	800	1.39	4.38	9.96	800
790		10.43	12.4	12.64	3:29.63	790	12.1	12.33	48.9	49.02	790	1.47	4.80	11.23	790		10.80		13.10	3:35.26	790	13.0	13.21	51.1	51.22	790		4.36	9.81	790
780	10.2	10.48		12.70	3:30.69	780	12.2	12.43	49.2	49.30	780	1.46	4.78	11.05	780	10.6	10.85	12.9	13.16	3:36.34	780	13.1	13.31	51.4	51.51	780	1.38	4.33	9.66	780
770		10.53	12.5	12.77	3:31.76	770	12.3	12.53	49.4	49.58	770		4.75	10.89	770		10.90	13.0	13.22	3:37.45	770	13.2	13.42	51.7	51.81	770	1.37	4.31	9.52	770
760	10.3	10.58	12.6	12.83	3:32.86	760	12.4	12.63	49.7	49.87	760	1.45	4.73	10.72	760	10.7	10.95		13.29	3:38.57	760	13.3	13.53	52.0	52.11	760	1.36	4.29	9.37	760
750		10.63		12.89	3:33.98	750	12.5	12.73	50.0	50.16	750	1.44	4.70	10.55	750		11.00	13.1	13.35	3:39.73	750	13.4	13.64	52.3	52.42	750		4.27	9.23	750
740	10.4	10.68	12.7	12.96	3:35.13	740	12.6	12.84	50.3	50.46	740	1.43	4.68	10.39	740	10.8	11.05	13.2	13.42	3:40.90	740	13.5	13.75	52.6	52.73	740	1.35	4.25	9.08	740
730		10.73	12.8	13.02	3:36.29	730	12.7	12.95	50.6	50.77	730		4.66	10.23	730		11.10		13.49	3:42.10	730	13.6	13.87	52.9	53.05	730	1.34	4.22	8.94	730
720	10.5	10.78		13.09	3:37.48	720	12.8	13.06	50.9	51.08	720	1.42	4.63	10.06	720	10.9	11.16	13.3	13.56	3:43.32	720	13.7	13.99	53.2	53.37	720		4.20	8.80	720
710	10.6	10.83	12.9	13.16	3:38.69	710	12.9	13.17	51.3	51.40	710	1.41	4.61	9.91	710		11.21	13.4	13.63	3:44.56	710	13.9	14.11	53.6	53.71	710	1.33	4.18	8.66	710
700		10.89	13.0	13.23	3:39.93	700	13.0	13.29	51.6	51.72	700	1.40	4.58	9.75	700	11.0	11.27		13.70	3:45.83	700	14.0	14.23	53.9	54.05	700	1.32	4.16	8.52	700
690	10.7	10.94		13.30	3:41.19	690	13.2	13.41	51.9	52.06	690		4.56	9.59	690		11.33	13.5	13.78	3:47.13	690	14.1	14.36	54.3	54.39	690		4.14	8.39	690
680		11.00	13.1	13.37	3:42.47	680	13.3	13.53	52.3	52.39	680	1.39	4.53	9.44	680	11.1	11.38	13.6	13.85	3:48.44	680	14.2	14.49	54.6	54.75	680	1.31	4.11	8.25	680
670	10.8	11.06	13.2	13.45	3:43.78	670	13.4	13.65	52.6	52.74	670	1.38	4.51	9.28	670	11.2	11.44	13.7	13.93	3:49.79	670	14.4	14.62	55.0	55.11	670	1.30	4.09	8.12	670
660		11.11	13.3	13.52	3:45.12	660	13.5	13.78	53.0	53.09	660	1.37	4.49	9.13	660		11.50	13.8	14.01	3:51.16	660	14.5	14.75	55.3	55.47	660		4.07	7.98	660
650	10.9	11.17		13.60	3:46.48	650	13.7	13.91	53.3	53.45	650		4.46	8.98	650	11.3	11.57		14.09	3:52.55	650	14.7	14.89	55.7	55.85	650	1.29	4.05	7.85	650
640	11.0	11.23	13.4	13.68	3:47.86	640	13.8	14.04	53.7	53.81	640	1.36	4.44	8.83	640	11.4	11.63	13.9	14.17	3:53.97	640	14.8	15.03	56.1	56.23	640	1.28	4.03	7.72	640
630		11.30	13.5	13.76	3:49.27	630	13.9	14.17	54.0	54.19	630	1.35	4.41	8.69	630		11.69	14.0	14.25	3:55.42	630	14.9	15.18	:56.5	56.62	630	1.27	4.01	7.60	630
620	11.1	11.36	13.6	13.84	3:50.71	620	14.1	14.31	54.4	54.57	620		4.39	8.54	620	11.5	11.76	14.1	14.33	3:56.90	620	15.1	15.33	:56.9	57.02	620		3.98	7.47	620
610	11.2	11.42	13.7	13.92	3:52.17	610	14.2	14.45	54.8	54.95	610	1.34	4.37	8.40	610	11.6	11.82	14.2	14.42	3:58.40	610	15.2	15.48	:57.3	57.42	610	1.26	3.96	7.34	610
600		11.49	13.8	14.01	3:53.66	600	14.4	14.60	55.2	55.35	600	1.33	4.34	8.26	600		11.89	14.3	14.51	3:59.93	600	15.4	15.63	:57.7	57.83	600	1.25	3.94	7.22	600
590	11.3	11.55		14.09	3:55.18	590	14.5	14.74	55.6	55.75	590	1.32	4.32	8.12	590	11.7	11.96	14.4	14.60	4:01.49	590	15.6	15.79	:58.1	58.25	590		3.92	7.10	590
580	11.4	11.62	13.9	14.18	3:56.73	580	14.7	14.90	56.0	56.16	580		4.30	7.98	580	11.8	12.03		14.69	4:03.08	580	15.7	15.95	:58.5	:58.68	580	1.24	3.90	6.98	580
570		11.69	14.0	14.27	3:58.30	570	14.8	15.05	56.4	56.58	570	1.31	4.27	7.84	570		12.10	14.5	14.78	4:04.70	570	15.9	16.12	:59.0	:59.12	570	1.23	3.88	6.86	570
560	11.5	11.76	14.1	14.36	3:59.91	560	15.0	15.21	56.9	57.01	560	1.30	4.25	7.71	560	11.9	12.17	14.6	14.87	4:06.35	560	16.0	16.29	:59.4	:59.56	560		3.85	6.74	560
550	11.6	11.83	14.2	14.45	4:01.54	550	15.1	15.37	57.3	57.44	550	1.29	4.22	7.57	550	12.0	12.25	14.7	14.97	4:08.02	550	16.2	16.46	:59.9	1:00.02	550	1.22	3.83	6.62	550
540		11.90	14.3	14.55	4:03.21	540	15.3	15.53	57.7	57.88	540		4.20	7.44	540	12.1	12.32	14.8	15.07	4:09.73	540	16.4	16.63	1:00.3	1:00.48	540	1.21	3.81	6.51	540
530	11.7	11.98	14.4	14.64	4:04.90	530	15.5	15.70	58.2	58.33	530	1.28	4.18	7.31	530		12.40	14.9	15.16	4:11.47	530	16.6	16.81	1:00.8	1:00.95	530		3.79	6.39	530
520	11.8	12.05	14.5	14.74	4:06.62	520	15.6	15.87	:58.7	:58.79	520	1.27	4.15	7.18	520	12.2	12.47	15.0	15.27	4:13.24	520	16.8	17.00	1:01.3	1:01.43	520	1.20	3.77	6.28	520
510	11.9	12.13	14.6	14.84	4:08.38	510	15.8	16.05	:59.1	:59.26	510		4.13	7.06	510	12.3	12.55	15.1	15.37	4:15.04	510	16.9	17.19	1:01.8	1:01.92	510	1.19	3.75	6.17	510
500		12.20	14.7	14.94	4:10.17	500	16.0	16.23	:59.6	:59.74	500	1.26	4.11	6.93	500	12.4	12.63	15.2	15.47	4:16.88	500	17.1	17.38	1:02.3	1:02.42	500		3.73	6.06	500
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP		80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	
Technical Standards: 70 mH - 68 cm : SP - 2 kg															Technical Standards: 70 mH - 68 cm : SP - 2 kg															

Bekker Sport

Athletics Performance Evaluation (APE) Tables (2020 - 2023) Compiled by Sarel Bekker (Formula) and Richard Stander (Statistics)

Boys 11

	Track						Hurdles		Relays			Field			
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	
500		12.20	14.7	14.94	4:10.17	500	16.0	16.23	:59.6	:59.74	500	1.26	4.11	6.93	500
490	12.0	12.28	14.8	15.04	4:11.99	490	16.2	16.41	1:00.1	1:00.22	490	1.25	4.08	6.81	490
480	12.1	12.36	14.9	15.15	4:13.84	480	16.4	16.60	1:00.6	1:00.72	480	1.24	4.06	6.68	480
470	12.2	12.44	15.0	15.25	4:15.72	470	16.6	16.79	1:01.1	1:01.22	470		4.04	6.56	470
460	12.3	12.53	15.1	15.36	4:17.64	460	16.7	16.99	1:01.6	1:01.74	460	1.23	4.01	6.44	460
450	12.4	12.61	15.2	15.47	4:19.59	450	16.9	17.19	1:02.1	1:02.26	450	1.22	3.99	6.33	450
440		12.70	15.3	15.58	4:21.58	440	17.2	17.39	1:02.7	1:02.79	440		3.97	6.21	440
430	12.5	12.78	15.5	15.70	4:23.61	430	17.4	17.60	1:03.2	1:03.34	430	1.21	3.94	6.10	430
420	12.6	12.87	15.6	15.81	4:25.67	420	17.6	17.81	1:03.7	1:03.89	420	1.20	3.92	5.98	420
410	12.7	12.96	15.7	15.93	4:27.76	410	17.8	18.03	1:04.3	1:04.45	410	1.19	3.90	5.87	410
400	12.8	13.05	15.8	16.05	4:29.90	400	18.0	18.26	1:04.9	1:05.03	400		3.88	5.76	400
390	12.9	13.15	15.9	16.17	4:32.07	390	18.2	18.48	1:05.5	1:05.61	390	1.18	3.85	5.65	390
380	13.0	13.24	16.1	16.29	4:34.28	380	18.5	18.72	1:06.1	1:06.21	380	1.17	3.83	5.55	380
370	13.1	13.34	16.2	16.42	4:36.53	370	18.7	18.96	1:06.7	1:06.82	370		3.81	5.44	370
360	13.2	13.44	16.3	16.55	4:38.81	360	19.0	19.20	1:07.3	1:07.43	360	1.16	3.78	5.34	360
350	13.3	13.54	16.4	16.68	4:41.14	350	19.2	19.45	1:07.9	1:08.06	350	1.15	3.76	5.23	350
340	13.4	13.64	16.6	16.81	4:43.51	340	19.5	19.71	1:08.6	1:08.71	340		3.74	5.13	340
330	13.5	13.74	16.7	16.95	4:45.93	330	19.7	19.97	1:09.2	1:09.36	330	1.14	3.72	5.03	330
320	13.6	13.84	16.8	17.08	4:48.38	320	20.0	20.23	1:09.9	1:10.03	320	1.13	3.69	4.94	320
310	13.7	13.95	17.0	17.22	4:50.88	310	20.3	20.51	1:10.6	1:10.70	310		3.67	4.84	310
300	13.8	14.06	17.1	17.37	4:53.42	300	20.5	20.78	1:11.3	1:11.40	300	1.12	3.65	4.74	300
290	13.9	14.17	17.3	17.51	4:56.01	290	20.8	21.07	1:12.0	1:12.10	290	1.11	3.63	4.65	290
280	14.0	14.28	17.4	17.66	4:58.64	280	21.1	21.36	1:12.7	1:12.82	280		3.60	4.56	280
270	14.2	14.39	17.6	17.81	5:01.32	270	21.4	21.66	1:13.4	1:13.55	270	1.10	3.58	4.47	270
260	14.3	14.51	17.7	17.96	5:04.05	260	21.7	21.96	1:14.2	1:14.29	260	1.09	3.56	4.38	260
250	14.4	14.63	17.9	18.11	5:06.82	250	22.0	22.28	1:14.9	1:15.05	250	1.08	3.54	4.29	250
240	14.5	14.75	18.0	18.27	5:09.65	240	22.4	22.60	1:15.7	1:15.82	240		3.52	4.20	240
230	14.6	14.87	18.2	18.43	5:12.52	230	22.7	22.92	1:16.5	1:16.61	230	1.07	3.49	4.12	230
220	14.8	14.99	18.4	18.59	5:15.45	220	23.0	23.26	1:17.3	1:17.41	220	1.06	3.47	4.03	220
210	14.9	15.12	18.5	18.76	5:18.43	210	23.4	23.60	1:18.1	1:18.23	210		3.45	3.95	210
200	15.0	15.24	18.7	18.93	5:21.46	200	23.7	23.95	1:18.9	1:19.06	200	1.05	3.43	3.87	200
190	15.1	15.37	18.9	19.10	5:24.54	190	24.1	24.30	1:19.8	1:19.91	190	1.04	3.41	3.79	190
180	15.3	15.50	19.0	19.27	5:27.68	180	24.4	24.67	1:20.6	1:20.77	180		3.39	3.71	180
170	15.4	15.64	19.2	19.45	5:30.87	170	24.8	25.04	1:21.5	1:21.66	170	1.03	3.36	3.63	170
160	15.5	15.77	19.4	19.63	5:34.12	160	25.2	25.43	1:22.4	1:22.55	160		3.34	3.56	160
150	15.7	15.91	19.6	19.81	5:37.43	150	25.6	25.82	1:23.3	1:23.47	150	1.02	3.32	3.48	150
140	15.8	16.05	19.8	20.00	5:40.80	140	26.0	26.22	1:24.3	1:24.40	140	1.01	3.30	3.41	140
130	16.0	16.20	20.0	20.19	5:44.22	130	26.4	26.63	1:25.2	1:25.35	130		3.28	3.34	130
120	16.1	16.34	20.1	20.38	5:47.71	120	26.8	27.05	1:26.2	1:26.32	120	1.00	3.26	3.27	120
110	16.3	16.49	20.3	20.58	5:51.26	110	27.2	27.48	1:27.2	1:27.30	110	0.99	3.24	3.20	110
100	16.4	16.64	20.5	20.78	5:54.88	100	27.7	27.92	1:28.2	1:28.31	100		3.21	3.13	100
90	16.6	16.79	20.7	20.98	5:58.56	90	28.1	28.37	1:29.2	1:29.33	90	0.98	3.19	3.06	90
80	16.7	16.95	21.0	21.19	6:02.30	80	28.6	28.83	1:30.2	1:30.37	80	0.97	3.17	2.99	80
70	16.9	17.11	21.2	21.40	6:06.11	70	29.1	29.30	1:31.3	1:31.44	70		3.15	2.93	70
60	17.0	17.27	21.4	21.61	6:09.99	60	29.5	29.79	1:32.4	1:32.52	60	0.96	3.13	2.86	60
50	17.2	17.43	21.6	21.83	6:13.94	50	30.0	30.28	1:33.5	1:33.63	50	0.95	3.11	2.80	50
40	17.4	17.60	21.8	22.05	6:17.96	40	30.5	30.79	1:34.6	1:34.75	40		3.09	2.74	40
30	17.5	17.77	22.0	22.28	6:22.06	30	31.1	31.31	1:35.8	1:35.90	30	0.94	3.07	2.68	30
20	17.7	17.94	22.3	22.51	6:26.23	20	31.6	31.84	1:36.90	1:37.07	20		3.05	2.62	20
10	17.9	18.11	22.5	22.74	6:30.47	10	32.1	32.38	1:38.10	1:38.26	10	0.93	3.03	2.56	10
0	18.1	18.29	22.7	22.98	6:34.79	0	32.7	32.94	1:39.30	1:39.48	0	#REF!	3.01	2.50	0
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	

