

Athletics Performance Evaluation (APE) Tables 2012-2015
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		11.00	21.8	22.05	1:57.71	4:06.41	8:49.42	1000	10.9	11.16	26.5	26.71	45.5	45.60	7:13.60	1000	1.83		6.08	18.94	53.19	50.86	52.62	1000
990		11.03	21.9	22.13	1:58.01	4:07.49	8:52.46	990		11.22		26.80	45.6	45.78	7:18.92	990	1.82	3.81	6.05	18.70	52.44	49.79	52.13	990
980	10.8	11.07	22.0	22.22	1:58.32	4:08.59	8:55.56	980	11.0	11.28	26.6	26.89	45.8	45.97	7:24.39	980		3.79	6.03	18.46	51.68	48.71	51.64	980
970		11.11	22.1	22.30	1:58.63	4:09.71	8:58.73	970	11.1	11.35	26.7	26.98	46.0	46.16	7:30.03	970	1.81	3.77	6.00	18.21	50.90	47.62	51.13	970
960	10.9	11.15		22.39	1:58.94	4:10.86	9:01.98	960		11.41	26.8	27.08	46.2	46.35	7:35.83	960	1.80	3.75	5.97	17.95	50.11	46.52	50.61	960
950		11.19	22.2	22.48	1:59.27	4:12.03	9:05.30	950	11.2	11.48	26.9	27.17	46.4	46.55	7:41.81	950	1.79	3.73	5.94	17.69	49.31	45.41	50.08	950
940		11.23	22.3	22.57	1:59.60	4:13.22	9:08.70	940	11.3	11.55	27.0	27.27	46.6	46.75	7:47.96	940		3.71	5.92	17.43	48.49	44.29	49.53	940
930	11.0	11.27	22.4	22.67	1:59.93	4:14.44	9:12.17	930	11.4	11.62	27.1	27.37	46.8	46.96	7:54.29	930	1.78	3.68	5.89	17.16	47.66	43.16	48.98	930
920		11.31	22.5	22.76	2:00.28	4:15.68	9:15.71	920		11.69	27.2	27.48	47.0	47.17	8:00.82	920	1.77	3.66	5.86	16.89	46.83	42.04	48.42	920
910	11.1	11.36	22.6	22.86	2:00.63	4:16.95	9:19.34	910	11.5	11.76	27.3	27.58	47.2	47.38	8:07.53	910	1.76	3.64	5.83	16.62	45.98	40.91	47.85	910
900		11.40	22.7	22.96	2:00.98	4:18.25	9:23.04	900	11.6	11.84	27.5	27.69	47.5	47.60	8:14.44	900	1.75	3.62	5.80	16.34	45.13	39.78	47.27	900
890	11.2	11.45	22.8	23.06	2:01.34	4:19.57	9:26.83	890	11.7	11.92	27.6	27.80	47.7	47.82	8:21.57	890	1.74	3.60	5.77	16.18	44.66	39.16	46.94	890
880		11.49	22.9	23.17	2:01.71	4:20.93	9:30.72	880		12.00	27.7	27.91	47.9	48.05	8:28.93	880	1.73	3.58	5.74	16.03	44.19	38.54	46.62	880
870	11.3	11.54	23.0	23.27	2:02.09	4:22.32	9:34.70	870	11.8	12.08	27.8	28.03	48.1	48.28	8:36.54	870		3.57	5.72	15.88	43.72	37.93	46.30	870
860		11.59	23.1	23.38	2:02.47	4:23.73	9:38.78	860	11.9	12.16	27.9	28.14	48.4	48.52	8:44.40	860	1.72	3.55	5.69	15.73	43.26	37.33	45.98	860
850	11.4	11.64	23.3	23.49	2:02.87	4:25.19	9:42.97	850	12.0	12.24	28.0	28.26	48.6	48.77	8:52.52	850	1.71	3.53	5.66	15.57	42.79	36.74	45.65	850
