

## Athletics Performance Evaluation Tables - For use 2012 to 2016

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Point range	Interpretation (only guide lines)
750-800	The average regional interschool/interclub top 8 performance values
800-850	The average provincial championships top 8 performance values
850-900	The average national championship performance top 8 values
900+	The athlete have the talent to represent South Africa

## Athletics Performance Evaluation Tables - For use 2012 to 2016

		100m										
		19	17		16		15		14			
1000		10.04	9.9	10.17		10.25	10.1	10.38		10.54	1000	
990	9.8	10.06		10.19	10.0	10.28		10.40	10.3	10.57	990	
980		10.09		10.21		10.30		10.43		10.59	980	
970		10.11		10.24		10.33		10.46		10.62	970	
960		10.14	10.0	10.27	10.1	10.36	10.2	10.48		10.65	960	
950	9.9	10.17		10.30		10.39		10.52	10.4	10.68	950	
940		10.20		10.33		10.42		10.55		10.72	940	
930		10.24	10.1	10.37	10.2	10.46	10.3	10.58	10.5	10.75	930	
920	10.0	10.27		10.40		10.49		10.62		10.79	920	
910		10.31		10.44		10.53	10.4	10.66		10.83	910	
900	10.1	10.35	10.2	10.48	10.3	10.57		10.70	10.6	10.87	900	
890		10.39		10.52		10.61	10.5	10.74		10.91	890	
880		10.43	10.3	10.56	10.4	10.66		10.79	10.7	10.96	880	
870	10.2	10.48		10.61		10.70		10.83		11.00	870	
860		10.52	10.4	10.66	10.5	10.75	10.6	10.88	10.8	11.05	860	
850	10.3	10.57		10.70		10.80		10.93		11.10	850	
840		10.62	10.5	10.75	10.6	10.84	10.7	10.98	10.9	11.15	840	
830	10.4	10.67		10.80		10.90		11.03		11.21	830	
820		10.72	10.6	10.86	10.7	10.95	10.8	11.08	11.0	11.26	820	
810	10.5	10.77		10.91		11.00	10.9	11.14		11.32	810	
800	10.6	10.83	10.7	10.97	10.8	11.06		11.20	11.1	11.37	800	
790		10.89		11.02		11.12	11.0	11.25	11.2	11.43	790	
780	10.7	10.94	10.8	11.08	10.9	11.18		11.31		11.49	780	
770		11.00	10.9	11.14	11.0	11.24	11.1	11.38	11.3	11.56	770	
760	10.8	11.07		11.20		11.30	11.2	11.44	11.4	11.62	760	
750	10.9	11.13	11.0	11.27	11.1	11.37		11.51		11.69	750	
		19	17	16		15		14				
		100m										

		100m										
		19	17		16		15		14			
750	10.9	11.13	11.0	11.27	11.1	11.37		11.51		11.69	750	
740		11.19	11.1	11.33	11.2	11.43	11.3	11.57	11.5	11.76	740	
730	11.0	11.26		11.40		11.50	11.4	11.64	11.6	11.83	730	
720	11.1	11.33	11.2	11.47	11.3	11.57	11.5	11.71		11.90	720	
710		11.40	11.3	11.54	11.4	11.64		11.79	11.7	11.97	710	
700	11.2	11.47	11.4	11.62	11.5	11.72	11.6	11.86	11.8	12.05	700	
690	11.3	11.55		11.69		11.79	11.7	11.94	11.9	12.13	690	
680	11.4	11.62	11.5	11.77	11.6	11.87	11.8	12.02	12.0	12.21	680	
670		11.70	11.6	11.85	11.7	11.95		12.10		12.29	670	
660	11.5	11.78	11.7	11.93	11.8	12.03	11.9	12.18	12.1	12.37	660	
650	11.6	11.86	11.8	12.01	11.9	12.11	12.0	12.26	12.2	12.46	650	
640	11.7	11.95		12.10	12.0	12.20	12.1	12.35	12.3	12.55	640	
630	11.8	12.03	11.9	12.18		12.29	12.2	12.44	12.4	12.64	630	
620	11.9	12.12	12.0	12.27	12.1	12.38	12.3	12.53	12.5	12.73	620	
610	12.0	12.21	12.1	12.37	12.2	12.47	12.4	12.63	12.6	12.83	610	
600	12.1	12.30	12.2	12.46	12.3	12.57	12.5	12.72	12.7	12.92	600	
590	12.2	12.40	12.3	12.56	12.4	12.66	12.6	12.82	12.8	13.02	590	
580	12.3	12.50	12.4	12.65	12.5	12.76	12.7	12.92	12.9	13.12	580	
570	12.4	12.60	12.5	12.75	12.6	12.86	12.8	13.02	13.0	13.23	570	
560	12.5	12.70	12.6	12.86	12.7	12.97	12.9	13.13	13.1	13.34	560	
550	12.6	12.80	12.7	12.96	12.8	13.08	13.0	13.24	13.2	13.45	550	
540	12.7	12.91	12.8	13.07	12.9	13.18	13.1	13.35	13.3	13.56	540	
530	12.8	13.02	12.9	13.18	13.1	13.30	13.2	13.46	13.4	13.67	530	
520	12.9	13.13	13.1	13.30	13.2	13.41	13.3	13.57	13.6	13.79	520	
510	13.0	13.25	13.2	13.41	13.3	13.53	13.5	13.69	13.7	13.91	510	
500	13.1	13.36	13.3	13.53	13.4	13.65	13.6	13.81	13.8	14.03	500	
		19	17	16		15		14				
		100m										

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	100m										
	19		17		16		15		14		
500	13.1	13.36	13.3	13.53	13.4	13.65	13.6	13.81	13.8	14.03	500
490	13.2	13.48	13.4	13.65	13.5	13.77	13.7	13.94	13.9	14.16	490
480	13.4	13.61	13.5	13.78	13.7	13.89	13.8	14.07	14.1	14.29	480
470	13.5	13.73	13.7	13.90	13.8	14.02	14.0	14.19	14.2	14.42	470
460	13.6	13.86	13.8	14.03	13.9	14.15	14.1	14.33	14.3	14.56	460
450	13.8	13.99	13.9	14.17	14.1	14.29	14.2	14.46	14.5	14.69	450
440	13.9	14.12	14.1	14.30	14.2	14.42	14.4	14.60	14.6	14.83	440
430	14.0	14.26	14.2	14.44	14.3	14.56	14.5	14.74	14.7	14.98	430
420	14.2	14.40	14.3	14.58	14.5	14.71	14.7	14.89	14.9	15.13	420
410	14.3	14.55	14.5	14.73	14.6	14.85	14.8	15.04	15.0	15.28	410
400	14.5	14.69	14.6	14.88	14.8	15.00	15.0	15.19	15.2	15.43	400
390	14.6	14.84	14.8	15.03	14.9	15.16	15.1	15.34	15.4	15.59	390
380	14.8	15.00	14.9	15.18	15.1	15.31	15.3	15.50	15.5	15.75	380
370	14.9	15.15	15.1	15.34	15.2	15.48	15.4	15.67	15.7	15.91	370
360	15.1	15.31	15.3	15.51	15.4	15.64	15.6	15.83	15.8	16.08	360
350	15.2	15.48	15.4	15.67	15.6	15.81	15.8	16.00	16.0	16.26	350
340	15.4	15.65	15.6	15.84	15.7	15.98	15.9	16.17	16.2	16.43	340
330	15.6	15.82	15.8	16.02	15.9	16.15	16.1	16.35	16.4	16.61	330
320	15.8	15.99	16.0	16.19	16.1	16.33	16.3	16.53	16.6	16.80	320
310	15.9	16.17	16.1	16.38	16.3	16.52	16.5	16.72	16.8	16.99	310
300	16.1	16.36	16.3	16.56	16.5	16.70	16.7	16.91	16.9	17.18	300
290	16.3	16.54	16.5	16.75	16.7	16.90	16.9	17.10	17.1	17.37	290
280	16.5	16.74	16.7	16.95	16.9	17.09	17.1	17.30	17.3	17.58	280
270	16.7	16.93	16.9	17.14	17.1	17.29	17.3	17.50	17.5	17.78	270
260	16.9	17.13	17.1	17.35	17.3	17.50	17.5	17.71	17.8	17.99	260
250	17.1	17.34	17.3	17.56	17.5	17.71	17.7	17.92	18.0	18.21	250
	19		17		16		15		14		
	100m										