Technical Standards: 70 mH - 68 cm : SP - 2 kg

Boys 10

	Track						Hurdles		Relays			Field			
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	
500	12.4	12.63	15.2	15.47	4:16.88	500	17.1	17.38	1:02.3	1:02.42	500		3.73	6.06	500
490	12.5	12.71	15.3	15.58	4:18.75	490	17.3	17.58	1:02.8	1:02.92	490	1.18	3.71	5.95	490
480		12.80	15.5	15.69	4:20.65	480	17.5	17.78	1:03.3	1:03.44	480	1.17	3.68	5.84	480
470	12.6	12.88	15.6	15.80	4:22.58	470	17.7	17.98	1:03.8	1:03.97	470		3.66	5.74	470
460	12.7	12.97	15.7	15.91	4:24.56	460	18.0	18.19	1:04.4	1:04.51	460	1.16	3.64	5.63	460
450	12.8	13.05	15.8	16.02	4:26.56	450	18.2	18.41	1:04.9	1:05.05	450	1.15	3.62	5.53	450
440	12.9	13.14	15.9	16.14	4:28.60	440	18.4	18.63	1:05.5	1:05.61	440		3.60	5.43	440
430	13.0	13.23	16.0	16.26	4:30.68	430	18.6	18.85	1:06.0	1:06.18	430	1.14	3.58	5.33	430
420	13.1	13.32	16.1	16.38	4:32.80	420	18.8	19.08	1:06.6	1:06.76	420	1.13	3.56	5.23	420
410	13.2	13.42	16.3	16.50	4:34.95	410	19.1	19.31	1:07.2	1:07.34	410		3.54	5.13	410
400	13.3	13.51	16.4	16.62	4:37.14	400	19.3	19.55	1:07.8	1:07.95	400	1.12	3.52	5.04	400
390	13.4	13.61	16.5	16.75	4:39.37	390	19.6	19.80	1:08.4	1:08.56	390	1.11	3.50	4.94	390
380	13.5	13.71	16.6	16.88	4:41.64	380	19.8	20.05	1:09.0	1:09.18	380		3.47	4.85	380
370	13.6	13.81	16.8	17.01	4:43.95	370	20.1	20.30	1:09.7	1:09.81	370	1.10	3.45	4.76	370
360	13.7	13.91	16.9	17.14	4:46.30	360	20.3	20.56	1:10.3	1:10.46	360	1.09	3.43	4.67	360
350	13.8	14.01	17.0	17.27	4:48.69	350	20.6	20.83	1:11.0	1:11.12	350		3.41	4.58	350
340	13.9	14.12	17.2	17.41	4:51.12	340	20.9	21.10	1:11.6	1:11.79	340	1.08	3.39	4.49	340
330	14.0	14.22	17.3	17.55	4:53.60	330	21.1	21.38	1:12.3	1:12.47	330	1.07	3.37	4.40	330
320	14.1	14.33	17.5	17.69	4:56.12	320	21.4	21.67	1:13.0	1:13.17	320		3.35	4.32	320
310	14.2	14.44	17.6	17.84	4:58.69	310	21.7	21.96	1:13.7	1:13.88	310	1.06	3.33	4.23	310
300	14.3	14.55	17.7	17.98	5:01.30	300	22.0	22.26	1:14.5	1:14.60	300	1.05	3.31	4.15	300
290	14.4	14.67	17.9	18.13	5:03.95	290	22.3	22.57	1:15.2	1:15.33	290		3.29	4.07	290
280	14.5	14.78	18.1	18.29	5:06.66	280	22.6	22.88	1:15.9	1:16.08	280	1.04	3.27	3.99	280
270	14.7	14.90	18.2	18.44	5:09.41	270	23.0	23.20	1:16.7	1:16.85	270		3.25	3.91	270
260	14.8	15.02	18.4	18.60	5:12.21	260	23.3	23.52	1:17.5	1:17.63	260	1.03	3.23	3.83	260
250	14.9	15.14	18.5	18.76	5:15.06	250	23.6	23.86	1:18.3	1:18.42	250	1.02	3.21	3.75	250
240	15.0	15.26	18.7	18.92	5:17.96	240	24.0	24.20	1:19.1	1:19.23	240		3.19	3.67	240
230	15.2	15.39	18.9	19.09	5:20.91	230	24.3	24.55	1:19.9	1:20.05	230	1.01	3.17	3.60	230
220	15.3	15.52	19.0	19.26	5:23.91	220	24.7	24.91	1:20.7	1:20.89	220	1.00	3.15	3.53	220
210	15.4	15.65	19.2	19.43	5:26.97	210	25.0	25.27	1:21.6	1:21.74	210		3.13	3.45	210
200	15.5	15.78	19.4	19.60	5:30.08	200	25.4	25.65	1:22.5	1:22.61	200	0.99	3.11	3.38	200
190	15.7	15.91	19.5	19.78	5:33.25	190	25.8	26.03	1:23.4	1:23.50	190	0.98	3.09	3.31	190
180	15.8	16.05	19.7	19.96	5:36.47	180	26.2	26.42	1:24.3	1:24.40	180		3.07	3.24	180
170	16.0	16.19	19.9	20.14	5:39.75	170	26.6	26.82	1:25.2	1:25.32	170	0.97	3.05	3.18	170
160	16.1	16.33	20.1	20.33	5:43.09	160	27.0	27.23	1:26.1	1:26.26	160		3.03	3.11	160
150	16.2	16.47	20.3	20.52	5:46.48	150	27.4	27.65	1:27.1	1:27.21	150	0.96	3.01	3.04	150
140	16.4	16.62	20.5	20.71	5:49.94	140	27.8	28.08	1:28.0	1:28.19	140	0.95	2.99	2.98	140
130	16.5	16.76	20.7	20.91	5:53.46	130	28.3	28.52	1:29.0	1:29.18	130		2.97	2.92	130
120	16.7	16.92	20.9	21.11	5:57.04	120	28.7	28.97	1:30.0	1:30.19	120	0.94	2.95	2.86	120
110	16.8	17.07	21.1	21.31	6:00.69	110	29.2	29.43	1:31.1	1:31.22	110		2.94	2.79	110
100	17.0	17.22	21.3	21.52	6:04.40	100	29.7	29.90	1:32.1	1:32.27	100	0.93	2.92	2.73	100
90	17.1	17.38	21.5	21.73	6:08.18	90	30.1	30.38	1:33.2	1:33.34	90	0.92	2.90	2.67	90
80	17.3	17.54	21.7	21.94	6:12.02	80	30.6	30.88	1:34.3	1:34.43	80		2.88	2.62	80
70	17.5	17.71	21.9	22.16	6:15.94	70	31.1	31.38	1:35.4	1:35.54	70	0.91	2.86	2.56	70
60	17.6	17.87	22.1	22.38	6:19.92	60	31.7	31.90	1:36.5	1:36.67	60		2.84	2.50	60
50	17.8	18.04	22.4	22.61	6:23.98	50	32.2	32.43	1:37.7	1:37.83	50	0.90	2.82	2.45	50
40	18.0	18.21	22.6	22.84	6:28.11	40	32.7	32.97	1:38.9	1:39.00	40	0.89	2.80	2.39	40
30	18.2	18.39	22.8	23.07	6:32.31	30	33.3	33.53	1:40.1	1:40.20	30		2.78	2.34	30
20	18.3	18.57	23.1	23.31	6:36.59	20	33.9	34.10	1:41.30	1:41.43	20	0.88	2.77	2.29	20
10	18.5	18.75	23.3	23.55	6:40.95	10	34.4	34.68	1:42.50	1:42.67	10		2.75	2.24	10
0	18.7	18.93	23.6	23.80	6:45.38	0	35.0	35.28	1:43.80	1:43.94	0	#REF!	2.73	2.19	0
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	

Technical Standards: 70 mH - 68 cm : SP - 2 kg

Boys9							Boys 8					Boys 7					Boys 6					Boys 5 (Pre-school)					
	Track				Relays			Track					Track					Track					Track				
	60m		80m		4 x 80m			60m		80m			60m		80m			60m		80m			60m		80m		
1000		7.94		10.44	39.0	41.30	1000	8.0	8.28	10.6	10.87	1000	8.4	8.66	11.1	11.37	1000	8.8	9.07		11.91	1000		9.52		12.51	1000
990	7.7	7.97		10.46	39.1	41.50	990		8.31		10.90	990		8.69		11.39	990		9.09		11.94	990		9.55		12.53	990
980		7.99	10.2	10.48	39.3	41.70	980		8.33		10.92	980		8.71		11.42	980		9.12	11.7	11.97	980	9.3	9.58	12.3	12.56	980
970		8.02		10.51	39.4	41.80	970		8.36		10.95	970		8.74		11.45	970		9.15		12.00	970		9.61		12.59	970
960		8.04		10.54	39.6	42.00	960	8.1	8.38	10.7	10.98	960	8.5	8.77	11.2	11.48	960	8.9	9.18		12.03	960		9.64		12.63	960
950	7.8	8.07	10.3	10.57	39.8	42.20	950		8.41		11.01	950		8.79		11.51	950		9.21	11.8	12.06	950	9.4	9.67	12.4	12.66	950
940		8.09		10.60	39.9	42.40	940		8.44		11.04	940		8.82		11.54	940		9.24		12.10	940		9.70		12.70	940
930		8.12		10.63	40.1	42.60	930	8.2	8.46	10.8	11.08	930		8.85	11.3	11.58	930	9.0	9.27		12.13	930		9.73		12.74	930
920		8.14	10.4	10.66	40.3	42.80	920		8.49		11.11	920	8.6	8.88		11.62	920		9.30	11.9	12.17	920	9.5	9.76	12.5	12.78	920
910	7.9	8.17		10.70	40.5	43.00	910		8.52	10.9	11.15	910		8.91	11.4	11.66	910		9.33		12.22	910		9.80		12.82	910
900		8.20		10.74	40.7	43.20	900		8.55		11.19	900		8.94		11.70	900	9.1	9.36	12.0	12.26	900		9.83	12.6	12.87	900
890		8.23	10.5	10.78	40.9	43.40	890	8.3	8.58		11.23	890	8.7	8.97	11.5	11.74	890		9.39		12.31	890	9.6	9.86		12.92	890
880	8.0	8.26		10.82	41.0	43.60	880		8.61	11.0	11.27	880		9.00		11.79	880		9.43	12.1	12.35	880		9.90	12.7	12.97	880
870		8.29	10.6	10.86	41.2	43.80	870		8.64		11.32	870		9.04		11.83	870	9.2	9.46		12.40	870		9.93		13.02	870
860		8.32		10.90	41.4	44.00	860	8.4	8.67	11.1	11.36	860	8.8	9.07	11.6	11.88	860		9.49	12.2	12.45	860	9.7	9.97	12.8	13.07	860
850		8.35	10.7	10.95	41.7	44.20	850		8.71		11.41	850		9.10		11.93	850		9.53		12.50	850		10.01		13.12	850
840	8.1	8.38		10.99	41.9	44.40	840		8.74	11.2	11.45	840		9.14	11.7	11.98	840	9.3	9.57	12.3	12.55	840		10.05	12.9	13.17	840
830		8.41		11.04	42.1	44.70	830	8.5	8.77		11.50	830	8.9	9.17		12.02	830		9.60		12.60	830	9.8	10.08		13.23	830
820		8.45	10.8	11.08	42.3	44.90	820		8.81	11.3	11.55	820		9.21	11.8	12.07	820		9.64	12.4	12.65	820		10.12	13.0	13.28	820
810	8.2	8.48		11.13	42.5	45.10	810		8.84		11.60	810		9.24		12.13	810	9.4	9.68		12.71	810	9.9	10.16	13.1	13.34	810
800		8.51	10.9	11.18	42.8	45.40	800	8.6	8.88	11.4	11.65	800	9.0	9.28	11.9	12.18	800		9.72	12.5	12.76	800		10.21		13.40	800
790		8.55		11.23	43.0	45.60	790		8.91		11.70	790		9.32	12.0	12.23	790	9.5	9.76		12.82	790	10.0	10.25	13.2	13.46	790
780	8.3	8.58	11.0	11.28	43.2	45.90	780	8.7	8.95	11.5	11.75	780	9.1	9.36		12.29	780		9.80	12.6	12.88	780		10.29		13.52	780
770		8.62		11.33	43.5	46.20	770		8.99		11.80	770		9.40	12.1	12.34	770		9.84	12.7	12.93	770		10.33	13.3	13.58	770
760	8.4	8.66	11.1	11.38	43.7	46.40	760		9.03	11.6	11.86	760		9.44		12.40	760	9.6	9.88		12.99	760	10.1	10.38	13.4	13.64	760
750		8.70	11.2	11.44	44.0	46.70	750	8.8	9.07		11.91	750	9.2	9.48	12.2	12.46	750		9.93	12.8	13.05	750		10.42		13.70	750
740		8.73		11.49	44.3	47.00	740		9.11	11.7	11.97	740		9.52		12.52	740	9.7	9.97		13.12	740	10.2	10.47	13.5	13.77	740
730	8.5	8.77	11.3	11.54	44.5	47.30	730	8.9	9.15	11.8	12.03	730	9.3	9.57	12.3	12.58	730		10.01	12.9	13.18	730		10.52	13.6	13.83	730
720		8.81		11.60	44.8	47.60	720		9.19		12.09	720		9.61	12.4	12.64	720	9.8	10.06	13.0	13.24	720	10.3	10.57		13.90	720
710	8.6	8.85	11.4	11.66	45.1	47.90	710		9.23	11.9	12.15	710	9.4	9.65		12.70	710		10.11		13.31	710		10.61	13.7	13.97	710
700		8.90		11.72	45.4	48.20	700	9.0	9.28		12.21	700		9.70	12.5	12.76	700	9.9	10.15	13.1	13.37	700	10.4	10.66	13.8	14.04	700
690		8.94	11.5	11.78	45.7	48.50	690		9.32	12.0	12.27	690	9.5	9.74	12.6	12.83	690		10.20	13.2	13.44	690		10.71		14.11	690
680	8.7	8.98	11.6	11.84	46.0	48.80	680	9.1	9.36	12.1	12.33	680		9.79		12.89	680	10.0	10.25		13.51	680	10.5	10.77	13.9	14.18	680
670		9.02		11.90	46.3	49.10	670		9.41		12.40	670	9.6	9.84	12.7	12.96	670		10.30	13.3	13.58	670		10.82	14.0	14.26	670
660	8.8	9.07	11.7	11.96	46.6	49.40	660	9.2	9.46	12.2	12.46	660		9.89	12.8	13.03	660	10.1	10.35	13.4	13.65	660	10.6	10.87	14.1	14.33	660
650		9.11	11.8	12.03	46.9	49.80	650		9.50	12.3	12.53	650	9.7	9.94		13.10	650		10.40	13.5	13.73	650		10.93	14.2	14.41	650
640	8.9	9.16		12.09	47.2	50.10	640	9.3	9.55		12.60	640		9.99	12.9	13.17	640	10.2	10.46		13.80	640	10.7	10.98		14.49	640
630		9.21	11.9	12.16	47.5	50.50	630		9.60	12.4	12.67	630	9.8	10.04	13.0	13.24	630		10.51	13.6	13.88	630	10.8	11.04	14.3	14.57	630
620	9.0	9.26	12.0	12.22	47.9	50.80	620	9.4	9.65	12.5	12.74	620		10.09	13.1	13.32	620	10.3	10.57	13.7	13.95	620		11.10	14.4	14.65	620
610		9.30		12.29	48.2	51.20	610		9.70		12.81	610	9.9	10.14		13.39	610		10.62	13.8	14.03	610	10.9	11.15	14.5	14.73	610
600	9.1	9.35	12.1	12.36	48.6	51.60	600	9.5	9.75	12.6	12.88	600		10.20	13.2	13.47	600	10.4	10.68	13.9	14.11	600		11.21	14.6	14.81	600
590		9.40	12.2	12.43	48.9	51.90	590		9.81	12.7	12.96	590	10.0	10.25	13.3	13.55	590	10.5	10.73		14.19	590	11.0	11.27	14.7	14.90	590
580	9.2	9.46		12.51	49.3	52.30	580	9.6	9.86	12.8	13.03	580		10.31	13.4	13.62	580		10.79	14.0	14.28	580	11.1	11.34		14.99	580
570		9.51	12.3	12.58	49.6	52.70	570		9.91	12.9	13.11	570	10.1	10.37	13.5	13.70	570	10.6	10.85	14.1	14.36	570		11.40	14.8	15.08	570
560	9.3	9.56	12.4	12.66	50.0	53.10	560	9.7	9.97		13.19	560		10.42		13.79	560		10.91	14.2	14.45	560	11.2	11.46	14.9	15.17	560
550		9.61	12.5	12.73	50.4	53.50	550		10.03	13.0	13.27	550	10.2	10.48	13.6	13.87	550	10.7	10.98	14.3	14.53	550	11.3	11.53	15.0	15.26	550
540	9.4	9.67	12.6	12.81	50.8	53.90	540	9.8	10.08	13.1	13.35	540	10.3	10.54	13.7	13.95	540	10.8	11.04	14.4	14.62	540		11.59	15.1	15.35	540
530		9.73		12.89	51.2	54.30	530	9.9	10.14	13.2	13.43	530		10.60	13.8	14.04	530		11.10	14.5	14.71	530	11.4	11.66	15.2	15.44	530
520	9.5	9.78	12.7	12.97	51.6	54.80	520		10.20	13.3	13.51	520	10.4	10.67	13.9	14.13	520	10.9	11.17	14.6	14.80	520	11.5	11.73	15.3	15.54	520
510	9.6	9.84	12.8	13.05	52.0	55.20	510	10.0	10.26		13.60	510	10.5	10.73	14.0	14.22	510	11.0	11.23	14.7	14.90	510		11.80	15.4	15.64	510
500		9.90	12.9	13.13	52.4	55.70	500		10.32	13.4	13.68	500		10.79	14.1	14.31	500		11.30	14.8	14.99	500	11.6	11.87	15.5	15.74	500
	60m		80m		4 x 80m			60m		80m			60m		80m			60m		80m			60m		80m		
Technical Standards: N/A							Technical Standards: N/A					Technical Standards: N/A					Technical Standards: N/A					Technical Standards: N/A					