840		11.69	23.4	23.60	2:03.27	4:26.67	9:47.26	840	12.1	12.33	28.1	28.38	48.9	49.02	9:00.90	840	1.70	3.52	5.63	15.42	42.33	36.15	45.33	840
830	11.5	11.74	23.5	23.72	2:03.68	4:28.19	9:51.65	830	12.2	12.42	28.3	28.51	49.1	49.27	9:09.56	830	1.69	3.50	5.60	15.27	41.88	35.57	45.01	830
820		11.79	23.6	23.84	2:04.10	4:29.74	9:56.14	820	12.3	12.51	28.4	28.64	49.4	49.53	9:18.51	820	1.68	3.48	5.58	15.13	41.43	34.99	44.70	820
810	11.6	11.84	23.7	23.96	2:04.52	4:31.33	10:00.75	810	12.4	12.61	28.5	28.76	49.7	49.80	9:27.75	810		3.46	5.55	14.98	40.98	34.43	44.38	810
800		11.90	23.8	24.08	2:04.96	4:32.95	10:05.46	800	12.5	12.70	28.7	28.90	49.9	50.07	9:37.30	800	1.67	3.45	5.52	14.83	40.53	33.87	44.06	800
790	11.7	11.95	24.0	24.21	2:05.40	4:34.61	10:10.29	790	12.6	12.80	28.8	29.03	50.2	50.35	9:47.16	790	1.66	3.43	5.49	14.68	40.08	33.31	43.75	790
780		12.01	24.1	24.34	2:05.85	4:36.30	10:15.23	780	12.7	12.90	28.9	29.17	50.5	50.63	9:57.35	780	1.65	3.41	5.46	14.54	39.64	32.77	43.43	780
770	11.8	12.07	24.2	24.47	2:06.31	4:38.03	10:20.29	770	12.8	13.00	29.1	29.31	50.8	50.92	10:07.87	770	1.64	3.39	5.44	14.39	39.20	32.23	43.12	770
760	11.9	12.13	24.4	24.60	2:06.78	4:39.79	10:25.47	760	12.9	13.11	29.2	29.45	51.1	51.22	10:18.75	760	1.63	3.38	5.41	14.25	38.77	31.69	42.80	760
750		12.19	24.5	24.74	2:07.25	4:41.60	10:30.77	750	13.0	13.21	29.4	29.60	51.4	51.52	10:29.98	750		3.36	5.38	14.11	38.34	31.17	42.49	750
740	12.0	12.25	24.6	24.88	2:07.74	4:43.44	10:36.19	740	13.1	13.32	29.5	29.75	51.7	51.82	10:41.58	740	1.62	3.34	5.35	13.96	37.91	30.65	42.18	740
730		12.31	24.8	25.02	2:08.23	4:45.32	10:41.73	730	13.2	13.44	29.7	29.90	52.0	52.14	10:53.57	730	1.61	3.32	5.33	13.82	37.48	30.13	41.87	730
720	12.1	12.37	24.9	25.17	2:08.74	4:47.24	10:47.41	720	13.3	13.55	29.8	30.06	52.3	52.46	11:05.96	720	1.60	3.31	5.30	13.68	37.06	29.62	41.56	720
710	12.2	12.44	25.1	25.32	2:09.25	4:49.20	10:53.21	710	13.4	13.67	30.0	30.22	52.6	52.79	11:18.76	710	1.59	3.29	5.27	13.54	36.64	29.12	41.25	710
700		12.51	25.2	25.47	2:09.77	4:51.20	10:59.15	700	13.5	13.79	30.1	30.38	53.0	53.12	11:31.99	700	1.58	3.27	5.24	13.40	36.22	28.63	40.95	700
690	12.3	12.57	25.4	25.62	2:10.30	4:53.25	11:05.23	690	13.7	13.91	30.3	30.54	53.3	53.46	11:45.66	690		3.25	5.22	13.27	35.81	28.14	40.64	690
680	12.4	12.64	25.5	25.78	2:10.84	4:55.33	11:11.44	680	13.8	14.04	30.5	30.71	53.7	53.81	11:59.79	680	1.57	3.24	5.19	13.13	35.40	27.66	40.34	680