	100m										
	19		17		16		15		14		
250	17.1	17.34	17.3	17.56	17.5	17.71	17.7	17.92	18.0	18.21	250
240	17.3	17.55	17.5	17.77	17.7	17.92	17.9	18.14	18.2	18.43	240
230	17.5	17.76	17.8	17.99	17.9	18.14	18.1	18.36	18.4	18.65	230
220	17.7	17.98	18.0	18.21	18.1	18.36	18.4	18.59	18.6	18.88	220
210	18.0	18.21	18.2	18.43	18.4	18.59	18.6	18.82	18.9	19.12	210
200	18.2	18.44	18.4	18.67	18.6	18.83	18.8	19.06	19.1	19.36	200
190	18.4	18.67	18.7	18.90	18.8	19.07	19.1	19.30	19.4	19.61	190
180	18.7	18.91	18.9	19.15	19.1	19.31	19.3	19.55	19.6	19.86	180
170	18.9	19.16	19.2	19.40	19.3	19.56	19.6	19.80	19.9	20.12	170
160	19.2	19.41	19.4	19.65	19.6	19.82	19.8	20.06	20.1	20.38	160
150	19.4	19.66	19.7	19.91	19.8	20.08	20.1	20.33	20.4	20.65	150
140	19.7	19.93	19.9	20.18	20.1	20.35	20.4	20.60	20.7	20.93	140
130	20.0	20.19	20.2	20.45	20.4	20.62	20.6	20.88	21.0	21.21	130
120	20.2	20.47	20.5	20.73	20.7	20.90	20.9	21.16	21.3	21.50	120
110	20.5	20.75	20.8	21.01	21.0	21.19	21.2	21.45	21.6	21.79	110
100	20.8	21.04	21.1	21.30	21.3	21.49	21.5	21.75	21.9	22.10	100
90	21.1	21.33	21.4	21.60	21.6	21.79	21.8	22.05	22.2	22.40	90
80	21.4	21.63	21.7	21.91	21.9	22.09	22.1	22.37	22.5	22.72	80
70	21.7	21.94	22.0	22.22	22.2	22.41	22.4	22.68	22.8	23.04	70
60	22.0	22.26	22.3	22.54	22.5	22.73	22.8	23.01	23.1	23.38	60
50	22.3	22.58	22.6	22.86	22.8	23.06	23.1	23.34	23.5	23.71	50
40	22.7	22.91	23.0	23.20	23.2	23.40	23.4	23.68	23.8	24.06	40
30	23.0	23.25	23.3	23.54	23.5	23.74	23.8	24.03	24.2	24.42	30
20	23.4	23.59	23.7	23.89	23.9	24.09	24.2	24.39	24.5	24.78	20
10	23.7	23.95	24.0	24.25	24.2	24.46	24.5	24.76	24.9	25.15	10
0	24.1	24.31	24.4	24.61	24.6	24.83	24.9	25.13	25.3	25.53	0
	19		17		16		15		14		
	100m										

## Athletics Performance Evaluation Tables - For use 2012 to 2016

		200m										
		19	17		16		15		14			
1000		20.01	20.0	20.25		20.43	20.4	20.68		21.01	1000	
990	19.8	20.06		20.30	20.2	20.48	20.5	20.74	20.8	21.07	990	
980		20.11	20.1	20.36	20.3	20.54		20.79	20.9	21.12	980	
970	19.9	20.17		20.42		20.60	20.6	20.85		21.19	970	
960	20.0	20.23	20.2	20.48	20.4	20.66	20.7	20.92	21.0	21.25	960	
950		20.30	20.3	20.55	20.5	20.73		20.99	21.1	21.32	950	
940	20.1	20.37	20.4	20.62		20.81	20.8	21.06		21.40	940	
930	20.2	20.45		20.70	20.6	20.88	20.9	21.14	21.2	21.48	930	
920	20.3	20.53	20.5	20.78	20.7	20.96	21.0	21.22	21.3	21.56	920	
910	20.4	20.61	20.6	20.86	20.8	21.05	21.1	21.31	21.4	21.65	910	
900	20.5	20.70	20.7	20.95	20.9	21.14	21.2	21.40	21.5	21.74	900	
890	20.6	20.79	20.8	21.04	21.0	21.23	21.3	21.50	21.6	21.84	890	
880	20.7	20.89	20.9	21.14	21.1	21.33	21.4	21.59	21.7	21.94	880	
870	20.8	20.99	21.0	21.24	21.2	21.43	21.5	21.70	21.8	22.04	870	
860	20.9	21.09	21.1	21.34	21.3	21.54	21.6	21.80	21.9	22.15	860	
850	21.0	21.19	21.2	21.45	21.4	21.64	21.7	21.91	22.0	22.26	850	
840	21.1	21.30	21.3	21.56	21.5	21.76	21.8	22.02	22.1	22.37	840	
830	21.2	21.42	21.4	21.67	21.6	21.87	21.9	22.14	22.3	22.49	830	
820	21.3	21.53	21.6	21.79	21.8	21.99	22.0	22.26	22.4	22.61	820	
810	21.4	21.65	21.7	21.91	21.9	22.11	22.1	22.38	22.5	22.74	810	
800	21.5	21.78	21.8	22.04	22.0	22.24	22.3	22.51	22.6	22.87	800	
790	21.7	21.90	21.9	22.17	22.1	22.37	22.4	22.64	22.8	23.00	790	
780	21.8	22.03	22.1	22.30	22.3	22.50	22.5	22.78	22.9	23.14	780	
770	21.9	22.17	22.2	22.44	22.4	22.64	22.7	22.92	23.0	23.28	770	
760	22.1	22.31	22.3	22.58	22.5	22.78	22.8	23.06	23.2	23.43	760	
750	22.2	22.45	22.5	22.72	22.7	22.93	23.0	23.21	23.3	23.58	750	
		19	17		16		15		14			
		200m										

		200m										
		19	17		16		15		14			
750	22.2	22.45	22.5	22.72	22.7	22.93	23.0	23.21	23.3	23.58	750	
740	22.4	22.60	22.6	22.87	22.8	23.08	23.1	23.36	23.5	23.73	740	
730	22.5	22.75	22.8	23.02	23.0	23.23	23.3	23.52	23.7	23.89	730	
720	22.7	22.90	22.9	23.18	23.2	23.39	23.4	23.68	23.8	24.06	720	
710	22.8	23.06	23.1	23.34	23.3	23.55	23.6	23.84	24.0	24.22	710	
700	23.0	23.23	23.3	23.51	23.5	23.72	23.8	24.01	24.2	24.40	700	
690	23.2	23.40	23.4	23.68	23.7	23.89	24.0	24.19	24.3	24.57	690	
680	23.3	23.57	23.6	23.85	23.8	24.07	24.1	24.37	24.5	24.75	680	
670	23.5	23.75	23.8	24.03	24.0	24.25	24.3	24.55	24.7	24.94	670	
660	23.7	23.93	24.0	24.22	24.2	24.44	24.5	24.74	24.9	25.13	660	
650	23.9	24.12	24.2	24.41	24.4	24.63	24.7	24.93	25.1	25.33	650	
640	24.1	24.31	24.4	24.60	24.6	24.82	24.9	25.13	25.3	25.53	640	
630	24.3	24.50	24.6	24.80	24.8	25.02	25.1	25.33	25.5	25.73	630	
620	24.5	24.71	24.8	25.00	25.0	25.23	25.3	25.54	25.7	25.95	620	
610	24.7	24.91	25.0	25.21	25.2	25.44	25.5	25.75	25.9	26.16	610	
600	24.9	25.12	25.2	25.43	25.4	25.66	25.7	25.97	26.2	26.39	600	
590	25.1	25.34	25.4	25.65	25.6	25.88	26.0	26.20	26.4	26.61	590	
580	25.3	25.56	25.6	25.87	25.9	26.11	26.2	26.43	26.6	26.85	580	
570	25.6	25.79	25.9	26.10	26.1	26.34	26.4	26.66	26.9	27.09	570	
560	25.8	26.03	26.1	26.34	26.3	26.58	26.7	26.91	27.1	27.33	560	
550	26.0	26.27	26.3	26.58	26.6	26.82	26.9	27.15	27.3	27.58	550	
540	26.3	26.51	26.6	26.83	26.8	27.07	27.2	27.41	27.6	27.84	540	
530	26.5	26.76	26.9	27.09	27.1	27.33	27.4	27.67	27.9	28.11	530	
520	26.8	27.02	27.1	27.35	27.4	27.59	27.7	27.93	28.1	28.38	520	
510	27.0	27.28	27.4	27.61	27.6	27.86	28.0	28.21	28.4	28.65	510	
500	27.3	27.55	27.7	27.89	27.9	28.14	28.3	28.49	28.7	28.94	500	
		19	17		16		15		14			
		200m										

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	200m										
	19	17	16	15	14						
500	27.3	27.55	27.7	27.89	27.9	28.14	28.3	28.49	28.7	28.94	500
490	27.6	27.83	27.9	28.17	28.2	28.42	28.5	28.77	29.0	29.23	490
480	27.9	28.11	28.2	28.45	28.5	28.71	28.8	29.07	29.3	29.53	480
470	28.2	28.40	28.5	28.75	28.8	29.01	29.1	29.37	29.6	29.83	470
460	28.5	28.70	28.8	29.05	29.1	29.31	29.4	29.67	29.9	30.14	460
450	28.8	29.01	29.1	29.36	29.4	29.62	29.8	29.99	30.2	30.46	450
440	29.1	29.32	29.4	29.67	29.7	29.94	30.1	30.31	30.6	30.79	440
430	29.4	29.64	29.8	30.00	30.0	30.27	30.4	30.64	30.9	31.13	430
420	29.7	29.96	30.1	30.33	30.4	30.60	30.7	30.98	31.2	31.47	420
410	30.1	30.30	30.4	30.67	30.7	30.94	31.1	31.32	31.6	31.82	410
400	30.4	30.64	30.8	31.01	31.1	31.29	31.4	31.68	31.9	32.18	400
390	30.8	30.99	31.1	31.37	31.4	31.65	31.8	32.04	32.3	32.55	390
380	31.1	31.35	31.5	31.73	31.8	32.02	32.2	32.41	32.7	32.93	380
370	31.5	31.72	31.9	32.10	32.2	32.39	32.6	32.79	33.1	33.31	370
360	31.9	32.10	32.2	32.48	32.5	32.78	32.9	33.18	33.5	33.71	360
350	32.2	32.48	32.6	32.87	32.9	33.17	33.3	33.58	33.9	34.11	350
340	32.6	32.88	33.0	33.27	33.3	33.58	33.8	33.99	34.3	34.53	340
330	33.0	33.28	33.4	33.68	33.8	33.99	34.2	34.41	34.7	34.95	330
320	33.5	33.69	33.9	34.10	34.2	34.41	34.6	34.83	35.2	35.39	320
310	33.9	34.12	34.3	34.53	34.6	34.84	35.0	35.27	35.6	35.83	310
300	34.3	34.55	34.7	34.97	35.1	35.29	35.5	35.72	36.1	36.29	300
290	34.8	35.00	35.2	35.42	35.5	35.74	35.9	36.18	36.5	36.75	290
280	35.2	35.45	35.6	35.88	36.0	36.20	36.4	36.65	37.0	37.23	280
270	35.7	35.92	36.1	36.35	36.4	36.68	36.9	37.13	37.5	37.72	270
260	36.2	36.39	36.6	36.83	36.9	37.17	37.4	37.62	38.0	38.22	260
250	36.6	36.88	37.1	37.33	37.4	37.67	37.9	38.13	38.5	38.73	250
	19	17	16	15	14						
	200m										