	Boys9							Boys 8					Boys 7					Boys 6					Boys Pre-school				
	Track				Relays			Track					Track					Track					Track				
	60m		80m		4 x 80m			60m		80m			60m		80m			60m		80m			60m		80m		
500		9.90	12.9	13.13	52.4	55.70	500		10.32	13.4	13.68	500		10.79	14.1	14.31	500		11.30	14.8	14.99	500	11.6	11.87	15.5	15.74	500
490	9.7	9.96	13.0	13.22	52.8	56.10	490	10.1	10.38	13.5	13.77	490	10.6	10.86	14.2	14.40	490	11.1	11.37	14.9	15.09	490	11.7	11.94	15.6	15.84	490
480		10.02	13.1	13.30	53.3	56.60	480	10.2	10.45	13.6	13.86	480	10.7	10.92	14.3	14.49	480	11.2	11.44	15.0	15.19	480		12.01	15.7	15.94	480
470	9.8	10.08		13.39	53.7	57.00	470		10.51	13.7	13.95	470		10.99	14.4	14.59	470		11.51	15.1	15.29	470	11.8	12.08	15.8	16.05	470
460	9.9	10.14	13.2	13.48	54.2	57.50	460	10.3	10.58	13.8	14.05	460	10.8	11.06	14.5	14.69	460	11.3	11.58	15.2	15.39	460	11.9	12.16	15.9	16.16	460
450		10.21	13.3	13.57	54.6	58.00	450	10.4	10.64	13.9	14.14	450	10.9	11.13	14.6	14.79	450	11.4	11.65	15.3	15.49	450	12.0	12.24	16.0	16.26	450
440	10.0	10.27	13.4	13.66	55.1	58.50	440		10.71	14.0	14.24	440		11.20	14.7	14.89	440	11.5	11.73	15.4	15.60	440	12.1	12.31	16.1	16.37	440
430	10.1	10.34	13.5	13.76	55.6	59.00	430	10.5	10.78	14.1	14.33	430	11.0	11.27	14.8	14.99	430		11.80	15.5	15.71	430		12.39	16.3	16.49	430
420		10.41	13.6	13.85	56.0	59.50	420	10.6	10.85	14.2	14.43	420	11.1	11.34	14.9	15.09	420	11.6	11.88	15.6	15.81	420	12.2	12.47	16.4	16.60	420
410	10.2	10.47	13.7	13.95	56.5	60.10	410	10.7	10.92	14.3	14.53	410	11.2	11.42	15.0	15.20	410	11.7	11.95	15.7	15.92	410	12.3	12.56	16.5	16.72	410
400	10.3	10.54	13.8	14.05	57.0	60.60	400		10.99	14.4	14.64	400		11.49	15.1	15.30	400	11.8	12.03	15.8	16.04	400	12.4	12.64	16.6	16.83	400
390		10.61	13.9	14.15	57.6	61.10	390	10.8	11.07	14.5	14.74	390	11.3	11.57	15.2	15.41	390	11.9	12.11	15.9	16.15	390	12.5	12.72	16.7	16.95	390
380	10.4	10.68	14.0	14.25	58.1	61.70	380	10.9	11.14	14.6	14.85	380	11.4	11.65	15.3	15.52	380		12.20	16.0	16.27	380	12.6	12.81	16.8	17.08	380
370	10.5	10.76	14.1	14.35	58.6	1:02.3	370	11.0	11.22	14.7	14.96	370	11.5	11.73	15.4	15.64	370	12.0	12.28	16.2	16.39	370		12.89	17.0	17.20	370
360	10.6	10.83	14.2	14.46	59.2	1:02.8	360		11.29	14.8	15.07	360	11.6	11.81	15.5	15.75	360	12.1	12.36	16.3	16.51	360	12.7	12.98	17.1	17.33	360
350		10.91	14.3	14.57	59.7	1:03.4	350	11.1	11.37	14.9	15.18	350		11.89	15.6	15.87	350	12.2	12.45	16.4	16.63	350	12.8	13.07	17.2	17.46	350
340	10.7	10.98	14.4	14.68	60.3	1:04.0	340	11.2	11.45	15.1	15.29	340	11.7	11.97	15.8	15.99	340	12.3	12.54	16.5	16.75	340	12.9	13.16	17.4	17.59	340
330	10.8	11.06	14.6	14.79	60.8	1:04.6	330	11.3	11.53	15.2	15.41	330	11.8	12.06	15.9	16.11	330	12.4	12.62	16.6	16.88	330	13.0	13.26	17.5	17.72	330
320	10.9	11.14	14.7	14.90	1:01.43	1:05.3	320	11.4	11.61	15.3	15.52	320	11.9	12.14	16.0	16.23	320	12.5	12.71	16.8	17.01	320	13.1	13.35	17.6	17.85	320
310	11.0	11.22	14.8	15.01	1:02.02	1:05.9	310		11.70	15.4	15.64	310	12.0	12.23	16.1	16.35	310	12.6	12.80	16.9	17.14	310	13.2	13.45	17.8	17.99	310
300		11.30	14.9	15.13	1:02.63	1:06.5	300	11.5	11.78	15.5	15.76	300	12.1	12.32	16.2	16.48	300	12.7	12.90	17.0	17.27	300	13.3	13.55	17.9	18.13	300
290	11.1	11.38	15.0	15.25	1:03.25	1:07.2	290	11.6	11.87	15.7	15.89	290	12.2	12.41	16.4	16.61	290	12.8	12.99	17.2	17.41	290	13.4	13.64	18.0	18.27	290
280	11.2	11.47	15.1	15.37	1:03.88	1:07.9	280	11.7	11.96	15.8	16.01	280	12.3	12.50	16.5	16.74	280	12.9	13.09	17.3	17.54	280	13.5	13.74	18.2	18.42	280
270	11.3	11.55	15.3	15.49	1:04.52	1:08.6	270	11.8	12.04	15.9	16.14	270	12.4	12.59	16.6	16.87	270		13.19	17.4	17.68	270	13.6	13.85	18.3	18.56	270
260	11.4	11.64	15.4	15.61	1:05.17	1:09.2	260	11.9	12.13	16.0	16.27	260		12.69	16.8	17.01	260	13.0	13.28	17.6	17.82	260	13.7	13.95	18.5	18.71	260
250	11.5	11.73	15.5	15.74	1:05.84	1:10.0	250	12.0	12.23	16.2	16.40	250	12.5	12.78	16.9	17.15	250	13.1	13.38	17.7	17.97	250	13.8	14.06	18.6	18.86	250
240	11.6	11.82	15.6	15.87	1:06.52	1:10.7	240	12.1	12.32	16.3	16.53	240	12.6	12.88	17.1	17.29	240	13.3	13.49	17.9	18.11	240	13.9	14.16	18.8	19.02	240
230	11.7	11.91	15.8	16.00	1:07.21	1:11.4	230	12.2	12.41	16.4	16.67	230	12.7	12.98	17.2	17.43	230	13.4	13.59	18.0	18.26	230	14.0	14.27	18.9	19.17	230
220	11.8	12.00	15.9	16.13	1:07.91	1:12.2	220	12.3	12.51	16.6	16.81	220	12.8	13.08	17.3	17.57	220	13.5	13.70	18.2	18.42	220	14.1	14.38	19.1	19.33	220
210	11.9	12.09	16.0	16.27	1:08.63	1:12.9	210	12.4	12.61	16.7	16.95	210	12.9	13.18	17.5	17.72	210	13.6	13.80	18.3	18.57	210	14.3	14.50	19.3	19.49	210
200		12.19	16.2	16.40	1:09.36	1:13.7	200	12.5	12.71	16.9	17.09	200	13.1	13.29	17.6	17.87	200	13.7	13.91	18.5	18.73	200	14.4	14.61	19.4	19.66	200
190	12.0	12.28	16.3	16.54	1:10.10	1:14.5	190	12.6	12.81	17.0	17.24	190	13.2	13.39	17.8	18.02	190	13.8	14.02	18.6	18.88	190	14.5	14.73	19.6	19.82	190
180	12.1	12.38	16.5	16.69	1:10.86	1:15.3	180	12.7	12.91	17.1	17.38	180	13.3	13.50	17.9	18.18	180	13.9	14.13	18.8	19.05	180	14.6	14.84	19.8	19.99	180
170	12.2	12.48	16.6	16.83	1:11.63	1:16.1	170	12.8	13.02	17.3	17.53	170	13.4	13.61	18.1	18.33	170	14.0	14.25	19.0	19.21	170	14.7	14.96	19.9	20.17	170
160	12.3	12.58	16.7	16.98	1:12.42	1:17.0	160	12.9	13.12	17.5	17.69	160	13.5	13.72	18.3	18.49	160	14.1	14.37	19.1	19.38	160	14.9	15.09	20.1	20.34	160
150	12.5	12.69	16.9	17.12	1:13.22	1:17.8	150	13.0	13.23	17.6	17.84	150	13.6	13.83	18.4	18.66	150	14.2	14.48	19.3	19.55	150	15.0	15.21	20.3	20.52	150
140	12.6	12.79	17.0	17.28	1:14.04	1:18.7	140	13.1	13.34	17.8	18.00	140	13.7	13.95	18.6	18.82	140	14.4	14.60	19.5	19.72	140	15.1	15.34	20.5	20.70	140
130	12.7	12.90	17.2	17.43	1:14.87	1:19.6	130	13.2	13.45	17.9	18.16	130	13.8	14.06	18.8	18.99	130	14.5	14.72	19.7	19.90	130	15.2	15.46	20.7	20.89	130
120	12.8	13.01	17.4	17.59	1:15.72	1:20.5	120	13.3	13.56	18.1	18.32	120	13.9	14.18	18.9	19.16	120	14.6	14.85	19.8	20.08	120	15.4	15.59	20.8	21.07	120
110	12.9	13.12	17.5	17.75	1:16.58	1:21.4	110	13.4	13.68	18.3	18.49	110	14.1	14.30	19.1	19.33	110	14.7	14.97	20.0	20.26	110	15.5	15.73	21.0	21.27	110
100	13.0	13.23	17.7	17.91	1:17.47	1:22.3	100	13.6	13.79	18.4	18.66	100	14.2	14.42	19.3	19.51	100	14.9	15.10	20.2	20.44	100	15.6	15.86	21.2	21.46	100
90	13.1	13.34	17.8	18.07	1:18.36	1:23.3	90	13.7	13.91	18.6	18.83	90	14.3	14.55	19.5	19.69	90	15.0	15.23	20.4	20.63	90	15.8	16.00	21.4	21.66	90
80	13.2	13.46	18.0	18.24	1:19.28	1:24.3	80	13.8	14.03	18.8	19.00	80	14.4	14.67	19.6	19.87	80	15.1	15.36	20.6	20.82	80	15.9	16.13	21.6	21.86	80
70	13.3	13.58	18.2	18.41	1:20.21	1:25.3	70	13.9	14.16	18.9	19.18	70	14.6	14.80	19.8	20.06	70	15.3	15.50	20.8	21.02	70	16.0	16.28	21.8	22.06	70
60	13.5	13.70	18.3	18.58	1:21.16	1:26.3	60	14.0	14.28	19.1	19.36	60	14.7	14.93	20.0	20.24	60	15.4	15.63	21.0	21.21	60	16.2	16.42	22.0	22.27	60
50	13.6	13.82	18.5	18.76	1:22.13	1:27.3	50	14.2	14.41	19.3	19.54	50	14.8	15.06	20.2	20.44	50	15.5	15.77	21.2	21.41	50	16.3	16.56	22.2	22.48	50
40	13.7	13.94	18.7	18.94	1:23.12	1:28.4	40	14.3	14.54	19.5	19.73	40	15.0	15.20	20.4	20.63	40	15.7	15.91	21.4	21.62	40	16.5	16.71	22.5	22.69	40
30	13.8	14.07	18.9	19.12	1:24.13	1:29.4	30	14.4	14.67	19.7	19.92	30	15.1	15.33	20.6	20.83	30	15.8	16.06	21.6	21.82	30	16.6	16.86	22.7	22.91	30
20	14.0	14.19	19.1	19.30	1:25.15	1:30.50	20	14.6	14.80	19.9	20.11	20	15.2	15.47	20.8	21.03	20	16.0	16.20	21.8	22.04	20	16.8	17.01	22.9	23.13	20
10	14.1	14.32	19.3	19.49	1:26.20	1:31.60	10	14.7	14.93	20.1	20.31	10	15.4	15.61	21.0	21.23	10	16.1	16.35	22.0	22.25	10	16.9	17.17	23.1	23.36	10
0	14.2	14.45	19.4	19.68	1:27.27	1:32.80	0	14.8	15.07	20.3	20.51	0	15.5	15.76	21.2	21.44	0	16.3	16.50	22.2	22.47	0	17.1	17.33	23.4	23.59	0
	60m		80m		4 x 80m			60m		80m			60m		80m			60m		80m			60m		80m		
Technical Standards: N/A							Technical Standards: N/A					Technical Standards: N/A					Technical Standards: N/A					Technical Standards: N/A				

2016 – 2019 PRIMARY SCHOOLS ATHLETICS PERFORMANCE EVALUATION (APE) TABLES

ATHLETICS SOUTH AFRICA (ASA)

IN ASSOCIATION WITH

SOUTH AFRICAN SCHOOLS ATHLETICS (SASA)

CAPACITATING SCHOOLS ATHLETICS

Girls

Girls 13																						
	Track						Relays			Hurdles				Walk	Field							
	100m		200m		800m	1500m	4 x 100m			75mH		200mH		1500 m W		HJ	LJ	SP	DT	HT	JT	
1000	12.0	12.29	24.9	25.17	2:14.36	4:28.71	50.6	50.78	1000		10.99	26.5	26.78	5:46.01	1000	1.72	5.65	13.87	48.97	55.21	43.34	1000
990	12.1	12.34	25.1	25.29	2:15.05	4:30.09	50.8	50.98	990	10.8	11.07	26.7	26.98	5:52.60	990	1.71	5.62	13.65	48.30	54.22	42.83	990
980		12.40	25.2	25.42	2:15.75	4:31.51	51.0	51.19	980	10.9	11.15	26.9	27.18	5:59.43	980	1.70	5.60	13.43	47.62	53.22	42.32	980
970	12.2	12.45	25.3	25.54	2:16.48	4:32.96	51.3	51.40	970	11.0	11.23	27.2	27.39	6:06.51	970		5.57	13.21	46.94	52.21	41.81	970
960		12.51	25.4	25.67	2:17.22	4:34.43	51.5	51.61	960	11.1	11.31	27.4	27.61	6:13.85	960	1.69	5.55	12.99	46.24	51.19	41.28	960
950	12.3	12.57	25.6	25.80	2:17.97	4:35.94	51.7	51.83	950		11.39	27.6	27.82	6:21.47	950	1.68	5.52	12.77	45.54	50.16	40.75	950
940		12.63	25.7	25.94	2:18.74	4:37.49	51.9	52.06	940	11.2	11.48	27.8	28.05	6:29.37	940	1.67	5.49	12.54	44.84	49.14	40.21	940
930	12.4	12.69	25.8	26.07	2:19.53	4:39.06	52.1	52.29	930	11.3	11.56	28.0	28.28	6:37.56	930		5.46	12.32	44.12	48.10	39.66	930
920	12.5	12.75	26.0	26.21	2:20.34	4:40.68	52.4	52.52	920	11.4	11.65	28.3	28.51	6:46.05	920	1.66	5.44	12.09	43.40	47.07	39.11	920
910		12.82	26.1	26.35	2:21.16	4:42.32	52.6	52.76	910	11.5	11.75	28.5	28.75	6:54.86	910	1.65	5.41	11.86	42.68	46.04	38.56	910
900	12.6	12.88	26.3	26.50	2:22.00	4:44.00	52.9	53.00	900	11.6	11.84	28.8	29.00	7:04.00	900	1.64	5.38	11.63	41.95	45.00	38.00	900
890	12.7	12.95	26.4	26.65	2:22.86	4:45.72	53.1	53.25	890	11.7	11.94	29.0	29.25	7:13.50	890	1.63	5.35	11.40	41.22	43.97	37.44	890
880		13.01	26.6	26.80	2:23.74	4:47.48	53.4	53.50	880	11.8	12.03	29.3	29.51	7:23.39	880		5.33	11.18	40.51	42.96	36.89	880
870	12.8	13.08	26.7	26.96	2:24.64	4:49.28	53.6	53.76	870	11.9	12.14	29.5	29.78	7:33.69	870	1.62	5.30	10.95	39.80	41.97	36.34	870
860	12.9	13.15	26.9	27.12	2:25.56	4:51.13	53.9	54.03	860	12.0	12.24	29.8	30.05	7:44.42	860	1.61	5.28	10.73	39.09	40.99	35.79	860
850	13.0	13.23	27.0	27.28	2:26.51	4:53.02	54.2	54.30	850	12.1	12.35	30.1	30.33	7:55.60	850	1.60	5.25	10.52	38.40	40.03	35.25	850
840		13.30	27.2	27.45	2:27.48	4:54.96	54.4	54.58	840	12.2	12.46	30.4	30.62	8:07.25	840	1.59	5.22	10.30	37.71	39.09	34.71	840
830	13.1	13.38	27.4	27.62	2:28.47	4:56.94	54.7	54.86	830	12.3	12.57	30.7	30.92	8:19.38	830		5.20	10.09	37.03	38.16	34.18	830
820	13.2	13.45	27.6	27.79	2:29.48	4:58.96	55.0	55.15	820	12.4	12.68	31.0	31.22	8:32.02	820	1.58	5.17	9.89	36.36	37.25	33.66	820
810	13.3	13.53	27.7	27.97	2:30.52	5:01.04	55.3	55.45	810	12.6	12.80	31.3	31.54	8:45.20	810	1.57	5.15	9.68	35.70	36.36	33.13	810
800	13.4	13.61	27.9	28.16	2:31.58	5:03.16	55.6	55.75	800	12.7	12.92	31.6	31.86	8:58.93	800	1.56	5.12	9.48	35.04	35.48	32.62	800
790		13.70	28.1	28.34	2:32.67	5:05.33	55.9	56.06	790	12.8	13.05	31.9	32.19	9:13.25	790		5.09	9.28	34.40	34.62	32.10	790
780	13.5	13.78	28.3	28.53	2:33.78	5:07.56	56.2	56.37	780	12.9	13.18	32.3	32.52	9:28.18	780	1.55	5.07	9.09	33.76	33.77	31.60	780
770	13.6	13.87	28.5	28.73	2:34.91	5:09.83	56.6	56.70	770	13.1	13.31	32.6	32.87	9:43.75	770	1.54	5.04	8.89	33.13	32.94	31.10	770
760	13.7	13.95	28.7	28.93	2:36.08	5:12.15	56.9	57.03	760	13.2	13.44	33.0	33.22	9:59.99	760	1.53	5.02	8.70	32.51	32.12	30.60	760
750	13.8	14.04	28.9	29.13	2:37.26	5:14.53	57.2	57.36	750	13.3	13.58	33.3	33.59	10:16.94	750	1.52	4.99	8.52	31.89	31.32	30.11	750
740	13.9	14.14	29.1	29.34	2:38.48	5:16.96	57.6	57.70	740	13.5	13.72	33.7	33.96	10:34.62	740		4.97	8.33	31.29	30.54	29.62	740
730	14.0	14.23	29.3	29.56	2:39.72	5:19.44	57.9	58.05	730	13.6	13.86	34.1	34.35	10:53.07	730	1.51	4.94	8.15	30.69	29.77	29.14	730
720	14.1	14.33	29.5	29.77	2:40.99	5:21.98	58.3	58.41	720	13.8	14.01	34.5	34.74	11:12.33	720	1.50	4.91	7.97	30.10	29.01	28.66	720
710	14.2	14.42	29.8	30.00	2:42.28	5:24.57	58.6	58.77	710	13.9	14.16	34.9	35.14	11:32.44	710	1.49	4.89	7.80	29.51	28.27	28.19	710
700	14.3	14.52	30.0	30.22	2:43.61	5:27.22	59.0	59.15	700	14.1	14.32	35.3	35.56	11:53.45	700	1.48	4.86	7.63	28.94	27.55	27.72	700
690	14.4	14.63	30.2	30.46	2:44.96	5:29.93	59.4	59.52	690	14.2	14.48	35.7	35.98	12:15.39	690		4.84	7.46	28.37	26.83	27.26	690
680	14.5	14.73	30.5	30.69	2:46.35	5:32.70	59.8	59.91	680	14.4	14.64	36.2	36.42	12:38.31	680	1.47	4.81	7.29	27.81	26.14	26.80	680
670	14.6	14.84	30.7	30.93	2:47.76	5:35.53	1:00.20	1:00.31	670	14.6	14.81	36.6	36.86	13:02.26	670	1.46	4.79	7.13	27.26	25.46	26.35	670
660	14.7	14.94	30.9	31.18	2:49.21	5:38.42	1:00.60	1:00.71	660	14.7	14.98	37.1	37.32	13:27.30	660	1.45	4.76	6.97	26.72	24.79	25.90	660
650	14.8	15.05	31.2	31.43	2:50.69	5:41.37	1:01.00	1:01.12	650	14.9	15.15	37.5	37.79	13:53.48	650		4.74	6.81	26.18	24.13	25.46	650
640	14.9	15.17	31.5	31.69	2:52.19	5:44.39	1:01.40	1:01.54	640	15.1	15.33	38.0	38.27	14:20.86	640	1.44	4.71	6.65	25.66	23.49	25.03	640
630	15.0	15.28	31.7	31.95	2:53.73	5:47.47	1:01.80	1:01.96	630	15.3	15.52	38.5	38.76	14:49.50	630	1.43	4.68	6.50	25.13	22.86	24.59	630
620	15.2	15.40	32.0	32.22	2:55.31	5:50.62	1:02.30	1:02.40	620	15.5	15.71	39.0	39.27	15:19.46	620	1.42	4.66	6.35	24.62	22.25	24.17	620
610	15.3	15.52	32.3	32.50	2:56.92	5:53.83	1:02.70	1:02.84	610	15.7	15.90	39.5	39.79	15:50.83	610	1.41	4.63	6.20	24.12	21.65	23.75	610
600	15.4	15.64	32.5	32.78	2:58.56	5:57.12	1:03.10	1:03.29	600	15.9	16.10	40.1	40.32	16:23.66	600		4.61	6.06	23.62	21.06	23.33	600
590	15.5	15.77	32.8	33.06	3:00.24	6:00.47	1:03.60	1:03.75	590	16.1	16.30	40.6	40.87	16:58.04	590	1.40	4.58	5.91	23.13	20.49	22.92	590
580	15.7	15.89	33.1	33.35	3:01.95	6:03.90	1:04.10	1:04.22	580	16.3	16.51	41.2	41.43	17:34.04	580	1.39	4.56	5.77	22.65	19.92	22.51	580
570	15.8	16.02	33.4	33.65	3:03.70	6:07.40	1:04.60	1:04.70	570	16.5	16.72	41.8	42.00	18:11.77	570	1.38	4.53	5.64	22.17	19.37	22.11	570
560	15.9	16.15	33.7	33.96	3:05.49	6:10.98	1:05.00	1:05.18	560	16.7	16.94	42.4	42.59	18:51.31	560		4.51	5.50	21.71	18.84	21.71	560
550	16.0	16.29	34.0	34.27	3:07.31	6:14.63	1:05.50	1:05.68	550	16.9	17.16	43.0	43.20	19:32.75	550	1.37	4.48	5.37	21.25	18.31	21.32	550
540	16.2	16.43	34.3	34.58	3:09.18	6:18.36	1:06.00	1:06.19	540	17.2	17.39	43.6	43.82	20:16.21	540	1.36	4.46	5.24	20.80	17.80	20.94	540
530	16.3	16.57	34.7	34.91	3:11.08	6:22.17	1:06.60	1:06.70	530	17.4	17.63	44.2	44.45	21:01.79	530	1.35	4.43	5.11	20.35	17.29	20.56	530
520	16.5	16.71	35.0	35.24	3:13.03	6:26.05	1:07.10	1:07.23	520	17.6	17.87	44.9	45.10	21:49.61	520		4.41	4.99	19.91	16.80	20.18	520
510	16.6	16.85	35.3	35.57	3:15.01	6:30.03	1:07.60	1:07.76	510	17.9	18.12	45.5	45.77	22:39.79	510	1.34	4.38	4.86	19.48	16.33	19.81	510
500	16.8	17.00	35.7	35.91	3:17.04	6:34.08	1:08.20	1:08.31	500	18.1	18.37	46.2	46.46	23:32.48	500	1.33	4.36	4.74	19.06	15.86	19.44	500
	100m		200m		800m	1500m	4 x 100m			75mH		200mH		1500 m W		HJ	LJ	SP	DT	HT	JT	