670		12.71	25.7	25.94	2:11.39	4:57.46	11:17.79	670	13.9	14.16	30.6	30.88	54.0	54.16	12:14.40	670	1.56	3.22	5.16	12.99	34.99	27.19	40.03	670
660	12.5	12.78	25.9	26.10	2:11.95	4:59.63	11:24.29	660	14.1	14.30	30.8	31.05	54.4	54.52	12:29.50	660	1.55	3.20	5.13	12.86	34.59	26.72	39.73	660
650	12.6	12.86	26.0	26.27	2:12.52	5:01.84	11:30.94	650	14.2	14.43	31.0	31.23	54.8	54.89	12:45.11	650	1.54	3.19	5.11	12.72	34.19	26.25	39.43	650
640	12.7	12.93	26.2	26.44	2:13.10	5:04.10	11:37.73	640	14.3	14.57	31.2	31.41	55.1	55.27	13:01.25	640	1.53	3.17	5.08	12.59	33.79	25.80	39.13	640
630		13.01	26.4	26.61	2:13.69	5:06.41	11:44.68	630	14.5	14.71	31.4	31.59	55.5	55.65	13:17.94	630		3.15	5.05	12.46	33.39	25.35	38.83	630
620	12.8	13.08	26.6	26.79	2:14.28	5:08.76	11:51.79	620	14.6	14.85	31.5	31.78	55.9	56.04	13:35.20	620	1.52	3.13	5.02	12.33	33.00	24.90	38.53	620
610	12.9	13.16	26.7	26.97	2:14.89	5:11.16	11:59.06	610	14.8	15.00	31.7	31.97	56.3	56.44	13:53.06	610	1.51	3.12	5.00	12.20	32.61	24.47	38.23	610
600	13.0	13.24	26.9	27.15	2:15.51	5:13.61	12:06.49	600	14.9	15.15	31.9	32.16	56.7	56.84	14:11.52	600	1.50	3.10	4.97	12.07	32.22	24.03	37.94	600
590	13.1	13.32	27.1	27.34	2:16.14	5:16.10	12:14.09	590	15.1	15.30	32.1	32.36	57.1	57.25	14:30.63	590	1.49	3.08	4.94	11.94	31.84	23.61	37.64	590
580	13.2	13.41	27.3	27.53	2:16.78	5:18.65	12:21.86	580	15.2	15.46	32.3	32.56	57.5	57.68	14:50.40	580	1.48	3.07	4.91	11.81	31.46	23.19	37.35	580
570		13.49	27.5	27.72	2:17.43	5:21.25	12:29.80	570	15.4	15.62	32.5	32.77	58.0	58.11	15:10.86	570		3.05	4.89	11.68	31.09	22.77	37.06	570
560	13.3	13.58	27.7	27.92	2:18.09	5:23.89	12:37.92	560	15.5	15.78	32.7	32.97	58.4	58.54	15:32.03	560	1.47	3.03	4.86	11.55	30.71	22.37	36.77	560
550	13.4	13.66	27.9	28.12	2:18.76	5:26.59	12:46.22	550	15.7	15.95	32.9	33.19	58.8	58.99	15:53.95	550	1.46	3.02	4.83	11.43	30.34	21.96	36.48	550
540	13.5	13.75	28.1	28.32	2:19.44	5:29.35	12:54.71	540	15.9	16.12	33.2	33.40	59.3	59.44	16:16.63	540	1.45	3.00	4.81	11.30	29.97	21.57	36.19	540
530	13.6	13.84	28.3	28.53	2:20.14	5:32.16	13:03.40	530	16.1	16.29	33.4	33.62	59.8	59.91	16:40.12	530	1.44	2.98	4.78	11.18	29.61	21.18	35.90	530
520	13.7	13.93	28.5	28.74	2:20.84	5:35.02	13:12.27	520	16.2	16.47	33.6	33.84	60.2	60.38	17:04.44	52								

Athletics Performance Evaluation (APE) Tables 2012-2015