	200m										
	19	17	16	15	14						
250	36.6	36.88	37.1	37.33	37.4	37.67	37.9	38.13	38.5	38.73	250
240	37.1	37.38	37.6	37.83	37.9	38.18	38.4	38.65	39.0	39.26	240
230	37.7	37.89	38.1	38.35	38.5	38.70	38.9	39.18	39.6	39.80	230
220	38.2	38.42	38.6	38.88	39.0	39.24	39.5	39.72	40.1	40.35	220
210	38.7	38.96	39.2	39.43	39.5	39.78	40.0	40.27	40.7	40.91	210
200	39.3	39.51	39.7	39.98	40.1	40.35	40.6	40.84	41.3	41.49	200
190	39.8	40.07	40.3	40.55	40.7	40.92	41.2	41.42	41.8	42.08	190
180	40.4	40.65	40.9	41.14	41.3	41.51	41.8	42.02	42.5	42.69	180
170	41.0	41.24	41.5	41.74	41.9	42.11	42.4	42.63	43.1	43.31	170
160	41.6	41.84	42.1	42.35	42.5	42.73	43.0	43.26	43.7	43.95	160
150	42.2	42.46	42.7	42.98	43.1	43.37	43.7	43.90	44.4	44.60	150
140	42.9	43.10	43.4	43.62	43.8	44.02	44.3	44.56	45.0	45.26	140
130	43.5	43.75	44.0	44.28	44.4	44.68	45.0	45.23	45.7	45.95	130
120	44.2	44.42	44.7	44.95	45.1	45.36	45.7	45.92	46.4	46.65	120
110	44.9	45.10	45.4	45.65	45.8	46.06	46.4	46.63	47.1	47.37	110
100	45.6	45.80	46.1	46.35	46.5	46.78	47.1	47.35	47.9	48.10	100
90	46.3	46.52	46.8	47.08	47.3	47.51	47.9	48.09	48.6	48.86	90
80	47.0	47.25	47.6	47.83	48.0	48.26	48.6	48.85	49.4	49.63	80
70	47.8	48.01	48.4	48.59	48.8	49.03	49.4	49.63	50.2	50.42	70
60	48.5	48.78	49.1	49.37	49.6	49.82	50.2	50.43	51.0	51.23	60
50	49.3	49.57	49.9	50.17	50.4	50.63	51.0	51.25	51.8	52.06	50
40	50.2	50.39	50.8	50.99	51.2	51.46	51.9	52.09	52.7	52.92	40
30	51.0	51.22	51.6	51.84	52.1	52.31	52.7	52.95	53.6	53.79	30
20	51.8	52.07	52.5	52.70	52.9	53.18	53.6	53.83	54.5	54.69	20
10	52.7	52.95	53.4	53.59	53.8	54.07	54.5	54.74	55.4	55.61	10
0	53.6	53.84	54.3	54.49	54.8	54.99	55.4	55.66	56.3	56.55	0
	19	17	16	15	14						
	200m										

## Athletics Performance Evaluation Tables - For use 2012 to 2016

	400m										
	19		17		16		15		14		
1000	44.7	44.84	45.2	45.38	45.7	45.79	46.2	46.35	47.0	47.09	1000
990	44.8	44.97	45.4	45.51	45.8	45.92	46.3	46.48	47.1	47.23	990
980	45.0	45.10	45.5	45.64	45.9	46.06	46.5	46.62	47.2	47.37	980
970	45.1	45.25	45.7	45.79	46.1	46.21	46.6	46.77	47.4	47.52	970
960	45.3	45.40	45.8	45.95	46.2	46.37	46.8	46.93	47.6	47.69	960
950	45.4	45.57	46.0	46.12	46.4	46.54	47.0	47.11	47.7	47.86	950
940	45.6	45.75	46.2	46.30	46.6	46.72	47.2	47.29	47.9	48.05	940
930	45.8	45.93	46.4	46.49	46.8	46.91	47.3	47.48	48.1	48.24	930
920	46.0	46.13	46.6	46.69	47.0	47.11	47.6	47.69	48.3	48.45	920
910	46.2	46.34	46.8	46.90	47.2	47.33	47.8	47.90	48.5	48.67	910
900	46.4	46.56	47.0	47.12	47.4	47.55	48.0	48.13	48.8	48.90	900
890	46.7	46.79	47.2	47.35	47.6	47.78	48.2	48.37	49.0	49.14	890
880	46.9	47.03	47.5	47.59	47.9	48.03	48.5	48.61	49.3	49.39	880
870	47.1	47.27	47.7	47.84	48.1	48.28	48.7	48.87	49.5	49.65	870
860	47.4	47.53	48.0	48.10	48.4	48.54	49.0	49.13	49.8	49.92	860
850	47.7	47.79	48.2	48.37	48.7	48.81	49.3	49.40	50.1	50.19	850
840	47.9	48.06	48.5	48.64	49.0	49.09	49.5	49.68	50.3	50.48	840
830	48.2	48.34	48.8	48.93	49.2	49.37	49.8	49.97	50.6	50.77	830
820	48.5	48.64	49.1	49.22	49.5	49.67	50.1	50.28	50.9	51.08	820
810	48.8	48.93	49.4	49.52	49.8	49.98	50.4	50.58	51.3	51.39	810
800	49.1	49.24	49.7	49.84	50.2	50.29	50.8	50.90	51.6	51.72	800
790	49.4	49.56	50.0	50.16	50.5	50.62	51.1	51.23	51.9	52.05	790
780	49.8	49.89	50.4	50.49	50.8	50.95	51.4	51.57	52.3	52.40	780
770	50.1	50.23	50.7	50.83	51.2	51.30	51.8	51.92	52.6	52.75	770
760	50.4	50.58	51.1	51.19	51.5	51.65	52.1	52.28	53.0	53.12	760
750	50.8	50.94	51.4	51.55	51.9	52.02	52.5	52.65	53.4	53.50	750
	19		17		16		15		14		
	400m										

	400m										
	19		17		16		15		14		
750	50.8	50.94	51.4	51.55	51.9	52.02	52.5	52.65	53.4	53.50	750
740	51.2	51.30	51.8	51.92	52.3	52.40	52.9	53.03	53.7	53.88	740
730	51.5	51.68	52.2	52.31	52.6	52.78	53.3	53.43	54.1	54.28	730
720	51.9	52.07	52.6	52.70	53.0	53.18	53.7	53.83	54.6	54.69	720
710	52.3	52.48	53.0	53.11	53.5	53.59	54.1	54.25	55.0	55.11	710
700	52.8	52.89	53.4	53.52	53.9	54.01	54.5	54.67	55.4	55.55	700
690	53.2	53.31	53.8	53.95	54.3	54.45	55.0	55.11	55.9	55.99	690
680	53.6	53.75	54.3	54.39	54.8	54.89	55.4	55.56	56.3	56.45	680
670	54.1	54.20	54.7	54.85	55.2	55.35	55.9	56.02	56.8	56.92	670
660	54.5	54.65	55.2	55.31	55.7	55.82	56.4	56.50	57.3	57.40	660
650	55.0	55.13	55.7	55.79	56.2	56.30	56.9	56.99	57.8	57.90	650
640	55.5	55.61	56.1	56.28	56.7	56.79	57.4	57.49	58.3	58.41	640
630	56.0	56.11	56.6	56.78	57.2	57.30	57.9	58.00	58.8	58.93	630
620	56.5	56.62	57.2	57.30	57.7	57.82	58.4	58.53	59.3	59.46	620
610	57.0	57.14	57.7	57.83	58.2	58.36	58.9	59.07	59.9	60.02	610
600	57.5	57.68	58.2	58.37	58.8	58.91	59.5	59.63	60.4	60.58	600
590	58.1	58.23	58.8	58.93	59.3	59.47	60.1	60.20	61.0	61.16	590
580	58.7	58.80	59.4	59.51	59.9	60.05	60.6	60.78	61.6	61.75	580
570	59.2	59.38	60.0	60.09	60.5	60.64	61.2	61.38	62.2	62.36	570
560	59.8	59.98	60.6	60.70	61.1	61.25	61.9	62.00	62.9	62.99	560
550	60.5	60.59	61.2	61.31	61.7	61.87	62.5	62.63	63.5	63.63	550
540	61.1	61.21	61.8	61.95	62.4	62.51	63.1	63.28	64.2	64.29	540
530	61.7	61.85	62.5	62.60	63.0	63.17	63.8	63.94	64.8	64.96	530
520	62.4	62.51	63.1	63.27	63.7	63.84	64.5	64.62	65.5	65.66	520
510	63.1	63.19	63.8	63.95	64.4	64.53	65.2	65.32	66.2	66.36	510
500	63.7	63.88	64.5	64.65	65.1	65.24	65.9	66.04	67.0	67.09	500
	19		17		16		15		14		
	400m										