Technical Standards: 75 mH - 76,2 cm : 200 mH - 68 cm : SP - 3 kg : DT - 0,75 kg : HT - 3 kg : JT - 500 g

Girls 13																						
	Track						Relays			Hurdles				Walk		Field						
	100m		200m		800m	1500m	4 x 100m			75mH		200mH		1500 m W		HJ	LJ	SP	DT	HT	JT	
500	16.8	17.00	35.7	35.91	3:17.04	6:34.08	1:08.20	1:08.31	500	18.1	18.37	46.2	46.46	23:32.48	500	1.33	4.36	4.74	19.06	15.86	19.44	500
490	16.9	17.15	36.0	36.27	3:19.11	6:38.23	1:08.70	1:08.86	490	18.4	18.63	46.9	47.16	24:27.80	490	1.32	4.33	4.63	18.64	15.40	19.08	490
480	17.1	17.31	36.4	36.62	3:21.23	6:42.46	1:09.30	1:09.43	480	18.7	18.90	47.6	47.89	25:25.90	480		4.31	4.51	18.23	14.96	18.72	480
470	17.2	17.47	36.7	36.99	3:23.39	6:46.78	1:09.90	1:10.01	470	18.9	19.17	48.4	48.63	26:26.96	470	1.31	4.28	4.40	17.83	14.52	18.37	470
460	17.4	17.63	37.1	37.36	3:25.60	6:51.19	1:10.50	1:10.59	460	19.2	19.45	49.1	49.39	27:31.12	460	1.30	4.26	4.29	17.43	14.10	18.02	460
450	17.6	17.79	37.5	37.74	3:27.85	6:55.70	1:11.10	1:11.19	450	19.5	19.73	49.9	50.17	28:38.59	450	1.29	4.23	4.18	17.04	13.68	17.68	450
440	17.7	17.96	37.9	38.13	3:30.15	7:00.30	1:11.70	1:11.80	440	19.8	20.03	50.7	50.97	29:49.53	440		4.21	4.07	16.66	13.28	17.34	440
430	17.9	18.13	38.3	38.52	3:32.50	7:05.00	1:12.30	1:12.42	430	20.1	20.33	51.6	51.79	31:04.16	430	1.28	4.19	3.97	16.29	12.88	17.01	430
420	18.1	18.30	38.7	38.93	3:34.90	7:09.81	1:12.90	1:13.06	420	20.4	20.64	52.4	52.64	32:22.69	420	1.27	4.16	3.87	15.92	12.50	16.68	420
410	18.2	18.48	39.1	39.34	3:37.35	7:14.71	1:13.60	1:13.70	410	20.7	20.95	53.3	53.50	33:45.35	410	1.26	4.14	3.77	15.55	12.12	16.36	410
400	18.4	18.66	39.5	39.76	3:39.86	7:19.72	1:14.20	1:14.36	400	21.0	21.28	54.2	54.39	35:12.39	400		4.11	3.67	15.20	11.76	16.04	400
390	18.6	18.84	39.9	40.19	3:42.42	7:24.83	1:14.90	1:15.03	390	21.4	21.61	55.1	55.31	36:44.07	390	1.25	4.09	3.57	14.85	11.40	15.73	390
380	18.8	19.03	40.4	40.63	3:45.03	7:30.06	1:15.60	1:15.71	380	21.7	21.95	56.0	56.24	38:20.66	380	1.24	4.06	3.48	14.51	11.06	15.42	380
370	19.0	19.22	40.8	41.07	3:47.70	7:35.39	1:16.30	1:16.40	370	22.1	22.30	57.0	57.20	40:02.46	370	1.23	4.04	3.39	14.17	10.72	15.11	370
360	19.2	19.42	41.3	41.53	3:50.42	7:40.84	1:17.00	1:17.11	360	22.4	22.66	58.0	58.19	41:49.78	360		4.02	3.30	13.84	10.39	14.81	360
350	19.4	19.61	41.8	41.99	3:53.20	7:46.41	1:17.70	1:17.83	350	22.8	23.03	59.0	59.21	43:42.97	350	1.22	3.99	3.21	13.51	10.07	14.52	350
340	19.6	19.82	42.2	42.47	3:56.05	7:52.10	1:18.40	1:18.56	340	23.2	23.40	1:00.0	1:00.25	45:42.37	340	1.21	3.97	3.12	13.20	9.75	14.23	340
330	19.8	20.02	42.7	42.95	3:58.95	7:57.90	1:19.20	1:19.31	330	23.6	23.79	1:01.1	1:01.32	47:48.37	330	1.20	3.94	3.04	12.88	9.45	13.94	330
320	20.0	20.23	43.2	43.45	4:01.92	8:03.84	1:19.90	1:20.07	320	23.9	24.19	1:02.2	1:02.41	50:01.39	320		3.92	2.96	12.58	9.15	13.66	320
310	20.2	20.45	43.7	43.95	4:04.95	8:09.90	1:20.70	1:20.85	310	24.4	24.60	1:03.3	1:03.54	52:21.85	310	1.19	3.90	2.88	12.28	8.87	13.38	310
300	20.4	20.67	44.2	44.47	4:08.05	8:16.09	1:21.50	1:21.64	300	24.8	25.01	1:04.5	1:04.70	54:50.22	300	1.18	3.87	2.80	11.98	8.59	13.11	300
290	20.7	20.89	44.8	44.99	4:11.21	8:22.42	1:22.30	1:22.44	290	25.2	25.44	1:05.7	1:05.89	57:26.99	290		3.85	2.72	11.69	8.31	12.84	290
280	20.9	21.12	45.3	45.53	4:14.44	8:28.88	1:23.10	1:23.26	280	25.6	25.88	1:06.9	1:07.11	1:00:12.71	280	1.17	3.82	2.65	11.41	8.05	12.57	280
270	21.1	21.35	45.8	46.08	4:17.74	8:35.49	1:24.00	1:24.10	270	26.1	26.33	1:08.1	1:08.37	1:03:07.93	270	1.16	3.80	2.58	11.13	7.79	12.31	270
260	21.3	21.59	46.4	46.64	4:21.12	8:42.23	1:24.80	1:24.95	260	26.6	26.80	1:09.4	1:09.66	1:06:13.27	260	1.15	3.78	2.50	10.86	7.54	12.06	260
250	21.6	21.83	47.0	47.21	4:24.56	8:49.13	1:25.70	1:25.82	250	27.0	27.27	1:10.7	1:10.99	1:09:29.37	250		3.75	2.43	10.59	7.29	11.80	250
240	21.8	22.07	47.6	47.79	4:28.09	8:56.17	1:26.60	1:26.70	240	27.5	27.76	1:12.1	1:12.35	1:12:56.92	240	1.14	3.73	2.37	10.33	7.06	11.56	240
230	22.1	22.33	48.1	48.39	4:31.69	9:03.37	1:27.50	1:27.60	230	28.0	28.26	1:13.5	1:13.75	1:16:36.68	230	1.13	3.71	2.30	10.07	6.83	11.31	230
220	22.3	22.58	48.8	49.00	4:35.36	9:10.73	1:28.40	1:28.52	220	28.5	28.78	1:15.0	1:15.20	1:20:29.44	220		3.68	2.23	9.82	6.60	11.07	220
210	22.6	22.84	49.4	49.62	4:39.12	9:18.24	1:29.30	1:29.45	210	29.1	29.30	1:16.4	1:16.68	1:24:36.04	210	1.12	3.66	2.17	9.58	6.39	10.84	210
200	22.9	23.11	50.0	50.25	4:42.96	9:25.93	1:30.30	1:30.41	200	29.6	29.85	1:18.0	1:18.20	1:28:57.40	200	1.11	3.64	2.11	9.34	6.17	10.60	200
190	23.1	23.38	50.7	50.90	4:46.89	9:33.78	1:31.20	1:31.38	190	30.2	30.40	1:19.5	1:19.76	1:33:34.51	190	1.10	3.62	2.05	9.10	5.97	10.38	190
180	23.4	23.66	51.3	51.56	4:50.90	9:41.80	1:32.20	1:32.36	180	30.7	30.97	1:21.1	1:21.37	1:38:28.40	180		3.59	1.99	8.87	5.77	10.15	180
170	23.7	23.94	52.0	52.23	4:55.00	9:50.01	1:33.20	1:33.37	170	31.3	31.56	1:22.8	1:23.03	1:43:40.20	170	1.09	3.57	1.93	8.64	5.58	9.93	170
160	24.0	24.23	52.7	52.92	4:59.19	9:58.39	1:34.30	1:34.40	160	31.9	32.16	1:24.5	1:24.73	1:49:11.12	160	1.08	3.55	1.88	8.42	5.39	9.72	160
150	24.3	24.52	53.4	53.62	5:03.48	10:06.96	1:35.30	1:35.44	150	32.5	32.78	1:26.2	1:26.48	1:55:02.46	150		3.52	1.82	8.21	5.21	9.50	150
140	24.6	24.82	54.1	54.34	5:07.86	10:15.72	1:36.40	1:36.51	140	33.2	33.42	1:28.0	1:28.29	2:01:15.59	140	1.07	3.50	1.77	7.99	5.03	9.29	140
130	24.9	25.13	54.8	55.07	5:12.34	10:24.68	1:37.50	1:37.59	130	33.8	34.07	1:29.9	1:30.14	2:07:52.01	130	1.06	3.48	1.72	7.79	4.86	9.09	130
120	25.2	25.44	55.6	55.82	5:16.92	10:33.84	1:38.60	1:38.70	120	34.5	34.74	1:31.8	1:32.05	2:14:53.32	120		3.46	1.66	7.58	4.69	8.89	120
110	25.5	25.76	56.3	56.59	5:21.60	10:43.20	1:39.70	1:39.83	110	35.2	35.43	1:33.8	1:34.01	2:22:21.24	110	1.05	3.43	1.62	7.38	4.53	8.69	110
100	25.8	26.08	57.1	57.37	5:26.39	10:52.77	1:40.80	1:40.98	100	35.9	36.14	1:35.8	1:36.03	2:30:17.61	100	1.04	3.41	1.57	7.19	4.37	8.50	100
90	26.2	26.41	57.9	58.17	5:31.28	11:02.56	1:42.00	1:42.15	90	36.6	36.87	1:37.9	1:38.11	2:38:44.42	90		3.39	1.52	7.00	4.22	8.30	90
80	26.5	26.75	58.7	58.98	5:36.29	11:12.57	1:43.20	1:43.34	80	37.4	37.62	1:40.0	1:40.25	2:47:43.81	80	1.03	3.37	1.47	6.82	4.07	8.12	80
70	26.9	27.10	59.6	59.81	5:41.41	11:22.81	1:44.40	1:44.56	70	38.1	38.39	1:42.2	1:42.45	2:57:18.07	70	1.02	3.34	1.43	6.63	3.93	7.93	70
60	27.2	27.45	60.4	60.66	5:46.64	11:33.28	1:45.70	1:45.80	60	38.9	39.18	1:44.5	1:44.72	3:07:29.66	60		3.32	1.39	6.46	3.79	7.75	60
50	27.6	27.81	61.3	61.53	5:52.00	11:43.99	1:46.90	1:47.06	50	39.8	39.99	1:46.8	1:47.05	3:18:21.26	50	1.01	3.30	1.34	6.28	3.66	7.58	50
40	27.9	28.17	62.2	62.42	5:57.47	11:54.94	1:48.20	1:48.35	40	40.6	40.83	1:49.2	1:49.46	3:29:55.72	40	1.00	3.28	1.30	6.11	3.53	7.40	40
30	28.3	28.55	63.1	63.33	6:03.07	12:06.15	1:49.50	1:49.66	30	41.5	41.69	1:51.7	1:51.93	3:42:16.12	30		3.26	1.26	5.95	3.40	7.23	30
20	28.7	28.93	64.0	64.26	6:08.80	12:17.61	1:50.90	1:51.00	20	42.3	42.58	1:54.2	1:54.48	3:55:25.79	20	0.99	3.23	1.22	5.79	3.28	7.06	20
10	29.1	29.32	65.0	65.20	6:14.67	12:29.33	1:52.20	1:52.36	10	43.2	43.49	1:56.9	1:57.11	4:09:28.30	10	0.98	3.21	1.19	5.63	3.16	6.90	10
0	29.5	29.71	65.9	66.17	6:20.66	12:41.33	1:53.60	1:53.75	0	44.2	44.42	1:59.6	1:59.82	4:24:27.51	0	#REF!	3.19	1.15	5.47	3.05	6.74	0
	100m		200m		800m	1500m	4 x 100m			75mH		200mH		1500 m W		HJ	LJ	SP	DT	HT	JT	
Technical Standards: 75 mH - 76,2 cm : 200 mH - 68 cm : SP - 3 kg : DT - 0,75 kg : HT - 3 kg : JT - 500 g																						