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	28.9	29.18	2:22.28	5:40.92	13:30.63	500	16.6	16.84	34.1	34.30	61.2	61.35	17:55.73	500	1.42	2.93	4.70	10.81	28.53	20.04	35.04	500
490	14.0	14.22	29.2	29.40	2:23.02	5:43.95	13:40.11	490	16.8	17.03	34.3	34.54	61.7	61.85	18:22.76	490	1.41	2.92	4.67	10.69	28.18	19.67	34.76	490
480	14.1	14.32	29.4	29.63	2:23.77	5:47.05	13:49.81	480	17.0	17.22	34.5	34.78	62.2	62.35	18:50.76	480	1.40	2.90	4.64	10.57	27.83	19.30	34.48	480
470	14.2	14.42	29.6	29.87	2:24.54	5:50.21	13:59.73	470	17.2	17.42	34.8	35.02	62.7	1:02.87	19:19.78	470		2.88	4.62	10.46	27.49	18.95	34.20	470
460	14.3	14.52	29.9	30.10	2:25.31	5:53.42	14:09.87	460	17.4	17.63	35.0	35.27	63.3	1:03.40	19:49.86	460	1.39	2.87	4.59	10.34	27.14	18.59	33.92	460
450	14.4	14.62	30.1	30.34	2:26.10	5:56.71	14:20.24	450	17.6	17.83	35.3	35.52	63.8	1:03.94	20:21.04	450	1.38	2.85	4.57	10.22	26.80	18.25	33.64	450
440	14.5	14.73	30.4	30.59	2:26.90	6:00.05	14:30.85	440	17.8	18.05	35.5	35.78	1:04.3	1:04.49	20:53.37	440	1.37	2.83	4.54	10.11	26.47	17.90	33.36	440
430	14.6	14.84	30.6	30.84	2:27.71	6:03.46	14:41.69	430	18.0	18.26	35.8	36.04	1:04.9	1:05.04	21:26.89	430	1.36	2.82	4.51	9.99	26.13	17.57	33.09	430
420	14.7	14.95	30.9	31.09	2:28.53	6:06.94	14:52.78	420	18.2	18.49	36.1	36.30	1:05.5	1:05.61	22:01.65	420		2.80	4.49	9.88	25.80	17.23	32.81	420
410	14.8	15.06	31.1	31.35	2:29.37	6:10.49	15:04.12	410	18.5	18.71	36.3	36.57	1:06.1	1:06.19	22:37.71	410	1.35	2.78	4.46	9.76	25.47	16.91	32.54	410
400	14.9	15.17	31.4	31.62	2:30.22	6:14.10	15:15.71	400	18.7	18.94	36.6	36.85	1:06.6	1:06.78	23:15.12	400	1.34	2.77	4.43	9.65	25.15	16.59	32.27	400
390	15.1	15.29	31.7	31.89	2:31.08	6:17.79	15:27.57	390	18.9	19.18	36.9	37.13	1:07.2	1:07.38	23:53.93	390	1.33	2.75	4.41	9.54	24.83	16.27	32.00	390
380	15.2	15.40	31.9	32.16	2:31.95	6:21.55	15:39.70	380	19.2	19.42	37.2	37.41	1:07.9	1:07.99	24:34.22	380	1.32	2.73	4.38	9.43	24.51	15.96	31.73	380
370	15.3	15.52	32.2	32.44	2:32.84	6:25.38	15:52.10	370	19.4	19.67	37.5	37.70	1:08.5	1:08.62	25:16.03	370		2.72	4.36	9.32	24.19	15.65	31.46	370
360	15.4	15.64	32.5	32.72	2:33.75	6:29.28	16:04.79	360	19.7	19.92	37.8	38.00	1:09.1	1:09.25	25:59.44	360	1.31	2.70	4.33	9.21	23.88	15.35	31.20	360
350	15.5	15.77	32.8	33.01	2:34.66	6:33.27	16:17.76	350	19.9	20.18	38.1	38.30	1:09.8	1:09.90	26:44.51	350	1.30	2.69	4.30	9.10	23.57	15.05	30.93	350