## Athletics Performance Evaluation Tables - For use 2012 to 2016

		400m											
		19		17		16		15		14			
500	63.7	63.88	64.5	64.65	65.1	65.24	65.9	66.04	67.0	67.09	500		
490	64.5	64.59	65.2	65.37	65.8	65.97	66.6	66.77	67.7	67.84	490		
480	65.2	65.32	66.0	66.11	66.6	66.71	67.4	67.52	68.5	68.60	480		
470	65.9	66.07	66.7	66.86	67.3	67.47	68.2	68.29	69.3	69.39	470		
460	66.7	66.83	67.5	67.64	68.1	68.25	68.9	69.08	70.1	70.19	460		
450	67.5	67.62	68.3	68.43	68.9	69.05	69.8	69.90	70.9	71.01	450		
440	68.3	68.42	69.1	69.24	69.7	69.87	70.6	70.73	71.7	71.86	440		
430	69.1	69.24	69.9	70.08	70.6	70.72	71.4	71.58	72.6	72.72	430		
420	70.0	70.09	70.8	70.93	71.4	71.58	72.3	72.45	73.5	73.61	420		
410	70.8	70.96	71.7	71.81	72.3	72.46	73.2	73.35	74.4	74.52	410		
400	71.7	71.84	72.6	72.71	73.2	73.37	74.1	74.27	75.3	75.45	400		
390	72.6	72.75	73.5	73.63	74.2	74.30	75.1	75.21	76.3	76.41	390		
380	73.6	73.69	74.4	74.57	75.1	75.25	76.0	76.17	77.3	77.39	380		
370	74.5	74.64	75.4	75.54	76.1	76.23	77.0	77.16	78.3	78.39	370		
360	75.5	75.62	76.4	76.53	77.1	77.23	78.0	78.17	79.3	79.42	360		
350	76.5	76.63	77.4	77.55	78.1	78.26	79.1	79.21	80.3	80.48	350		
340	77.5	77.66	78.5	78.59	79.2	79.31	80.1	80.28	81.4	81.56	340		
330	78.6	78.72	79.5	79.66	80.3	80.39	81.2	81.37	82.5	82.67	330		
320	79.7	79.80	80.6	80.76	81.4	81.50	82.4	82.49	83.7	83.81	320		
310	80.8	80.91	81.7	81.88	82.5	82.63	83.5	83.64	84.8	84.98	310		
300	81.9	82.05	82.9	83.03	83.7	83.79	84.7	84.81	86.0	86.17	300		
290	83.1	83.21	84.1	84.22	84.8	84.98	85.9	86.02	87.3	87.40	290		
280	84.3	84.41	85.3	85.43	86.1	86.21	87.1	87.26	88.5	88.65	280		
270	85.5	85.64	86.5	86.67	87.3	87.46	88.4	88.53	89.8	89.94	270		
260	86.8	86.90	87.8	87.94	88.6	88.74	89.7	89.83	91.1	91.26	260		
250	88.1	88.19	89.1	89.25	89.9	90.06	91.0	91.16	92.5	92.62	250		
		19		17		16		15		14			
		400m											

		400m											
		19		17		16		15		14			
250	88.1	88.19	89.1	89.25	89.9	90.06	91.0	91.16	92.5	92.62	250		
240	89.4	89.51	90.5	90.59	91.3	91.41	92.4	92.53	93.9	94.01	240		
230	90.7	90.87	91.8	91.96	92.7	92.80	93.8	93.93	95.3	95.43	230		
220	92.1	92.26	93.2	93.37	94.1	94.22	95.2	95.37	96.8	96.90	220		
210	93.6	93.69	94.7	94.81	95.5	95.68	96.7	96.85	98.3	98.40	210		
200	95.0	95.15	96.2	96.30	97.0	97.17	98.2	98.36	99.8	99.93	200		
190	96.5	96.65	97.7	97.82	98.6	98.71	99.8	99.91	101.4	101.51	190		
180	98.1	98.19	99.2	99.37	100.1	100.28	101.4	101.50	103.0	103.13	180		
170	99.6	99.77	100.8	100.97	101.8	101.90	103.0	103.14	104.7	104.79	170		
160	101.3	101.40	102.5	102.62	103.4	103.55	104.7	104.81	106.4	106.49	160		
150	102.9	103.06	104.2	104.30	105.1	105.25	106.4	106.53	108.1	108.24	150		
140	104.6	104.77	105.9	106.03	106.9	106.99	108.2	108.30	109.9	110.03	140		
130	106.4	106.52	107.7	107.80	108.6	108.78	110.0	110.11	111.7	111.87	130		
120	108.2	108.32	109.5	109.62	110.5	110.62	111.8	111.97	113.6	113.76	120		
110	110.0	110.16	111.4	111.49	112.4	112.50	113.7	113.88	115.6	115.70	110		
100	111.9	112.05	113.3	113.40	114.3	114.44	115.7	115.83	117.6	117.69	100		
90	113.9	114.00	115.2	115.37	116.3	116.42	117.7	117.84	119.6	119.73	90		
80	115.9	115.99	117.3	117.39	118.3	118.46	119.8	119.90	121.7	121.82	80		
70	117.9	118.04	119.3	119.46	120.4	120.55	121.9	122.02	123.8	123.97	70		
60	120.0	120.14	121.5	121.59	122.6	122.70	124.1	124.20	126.0	126.18	60		
50	122.2	122.30	123.6	123.77	124.8	124.90	126.3	126.43	128.3	128.45	50		
40	124.4	124.52	125.9	126.02	127.0	127.17	128.6	128.72	130.6	130.78	40		
30	126.7	126.80	128.2	128.32	129.4	129.49	130.9	131.07	133.0	133.17	30		
20	129.0	129.13	130.6	130.69	131.7	131.88	133.4	133.49	135.5	135.62	20		
10	131.4	131.54	133.0	133.12	134.2	134.33	135.8	135.97	138.0	138.15	10		
0	133.9	134.00	135.5	135.61	136.7	136.85	138.4	138.52	140.6	140.74	0		
		19		17		16		15		14			
		400m											

## Athletics Performance Evaluation Tables - For use 2012 to 2016

	800m					
	19	17	16	15	14	
1000	1:46.92	1:49.66	1:51.30	1:53.18	1:55.36	1000
990	1:47.11	1:49.86	1:51.50	1:53.38	1:55.56	990
980	1:47.35	1:50.10	1:51.75	1:53.63	1:55.82	980
970	1:47.63	1:50.40	1:52.04	1:53.93	1:56.13	970
960	1:47.97	1:50.74	1:52.39	1:54.29	1:56.49	960
950	1:48.35	1:51.13	1:52.79	1:54.69	1:56.90	950
940	1:48.78	1:51.57	1:53.24	1:55.15	1:57.37	940
930	1:49.26	1:52.07	1:53.74	1:55.66	1:57.89	930
920	1:49.80	1:52.62	1:54.30	1:56.23	1:58.46	920
910	1:50.38	1:53.22	1:54.91	1:56.85	1:59.09	910
900	1:51.02	1:53.87	1:55.57	1:57.52	1:59.78	900
890	1:51.69	1:54.56	1:56.27	1:58.23	2:00.50	890
880	1:52.37	1:55.25	1:56.98	1:58.95	2:01.24	880
870	1:53.06	1:55.96	1:57.70	1:59.68	2:01.98	870
860	1:53.77	1:56.69	1:58.43	2:00.43	2:02.74	860
850	1:54.48	1:57.42	1:59.17	2:01.19	2:03.52	850
840	1:55.21	1:58.17	1:59.93	2:01.96	2:04.30	840
830	1:55.95	1:58.93	2:00.70	2:02.74	2:05.10	830
820	1:56.70	1:59.70	2:01.49	2:03.54	2:05.91	820
810	1:57.47	2:00.49	2:02.28	2:04.35	2:06.74	810
800	1:58.25	2:01.28	2:03.10	2:05.17	2:07.58	800
790	1:59.04	2:02.10	2:03.92	2:06.01	2:08.43	790
780	1:59.85	2:02.92	2:04.76	2:06.86	2:09.30	780
770	2:00.66	2:03.76	2:05.61	2:07.73	2:10.19	770
760	2:01.50	2:04.62	2:06.48	2:08.61	2:11.08	760
750	2:02.34	2:05.48	2:07.36	2:09.51	2:12.00	750
	19	17	16	15	14	
	800m					

	800m					
	19	17	16	15	14	
750	2:02.34	2:05.48	2:07.36	2:09.51	2:12.00	750
740	2:03.20	2:06.37	2:08.25	2:10.42	2:12.92	740
730	2:04.08	2:07.26	2:09.16	2:11.34	2:13.87	730
720	2:04.97	2:08.17	2:10.09	2:12.28	2:14.83	720
710	2:05.87	2:09.10	2:11.03	2:13.24	2:15.80	710
700	2:06.79	2:10.04	2:11.98	2:14.21	2:16.79	700
690	2:07.72	2:11.00	2:12.96	2:15.20	2:17.80	690
680	2:08.67	2:11.97	2:13.94	2:16.20	2:18.82	680
670	2:09.64	2:12.96	2:14.95	2:17.23	2:19.86	670
660	2:10.62	2:13.97	2:15.97	2:18.26	2:20.92	660
650	2:11.61	2:14.99	2:17.01	2:19.32	2:22.00	650
640	2:12.63	2:16.03	2:18.06	2:20.39	2:23.09	640
630	2:13.66	2:17.09	2:19.13	2:21.48	2:24.20	630
620	2:14.70	2:18.16	2:20.22	2:22.59	2:25.33	620
610	2:15.77	2:19.25	2:21.33	2:23.72	2:26.48	610
600	2:16.85	2:20.36	2:22.46	2:24.86	2:27.65	600
590	2:17.95	2:21.49	2:23.60	2:26.03	2:28.83	590
580	2:19.07	2:22.64	2:24.77	2:27.21	2:30.04	580
570	2:20.20	2:23.80	2:25.95	2:28.41	2:31.26	570
560	2:21.36	2:24.99	2:27.15	2:29.63	2:32.51	560
550	2:22.53	2:26.19	2:28.37	2:30.87	2:33.78	550
540	2:23.72	2:27.41	2:29.61	2:32.14	2:35.06	540
530	2:24.94	2:28.66	2:30.88	2:33.42	2:36.37	530
520	2:26.17	2:29.92	2:32.16	2:34.73	2:37.70	520
510	2:27.42	2:31.20	2:33.46	2:36.05	2:39.05	510
500	2:28.69	2:32.51	2:34.79	2:37.40	2:40.43	500
	19	17	16	15	14	
	800m					