Girls 12																						
	Track					Relays			Hurdles				Walk	Field								
	100m		150m		1200m	4 x 100m			75mH		150mH		1500 m W		HJ	LJ	SP	DT	HT	JT		
1000		12.40		18.60	3:32.58	51.1	51.21	1000	11.2	11.42	20.3	20.51	5:47.18	1000		5.36	13.26	48.63	54.95	36.35	1000
990	12.2	12.46	18.4	18.68	3:33.68	51.3	51.41	990		11.50	20.4	20.66	5:53.79	990	1.65	5.33	13.05	47.97	53.97	35.92	990
980		12.51	18.5	18.76	3:34.80	51.5	51.62	980	11.3	11.58	20.6	20.82	6:00.65	980	1.64	5.31	12.84	47.29	52.97	35.50	980
970	12.3	12.57	18.6	18.85	3:35.94	51.7	51.83	970	11.4	11.66	20.7	20.98	6:07.76	970	1.63	5.28	12.63	46.61	51.96	35.06	970
960		12.63	18.7	18.93	3:37.11	51.9	52.05	960	11.5	11.75	20.9	21.14	6:15.12	960		5.26	12.42	45.92	50.95	34.62	960
950	12.4	12.69	18.8	19.02	3:38.31	52.1	52.27	950	11.6	11.83	21.1	21.31	6:22.77	950	1.62	5.23	12.21	45.23	49.93	34.17	950
940	12.5	12.75	18.9	19.11	3:39.53	52.4	52.50	940	11.7	11.92	21.2	21.48	6:30.69	940	1.61	5.21	11.99	44.53	48.91	33.72	940
930		12.81	19.0	19.20	3:40.78	52.6	52.73	930	11.8	12.01	21.4	21.66	6:38.91	930		5.18	11.78	43.82	47.88	33.27	930
920	12.6	12.87	19.1	19.30	3:42.05	52.8	52.96	920	11.9	12.11	21.6	21.84	6:47.43	920	1.60	5.15	11.56	43.10	46.85	32.80	920
910	12.7	12.93	19.2	19.39	3:43.35	53.1	53.20	910	12.0	12.20	21.8	22.02	6:56.27	910	1.59	5.13	11.34	42.38	45.82	32.34	910
900		13.00		19.49	3:44.68	53.3	53.45	900	10.5	12.30	22.0	22.21	7:05.44	900	1.58	5.10	11.12	41.66	44.79	31.87	900
890	12.8	13.07	19.3	19.59	3:46.04	53.6	53.70	890	12.2	12.40	22.2	22.40	7:14.97	890	1.57	5.08	10.90	40.94	43.77	31.40	890
880	12.9	13.13	19.5	19.69	3:47.43	53.8	53.96	880	12.3	12.50	22.4	22.60	7:24.90	880		5.05	10.69	40.23	42.76	30.94	880
870		13.20	19.6	19.80	3:48.86	54.1	54.22	870	12.4	12.61	22.6	22.81	7:35.23	870	1.56	5.03	10.47	39.52	41.77	30.47	870
860	13.0	13.28	19.7	19.90	3:50.32	54.3	54.49	860	12.5	12.72	22.8	23.02	7:46.00	860	1.55	5.00	10.26	38.82	40.80	30.02	860
850	13.1	13.35	19.8	20.01	3:51.82	54.6	54.76	850	12.6	12.83	23.0	23.23	7:57.22	850	1.54	4.98	10.06	38.13	39.85	29.56	850
840	13.2	13.42	19.9	20.13	3:53.35	54.9	55.04	840	12.7	12.94	23.2	23.45	8:08.90	840		4.95	9.85	37.45	38.91	29.11	840
830		13.50	20.0	20.24	3:54.91	55.2	55.33	830	12.8	13.06	23.4	23.68	8:21.08	830	1.53	4.93	9.65	36.78	37.98	28.67	830
820	13.3	13.58	20.1	20.36	3:56.52	55.5	55.62	820	12.9	13.18	23.7	23.91	8:33.76	820	1.52	4.90	9.45	36.11	37.08	28.23	820
810	13.4	13.66	20.2	20.48	3:58.16	55.8	55.92	810	13.1	13.30	23.9	24.15	8:46.98	810	1.51	4.88	9.26	35.45	36.19	27.79	810
800	13.5	13.74	20.4	20.60	3:59.84	56.1	56.22	800	13.2	13.43	24.2	24.40	9:00.76	800		4.85	9.06	34.80	35.31	27.36	800
790	13.6	13.82	20.5	20.72	4:01.56	56.4	56.53	790	13.3	13.55	24.4	24.65	9:15.13	790	1.50	4.83	8.87	34.16	34.45	26.93	790
780	13.7	13.91	20.6	20.85	4:03.32	56.7	56.85	780	13.4	13.69	24.7	24.91	9:30.11	780	1.49	4.80	8.69	33.53	33.61	26.50	780
770		14.00	20.7	20.98	4:05.11	57.0	57.18	770	13.6	13.82	24.9	25.17	9:45.74	770	1.48	4.78	8.50	32.90	32.78	26.08	770
760	13.8	14.08	20.9	21.12	4:06.95	57.4	57.51	760	13.7	13.96	25.2	25.44	10:02.03	760		4.76	8.32	32.28	31.97	25.66	760
750	13.9	14.18	21.0	21.25	4:08.83	57.7	57.85	750	13.9	14.10	25.5	25.72	10:19.03	750	1.47	4.73	8.14	31.67	31.17	25.25	750
740	14.0	14.27	21.2	21.39	4:10.75	58.1	58.19	740	14.0	14.25	25.8	26.01	10:36.77	740	1.46	4.71	7.97	31.07	30.39	24.84	740
730	14.1	14.36	21.3	21.53	4:12.72	58.4	58.55	730	14.2	14.40	26.1	26.30	10:55.29	730	1.45	4.68	7.79	30.47	29.63	24.44	730
720	14.2	14.46	21.4	21.68	4:14.72	58.8	58.91	720	14.3	14.55	26.4	26.61	11:14.62	720		4.66	7.62	29.89	28.88	24.04	720
710	14.3	14.56	21.6	21.83	4:16.78	59.1	59.27	710	14.5	14.71	26.7	26.91	11:34.80	710	1.44	4.63	7.46	29.31	28.14	23.64	710
700	14.4	14.66	21.7	21.98	4:18.87	59.5	59.65	700	14.6	14.87	27.0	27.23	11:55.87	700	1.43	4.61	7.29	28.74	27.42	23.25	700
690	14.5	14.76	21.9	22.13	4:21.02	59.9	1:00.03	690	14.8	15.04	27.3	27.56	12:17.88	690	1.42	4.59	7.13	28.18	26.71	22.86	690
680	14.6	14.87	22.0	22.29	4:23.21	1:00.30	1:00.42	680	15.0	15.21	27.6	27.89	12:40.88	680		4.56	6.97	27.62	26.02	22.48	680
670	14.7	14.97	22.2	22.45	4:25.44	1:00.70	1:00.82	670	15.1	15.38	28.0	28.23	13:04.92	670	1.41	4.54	6.81	27.07	25.34	22.10	670
660	14.8	15.08	22.4	22.61	4:27.73	1:01.10	1:01.22	660	15.3	15.56	28.3	28.58	13:30.04	660	1.40	4.51	6.66	26.53	24.67	21.73	660
650	15.0	15.19	22.5	22.78	4:30.07	1:01.50	1:01.64	650	15.5	15.74	28.7	28.94	13:56.31	650	1.39	4.49	6.51	26.00	24.02	21.35	650
640	15.1	15.31	22.7	22.95	4:32.45	1:01.90	1:02.06	640	15.7	15.93	29.1	29.31	14:23.78	640		4.46	6.36	25.48	23.38	20.99	640
630	15.2	15.42	22.9	23.12	4:34.89	1:02.30	1:02.49	630	15.9	16.12	29.4	29.69	14:52.52	630	1.38	4.44	6.21	24.96	22.76	20.63	630
620	15.3	15.54	23.1	23.30	4:37.38	1:02.80	1:02.93	620	16.1	16.32	29.8	30.08	15:22.59	620	1.37	4.42	6.07	24.45	22.15	20.27	620
610	15.4	15.66	23.2	23.48	4:39.93	1:03.20	1:03.37	610	16.3	16.52	30.2	30.47	15:54.05	610	1.36	4.39	5.93	23.95	21.55	19.92	610
600	15.5	15.79	23.4	23.67	4:42.53	1:03.70	1:03.83	600	16.5	16.72	30.6	30.88	16:27.00	600		4.37	5.79	23.46	20.96	19.57	600
590	15.7	15.91	23.6	23.86	4:45.18	1:04.20	1:04.29	590	16.7	16.93	31.1	31.30	17:01.49	590	1.35	4.34	5.65	22.97	20.39	19.22	590
580	15.8	16.04	23.8	24.05	4:47.89	1:04.60	1:04.76	580	16.9	17.15	31.5	31.73	17:37.62	580	1.34	4.32	5.52	22.49	19.83	18.88	580
570	15.9	16.17	24.0	24.24	4:50.66	1:05.10	1:05.25	570	17.1	17.37	31.9	32.17	18:15.48	570	1.33	4.30	5.39	22.02	19.28	18.54	570
560	16.1	16.30	24.2	24.44	4:53.49	1:05.60	1:05.74	560	17.4	17.60	32.4	32.62	18:55.15	560		4.27	5.26	21.56	18.75	18.21	560
550	16.2	16.44	24.4	24.65	4:56.38	1:06.10	1:06.24	550	17.6	17.83	32.8	33.08	19:36.73	550	1.32	4.25	5.13	21.10	18.22	17.88	550
540	16.3	16.58	24.6	24.86	4:59.33	1:06.60	1:06.75	540	17.8	18.07	33.3	33.56	20:20.34	540	1.31	4.23	5.01	20.65	17.71	17.56	540
530	16.5	16.72	24.8	25.07	5:02.34	1:07.10	1:07.27	530	18.1	18.31	33.8	34.04	21:06.07	530	1.30	4.20	4.89	20.21	17.21	17.24	530
520	16.6	16.86	25.0	25.28	5:05.42	1:07.70	1:07.80	520	18.3	18.56	34.3	34.54	21:54.06	520		4.18	4.77	19.77	16.73	16.92	520
510	16.8	17.01	25.3	25.50	5:08.56	1:08.20	1:08.34	510	18.6	18.82	34.8	35.06	22:44.41	510	1.29	4.15	4.65	19.35	16.25	16.61	510
500	16.9	17.16	25.5	25.73	5:11.77	1:08.70	1:08.89	500	18.8	19.08	35.3	35.58	23:37.27	500	1.28	4.13	4.54	18.93	15.78	16.31	500
	100m		150m		1200m	4 x 100m			75mH		150mH		1500 m W		HJ	LJ	SP	DT	HT	JT		
Technical Standards: 75 mH - 68 cm : 150 mH - 68 cm : SP - 3 kg : DT - 0,75 kg : HT - 3 kg : JT - 500 g																						

Girls 12																						
	Track					Relays			Hurdles				Walk		Field							
	100m		150m		1200m	4 x 100m			75mH		150mH		1500 m W		HJ	LJ	SP	DT	HT	JT		
500	16.9	17.16	25.5	25.73	5:11.77	1:08.70	1:08.89	500	18.8	19.08	35.3	35.58	23:37.27	500	1.28	4.13	4.54	18.93	15.78	16.31	500	
490	17.1	17.31	25.7	25.96	5:15.05	1:09.30	1:09.45	490	19.1	19.35	35.9	36.12	24:32.78	490		4.11	4.42	18.51	15.33	16.00	490	
480	17.2	17.47	26.0	26.19	5:18.40	1:09.90	1:10.02	480	19.4	19.63	36.4	36.67	25:31.09	480	1.27	4.08	4.31	18.11	14.89	15.70	480	
470	17.4	17.63	26.2	26.43	5:21.81	1:10.50	1:10.60	470	19.7	19.91	37.0	37.24	26:32.35	470	1.26	4.06	4.21	17.71	14.45	15.41	470	
460	17.6	17.79	26.4	26.67	5:25.31	1:11.10	1:11.19	460	20.0	20.20	37.6	37.83	27:36.73	460	1.25	4.04	4.10	17.31	14.03	15.12	460	
450	17.7	17.96	26.7	26.92	5:28.87	1:11.70	1:11.80	450	20.3	20.50	38.2	38.42	28:44.42	450		4.01	4.00	16.93	13.62	14.83	450	
440	17.9	18.12	26.9	27.17	5:32.51	1:12.30	1:12.41	440	20.6	20.81	38.8	39.04	29:55.61	440	1.24	3.99	3.89	16.55	13.21	14.55	440	
430	18.1	18.30	27.2	27.43	5:36.23	1:12.90	1:13.04	430	20.9	21.12	39.4	39.67	31:10.49	430	1.23	3.97	3.79	16.17	12.82	14.27	430	
420	18.2	18.47	27.5	27.69	5:40.03	1:13.50	1:13.68	420	21.2	21.44	40.1	40.31	32:29.29	420	1.22	3.94	3.70	15.81	12.44	13.99	420	
410	18.4	18.65	27.7	27.96	5:43.91	1:14.20	1:14.33	410	21.5	21.77	40.7	40.98	33:52.23	410		3.92	3.60	15.45	12.07	13.72	410	
400	18.6	18.83	28.0	28.23	5:47.87	1:14.80	1:14.99	400	21.9	22.10	41.4	41.66	35:19.57	400	1.21	3.90	3.51	15.09	11.70	13.45	400	
390	18.8	19.02	28.3	28.51	5:51.92	1:15.50	1:15.66	390	22.2	22.45	42.1	42.36	36:51.56	390	1.20	3.88	3.42	14.75	11.35	13.19	390	
380	19.0	19.21	28.6	28.80	5:56.05	1:16.20	1:16.35	380	22.6	22.80	42.8	43.07	38:28.47	380		3.85	3.33	14.41	11.00	12.93	380	
370	19.2	19.40	28.8	29.08	6:00.27	1:16.90	1:17.05	370	22.9	23.17	43.6	43.81	40:10.62	370	1.19	3.83	3.24	14.07	10.67	12.68	370	
360	19.4	19.60	29.1	29.38	6:04.58	1:17.60	1:17.76	360	23.3	23.54	44.3	44.57	41:58.31	360	1.18	3.81	3.15	13.74	10.34	12.42	360	
350	19.6	19.80	29.4	29.68	6:08.99	1:18.30	1:18.49	350	23.7	23.92	45.1	45.34	43:51.87	350		3.78	3.07	13.42	10.02	12.18	350	
340	19.8	20.00	29.7	29.99	6:13.49	1:19.10	1:19.23	340	24.1	24.31	45.9	46.14	45:51.68	340	1.17	3.76	2.99	13.10	9.71	11.93	340	
330	20.0	20.21	30.1	30.30	6:18.08	1:19.80	1:19.98	330	24.5	24.72	46.7	46.96	47:58.11	330	1.16	3.74	2.91	12.79	9.41	11.69	330	
320	20.2	20.42	30.4	30.62	6:22.78	1:20.60	1:20.75	320	24.9	25.13	47.6	47.80	50:11.58	320	1.15	3.72	2.83	12.49	9.11	11.46	320	
310	20.4	20.64	30.7	30.94	6:27.57	1:21.40	1:21.53	310	25.3	25.55	48.4	48.66	52:32.52	310		3.69	2.75	12.19	8.82	11.22	310	
300	20.6	20.86	31.0	31.27	6:32.47	1:22.20	1:22.33	300	25.7	25.99	49.3	49.55	55:01.39	300	1.14	3.67	2.68	11.90	8.55	10.99	300	
290	20.8	21.08	31.4	31.61	6:37.48	1:23.00	1:23.14	290	26.2	26.43	50.2	50.46	57:38.70	290	1.13	3.65	2.60	11.61	8.27	10.77	290	
280	21.1	21.31	31.7	31.96	6:42.59	1:23.80	1:23.97	280	26.6	26.89	51.2	51.40	1:00:24.98	280		3.63	2.53	11.33	8.01	10.55	280	
270	21.3	21.55	32.1	32.31	6:47.82	1:24.70	1:24.81	270	27.1	27.36	52.1	52.36	1:03:20.80	270	1.12	3.60	2.46	11.05	7.75	10.33	270	
260	21.5	21.79	32.4	32.66	6:53.15	1:25.50	1:25.67	260	27.6	27.84	53.1	53.35	1:06:26.76	260	1.11	3.58	2.39	10.78	7.50	10.11	260	
250	21.8	22.03	32.8	33.03	6:58.61	1:26.40	1:26.55	250	28.1	28.33	54.1	54.37	1:09:43.53	250		3.56	2.33	10.52	7.26	9.90	250	
240	22.0	22.28	33.2	33.40	7:04.18	1:27.30	1:27.44	240	28.6	28.84	55.2	55.41	1:13:11.79	240	1.10	3.54	2.26	10.26	7.02	9.69	240	
230	22.3	22.53	33.5	33.78	7:09.87	1:28.20	1:28.35	230	29.1	29.36	56.2	56.49	1:16:52.29	230	1.09	3.51	2.20	10.00	6.80	9.49	230	
220	22.6	22.79	33.9	34.17	7:15.69	1:29.10	1:29.27	220	29.7	29.89	57.3	57.59	1:20:45.84	220		3.49	2.14	9.75	6.57	9.29	220	
210	22.8	23.05	34.3	34.56	7:21.64	1:30.10	1:30.21	210	30.2	30.44	58.5	58.72	1:24:53.28	210	1.08	3.47	2.08	9.51	6.36	9.09	210	
200	23.1	23.32	34.7	34.97	7:27.72	1:31.00	1:31.17	200	30.8	31.00	59.6	59.89	1:29:15.53	200	1.07	3.45	2.02	9.27	6.15	8.89	200	
190	23.4	23.60	35.1	35.38	7:33.93	1:32.00	1:32.15	190	31.3	31.58	1:00.8	1:01.09	1:33:53.57	190	1.06	3.43	1.96	9.04	5.94	8.70	190	
180	23.6	23.88	35.6	35.80	7:40.28	1:33.00	1:33.15	180	31.9	32.18	1:02.1	1:02.32	1:38:48.46	180		3.41	1.90	8.81	5.74	8.51	180	
170	23.9	24.16	36.0	36.22	7:46.77	1:34.00	1:34.16	170	32.5	32.79	1:03.3	1:03.59	1:44:01.33	170	1.05	3.38	1.85	8.58	5.55	8.33	170	
160	24.2	24.45	36.4	36.66	7:53.40	1:35.10	1:35.20	160	33.2	33.41	1:04.7	1:04.89	1:49:33.37	160	1.04	3.36	1.79	8.36	5.36	8.15	160	
150	24.5	24.75	36.9	37.11	8:00.18	1:36.10	1:36.25	150	33.8	34.06	1:06.0	1:06.23	1:55:25.90	150		3.34	1.74	8.15	5.18	7.97	150	
140	24.8	25.05	37.3	37.56	8:07.11	1:37.20	1:37.33	140	34.5	34.72	1:07.4	1:07.61	2:01:40.30	140	1.03	3.32	1.69	7.94	5.00	7.80	140	
130	25.1	25.36	37.8	38.02	8:14.20	1:38.30	1:38.42	130	35.2	35.40	1:08.8	1:09.03	2:08:18.06	130	1.02	3.30	1.64	7.73	4.83	7.62	130	
120	25.4	25.68	38.3	38.49	8:21.45	1:39.40	1:39.54	120	35.9	36.09	1:10.3	1:10.50	2:15:20.80	120		3.28	1.59	7.53	4.67	7.45	120	
110	25.8	26.00	38.7	38.98	8:28.85	1:40.50	1:40.67	110	36.6	36.81	1:11.8	1:12.00	2:22:50.24	110	1.01	3.25	1.54	7.33	4.51	7.29	110	
100	26.1	26.32	39.2	39.47	8:36.43	1:41.70	1:41.83	100	37.3	37.55	1:13.3	1:13.55	2:30:48.23	100		3.23	1.50	7.14	4.35	7.13	100	
90	26.4	26.66	39.7	39.97	8:44.17	1:42.90	1:43.01	90	38.1	38.30	1:14.9	1:15.14	2:39:16.77	90	1.00	3.21	1.45	6.95	4.20	6.97	90	
80	26.8	27.00	40.2	40.48	8:52.09	1:44.10	1:44.22	80	38.8	39.08	1:16.5	1:16.78	2:48:17.99	80	0.99	3.19	1.41	6.77	4.05	6.81	80	
70	27.1	27.35	40.8	41.00	9:00.19	1:45.30	1:45.44	70	39.6	39.88	1:18.2	1:18.46	2:57:54.19	70		3.17	1.37	6.59	3.91	6.65	70	
60	27.5	27.70	41.3	41.53	9:08.47	1:46.60	1:46.69	60	40.5	40.70	1:20.0	1:20.20	3:08:07.87	60	0.98	3.15	1.33	6.41	3.77	6.50	60	
50	27.8	28.07	41.8	42.08	9:16.95	1:47.80	1:47.97	50	41.3	41.55	1:21.7	1:21.99	3:19:01.68	50	0.97	3.13	1.29	6.24	3.64	6.35	50	
40	28.2	28.43	42.4	42.63	9:25.61	1:49.10	1:49.27	40	42.2	42.42	1:23.6	1:23.83	3:30:38.50	40		3.11	1.25	6.07	3.51	6.21	40	
30	28.6	28.81	43.0	43.20	9:34.47	1:50.50	1:50.59	30	43.1	43.31	1:25.5	1:25.73	3:43:01.42	30	0.96	3.09	1.21	5.91	3.39	6.07	30	
20	29.0	29.20	43.5	43.77	9:43.54	1:51.80	1:51.94	20	44.0	44.23	1:27.4	1:27.68	3:56:13.76	20	0.95	3.07	1.17	5.75	3.27	5.92	20	
10	29.4	29.59	44.1	44.36	9:52.82	1:53.20	1:53.32	10	44.9	45.18	1:29.5	1:29.69	4:10:19.13	10		3.05	1.13	5.59	3.15	5.79	10	
0	29.8	29.99	44.7	44.96	10:02.31	1:54.60	1:54.72	0	45.9	46.15	1:31.5	1:31.76	4:25:21.40	0	0.94	3.02	1.10	5.44	3.03	5.65	0	
	100m		150m		1200m	4 x 100m			75mH		150mH		1500 m W		HJ	LJ	SP	DT	HT	JT		
Technical Standards: 75 mH - 68 cm : 150 mH - 68 cm : SP - 3 kg : DT - 0,75 kg : HT - 3 kg : JT - 500 g																						