340	15.7	15.89	33.1	33.30	2:35.59	6:37.33	16:31.03	340	20.2	20.45	38.4	38.60	1:10.4	1:10.56	27:31.32	340	1.29	2.67	4.28	9.00	23.26	14.76	30.67	340
330	15.8	16.02	33.4	33.60	2:36.54	6:41.47	16:44.61	330	20.5	20.72	38.7	38.91	1:11.1	1:11.23	28:19.94	330	1.28	2.65	4.25	8.89	22.96	14.47	30.40	330
320	15.9	16.15	33.7	33.91	2:37.50	6:45.69	16:58.50	320	20.8	21.00	39.0	39.23	1:11.8	1:11.91	29:10.45	320		2.64	4.23	8.79	22.65	14.19	30.14	320
310	16.0	16.28	34.0	34.22	2:38.47	6:50.00	17:12.70	310	21.0	21.28	39.3	39.55	1:12.5	1:12.61	30:02.94	310	1.27	2.62	4.20	8.68	22.36	13.91	29.88	310
300	16.2	16.42	34.3	34.53	2:39.46	6:54.38	17:27.24	300	21.3	21.57	39.6	39.87	1:13.2	1:13.32	30:57.49	300	1.26	2.61	4.17	8.58	22.06	13.63	29.62	300
290	16.3	16.55	34.6	34.86	2:40.47	6:58.86	17:42.10	290	21.6	21.86	40.0	40.20	1:13.9	1:14.04	31:54.19	290	1.25	2.59	4.15	8.48	21.77	13.37	29.37	290
280	16.5	16.69	34.9	35.18	2:41.48	7:03.42	17:57.32	280	21.9	22.17	40.3	40.54	1:14.6	1:14.78	32:53.14	280		2.57	4.12	8.37	21.48	13.10	29.11	280
270	16.6	16.83	35.3	35.52	2:42.52	7:08.08	18:12.88	270	22.2	22.48	40.6	40.88	1:15.4	1:15.53	33:54.44	270	1.24	2.56	4.10	8.27	21.19	12.84	28.86	270
260	16.7	16.98	35.6	35.86	2:43.57	7:12.82	18:28.81	260	22.6	22.79	41.0	41.23	1:16.2	1:16.30	34:58.19	260	1.23	2.54	4.07	8.17	20.91	12.58	28.60	260
250	16.9	17.12	36.0	36.20	2:44.63	7:17.66	18:45.10	250	22.9	23.12	41.3	41.59	1:16.9	1:17.07	36:04.51	250	1.22	2.53	4.05	8.07	20.63	12.33	28.35	250
240	17.0	17.27	36.3	36.55	2:45.72	7:22.60	19:01.78	240	23.2	23.45	41.7	41.95	1:17.7	1:17.87	37:13.52	240		2.51	4.02	7.98	20.35	12.08	28.10	240
230	17.2	17.42	36.7	36.91	2:46.81	7:27.63	19:18.85	230	23.5	23.79	42.1	42.32	1:18.5	1:18.68	38:25.32	230	1.21	2.49	4.00	7.88	20.07	11.84	27.85	230
220	17.3	17.58	37.0	37.28	2:47.93	7:32.76	19:36.31	220	23.9	24.13	42.4	42.69	1:19.4	1:19.50	39:40.07	220	1.20	2.48	3.97	7.78	19.80	11.60	27.60	220
210	17.5	17.73	37.4	37.65	2:49.06	7:37.99	19:54.19	210	24.2	24.49	42.8	43.07	1:20.2	1:20.34	40:57.88	210	1.19	2.46	3.95	7.69	19.53	11.36	27.36	210
200	17.7	17.89	37.8	38.03	2:50.21	7:43.33	20:12.49	200	24.6	24.85	43.2	43.46	1:21.1	1:21.19	42:18.90	200		2.45	3.92	7.59	19.26	11.13	27.11	200
190	17.8	18.05	38.2	38.41	2:51.37	7:48.78	20:31.22	190	25.0	25.22	43.6	43.85	1:21.9	1:22.07	43:43.28	190	1.18	2.43	3.90	7.50	19.00	10.90	26.87	190