## Athletics Performance Evaluation Tables - For use 2012 to 2016

	800m					
	19	17	16	15	14	
500	2:28.69	2:32.51	2:34.79	2:37.40	2:40.43	500
490	2:29.99	2:33.84	2:36.13	2:38.77	2:41.82	490
480	2:31.30	2:35.19	2:37.50	2:40.16	2:43.24	480
470	2:32.64	2:36.56	2:38.90	2:41.58	2:44.68	470
460	2:34.00	2:37.95	2:40.31	2:43.02	2:46.15	460
450	2:35.38	2:39.37	2:41.75	2:44.48	2:47.64	450
440	2:36.79	2:40.81	2:43.21	2:45.96	2:49.16	440
430	2:38.21	2:42.27	2:44.70	2:47.48	2:50.70	430
420	2:39.66	2:43.76	2:46.21	2:49.01	2:52.26	420
410	2:41.14	2:45.28	2:47.74	2:50.57	2:53.85	410
400	2:42.64	2:46.81	2:49.30	2:52.16	2:55.47	400
390	2:44.16	2:48.38	2:50.89	2:53.77	2:57.12	390
380	2:45.71	2:49.97	2:52.50	2:55.41	2:58.79	380
370	2:47.29	2:51.58	2:54.14	2:57.08	3:00.49	370
360	2:48.89	2:53.23	2:55.81	2:58.78	3:02.22	360
350	2:50.52	2:54.90	2:57.51	3:00.50	3:03.97	350
340	2:52.17	2:56.59	2:59.23	3:02.25	3:05.76	340
330	2:53.86	2:58.32	3:00.98	3:04.04	3:07.58	330
320	2:55.57	3:00.08	3:02.76	3:05.85	3:09.42	320
310	2:57.31	3:01.86	3:04.57	3:07.69	3:11.30	310
300	2:59.08	3:03.67	3:06.42	3:09.56	3:13.21	300
290	3:00.88	3:05.52	3:08.29	3:11.47	3:15.15	290
280	3:02.70	3:07.39	3:10.19	3:13.40	3:17.12	280
270	3:04.56	3:09.30	3:12.13	3:15.37	3:19.13	270
260	3:06.45	3:11.24	3:14.10	3:17.37	3:21.17	260
250	3:08.38	3:13.21	3:16.10	3:19.41	3:23.24	250
	19	17	16	15	14	
	800m					

	800m					
	19	17	16	15	14	
250	3:08.38	3:13.21	3:16.10	3:19.41	3:23.24	250
240	3:10.33	3:15.22	3:18.13	3:21.48	3:25.35	240
230	3:12.32	3:17.26	3:20.20	3:23.58	3:27.50	230
220	3:14.34	3:19.33	3:22.31	3:25.72	3:29.68	220
210	3:16.40	3:21.44	3:24.45	3:27.90	3:31.90	210
200	3:18.49	3:23.59	3:26.63	3:30.11	3:34.15	200
190	3:20.62	3:25.77	3:28.84	3:32.36	3:36.45	190
180	3:22.78	3:27.99	3:31.09	3:34.65	3:38.78	180
170	3:24.98	3:30.24	3:33.38	3:36.98	3:41.15	170
160	3:27.22	3:32.54	3:35.71	3:39.35	3:43.57	160
150	3:29.49	3:34.87	3:38.08	3:41.76	3:46.02	150
140	3:31.81	3:37.25	3:40.49	3:44.21	3:48.52	140
130	3:34.16	3:39.66	3:42.94	3:46.70	3:51.06	130
120	3:36.56	3:42.12	3:45.43	3:49.24	3:53.65	120
110	3:39.00	3:44.62	3:47.97	3:51.82	3:56.28	110
100	3:41.47	3:47.16	3:50.55	3:54.44	3:58.95	100
90	3:44.00	3:49.75	3:53.18	3:57.11	4:01.67	90
80	3:46.56	3:52.38	3:55.85	3:59.83	4:04.44	80
70	3:49.17	3:55.05	3:58.56	4:02.59	4:07.25	70
60	3:51.83	3:57.78	4:01.33	4:05.40	4:10.12	60
50	3:54.53	4:00.55	4:04.14	4:08.26	4:13.03	50
40	3:57.28	4:03.37	4:07.00	4:11.17	4:16.00	40
30	4:00.08	4:06.24	4:09.91	4:14.13	4:19.02	30
20	4:02.92	4:09.16	4:12.88	4:17.14	4:22.09	20
10	4:05.82	4:12.13	4:15.89	4:20.21	4:25.21	10
0	4:08.77	4:15.15	4:18.96	4:23.33	4:28.39	0
	19	17	16	15	14	
	800m					

## Athletics Performance Evaluation Tables - For use 2012 to 2016

	1500m					
	19	17	16	15	14	
1000	3:43.24	3:48.98	3:52.40	3:56.31	4:00.84	1000
990	3:43.64	3:49.39	3:52.81	3:56.73	4:01.27	990
980	3:44.13	3:49.89	3:53.33	3:57.25	4:01.81	980
970	3:44.73	3:50.51	3:53.95	3:57.88	4:02.45	970
960	3:45.42	3:51.22	3:54.67	3:58.62	4:03.20	960
950	3:46.22	3:52.04	3:55.51	3:59.47	4:04.06	950
940	3:47.13	3:52.97	3:56.45	4:00.42	4:05.04	940
930	3:48.14	3:54.00	3:57.49	4:01.49	4:06.13	930
920	3:49.25	3:55.14	3:58.65	4:02.67	4:07.33	920
910	3:50.47	3:56.40	3:59.93	4:03.96	4:08.64	910
900	3:51.80	3:57.76	4:01.31	4:05.37	4:10.08	900
890	3:53.20	3:59.19	4:02.76	4:06.85	4:11.59	890
880	3:54.62	4:00.65	4:04.24	4:08.35	4:13.12	880
870	3:56.06	4:02.13	4:05.75	4:09.88	4:14.68	870
860	3:57.53	4:03.64	4:07.28	4:11.44	4:16.27	860
850	3:59.03	4:05.18	4:08.84	4:13.02	4:17.88	850
840	4:00.55	4:06.74	4:10.42	4:14.63	4:19.52	840
830	4:02.10	4:08.32	4:12.03	4:16.27	4:21.19	830
820	4:03.67	4:09.93	4:13.67	4:17.93	4:22.88	820
810	4:05.27	4:11.57	4:15.33	4:19.63	4:24.61	810
800	4:06.89	4:13.24	4:17.02	4:21.35	4:26.36	800
790	4:08.55	4:14.94	4:18.74	4:23.10	4:28.15	790
780	4:10.23	4:16.66	4:20.49	4:24.88	4:29.96	780
770	4:11.94	4:18.41	4:22.27	4:26.69	4:31.80	770
760	4:13.67	4:20.20	4:24.08	4:28.52	4:33.68	760
750	4:15.44	4:22.01	4:25.92	4:30.39	4:35.58	750
	19	17	16	15	14	
	1500m					

	1500m					
	19	17	16	15	14	
750	4:15.44	4:22.01	4:25.92	4:30.39	4:35.58	750
740	4:17.24	4:23.85	4:27.79	4:32.30	4:37.52	740
730	4:19.06	4:25.72	4:29.69	4:34.23	4:39.49	730
720	4:20.92	4:27.63	4:31.62	4:36.19	4:41.49	720
710	4:22.80	4:29.56	4:33.59	4:38.19	4:43.53	710
700	4:24.72	4:31.53	4:35.58	4:40.22	4:45.60	700
690	4:26.67	4:33.53	4:37.61	4:42.28	4:47.70	690
680	4:28.65	4:35.56	4:39.68	4:44.38	4:49.84	680
670	4:30.67	4:37.63	4:41.77	4:46.51	4:52.01	670
660	4:32.72	4:39.73	4:43.90	4:48.68	4:54.22	660
650	4:34.80	4:41.86	4:46.07	4:50.88	4:56.47	650
640	4:36.91	4:44.03	4:48.27	4:53.12	4:58.75	640
630	4:39.06	4:46.24	4:50.51	4:55.40	5:01.07	630
620	4:41.25	4:48.48	4:52.79	4:57.71	5:03.43	620
610	4:43.47	4:50.76	4:55.10	5:00.07	5:05.83	610
600	4:45.73	4:53.08	4:57.45	5:02.46	5:08.26	600
590	4:48.03	4:55.43	4:59.84	5:04.89	5:10.74	590
580	4:50.36	4:57.82	5:02.27	5:07.36	5:13.26	580
570	4:52.73	5:00.26	5:04.74	5:09.87	5:15.81	570
560	4:55.14	5:02.73	5:07.25	5:12.42	5:18.42	560
550	4:57.59	5:05.24	5:09.80	5:15.01	5:21.06	550
540	5:00.08	5:07.80	5:12.39	5:17.65	5:23.75	540
530	5:02.61	5:10.39	5:15.03	5:20.33	5:26.48	530
520	5:05.18	5:13.03	5:17.71	5:23.05	5:29.25	520
510	5:07.80	5:15.71	5:20.43	5:25.82	5:32.07	510
500	5:10.46	5:18.44	5:23.20	5:28.63	5:34.94	500
	19	17	16	15	14	
	1500m					