Girls 11															Girls 10															
	Track					Relays		Hurdles			Field					Track					Relays		Hurdles			Field			
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP			80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	
1000		10.09	12.3	12.55	3:37.85	51.5	51.66		11.71	1000	1.55	4.97	12.76	1000		10.22		12.70	3:45.78	52.0	52.14	11.9	12.13	1000		4.47	11.58	1000
990		10.13		12.60	3:38.97	51.7	51.86	11.5	11.79	990	1.54	4.94	12.56	990	10.0	10.26	12.5	12.76	3:46.95	52.2	52.34	12.0	12.21	990	1.41	4.45	11.40	990
980	9.9	10.17	12.4	12.66	3:40.11	51.9	52.07	11.6	11.87	980		4.92	12.36	980		10.30		12.81	3:48.13	52.4	52.56		12.30	980	1.40	4.43	11.22	980
970		10.21		12.72	3:41.29	52.1	52.29	11.7	11.96	970	1.53	4.90	12.16	970		10.34	12.6	12.87	3:49.35	52.6	52.77	12.1	12.38	970		4.41	11.03	970
960	10.0	10.25	12.5	12.77	3:42.48	52.4	52.51	11.8	12.04	960	1.52	4.88	11.95	960	10.1	10.38		12.93	3:50.59	52.9	52.99	12.2	12.47	960	1.39	4.39	10.85	960
950		10.29	12.6	12.83	3:43.71	52.6	52.73	11.9	12.13	950		4.85	11.75	950		10.42	12.7	12.99	3:51.86	53.1	53.22	12.3	12.57	950		4.37	10.66	950
940		10.33		12.89	3:44.96	52.8	52.96	12.0	12.22	940	1.51	4.83	11.54	940	10.2	10.46	12.8	13.05	3:53.16	53.3	53.45	12.4	12.66	940	1.38	4.35	10.47	940
930	10.1	10.38	12.7	12.96	3:46.24	53.1	53.19	12.1	12.32	930	1.50	4.80	11.33	930		10.50		13.11	3:54.48	53.5	53.69	12.5	12.76	930	1.37	4.33	10.28	930
920		10.42		13.02	3:47.54	53.3	53.43	12.2	12.41	920		4.78	11.12	920	10.3	10.55	12.9	13.18	3:55.84	53.8	53.93	12.6	12.86	920		4.30	10.09	920
910	10.2	10.46	12.8	13.08	3:48.88	53.5	53.67	12.3	12.51	910	1.49	4.76	10.91	910		10.59	13.0	13.24	3:57.22	54.0	54.17	12.7	12.96	910	1.36	4.28	9.90	910
900		10.51	12.9	13.15	3:50.24	53.8	53.92	12.4	12.61	900	1.48	4.73	10.70	900		10.64		13.31	3:58.63	54.3	54.42	12.8	13.06	900	1.35	4.26	9.71	900
890	10.3	10.56		13.22	3:51.63	54.0	54.17	12.5	12.71	890		4.71	10.49	890	10.4	10.69	13.1	13.38	4:00.07	54.5	54.67	12.9	13.17	890		4.24	9.52	890
880		10.60	13.0	13.29	3:53.06	54.3	54.43	12.6	12.82	880	1.47	4.68	10.28	880		10.74	13.2	13.45	4:01.55	54.8	54.94	13.0	13.27	880	1.34	4.22	9.33	880
870	10.4	10.65	13.1	13.36	3:54.52	54.6	54.70	12.7	12.93	870	1.46	4.66	10.08	870	10.5	10.78	13.3	13.52	4:03.07	55.1	55.20	13.1	13.39	870	1.33	4.20	9.15	870
860		10.70	13.2	13.43	3:56.02	54.8	54.97	12.8	13.04	860	1.45	4.64	9.88	860		10.83		13.59	4:04.62	55.3	55.47	13.3	13.50	860		4.18	8.96	860
850	10.5	10.75		13.50	3:57.55	55.1	55.24	12.9	13.15	850		4.62	9.68	850	10.6	10.89	13.4	13.67	4:06.21	55.6	55.75	13.4	13.62	850	1.32	4.16	8.78	850
840		10.81	13.3	13.58	3:59.12	55.4	55.52	13.0	13.27	840	1.44	4.59	9.48	840	10.7	10.94	13.5	13.74	4:07.84	55.9	56.04	13.5	13.74	840	1.31	4.14	8.60	840
830	10.6	10.86	13.4	13.66	4:00.73	55.7	55.81	13.1	13.39	830	1.43	4.57	9.29	830		10.99	13.6	13.82	4:09.50	56.2	56.33	13.6	13.86	830		4.12	8.43	830
820		10.91	13.5	13.74	4:02.37	56.0	56.11	13.3	13.51	820		4.55	9.10	820	10.8	11.05		13.90	4:11.20	56.5	56.63	13.8	13.99	820	1.30	4.10	8.25	820
810	10.7	10.97	13.6	13.82	4:04.05	56.3	56.41	13.4	13.63	810	1.42	4.52	8.91	810		11.10	13.7	13.98	4:12.95	56.8	56.93	13.9	14.12	810	1.29	4.07	8.08	810
800		11.02		13.90	4:05.78	56.6	56.72	13.5	13.76	800	1.41	4.50	8.72	800	10.9	11.16	13.8	14.07	4:14.73	57.1	57.24	14.0	14.26	800		4.05	7.92	800
790	10.8	11.08	13.7	13.98	4:07.54	56.9	57.03	13.7	13.90	790	1.40	4.48	8.54	790		11.22	13.9	14.15	4:16.56	57.4	57.56	14.2	14.39	790	1.28	4.03	7.75	790
780	10.9	11.14	13.8	14.07	4:09.34	57.2	57.35	13.8	14.03	780		4.46	8.36	780	11.0	11.28	14.0	14.24	4:18.42	57.7	57.88	14.3	14.53	780		4.01	7.59	780
770		11.20	13.9	14.16	4:11.18	57.5	57.68	13.9	14.17	770	1.39	4.43	8.18	770	11.1	11.34	14.1	14.33	4:20.33	58.1	58.22	14.4	14.68	770	1.27	3.99	7.43	770
760	11.0	11.26	14.0	14.25	4:13.06	57.9	58.02	14.1	14.31	760	1.38	4.41	8.01	760		11.40	14.2	14.42	4:22.28	58.4	58.55	14.6	14.82	760	1.26	3.97	7.27	760
750		11.33	14.1	14.34	4:14.99	58.2	58.36	14.2	14.46	750		4.39	7.84	750	11.2	11.47	14.3	14.51	4:24.28	58.8	58.90	14.7	14.98	750		3.95	7.11	750
740	11.1	11.39	14.2	14.43	4:16.96	58.6	58.71	14.4	14.61	740	1.37	4.37	7.67	740	11.3	11.53	14.4	14.61	4:26.32	59.1	59.25	14.9	15.13	740	1.25	3.93	6.96	740
730	11.2	11.45	14.3	14.53	4:18.97	58.9	59.06	14.5	14.76	730	1.36	4.34	7.50	730		11.60	14.5	14.71	4:28.41	59.5	59.61	15.1	15.29	730	1.24	3.91	6.81	730
720		11.52	14.4	14.63	4:21.03	59.3	59.42	14.7	14.92	720	1.35	4.32	7.34	720	11.4	11.66	14.6	14.80	4:30.54	59.8	59.98	15.2	15.45	720		3.89	6.66	720
710	11.3	11.59	14.5	14.73	4:23.13	59.7	59.79	14.8	15.08	710		4.30	7.18	710	11.5	11.73	14.7	14.91	4:32.72	1:00.20	1:00.35	15.4	15.62	710	1.23	3.87	6.51	710
700	11.4	11.66	14.6	14.83	4:25.28	1:00.00	1:00.17	15.0	15.25	700	1.34	4.28	7.02	700		11.80	14.8	15.01	4:34.95	1:00.60	1:00.73	15.6	15.79	700	1.22	3.85	6.37	700
690	11.5	11.73	14.7	14.93	4:27.48	1:00.40	1:00.56	15.2	15.42	690	1.33	4.25	6.86	690	11.6	11.87	14.9	15.11	4:37.22	1:01.00	1:01.12	15.7	15.97	690		3.83	6.23	690
680		11.80	14.8	15.04	4:29.72	1:00.80	1:00.95	15.4	15.59	680		4.23	6.71	680	11.7	11.95	15.0	15.22	4:39.55	1:01.40	1:01.52	15.9	16.15	680	1.21	3.81	6.09	680
670	11.6	11.87	14.9	15.15	4:32.01	1:01.20	1:01.35	15.5	15.77	670	1.32	4.21	6.56	670	11.8	12.02	15.1	15.33	4:41.93	1:01.80	1:01.92	16.1	16.33	670	1.20	3.79	5.95	670
660	11.7	11.95	15.0	15.26	4:34.36	1:01.60	1:01.76	15.7	15.95	660	1.31	4.19	6.41	660		12.10	15.2	15.44	4:44.35	1:02.20	1:02.33	16.3	16.52	660		3.77	5.82	660
650	11.8	12.02	15.1	15.37	4:36.75	1:02.00	1:02.18	15.9	16.14	650		4.16	6.26	650	11.9	12.17	15.3	15.56	4:46.84	1:02.60	1:02.75	16.5	16.71	650	1.19	3.75	5.68	650
640		12.10	15.2	15.48	4:39.20	1:02.50	1:02.60	16.1	16.33	640	1.30	4.14	6.12	640	12.0	12.25	15.4	15.67	4:49.37	1:03.00	1:03.18	16.7	16.91	640		3.73	5.55	640
630	11.9	12.18	15.4	15.60	4:41.69	1:02.90	1:03.04	16.3	16.53	630	1.29	4.12	5.98	630	12.1	12.33	15.6	15.79	4:51.96	1:03.50	1:03.62	16.9	17.12	630	1.18	3.71	5.43	630
620	12.0	12.26	15.5	15.72	4:44.25	1:03.30	1:03.48	16.5	16.73	620	1.28	4.10	5.84	620	12.2	12.41	15.7	15.91	4:54.60	1:03.90	1:04.07	17.1	17.32	620	1.17	3.69	5.30	620
610	12.1	12.34	15.6	15.84	4:46.85	1:03.80	1:03.93	16.7	16.93	610		4.07	5.70	610		12.50	15.8	16.04	4:57.31	1:04.40	1:04.52	17.3	17.54	610		3.67	5.18	610
600	12.2	12.43	15.7	15.97	4:49.52	1:04.20	1:04.39	16.9	17.14	600	1.27	4.05	5.57	600	12.3	12.58	15.9	16.16	5:00.07	1:04.80	1:04.99	17.5	17.76	600	1.16	3.65	5.06	600
590	12.3	12.51	15.9	16.10	4:52.24	1:04.70	1:04.86	17.1	17.36	590	1.26	4.03	5.44	590	12.4	12.67	16.1	16.29	5:02.89	1:05.30	1:05.46	17.7	17.98	590	1.15	3.63	4.94	590
580		12.60	16.0	16.23	4:55.02	1:05.20	1:05.33	17.3	17.58	580		4.01	5.31	580	12.5	12.76	16.2	16.42	5:05.77	1:05.80	1:05.94	18.0	18.21	580		3.61	4.82	580
570	12.4	12.69	16.1	16.36	4:57.85	1:05.70	1:05.82	17.6	17.81	570	1.25	3.99	5.19	570	12.6	12.85	16.3	16.56	5:08.71	1:06.30	1:06.43	18.2	18.45	570	1.14	3.59	4.71	570
560	12.5	12.78	16.3	16.49	5:00.75	1:06.20	1:06.32	17.8	18.04	560	1.24	3.96	5.06	560	12.7	12.94	16.5	16.69	5:11.71	1:06.80	1:06.93	18.4	18.69	560	1.13	3.57	4.59	560
550	12.6	12.87	16.4	16.63	5:03.71	1:06.70	1:06.82	18.0	18.28	550		3.94	4.94	550	12.8	13.03	16.6	16.83	5:14.78	1:07.30	1:07.44	18.7	18.93	550		3.55	4.48	550
540	12.7	12.97	16.5	16.77	5:06.74	1:07.20	1:07.33	18.3	18.53	540	1.23	3.92	4.82	540	12.9	13.13	16.7	16.97	5:17.91	1:07.80	1:07.96	18.9	19.19	540	1.12	3.53	4.37	540
530	12.8	13.06	16.7	16.91	5:09.82	1:07.70	1:07.86	18.5	18.78	530	1.22	3.90	4.70	530	13.0	13.22	16.9	17.12	5:21.11	1:08.30	1:08.49	19.2	19.45	530		3.51	4.27	530
520	12.9	13.16	16.8	17.06	5:12.98	1:08.30	1:08.39	18.8	19.03	520		3.88	4.59	520	13.1	13.32	17.0	17.27	5:24.38	1:08.90	1:09.03	19.5	19.71	520	1.11	3.49	4.16	520
510	13.0	13.26	17.0	17.21	5:16.20	1:08.80	1:08.94	19.1	19.30	510	1.21	3.85	4.48	510	13.2	13.42	17.2	17.42	5:27.72	1:09.40	1:09.58	19.7	19.98	510	1.10	3.47	4.06	510
500	13.1	13.36	17.1	17.36	5:19.49	1:09.40	1:09.49	19.3	19.57	500	1.20	3.83	4.37	500	13.3	13.52	17.3	17.57	5:31.13	1:10.00	1:10.14	20.0	20.26	500		3.45	3.96	500
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP		80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	
Technical Standards: 70 mH - 68 cm : SP - 2 kg														Technical Standards: 70 mH - 68 cm : SP - 2 kg														