180	18.0	18.22	38.6	38.81	2:52.55	7:54.33	20:50.39	180	25.4	25.60	44.0	44.25	1:22.8	1:22.95	45:11.18	180	1.17	2.42	3.87	7.41	18.74	10.68	26.63	180
170	18.2	18.39	39.0	39.21	2:53.75	7:59.99	21:10.02	170	25.7	25.99	44.4	44.66	1:23.7	1:23.86	46:42.76	170	1.16	2.40	3.85	7.31	18.48	10.46	26.39	170
160	18.3	18.56	39.4	39.61	2:54.97	8:05.77	21:30.11	160	26.1	26.38	44.8	45.07	1:24.6	1:24.78	48:18.19	160		2.39	3.82	7.22	18.22	10.24	26.15	160
150	18.5	18.73	39.8	40.03	2:56.21	8:11.66	21:50.69	150	26.6	26.79	45.3	45.49	1:25.6	1:25.72	49:57.66	150	1.15	2.37	3.80	7.13	17.97	10.03	25.91	150
140	18.7	18.91	40.2	40.45	2:57.46	8:17.67	22:11.75	140	27.0	27.21	45.7	45.92	1:26.5	1:26.67	51:41.35	140	1.14	2.36	3.77	7.04	17.72	9.82	25.67	140
130	18.8	19.08	40.6	40.88	2:58.74	8:23.80	22:33.33	130	27.4	27.63	46.1	46.35	1:27.5	1:27.65	53:29.48	130	1.13	2.34	3.75	6.95	17.47	9.62	25.44	130
120	19.0	19.27	41.1	41.32	3:00.03	8:30.05	22:55.42	120	27.8	28.07	46.6	46.80	1:28.5	1:28.64	55:22.25	120		2.33	3.73	6.86	17.22	9.41	25.20	120
110	19.2	19.45	41.5	41.76	3:01.34	8:36.43	23:18.04	110	28.3	28.51	47.0	47.25	1:29.5	1:29.66	57:19.89	110	1.12	2.31	3.70	6.78	16.98	9.22	24.97	110
100	19.4	19.64	42.0	42.22	3:02.67	8:42.94	23:41.21	100	28.7	28.97	47.5	47.71	1:30.5	1:30.69	59:22.62	100	1.11	2.30	3.68	6.69	16.74	9.02	24.74	100
90	19.6	19.83	42.4	42.68	3:04.03	8:49.58	24:04.94	90	29.2	29.44	47.9	48.17	1:31.6	1:31.74	1:01:30.71	90		2.28	3.65	6.61	16.50	8.83	24.51	90
80	19.8	20.03	42.9	43.15	3:05.40	8:56.36	24:29.25	80	29.7	29.92	48.4	48.65	1:32.7	1:32.81	1:03:44.40	80	1.10	2.27	3.63	6.52	16.27	8.64	24.28	80
70	20.0	20.23	43.4	43.63	3:06.79	9:03.27	24:54.15	70	30.2	30.41	48.9	49.13	1:33.8	1:33.90	1:06:03.98	70	1.09	2.25	3.61	6.44	16.03	8.46	24.05	70
60	20.2	20.43	43.9	44.12	3:08.20	9:10.33	25:19.66	60	30.7	30.91	49.4	49.62	1:34.9	1:35.02	1:08:29.73	60	1.08	2.24	3.58	6.35	15.80	8.28	23.83	60
50	20.4	20.64	44.4	44.62	3:09.64	9:17.53	25:45.80	50	31.2	31.42	49.9	50.12	1:36.0	1:36.15	1:11:01.96	50		2.22	3.56	6.27	15.58	8.10	23.61	50
40	20.6	20.84	44.9	45.12	3:11.09	9:24.87	26:12.58	40	31.7	31.95	50.4	50.63	1:37.2	1:37.31	1:13:40.98	40	1.07	2.21	3.53	6.19	15.35	7.93	23.38	40
30	20.8	21.06	45.4	45.64	3:12.57	9:32.37	26:40.02	30	32.2	32.49	50.9	51.15	1:38.3	1:38.49	1									