## Athletics Performance Evaluation Tables - For use 2012 to 2016

	1500m					
	19	17	16	15	14	
500	5:10.46	5:18.44	5:23.20	5:28.63	5:34.94	500
490	5:13.16	5:21.21	5:26.01	5:31.49	5:37.86	490
480	5:15.91	5:24.03	5:28.87	5:34.40	5:40.82	480
470	5:18.70	5:26.89	5:31.77	5:37.36	5:43.83	470
460	5:21.54	5:29.80	5:34.73	5:40.36	5:46.89	460
450	5:24.42	5:32.76	5:37.73	5:43.41	5:50.01	450
440	5:27.35	5:35.77	5:40.78	5:46.52	5:53.17	440
430	5:30.33	5:38.83	5:43.89	5:49.67	5:56.38	430
420	5:33.36	5:41.94	5:47.04	5:52.88	5:59.65	420
410	5:36.44	5:45.09	5:50.25	5:56.14	6:02.98	410
400	5:39.57	5:48.31	5:53.51	5:59.45	6:06.35	400
390	5:42.76	5:51.57	5:56.82	6:02.82	6:09.79	390
380	5:45.99	5:54.89	6:00.19	6:06.25	6:13.28	380
370	5:49.28	5:58.26	6:03.61	6:09.73	6:16.83	370
360	5:52.63	6:01.69	6:07.09	6:13.27	6:20.44	360
350	5:56.03	6:05.18	6:10.63	6:16.87	6:24.10	350
340	5:59.48	6:08.73	6:14.23	6:20.53	6:27.83	340
330	6:03.00	6:12.33	6:17.89	6:24.25	6:31.62	330
320	6:06.57	6:16.00	6:21.61	6:28.03	6:35.48	320
310	6:10.20	6:19.72	6:25.39	6:31.88	6:39.40	310
300	6:13.90	6:23.51	6:29.24	6:35.79	6:43.38	300
290	6:17.65	6:27.36	6:33.15	6:39.76	6:47.43	290
280	6:21.47	6:31.28	6:37.12	6:43.80	6:51.55	280
270	6:25.35	6:35.26	6:41.16	6:47.91	6:55.74	270
260	6:29.30	6:39.31	6:45.27	6:52.09	7:00.00	260
250	6:33.32	6:43.43	6:49.45	6:56.34	7:04.33	250
	19	17	16	15	14	
	1500m					

	1500m					
	19	17	16	15	14	
250	6:33.32	6:43.43	6:49.45	6:56.34	7:04.33	250
240	6:37.40	6:47.62	6:53.70	7:00.66	7:08.74	240
230	6:41.55	6:51.87	6:58.02	7:05.06	7:13.22	230
220	6:45.77	6:56.20	7:02.42	7:09.53	7:17.77	220
210	6:50.06	7:00.61	7:06.89	7:14.07	7:22.40	210
200	6:54.43	7:05.09	7:11.43	7:18.69	7:27.11	200
190	6:58.87	7:09.64	7:16.06	7:23.39	7:31.90	190
180	7:03.39	7:14.27	7:20.76	7:28.17	7:36.78	180
170	7:07.98	7:18.98	7:25.54	7:33.04	7:41.73	170
160	7:12.65	7:23.78	7:30.40	7:37.98	7:46.77	160
150	7:17.40	7:28.65	7:35.35	7:43.01	7:51.90	150
140	7:22.24	7:33.61	7:40.38	7:48.13	7:57.11	140
130	7:27.15	7:38.65	7:45.50	7:53.33	8:02.42	130
120	7:32.16	7:43.78	7:50.71	7:58.63	8:07.81	120
110	7:37.24	7:49.00	7:56.00	8:04.01	8:13.30	110
100	7:42.42	7:54.31	8:01.39	8:09.49	8:18.89	100
90	7:47.68	7:59.71	8:06.87	8:15.06	8:24.57	90
80	7:53.04	8:05.20	8:12.45	8:20.73	8:30.34	80
70	7:58.49	8:10.79	8:18.12	8:26.50	8:36.22	70
60	8:04.03	8:16.48	8:23.89	8:32.37	8:42.21	60
50	8:09.68	8:22.27	8:29.77	8:38.34	8:48.29	50
40	8:15.42	8:28.15	8:35.74	8:44.42	8:54.48	40
30	8:21.26	8:34.14	8:41.82	8:50.60	9:00.79	30
20	8:27.20	8:40.24	8:48.01	8:56.89	9:07.20	20
10	8:33.25	8:46.44	8:54.30	9:03.29	9:13.72	10
0	8:39.40	8:52.76	9:00.71	9:09.81	9:20.36	0
	19	17	16	15	14	
	1500m					

## Athletics Performance Evaluation Tables - For use 2012 to 2016

	3000m					
	19	17	16	15	14	
1000	7:50.68	8:02.78	8:09.98	8:18.23	8:27.81	1000
990	7:51.52	8:03.63	8:10.85	8:19.12	8:28.71	990
980	7:52.56	8:04.70	8:11.94	8:20.22	8:29.84	980
970	7:53.82	8:05.99	8:13.25	8:21.55	8:31.19	970
960	7:55.29	8:07.50	8:14.78	8:23.11	8:32.78	960
950	7:56.97	8:09.23	8:16.53	8:24.90	8:34.60	950
940	7:58.88	8:11.19	8:18.51	8:26.91	8:36.65	940
930	8:01.00	8:13.36	8:20.73	8:29.16	8:38.94	930
920	8:03.35	8:15.77	8:23.17	8:31.65	8:41.48	920
910	8:05.93	8:18.41	8:25.85	8:34.37	8:44.25	910
900	8:08.73	8:21.29	8:28.77	8:37.34	8:47.28	900
890	8:11.68	8:24.31	8:31.84	8:40.46	8:50.46	890
880	8:14.67	8:27.39	8:34.96	8:43.63	8:53.69	880
870	8:17.72	8:30.51	8:38.13	8:46.86	8:56.98	870
860	8:20.82	8:33.69	8:41.36	8:50.14	9:00.32	860
850	8:23.97	8:36.92	8:44.64	8:53.47	9:03.72	850
840	8:27.18	8:40.21	8:47.98	8:56.87	9:07.18	840
830	8:30.44	8:43.56	8:51.37	9:00.32	9:10.70	830
820	8:33.75	8:46.96	8:54.82	9:03.83	9:14.28	820
810	8:37.13	8:50.42	8:58.33	9:07.40	9:17.92	810
800	8:40.55	8:53.93	9:01.90	9:11.03	9:21.61	800
790	8:44.04	8:57.51	9:05.53	9:14.72	9:25.37	790
780	8:47.58	9:01.14	9:09.22	9:18.47	9:29.20	780
770	8:51.19	9:04.84	9:12.97	9:22.28	9:33.09	770
760	8:54.85	9:08.60	9:16.78	9:26.16	9:37.04	760
750	8:58.57	9:12.42	9:20.66	9:30.10	9:41.06	750
	<b>19</b>	<b>17</b>	<b>16</b>	<b>15</b>	<b>14</b>	
	<b>3000m</b>					

	3000m					
	19	17	16	15	14	
750	8:58.57	9:12.42	9:20.66	9:30.10	9:41.06	750
740	9:02.36	9:16.30	9:24.60	9:34.11	9:45.14	740
730	9:06.21	9:20.25	9:28.61	9:38.18	9:49.29	730
720	9:10.12	9:24.26	9:32.68	9:42.33	9:53.52	720
710	9:14.10	9:28.34	9:36.82	9:46.54	9:57.81	710
700	9:18.14	9:32.49	9:41.03	9:50.82	10:02.17	700
690	9:22.25	9:36.70	9:45.31	9:55.17	10:06.60	690
680	9:26.43	9:40.99	9:49.66	9:59.59	10:11.11	680
670	9:30.68	9:45.35	9:54.08	10:04.09	10:15.69	670
660	9:35.00	9:49.77	9:58.57	10:08.66	10:20.35	660
650	9:39.39	9:54.28	10:03.14	10:13.30	10:25.09	650
640	9:43.85	9:58.85	10:07.79	10:18.02	10:29.90	640
630	9:48.38	10:03.50	10:12.51	10:22.82	10:34.79	630
620	9:52.99	10:08.23	10:17.30	10:27.70	10:39.76	620
610	9:57.67	10:13.03	10:22.18	10:32.66	10:44.82	610
600	10:02.44	10:17.92	10:27.14	10:37.70	10:49.95	600
590	10:07.28	10:22.88	10:32.18	10:42.83	10:55.18	590
580	10:12.19	10:27.93	10:37.30	10:48.03	11:00.48	580
570	10:17.20	10:33.06	10:42.50	10:53.33	11:05.88	570
560	10:22.28	10:38.27	10:47.79	10:58.71	11:11.36	560
550	10:27.44	10:43.57	10:53.17	11:04.17	11:16.93	550
540	10:32.69	10:48.95	10:58.64	11:09.73	11:22.60	540
530	10:38.03	10:54.43	11:04.19	11:15.38	11:28.36	530
520	10:43.46	10:59.99	11:09.84	11:21.12	11:34.21	520
510	10:48.97	11:05.65	11:15.58	11:26.96	11:40.16	510
500	10:54.57	11:11.40	11:21.41	11:32.89	11:46.21	500
	<b>19</b>	<b>17</b>	<b>16</b>	<b>15</b>	<b>14</b>	
	<b>3000m</b>					