Girls 11														
	Track					Relays		Hurdles			Field			
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	
500	13.1	13.36	17.1	17.36	5:19.49	1:09.40	1:09.49	19.3	19.57	500	1.20	3.83	4.37	500
490	13.2	13.46	17.3	17.51	5:22.84	1:09.90	1:10.06	19.6	19.84	490		3.81	4.26	490
480	13.3	13.56	17.4	17.67	5:26.27	1:10.50	1:10.63	19.9	20.12	480	1.19	3.79	4.15	480
470	13.4	13.67	17.6	17.83	5:29.78	1:11.10	1:11.22	20.2	20.42	470	1.18	3.77	4.05	470
460	13.5	13.78	17.8	18.00	5:33.36	1:11.70	1:11.82	20.5	20.71	460	1.17	3.74	3.94	460
450	13.6	13.89	17.9	18.16	5:37.01	1:12.30	1:12.43	20.8	21.02	450		3.72	3.84	450
440	13.8	14.00	18.1	18.33	5:40.74	1:12.90	1:13.05	21.1	21.33	440	1.16	3.70	3.75	440
430	13.9	14.12	18.3	18.51	5:44.55	1:13.50	1:13.68	21.4	21.65	430	1.15	3.68	3.65	430
420	14.0	14.23	18.4	18.68	5:48.44	1:14.20	1:14.32	21.7	21.98	420		3.66	3.56	420
410	14.1	14.35	18.6	18.87	5:52.42	1:14.80	1:14.98	22.1	22.32	410	1.14	3.64	3.47	410
400	14.2	14.47	18.8	19.05	5:56.48	1:15.50	1:15.65	22.4	22.66	400	1.13	3.62	3.38	400
390	14.4	14.60	19.0	19.24	6:00.63	1:16.20	1:16.33	22.8	23.02	390		3.59	3.29	390
380	14.5	14.72	19.2	19.43	6:04.86	1:16.90	1:17.02	23.1	23.38	380	1.12	3.57	3.20	380
370	14.6	14.85	19.4	19.62	6:09.19	1:17.60	1:17.73	23.5	23.75	370	1.11	3.55	3.12	370
360	14.7	14.98	19.6	19.82	6:13.61	1:18.30	1:18.45	23.9	24.13	360		3.53	3.03	360
350	14.9	15.11	19.8	20.02	6:18.12	1:19.00	1:19.18	24.3	24.53	350	1.10	3.51	2.95	350
340	15.0	15.24	20.0	20.23	6:22.73	1:19.80	1:19.93	24.7	24.93	340	1.09	3.49	2.87	340
330	15.1	15.38	20.2	20.44	6:27.44	1:20.50	1:20.69	25.1	25.34	330		3.47	2.80	330
320	15.3	15.52	20.4	20.66	6:32.25	1:21.30	1:21.46	25.5	25.76	320	1.08	3.45	2.72	320
310	15.4	15.66	20.6	20.88	6:37.16	1:22.10	1:22.25	26.0	26.20	310		3.43	2.65	310
300	15.6	15.81	20.9	21.10	6:42.18	1:22.90	1:23.06	26.4	26.64	300	1.07	3.40	2.58	300
290	15.7	15.96	21.1	21.33	6:47.31	1:23.70	1:23.87	26.9	27.10	290	1.06	3.38	2.51	290
280	15.9	16.11	21.3	21.56	6:52.55	1:24.60	1:24.71	27.3	27.57	280		3.36	2.44	280
270	16.0	16.26	21.6	21.80	6:57.91	1:25.40	1:25.56	27.8	28.05	270	1.05	3.34	2.37	270
260	16.2	16.41	21.8	22.04	7:03.38	1:26.30	1:26.43	28.3	28.54	260	1.04	3.32	2.30	260
250	16.3	16.57	22.0	22.29	7:08.97	1:27.20	1:27.31	28.8	29.05	250		3.30	2.24	250
240	16.5	16.73	22.3	22.54	7:14.68	1:28.10	1:28.21	29.3	29.57	240	1.03	3.28	2.18	240
230	16.7	16.90	22.6	22.79	7:20.51	1:29.00	1:29.12	29.9	30.10	230	1.02	3.26	2.12	230
220	16.8	17.06	22.8	23.05	7:26.48	1:29.90	1:30.06	30.4	30.65	220		3.24	2.06	220
210	17.0	17.23	23.1	23.32	7:32.57	1:30.90	1:31.01	31.0	31.21	210	1.01	3.22	2.00	210
200	17.2	17.41	23.4	23.59	7:38.80	1:31.80	1:31.97	31.5	31.79	200	1.00	3.20	1.94	200
190	17.3	17.58	23.6	23.87	7:45.16	1:32.80	1:32.96	32.1	32.38	190		3.18	1.88	190
180	17.5	17.76	23.9	24.15	7:51.67	1:33.80	1:33.97	32.7	32.99	180	0.99	3.16	1.83	180
170	17.7	17.95	24.2	24.44	7:58.32	1:34.90	1:34.99	33.4	33.61	170		3.14	1.78	170
160	17.9	18.13	24.5	24.74	8:05.12	1:35.90	1:36.04	34.0	34.25	160	0.98	3.12	1.73	160
150	18.1	18.32	24.8	25.04	8:12.07	1:37.00	1:37.10	34.7	34.91	150	0.97	3.10	1.68	150
140	18.3	18.52	25.1	25.34	8:19.17	1:38.00	1:38.18	35.4	35.59	140		3.08	1.63	140
130	18.5	18.71	25.4	25.65	8:26.43	1:39.10	1:39.29	36.0	36.29	130	0.96	3.06	1.58	130
120	18.7	18.91	25.7	25.97	8:33.85	1:40.30	1:40.41	36.8	37.00	120	0.95	3.04	1.53	120
110	18.9	19.12	26.1	26.30	8:41.45	1:41.40	1:41.56	37.5	37.74	110		3.02	1.49	110
100	19.1	19.32	26.4	26.63	8:49.21	1:42.60	1:42.73	38.3	38.49	100	0.94	3.00	1.44	100
90	19.3	19.54	26.7	26.97	8:57.14	1:43.80	1:43.92	39.0	39.27	90		2.98	1.40	90
80	19.5	19.75	27.1	27.31	9:05.26	1:45.00	1:45.13	39.8	40.07	80	0.93	2.96	1.36	80
70	19.7	19.97	27.4	27.66	9:13.56	1:46.20	1:46.37	40.6	40.89	70	0.92	2.94	1.32	70
60	20.0	20.20	27.8	28.02	9:22.05	1:47.50	1:47.63	41.5	41.73	60		2.92	1.28	60
50	20.2	20.42	28.1	28.39	9:30.73	1:48.80	1:48.92	42.4	42.60	50	0.91	2.90	1.24	50
40	20.4	20.66	28.5	28.76	9:39.61	1:50.10	1:50.23	43.2	43.49	40		2.88	1.20	40
30	20.7	20.89	28.9	29.14	9:48.69	1:51.40	1:51.56	44.2	44.40	30	0.90	2.86	1.16	30
20	20.9	21.13	29.3	29.53	9:57.98	1:52.80	1:52.92	45.1	45.34	20	0.89	2.84	1.13	20
10	21.1	21.38	29.7	29.93	10:07.49	1:54.20	1:54.31	46.1	46.31	10		2.82	1.09	10
0	21.4	21.63	30.1	30.34	10:17.21	1:55.60	1:55.73	47.1	47.31	0	#REF!	2.81	1.06	0
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	
Technical Standards: 70 mH - 68 cm : SP - 2 kg														

Girls 10														
	Track					Relays		Hurdles			Field			
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	
500	13.3	13.52	17.3	17.57	5:31.13	1:10.00	1:10.14	20.0	20.26	500		3.45	3.96	500
490	13.4	13.63	17.5	17.73	5:34.61	1:10.60	1:10.71	20.3	20.55	490	1.09	3.43	3.86	490
480	13.5	13.73	17.6	17.89	5:38.16	1:11.10	1:11.29	20.6	20.84	480	1.08	3.41	3.77	480
470	13.6	13.84	17.8	18.05	5:41.80	1:11.70	1:11.88	20.9	21.14	470		3.39	3.67	470
460	13.7	13.95	18.0	18.22	5:45.50	1:12.30	1:12.48	21.2	21.45	460	1.07	3.37	3.58	460
450	13.8	14.06	18.1	18.38	5:49.29	1:13.00	1:13.10	21.5	21.77	450		3.35	3.49	450
440	13.9	14.18	18.3	18.56	5:53.16	1:13.60	1:13.72	21.9	22.09	440	1.06	3.33	3.40	440
430	14.1	14.29	18.5	18.73	5:57.11	1:14.20	1:14.36	22.2	22.42	430	1.05	3.31	3.31	430
420	14.2	14.41	18.7	18.91	6:01.14	1:14.90	1:15.01	22.5	22.76	420		3.29	3.23	420
410	14.3	14.53	18.9	19.09	6:05.26	1:15.50	1:15.67	22.9	23.11	410	1.04	3.28	3.14	410
400	14.4	14.65	19.0	19.28	6:09.47	1:16.20	1:16.35	23.2	23.47	400		3.26	3.06	400
390	14.5	14.78	19.2	19.47	6:13.77	1:16.90	1:17.04	23.6	23.84	390	1.03	3.24	2.98	390
380	14.7	14.90	19.4	19.66	6:18.16	1:17.60	1:17.74	24.0	24.21	380	1.02	3.22	2.91	380
370	14.8	15.03	19.6	19.86	6:22.64	1:18.30	1:18.45	24.4	24.60	370		3.20	2.83	370
360	14.9	15.16	19.8	20.06	6:27.22	1:19.00	1:19.17	24.8	24.99	360	1.01	3.18	2.75	360
350	15.1	15.30	20.0	20.27	6:31.90	1:19.80	1:19.91	25.2	25.40	350		3.16	2.68	350
340	15.2	15.43	20.2	20.48	6:36.68	1:20.50	1:20.67	25.6	25.82	340	1.00	3.14	2.61	340
330	15.3	15.57	20.5	20.69	6:41.56	1:21.30	1:21.44	26.0	26.24	330	0.99	3.12	2.54	330
320	15.5	15.71	20.7	20.91	6:46.54	1:22.10	1:22.22	26.4	26.68	320		3.10	2.47	320
310	15.6	15.86	20.9	21.13	6:51.64	1:22.90	1:23.01	26.9	27.13	310	0.98	3.08	2.40	310
300	15.8	16.00	21.1	21.36	6:56.84	1:23.70	1:23.83	27.4	27.59	300		3.07	2.34	300
290	15.9	16.15	21.3	21.59	7:02.16	1:24.50	1:24.65	27.8	28.06	290	0.97	3.05	2.27	290
280	16.1	16.30	21.6	21.82	7:07.59	1:25.40	1:25.49	28.3	28.55	280	0.96	3.03	2.21	280
270	16.2	16.46	21.8	22.06	7:13.14	1:26.20	1:26.35	28.8	29.05	270		3.01	2.15	270
260	16.4	16.62	22.1	22.31	7:18.81	1:27.10	1:27.23	29.3	29.56	260	0.95	2.99	2.09	260
250	16.5	16.78	22.3	22.56	7:24.60	1:28.00	1:28.12	29.8	30.08	250		2.97	2.03	250
240	16.7	16.94	22.6	22.81	7:30.52	1:28.90	1:29.02	30.4	30.62	240	0.94	2.95	1.98	240
230	16.9	17.11	22.8	23.07	7:36.57	1:29.80	1:29.95	30.9	31.17	230	0.93	2.94	1.92	230
220	17.0	17.28	23.1	23.33	7:42.75	1:30.80	1:30.89	31.5	31.74	220		2.92	1.87	220
210	17.2	17.45	23.4	23.60	7:49.06	1:31.70	1:31.85	32.1	32.32	210	0.92	2.90	1.81	210
200	17.4	17.62	23.6	23.88	7:55.52	1:32.70	1:32.83	32.7	32.92	200		2.88	1.76	200
190	17.6	17.80	23.9	24.16	8:02.11	1:33.70	1:33.82	33.3	33.53	190	0.91	2.86	1.71	190
180	17.7	17.98	24.2	24.45	8:08.86	1:34.70	1:34.84	33.9	34.16	180		2.84	1.66	180
170	17.9	18.17	24.5	24.74	8:15.75	1:35.70	1:35.87	34.6	34.81	170	0.90	2.83	1.61	170
160	18.1	18.36	24.8	25.04	8:22.79	1:36.80	1:36.93	35.2	35.48	160	0.89	2.81	1.57	160
150	18.3	18.55	25.1	25.34	8:30.00	1:37.90	1:38.00	35.9	36.16	150		2.79	1.52	150
140	18.5	18.74	25.4	25.65	8:37.36	1:39.00	1:39.09	36.6	36.86	140	0.88	2.77	1.48	140
130	18.7	18.94	25.7	25.97	8:44.88	1:40.10	1:40.21	37.3	37.58	130		2.75	1.43	130
120	18.9	19.15	26.0	26.29	8:52.58	1:41.20	1:41.34	38.1	38.32	120	0.87	2.74	1.39	120
110	19.1	19.35	26.4	26.62	9:00.45	1:42.40	1:42.50	38.8	39.08	110		2.72	1.35	110
100	19.3	19.56	26.7	26.95	9:08.49	1:43.50	1:43.68	39.6	39.87	100	0.86	2.70	1.31	100
90	19.5	19.78	27.1	27.29	9:16.72	1:44.70	1:44.88	40.4	40.67	90	0.85	2.68	1.27	90
80	19.8	20.00	27.4	27.64	9:25.13	1:46.00	1:46.11	41.3	41.50	80		2.67	1.23	80
70	20.0	20.22	27.8	28.00	9:33.73	1:47.20	1:47.36	42.1	42.35	70	0.84	2.65	1.19	70
60	20.2	20.45	28.1	28.36	9:42.53	1:48.50	1:48.63	43.0	43.22	60		2.63	1.16	60
50	20.4	20.68	28.5	28.73	9:51.53	1:49.80	1:49.93	43.9	44.12	50	0.83	2.61	1.12	50
40	20.7	20.91	28.9	29.11	10:00.73	1:51.10	1:51.25	44.8	45.04	40		2.60	1.09	40
30	20.9	21.15	29.3	29.50	10:10.14	1:52.50	1:52.60	45.7	45.99	30	0.82	2.58	1.05	30
20	21.2	21.39	29.7	29.89	10:19.77	1:53.80	1:53.97	46.7	46.96	20		2.56	1.02	20
10	21.4	21.64	30.1	30.30	10:29.62	1:55.20	1:55.37	47.7	47.97	10	0.81	2.54	0.99	10
0	21.7	21.90	30.5	30.71	10:39.70	1:56.70	1:56.80	48.8	49.00	0	#REF!	2.53	0.96	0
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	
Technical Standards: 70 mH - 68 cm : SP - 2 kg														

Girls 9							Girls 8					Girls 7					Girls 6					Girls 5 (Pre-school)					
	Track				Relays			Track					Track					Track					Track				
	60m		80m		4 x 80m			60m		80m			60m		80m			60m		80m			60m		80m		
1000		8.52	10.1	10.36	37.3	37.39	1000		8.64		10.51	1000	8.5	8.78	10.4	10.68	1000		8.93	10.6	10.86	1000	8.8	9.08	10.8	11.05	1000
990		8.55		10.40	37.4	37.54	990	8.4	8.67		10.55	990		8.81		10.72	990	8.7	8.96		10.90	990		9.12		11.09	990
980	8.3	8.58		10.44	37.6	37.69	980		8.70	10.3	10.59	980		8.84	10.5	10.76	980		9.00		10.94	980		9.15		11.14	980
970		8.61	10.2	10.48	37.7	37.85	970		8.74		10.63	970	8.6	8.87		10.80	970		9.03	10.7	10.99	970	8.9	9.18	10.9	11.18	970
960		8.64		10.52	37.9	38.01	960	8.5	8.77	10.4	10.67	960		8.91		10.84	960	8.8	9.06		11.03	960		9.22		11.22	960
950	8.4	8.68	10.3	10.57	38.0	38.17	950		8.80		10.71	950		8.94	10.6	10.89	950		9.10	10.8	11.07	950		9.25	11.0	11.27	950
940		8.71		10.61	38.2	38.34	940		8.84	10.5	10.76	940	8.7	8.97		10.93	940		9.13		11.12	940	9.0	9.29		11.32	940
930		8.74	10.4	10.65	38.4	38.50	930	8.6	8.87		10.80	930		9.01	10.7	10.98	930	8.9	9.17	10.9	11.17	930		9.33	11.1	11.36	930
920	8.5	8.78		10.70	38.5	38.68	920		8.91	10.6	10.85	920		9.05		11.02	920		9.20		11.21	920	9.1	9.36		11.41	920
910		8.81	10.5	10.74	38.7	38.85	910		8.94		10.89	910	8.8	9.08	10.8	11.07	910		9.24	11.0	11.26	910		9.40	11.2	11.46	910
900		8.85		10.79	38.9	39.03	900	8.7	8.98		10.94	900		9.12		11.12	900	9.0	9.28		11.31	900		9.44		11.51	900
890	8.6	8.89		10.84	39.1	39.21	890		9.02	10.7	10.99	890	8.9	9.16	10.9	11.17	890		9.32	11.1	11.36	890	9.2	9.48	11.3	11.56	890
880		8.92	10.6	10.89	39.3	39.40	880	8.8	9.06		11.04	880		9.20		11.22	880	9.1	9.36		11.41	880		9.52		11.61	880
870	8.7	8.96		10.94	39.5	39.59	870		9.10	10.8	11.09	870		9.24	11.0	11.27	870		9.40	11.2	11.46	870	9.3	9.56	11.4	11.67	870
860		9.00	10.7	10.99	39.6	39.79	860		9.14	10.9	11.14	860	9.0	9.28		11.32	860		9.44		11.52	860		9.60		11.72	860
850		9.04	10.8	11.04	39.8	39.99	850	8.9	9.18		11.19	850		9.32	11.1	11.38	850	9.2	9.48	11.3	11.57	850	9.4	9.65	11.5	11.78	850
840	8.8	9.09		11.09	40.1	40.19	840		9.22	11.0	11.25	840	9.1	9.36		11.43	840		9.53		11.63	840		9.69	11.6	11.83	840
830		9.13	10.9	11.15	40.3	40.40	830	9.0	9.26		11.30	830		9.41	11.2	11.49	830	9.3	9.57	11.4	11.68	830		9.74		11.89	830
820	8.9	9.17		11.20	40.5	40.61	820		9.31	11.1	11.36	820	9.2	9.45	11.3	11.55	820		9.62	11.5	11.74	820	9.5	9.78	11.7	11.95	820
810		9.21	11.0	11.26	40.7	40.83	810	9.1	9.35		11.42	810		9.50		11.60	810	9.4	9.66		11.80	810		9.83		12.01	810
800	9.0	9.26		11.32	40.9	41.05	800		9.40	11.2	11.48	800		9.54	11.4	11.66	800		9.71	11.6	11.86	800	9.6	9.88	11.8	12.07	800
790		9.31	11.1	11.38	41.1	41.28	790		9.44	11.3	11.54	790	9.3	9.59		11.73	790	9.5	9.76		11.93	790		9.93	11.9	12.14	790
780	9.1	9.35	11.2	11.44	41.4	41.51	780	9.2	9.49		11.60	780		9.64	11.5	11.79	780		9.81	11.7	11.99	780	9.7	9.98		12.20	780
770		9.40		11.50	41.6	41.75	770		9.54	11.4	11.66	770	9.4	9.69	11.6	11.85	770	9.6	9.86	11.8	12.05	770		10.03	12.0	12.27	770
760	9.2	9.45	11.3	11.56	41.9	41.99	760	9.3	9.59		11.72	760		9.74		11.92	760		9.91		12.12	760	9.8	10.08	12.1	12.33	760
750		9.50	11.4	11.63	42.1	42.24	750		9.64	11.5	11.79	750	9.5	9.79	11.7	11.98	750	9.7	9.96	11.9	12.19	750		10.13		12.40	750
740	9.3	9.55		11.69	42.4	42.49	740	9.4	9.69	11.6	11.86	740	9.6	9.84	11.8	12.05	740		10.01	12.0	12.26	740	9.9	10.19	12.2	12.47	740
730		9.60	11.5	11.76	42.6	42.75	730	9.5	9.74	11.7	11.92	730		9.89		12.12	730	9.8	10.07	12.1	12.33	730	10.0	10.24	12.3	12.54	730
720	9.4	9.65	11.6	11.83	42.9	43.01	720		9.80		11.99	720	9.7	9.95	11.9	12.19	720		10.12		12.40	720		10.30	12.4	12.62	720
710		9.71		11.90	43.1	43.28	710	9.6	9.85	11.8	12.06	710		10.00	12.0	12.26	710	9.9	10.18	12.2	12.47	710	10.1	10.35		12.69	710
700	9.5	9.76	11.7	11.97	43.4	43.56	700		9.91	11.9	12.14	700	9.8	10.06	12.1	12.33	700	10.0	10.24	12.3	12.55	700		10.41	12.5	12.77	700
690		9.82	11.8	12.04	43.7	43.84	690	9.7	9.96		12.21	690		10.12		12.41	690		10.30	12.4	12.62	690	10.2	10.47	12.6	12.84	690
680	9.6	9.88	11.9	12.11	44.0	44.12	680		10.02	12.0	12.28	680	9.9	10.18	12.2	12.49	680	10.1	10.36		12.70	680	10.3	10.53	12.7	12.92	680
670	9.7	9.93		12.19	44.3	44.41	670	9.8	10.08	12.1	12.36	670	10.0	10.24	12.3	12.56	670		10.42	12.5	12.78	670		10.60		13.00	670
660		9.99	12.0	12.27	44.6	44.71	660	9.9	10.14	12.2	12.44	660		10.30	12.4	12.64	660	10.2	10.48	12.6	12.86	660	10.4	10.66	12.8	13.09	660
650	9.8	10.05	12.1	12.35	44.9	45.01	650		10.20	12.3	12.52	650	10.1	10.36	12.5	12.72	650	10.3	10.54	12.7	12.94	650		10.72	12.9	13.17	650
640		10.11	12.2	12.42	45.2	45.32	640	10.0	10.26		12.60	640		10.42		12.80	640		10.61	12.8	13.02	640	10.5	10.79	13.0	13.25	640
630	9.9	10.18		12.51	45.5	45.63	630	10.1	10.33	12.4	12.68	630	10.2	10.49	12.6	12.89	630	10.4	10.67	12.9	13.11	630	10.6	10.86	13.1	13.34	630
620	10.0	10.24	12.3	12.59	45.8	45.95	620		10.39	12.5	12.76	620	10.3	10.55	12.7	12.97	620	10.5	10.74		13.20	620	10.7	10.92	13.2	13.43	620
610		10.31	12.4	12.67	46.1	46.28	610	10.2	10.46	12.6	12.85	610		10.62	12.8	13.06	610		10.81	13.0	13.28	610		10.99	13.3	13.52	610
600	10.1	10.37	12.5	12.76	46.5	46.61	600	10.3	10.52	12.7	12.94	600	10.4	10.69	12.9	13.15	600	10.6	10.88	13.1	13.37	600	10.8	11.06	13.4	13.61	600
590	10.2	10.44	12.6	12.85	46.8	46.95	590		10.59	12.8	13.03	590	10.5	10.76	13.0	13.24	590	10.7	10.95	13.2	13.47	590	10.9	11.14	13.5	13.70	590
580		10.51	12.7	12.94	47.2	47.29	580	10.4	10.66	12.9	13.12	580	10.6	10.83	13.1	13.33	580	10.8	11.02	13.3	13.56	580		11.21	13.6	13.80	580
570	10.3	10.58	12.8	13.03	47.5	47.64	570	10.5	10.73	13.0	13.21	570		10.90	13.2	13.43	570		11.09	13.4	13.66	570	11.0	11.28	13.7	13.90	570
560	10.4	10.65	12.9	13.12	47.9	48.00	560		10.81	13.1	13.30	560	10.7	10.97	13.3	13.52	560	10.9	11.17	13.5	13.75	560	11.1	11.36	13.8	14.00	560
550	10.5	10.72	13.0	13.21	48.2	48.37	550	10.6	10.88	13.2	13.40	550	10.8	11.05	13.4	13.62	550	11.0	11.24	13.6	13.85	550	11.2	11.44	13.9	14.10	550
540		10.80	13.1	13.31	48.6	48.74	540	10.7	10.95	13.3	13.50	540	10.9	11.13	13.5	13.72	540	11.1	11.32	13.7	13.95	540	11.3	11.52	14.0	14.20	540
530	10.6	10.87	13.2	13.41	49.0	49.12	530	10.8	11.03	13.4	13.59	530		11.20	13.6	13.82	530		11.40	13.8	14.05	530		11.60	14.1	14.30	530
520	10.7	10.95	13.3	13.51	49.4	49.51	520		11.11	13.5	13.70	520	11.0	11.28	13.7	13.92	520	11.2	11.48	13.9	14.16	520	11.4	11.68	14.2	14.41	520
510	10.8	11.03	13.4	13.61	49.8	49.90	510	10.9	11.19	13.6	13.80	510	11.1	11.36	13.8	14.03	510	11.3	11.56	14.0	14.27	510	11.5	11.76	14.3	14.52	510
500		11.10	13.5	13.71	50.2	50.30	500	11.0	11.27	13.7	13.90	500	11.2	11.44	13.9	14.13	500	11.4	11.64	14.1	14.37	500	11.6	11.85	14.4	14.63	500
	60m		80m		4 x 80m			60m		80m			60m		80m			60m		80m			60m		80m		
Technical Standards: N/A							Technical Standards: N/A					Technical Standards: N/A					Technical Standards: N/A					Technical Standards: N/A					