## Athletics Performance Evaluation Tables - For use 2012 to 2016

	3000m					
	19	17	16	15	14	
500	10:54.57	11:11.40	11:21.41	11:32.89	11:46.21	500
490	11:00.27	11:17.24	11:27.35	11:38.92	11:52.35	490
480	11:06.06	11:23.18	11:33.37	11:45.05	11:58.60	480
470	11:11.95	11:29.22	11:39.50	11:51.28	12:04.95	470
460	11:17.93	11:35.35	11:45.73	11:57.62	12:11.41	460
450	11:24.01	11:41.59	11:52.06	12:04.06	12:17.97	450
440	11:30.20	11:47.93	11:58.50	12:10.60	12:24.64	440
430	11:36.48	11:54.38	12:05.04	12:17.25	12:31.42	430
420	11:42.87	12:00.93	12:11.69	12:24.01	12:38.31	420
410	11:49.36	12:07.59	12:18.45	12:30.89	12:45.32	410
400	11:55.96	12:14.36	12:25.32	12:37.88	12:52.44	400
390	12:02.68	12:21.25	12:32.31	12:44.98	12:59.68	390
380	12:09.50	12:28.24	12:39.41	12:52.20	13:07.04	380
370	12:16.43	12:35.36	12:46.63	12:59.54	13:14.52	370
360	12:23.48	12:42.59	12:53.97	13:07.01	13:22.13	360
350	12:30.65	12:49.94	13:01.43	13:14.60	13:29.86	350
340	12:37.94	12:57.42	13:09.02	13:22.31	13:37.72	340
330	12:45.35	13:05.02	13:16.73	13:30.15	13:45.72	330
320	12:52.88	13:12.74	13:24.57	13:38.13	13:53.85	320
310	13:00.54	13:20.60	13:32.55	13:46.23	14:02.11	310
300	13:08.33	13:28.59	13:40.65	13:54.48	14:10.51	300
290	13:16.25	13:36.71	13:48.90	14:02.86	14:19.05	290
280	13:24.30	13:44.97	13:57.28	14:11.38	14:27.74	280
270	13:32.48	13:53.36	14:05.80	14:20.05	14:36.57	270
260	13:40.81	14:01.90	14:14.46	14:28.86	14:45.55	260
250	13:49.27	14:10.58	14:23.28	14:37.82	14:54.68	250
	<b>19</b>	<b>17</b>	<b>16</b>	<b>15</b>	<b>14</b>	
	<b>3000m</b>					

	3000m					
	19	17	16	15	14	
250	13:49.27	14:10.58	14:23.28	14:37.82	14:54.68	250
240	13:57.88	14:19.41	14:32.24	14:46.93	15:03.97	240
230	14:06.63	14:28.39	14:41.35	14:56.19	15:13.41	230
220	14:15.53	14:37.52	14:50.61	15:05.61	15:23.02	220
210	14:24.58	14:46.80	15:00.04	15:15.20	15:32.78	210
200	14:33.79	14:56.25	15:09.62	15:24.94	15:42.71	200
190	14:43.15	15:05.85	15:19.37	15:34.85	15:52.81	190
180	14:52.67	15:15.62	15:29.28	15:44.93	16:03.09	180
170	15:02.36	15:25.55	15:39.36	15:55.18	16:13.54	170
160	15:12.21	15:35.65	15:49.61	16:05.61	16:24.16	160
150	15:22.23	15:45.93	16:00.04	16:16.22	16:34.97	150
140	15:32.42	15:56.38	16:10.65	16:27.00	16:45.97	140
130	15:42.79	16:07.01	16:21.44	16:37.98	16:57.15	130
120	15:53.33	16:17.83	16:32.42	16:49.14	17:08.53	120
110	16:04.06	16:28.83	16:43.59	17:00.49	17:20.10	110
100	16:14.97	16:40.03	16:54.95	17:12.04	17:31.87	100
90	16:26.07	16:51.41	17:06.50	17:23.79	17:43.85	90
80	16:37.36	17:03.00	17:18.26	17:35.75	17:56.03	80
70	16:48.85	17:14.78	17:30.22	17:47.91	18:08.43	70
60	17:00.54	17:26.77	17:42.39	18:00.29	18:21.04	60
50	17:12.44	17:38.97	17:54.77	18:12.88	18:33.88	50
40	17:24.54	17:51.39	18:07.37	18:25.69	18:46.93	40
30	17:36.86	18:04.02	18:20.19	18:38.72	19:00.22	30
20	17:49.39	18:16.87	18:33.24	18:51.99	19:13.74	20
10	18:02.14	18:29.95	18:46.51	19:05.48	19:27.49	10
0	18:15.11	18:43.26	19:00.02	19:19.22	19:41.49	0
	<b>19</b>	<b>17</b>	<b>16</b>	<b>15</b>	<b>14</b>	
	<b>3000m</b>					

## Athletics Performance Evaluation Tables - For use 2012 to 2016

	5000m		
	19		
1000	13:50.57	1000	
990	13:52.04	990	
980	13:53.89	980	
970	13:56.10	970	
960	13:58.70	960	
950	14:01.68	950	
940	14:05.04	940	
930	14:08.78	930	
920	14:12.93	920	
910	14:17.47	910	
900	14:22.42	900	
890	14:27.62	890	
880	14:32.91	880	
870	14:38.28	870	
860	14:43.75	860	
850	14:49.32	850	
840	14:54.97	840	
830	15:00.73	830	
820	15:06.58	820	
810	15:12.53	810	
800	15:18.58	800	
790	15:24.73	790	
780	15:30.98	780	
770	15:37.34	770	
760	15:43.80	760	
750	15:50.38	750	
	19		
	5000m		

	5000m		
	19		
750	15:50.38	750	
740	15:57.06	740	
730	16:03.85	730	
720	16:10.75	720	
710	16:17.77	710	
700	16:24.91	700	
690	16:32.16	690	
680	16:39.54	680	
670	16:47.03	670	
660	16:54.65	660	
650	17:02.39	650	
640	17:10.26	640	
630	17:18.27	630	
620	17:26.40	620	
610	17:34.66	610	
600	17:43.07	600	
590	17:51.61	590	
580	18:00.29	580	
570	18:09.11	570	
560	18:18.08	560	
550	18:27.20	550	
540	18:36.46	540	
530	18:45.88	530	
520	18:55.45	520	
510	19:05.18	510	
500	19:15.07	500	
	19		
	5000m		

	5000m		
	19		
500	19:15.07	500	
490	19:25.12	490	
480	19:35.34	480	
470	19:45.73	470	
460	19:56.29	460	
450	20:07.02	450	
440	20:17.93	440	
430	20:29.02	430	
420	20:40.29	420	
410	20:51.75	410	
400	21:03.40	400	
390	21:15.24	390	
380	21:27.28	380	
370	21:39.52	370	
360	21:51.96	360	
350	22:04.61	350	
340	22:17.47	340	
330	22:30.55	330	
320	22:43.84	320	
310	22:57.35	310	
300	23:11.10	300	
290	23:25.07	290	
280	23:39.27	280	
270	23:53.72	270	
260	24:08.41	260	
250	24:23.34	250	
	19		
	5000m		

	5000m		
	19		
250	24:23.34	250	
240	24:38.53	240	
230	24:53.98	230	
220	25:09.69	220	
210	25:25.66	210	
200	25:41.90	200	
190	25:58.42	190	
180	26:15.23	180	
170	26:32.32	170	
160	26:49.70	160	
150	27:07.38	150	
140	27:25.36	140	
130	27:43.65	130	
120	28:02.26	120	
110	28:21.19	110	
100	28:40.45	100	
90	29:00.03	90	
80	29:19.96	80	
70	29:40.24	70	
60	30:00.87	60	
50	:30:21.86	50	
40	:30:43.21	40	
30	:31:04.94	30	
20	:31:27.05	20	
10	:31:49.55	10	
0	:32:12.45	0	
	19		
	5000m		

## Athletics Performance Evaluation Tables - For use 2012 to 2016

	10000m			10000m			10000m			10000m	
	19			19			19			19	
1000	28:45.66	1000	750	32:54.57	750	500	39:59.87	500	250	:50:40.36	250
990	28:48.72	990	740	33:08.46	740	490	40:20.75	490	240	:51:11.91	240
980	28:52.55	980	730	33:22.57	730	480	40:41.98	480	230	:51:44.00	230
970	28:57.16	970	720	33:36.91	720	470	41:03.56	470	220	:52:16.64	220
960	29:02.55	960	710	33:51.50	710	460	41:25.50	460	210	:52:49.82	210
950	29:08.73	950	700	34:06.32	700	450	41:47.80	450	200	:53:23.58	200
940	29:15.71	940	690	34:21.39	690	440	42:10.46	440	190	:53:57.90	190
930	29:23.50	930	680	34:36.71	680	430	42:33.50	430	180	:54:32.81	180
920	29:32.11	920	670	34:52.28	670	420	42:56.93	420	170	:55:08.32	170
910	29:41.55	910	660	35:08.11	660	410	43:20.73	410	160	:55:44.43	160
900	29:51.83	900	650	35:24.20	650	400	43:44.94	400	150	:56:21.17	150
890	30:02.63	890	640	35:40.56	640	390	44:09.54	390	140	:56:58.53	140
880	30:13.62	880	630	35:57.18	630	380	44:34.56	380	130	:57:36.53	130
870	30:24.79	870	620	36:14.08	620	370	44:59.98	370	120	:58:15.19	120
860	30:36.16	860	610	36:31.25	610	360	45:25.83	360	110	:58:54.52	110
850	30:47.71	850	600	36:48.71	600	350	45:52.12	350	100	:59:34.53	100
840	30:59.47	840	590	37:06.45	590	340	46:18.83	340	90	1:00:15.23	90
830	31:11.42	830	580	37:24.49	580	330	46:46.00	330	80	1:00:56.64	80
820	31:23.58	820	570	37:42.82	570	320	:47:13.62	320	70	1:01:38.76	70
810	31:35.94	810	560	38:01.45	560	310	:47:41.70	310	60	1:02:21.62	60
800	31:48.51	800	550	38:20.39	550	300	:48:10.25	300	50	1:03:05.23	50
790	32:01.29	790	540	38:39.64	540	290	:48:39.28	290	40	1:03:49.60	40
780	32:14.28	780	530	38:59.21	530	280	:49:08.79	280	30	1:04:34.75	30
770	32:27.49	770	520	39:19.10	520	270	:49:38.81	270	20	1:05:20.69	20
760	32:40.92	760	510	39:39.32	510	260	:50:09.32	260	10	1:06:07.44	10
750	32:54.57	750	500	39:59.87	500	250	:50:40.36	250	0	1:06:55.01	0
	19			19			19			19	
	10000m			10000m			10000m			10000m	