Girls 9							Girls 8					Girls 7					Girls 6					Girls 5 (Pre-school)					
	Track				Relays			Track					Track					Track					Track				
	60m		80m		4 x 80m			60m		80m			60m		80m			60m		80m			60m		80m		
500		11.10	13.5	13.71	50.2	50.30	500	11.0	11.27	13.7	13.90	500	11.2	11.44	13.9	14.13	500	11.4	11.64	14.1	14.37	500	11.6	11.85	14.4	14.63	500
490	10.9	11.19	13.6	13.82	50.6	50.71	490	11.1	11.35	13.8	14.01	490	11.3	11.53	14.0	14.24	490	11.5	11.73	14.2	14.48	490	11.7	11.93	14.5	14.74	490
480	11.0	11.27	13.7	13.93	51.0	51.13	480	11.2	11.43	13.9	14.12	480	11.4	11.61	14.1	14.35	480	11.6	11.82	14.4	14.60	480	11.8	12.02	14.6	14.86	480
470	11.1	11.35	13.8	14.04	51.4	51.55	470	11.3	11.52	14.0	14.23	470		11.70	14.2	14.46	470	11.7	11.90	14.5	14.71	470	11.9	12.11	14.7	14.97	470
460	11.2	11.44	13.9	14.15	51.8	51.99	460	11.4	11.60	14.1	14.34	460	11.5	11.79	14.3	14.58	460		11.99	14.6	14.83	460	12.0	12.20	14.9	15.09	460
450	11.3	11.52	14.0	14.26	52.3	52.43	450		11.69	14.2	14.46	450	11.6	11.87	14.5	14.70	450	11.8	12.08	14.7	14.95	450		12.29	15.0	15.21	450
440	11.4	11.61	14.1	14.38	52.7	52.88	440	11.5	11.78	14.3	14.57	440	11.7	11.97	14.6	14.81	440	11.9	12.18	14.8	15.07	440	12.1	12.39	15.1	15.33	440
430	11.5	11.70	14.3	14.49	53.2	53.33	430	11.6	11.87	14.5	14.69	430	11.8	12.06	14.7	14.94	430	12.0	12.27	15.0	15.19	430	12.2	12.48	15.2	15.46	430
420		11.79	14.4	14.61	53.7	53.80	420	11.7	11.97	14.6	14.82	420	11.9	12.15	14.8	15.06	420	12.1	12.37	15.1	15.32	420	12.3	12.58	15.3	15.59	420
410	11.6	11.89	14.5	14.73	54.1	54.27	410	11.8	12.06	14.7	14.94	410	12.0	12.25	14.9	15.18	410	12.2	12.46	15.2	15.44	410	12.4	12.68	15.5	15.72	410
400	11.7	11.98	14.6	14.86	54.6	54.76	400	11.9	12.16	14.8	15.06	400	12.1	12.35	15.1	15.31	400	12.3	12.56	15.3	15.57	400	12.5	12.78	15.6	15.85	400
390	11.8	12.08	14.7	14.98	55.1	55.25	390	12.0	12.25	15.0	15.19	390	12.2	12.45	15.2	15.44	390	12.4	12.66	15.5	15.71	390	12.6	12.88	15.7	15.98	390
380	11.9	12.18	14.9	15.11	55.6	55.75	380	12.1	12.35	15.1	15.32	380	12.3	12.55	15.3	15.58	380	12.5	12.77	15.6	15.84	380	12.7	12.99	15.9	16.12	380
370	12.0	12.27	15.0	15.24	56.1	56.26	370	12.2	12.46	15.2	15.46	370	12.4	12.65	15.5	15.71	370	12.6	12.87	15.7	15.98	370	12.9	13.09	16.0	16.26	370
360	12.1	12.38	15.1	15.38	56.6	56.78	360	12.3	12.56	15.4	15.59	360	12.5	12.75	15.6	15.85	360	12.7	12.98	15.9	16.12	360	13.0	13.20	16.2	16.40	360
350	12.2	12.48	15.3	15.51	57.2	57.31	350	12.4	12.66	15.5	15.73	350	12.6	12.86	15.7	15.99	350	12.8	13.09	16.0	16.26	350	13.1	13.31	16.3	16.55	350
340	12.3	12.59	15.4	15.65	57.7	57.86	340	12.5	12.77	15.6	15.87	340	12.7	12.97	15.9	16.13	340	13.0	13.20	16.2	16.41	340	13.2	13.42	16.5	16.70	340
330	12.5	12.69	15.6	15.79	58.3	58.41	330	12.6	12.88	15.8	16.01	330	12.8	13.08	16.0	16.27	330	13.1	13.31	16.3	16.55	330	13.3	13.54	16.6	16.85	330
320	12.6	12.80	15.7	15.93	58.8	58.97	320	12.7	12.99	15.9	16.16	320	13.0	13.19	16.2	16.42	320	13.2	13.42	16.5	16.70	320	13.4	13.65	16.8	17.00	320
310	12.7	12.91	15.8	16.08	59.4	59.54	310	12.9	13.10	16.1	16.30	310	13.1	13.31	16.3	16.57	310	13.3	13.54	16.6	16.86	310	13.5	13.77	16.9	17.15	310
300	12.8	13.02	16.0	16.23	1:00.00	1:00.12	300	13.0	13.22	16.2	16.45	300	13.2	13.42	16.5	16.73	300	13.4	13.66	16.8	17.01	300	13.7	13.89	17.1	17.31	300
290	12.9	13.14	16.1	16.38	1:00.60	1:00.71	290	13.1	13.33	16.4	16.61	290	13.3	13.54	16.6	16.88	290	13.5	13.78	16.9	17.17	290	13.8	14.02	17.2	17.47	290
280	13.0	13.26	16.3	16.53	1:01.20	1:01.32	280	13.2	13.45	16.5	16.76	280	13.4	13.66	16.8	17.04	280	13.7	13.90	17.1	17.33	280	13.9	14.14	17.4	17.64	280
270	13.1	13.38	16.5	16.69	1:01.80	1:01.93	270	13.3	13.57	16.7	16.92	270	13.5	13.78	17.0	17.20	270	13.8	14.03	17.3	17.50	270	14.0	14.27	17.6	17.81	270
260	13.3	13.50	16.6	16.85	1:02.40	1:02.56	260	13.5	13.69	16.8	17.09	260	13.7	13.91	17.1	17.37	260	13.9	14.15	17.4	17.66	260	14.2	14.40	17.7	17.98	260
250	13.4	13.62	16.8	17.01	1:03.10	1:03.20	250	13.6	13.82	17.0	17.25	250	13.8	14.04	17.3	17.53	250	14.0	14.28	17.6	17.83	250	14.3	14.53	17.9	18.15	250
240	13.5	13.75	16.9	17.18	1:03.70	1:03.85	240	13.7	13.95	17.2	17.42	240	13.9	14.16	17.5	17.70	240	14.2	14.41	17.8	18.01	240	14.4	14.66	18.1	18.33	240
230	13.6	13.87	17.1	17.35	1:04.40	1:04.51	230	13.8	14.08	17.3	17.59	230	14.1	14.30	17.6	17.88	230	14.3	14.55	17.9	18.18	230	14.6	14.80	18.3	18.50	230
220	13.8	14.00	17.3	17.52	1:05.00	1:05.19	220	14.0	14.21	17.5	17.76	220	14.2	14.43	17.8	18.05	220	14.4	14.68	18.1	18.36	220	14.7	14.94	18.4	18.69	220
210	13.9	14.13	17.5	17.69	1:05.70	1:05.87	210	14.1	14.34	17.7	17.94	210	14.3	14.57	18.0	18.23	210	14.6	14.82	18.3	18.55	210	14.8	15.08	18.6	18.87	210
200	14.0	14.27	17.6	17.87	1:06.40	1:06.58	200	14.2	14.48	17.9	18.12	200	14.5	14.70	18.2	18.42	200	14.7	14.96	18.5	18.73	200	15.0	15.22	18.8	19.06	200
190	14.2	14.41	17.8	18.05	1:07.20	1:07.29	190	14.4	14.62	18.1	18.30	190	14.6	14.85	18.4	18.60	190	14.9	15.11	18.7	18.92	190	15.1	15.37	19.0	19.26	190
180	14.3	14.55	18.0	18.24	1:07.90	1:08.02	180	14.5	14.76	18.3	18.49	180	14.7	14.99	18.6	18.79	180	15.0	15.25	18.9	19.12	180	15.3	15.52	19.2	19.45	180
170	14.4	14.69	18.2	18.42	1:08.60	1:08.76	170	14.7	14.90	18.4	18.68	170	14.9	15.14	18.7	18.99	170	15.2	15.40	19.1	19.31	170	15.4	15.67	19.4	19.65	170
160	14.6	14.83	18.4	18.62	1:09.40	1:09.52	160	14.8	15.05	18.6	18.87	160	15.0	15.28	18.9	19.19	160	15.3	15.55	19.3	19.51	160	15.6	15.82	19.6	19.86	160
150	14.7	14.98	18.6	18.81	1:10.10	1:10.29	150	15.0	15.20	18.8	19.07	150	15.2	15.44	19.1	19.39	150	15.5	15.71	19.5	19.72	150	15.7	15.98	19.8	20.07	150
140	14.9	15.13	18.8	19.01	1:10.90	1:11.07	140	15.1	15.35	19.0	19.27	140	15.3	15.59	19.4	19.59	140	15.6	15.86	19.7	19.93	140	15.9	16.14	20.0	20.28	140
130	15.0	15.28	19.0	19.21	1:11.70	1:11.87	130	15.3	15.50	19.2	19.48	130	15.5	15.75	19.6	19.80	130	15.8	16.02	19.9	20.14	130	16.1	16.30	20.3	20.49	130
120	15.2	15.43	19.2	19.42	1:12.50	1:12.68	120	15.4	15.66	19.4	19.69	120	15.7	15.91	19.8	20.01	120	15.9	16.18	20.1	20.35	120	16.2	16.46	20.5	20.71	120
110	15.4	15.59	19.4	19.63	1:13.40	1:13.51	110	15.6	15.82	19.7	19.90	110	15.8	16.07	20.0	20.23	110	16.1	16.35	20.3	20.57	110	16.4	16.63	20.7	20.94	110
100	15.5	15.75	19.6	19.84	1:14.20	1:14.36	100	15.7	15.98	19.9	20.12	100	16.0	16.23	20.2	20.45	100	16.3	16.52	20.6	20.80	100	16.6	16.80	20.9	21.16	100
90	15.7	15.92	19.8	20.06	1:15.10	1:15.22	90	15.9	16.15	20.1	20.34	90	16.2	16.40	20.4	20.67	90	16.4	16.69	20.8	21.02	90	16.7	16.98	21.2	21.40	90
80	15.8	16.08	20.0	20.28	1:16.00	1:16.10	80	16.1	16.32	20.3	20.56	80	16.3	16.57	20.7	20.90	80	16.6	16.86	21.0	21.26	80	16.9	17.15	21.4	21.63	80
70	16.0	16.25	20.3	20.50	1:16.90	1:17.00	70	16.3	16.49	20.5	20.79	70	16.5	16.75	20.9	21.13	70	16.8	17.04	21.3	21.49	70	17.1	17.34	21.6	21.87	70
60	16.2	16.42	20.5	20.73	1:17.80	1:17.91	60	16.4	16.67	20.8	21.02	60	16.7	16.92	21.1	21.37	60	17.0	17.22	21.5	21.73	60	17.3	17.52	21.9	22.12	60
50	16.4	16.60	20.7	20.97	1:18.70	1:18.84	50	16.6	16.84	21.0	21.26	50	16.9	17.11	21.4	21.61	50	17.2	17.41	21.7	21.98	50	17.5	17.71	22.1	22.37	50
40	16.5	16.78	21.0	21.21	1:19.60	1:19.79	40	16.8	17.02	21.3	21.50	40	17.0	17.29	21.6	21.85	40	17.4	17.59	22.0	22.23	40	17.7	17.90	22.4	22.62	40
30	16.7	16.96	21.2	21.45	1:20.60	1:20.76	30	17.0	17.21	21.5	21.75	30	17.2	17.48	21.9	22.10	30	17.5	17.78	22.2	22.48	30	17.9	18.09	22.6	22.88	30
20	16.9	17.14	21.5	21.70	1:21.60	1:21.74	20	17.2	17.40	21.8	22.00	20	17.4	17.67	22.1	22.36	20	17.7	17.98	22.5	22.74	20	18.0	18.29	22.9	23.14	20
10	17.1	17.33	21.7	21.95	1:22.60	1:22.74	10	17.3	17.59	22.0	22.25	10	17.6	17.86	22.4	22.62	10	17.9	18.18	22.8	23.00	10	18.2	18.49	23.2	23.41	10
0	17.3	17.52	22.0	22.20	1:23.60	1:23.77	0	17.5	17.78	22.3	22.51	0	17.8	18.06	22.6	22.88	0	18.1	18.38	23.0	23.27	0	18.5	18.69	23.4	23.69	0
	60m		80m		4 x 80m			60m		80m			60m		80m			60m		80m			60m		80m		
Technical Standards: N/A							Technical Standards: N/A					Technical Standards: N/A					Technical Standards: N/A					Technical Standards: N/A				