## Athletics Performance Evaluation Tables - For use 2012 to 2016

100m Hurdles						110m Hurdles								
84cm			76,2cm			99,5cm			91,4cm			84cm		
15		14		19		17		16						
1000	11.9	12.17	1000	12.2	1000	12.6	12.85	1000		13.12	1000		13.13	1000
990		12.21	990		990		12.90	990	12.9	13.17	990	12.8	12.94	990
980	12.0	12.26	980	12.3	980	12.7	12.95	980		13.22	980	12.8	12.99	980
970		12.31	970		970		13.01	970	13.0	13.28	970	12.9	13.04	970
960	12.1	12.37	960	12.4	960	12.8	13.07	960	13.1	13.34	960	12.9	13.10	960
950	12.2	12.43	950	12.5	950	12.9	13.13	950		13.40	950	13.0	13.17	950
940		12.49	940		940		13.20	940	13.2	13.47	940	13.1	13.24	940
930	12.3	12.56	930	12.6	930	13.0	13.27	930	13.3	13.54	930	13.1	13.31	930
920	12.4	12.63	920	12.7	920	13.1	13.35	920	13.4	13.62	920	13.2	13.38	920
910	12.5	12.71	910	12.8	910	13.2	13.43	910	13.5	13.70	910	13.3	13.47	910
900		12.79	900		900	13.3	13.51	900		13.79	900	13.4	13.55	900
890	12.6	12.87	890	12.9	890	13.4	13.60	890	13.6	13.88	890	13.5	13.64	890
880	12.7	12.96	880	13.0	880		13.69	880	13.7	13.97	880	13.6	13.73	880
870	12.8	13.05	870	13.1	870	13.5	13.79	870	13.8	14.07	870	13.7	13.83	870
860	12.9	13.14	860	13.2	860	13.6	13.88	860	13.9	14.17	860	13.8	13.93	860
850	13.0	13.24	850	13.3	850	13.7	13.99	850	14.0	14.28	850	13.9	14.03	850
840	13.1	13.34	840	13.4	840	13.9	14.09	840	14.1	14.38	840	14.0	14.13	840
830	13.2	13.45	830	13.5	830	14.0	14.20	830	14.3	14.50	830	14.1	14.24	830
820	13.3	13.55	820	13.6	820	14.1	14.32	820	14.4	14.61	820	14.2	14.36	820
810	13.4	13.66	810	13.8	810	14.2	14.43	810	14.5	14.73	810	14.3	14.48	810
800	13.5	13.78	800	13.9	800	14.3	14.55	800	14.6	14.86	800	14.4	14.60	800
790	13.7	13.90	790	14.0	790	14.4	14.68	790	14.7	14.98	790	14.5	14.72	790
780	13.8	14.02	780	14.1	780	14.6	14.81	780	14.9	15.12	780	14.7	14.85	780
770	13.9	14.15	770	14.2	770	14.7	14.94	770	15.0	15.25	770	14.8	14.99	770
760	14.0	14.28	760	14.4	760	14.8	15.08	760	15.2	15.39	760	14.9	15.12	760
750	14.2	14.41	750	14.5	750	15.0	15.22	750	15.3	15.54	750	15.1	15.27	750
	15		14		19		17		16					
	84cm		76,2cm		99,5cm		91,4cm		84cm					

100m Hurdles						110m Hurdles								
84cm			76,2cm			99,5cm			91,4cm			84cm		
15		14		19		17		16						
750	14.2	14.41	750	14.5	750	15.0	15.22	750	15.3	15.54	750	15.1	15.27	750
740	14.3	14.55	740	14.7	740	15.1	15.37	740	15.4	15.69	740	15.2	15.41	740
730	14.5	14.69	730	14.8	730	15.3	15.52	730	15.6	15.84	730	15.4	15.57	730
720	14.6	14.84	720	15.0	720	15.4	15.68	720	15.8	16.00	720	15.5	15.72	720
710	14.8	14.99	710	15.1	710	15.6	15.84	710	15.9	16.17	710	15.7	15.88	710
700	14.9	15.15	700	15.3	700	15.8	16.00	700	16.1	16.33	700	15.8	16.05	700
690	15.1	15.31	690	15.4	690	15.9	16.17	690	16.3	16.51	690	16.0	16.22	690
680	15.2	15.48	680	15.6	680	16.1	16.35	680	16.4	16.69	680	16.2	16.40	680
670	15.4	15.65	670	15.8	670	16.3	16.53	670	16.6	16.87	670	16.4	16.58	670
660	15.6	15.83	660	16.0	660	16.5	16.72	660	16.8	17.06	660	16.6	16.77	660
650	15.8	16.01	650	16.2	650	16.7	16.91	650	17.0	17.26	650	16.7	16.96	650
640	16.0	16.19	640	16.3	640	16.9	17.11	640	17.2	17.46	640	16.9	17.16	640
630	16.1	16.39	630	16.5	630	17.1	17.31	630	17.4	17.67	630	17.1	17.36	630
620	16.3	16.59	620	16.7	620	17.3	17.52	620	17.6	17.88	620	17.4	17.57	620
610	16.5	16.79	610	17.0	610	17.5	17.74	610	17.9	18.10	610	17.6	17.79	610
600	16.8	17.00	600	17.2	600	17.7	17.96	600	18.1	18.33	600	17.8	18.01	600
590	17.0	17.22	590	17.4	590	17.9	18.19	590	18.3	18.56	590	18.0	18.24	590
580	17.2	17.44	580	17.6	580	18.2	18.42	580	18.6	18.80	580	18.2	18.48	580
570	17.4	17.67	570	17.9	570	18.4	18.66	570	18.8	19.05	570	18.5	18.72	570
560	17.7	17.90	560	18.1	560	18.7	18.91	560	19.1	19.30	560	18.7	18.97	560
550	17.9	18.15	550	18.3	550	18.9	19.17	550	19.3	19.57	550	19.0	19.23	550
540	18.2	18.40	540	18.6	540	19.2	19.43	540	19.6	19.83	540	19.2	19.49	540
530	18.4	18.65	530	18.9	530	19.5	19.70	530	19.9	20.11	530	19.5	19.76	530
520	18.7	18.92	520	19.1	520	19.7	19.98	520	20.2	20.40	520	19.8	20.04	520
510	19.0	19.19	510	19.4	510	20.0	20.27	510	20.5	20.69	510	20.1	20.33	510
500	19.2	19.47	500	19.7	500	20.3	20.57	500	20.8	20.99	500	20.4	20.63	500
	15		14		19		17		16					
	84cm		76,2cm		99,5cm		91,4cm		84cm					

## Athletics Performance Evaluation Tables - For use 2012 to 2016

100m Hurdles						110m Hurdles								
84cm			76,2cm			99,5cm			91,4cm			84cm		
15			14			19			17			16		
500	19.2	19.47	490	19.7	500	20.3	20.57	500	20.8	20.99	500	20.4	20.63	500
490	19.5	19.76	490	20.0	490	20.6	20.87	490	21.1	21.30	490	20.7	20.93	490
480	19.8	20.05	480	20.3	480	20.9	21.18	480	21.4	21.62	480	21.0	21.25	480
470	20.1	20.36	470	20.6	470	21.3	21.51	470	21.7	21.95	470	21.3	21.57	470
460	20.4	20.67	460	20.9	460	21.6	21.84	460	22.0	22.29	460	21.6	21.90	460
450	20.8	21.00	450	21.3	450	21.9	22.18	450	22.4	22.64	450	22.0	22.24	450
440	21.1	21.33	440	21.6	440	22.3	22.53	440	22.8	23.00	440	22.3	22.60	440
430	21.4	21.67	430	22.0	430	22.7	22.89	430	23.1	23.37	430	22.7	22.96	430
420	21.8	22.02	420	22.3	420	23.0	23.26	420	23.5	23.74	420	23.0	23.33	420
410	22.1	22.39	410	22.7	410	23.4	23.65	410	23.9	24.14	410	23.4	23.72	410
400	22.5	22.76	400	23.1	400	23.8	24.04	400	24.3	24.54	400	23.8	24.11	400
390	22.9	23.14	390	23.5	390	24.2	24.44	390	24.7	24.95	390	24.2	24.52	390
380	23.3	23.54	380	23.9	380	24.6	24.86	380	25.1	25.38	380	24.6	24.94	380
370	23.7	23.94	370	24.3	370	25.1	25.29	370	25.6	25.82	370	25.0	25.37	370
360	24.1	24.36	360	24.7	360	25.5	25.73	360	26.0	26.27	360	25.5	25.81	360
350	24.6	24.79	350	25.2	350	25.9	26.19	350	26.5	26.73	350	25.9	26.27	350
340	25.0	25.24	340	25.6	340	26.4	26.66	340	27.0	27.21	340	26.4	26.74	340
330	25.5	25.70	330	26.1	330	26.9	27.14	330	27.5	27.70	330	26.9	27.22	330
320	25.9	26.17	320	26.6	320	27.4	27.64	320	28.0	28.21	320	27.4	27.72	320
310	26.4	26.65	310	27.1	310	27.9	28.15	310	28.5	28.73	310	27.9	28.23	310
300	26.9	27.15	300	27.6	300	28.4	28.68	300	29.0	29.27	300	28.4	28.76	300
290	27.4	27.66	290	28.1	290	29.0	29.22	290	29.6	29.83	290	28.9	29.31	290
280	28.0	28.19	280	28.6	280	29.5	29.78	280	30.2	30.40	280	29.5	29.87	280
270	28.5	28.74	270	29.2	270	30.1	30.36	270	30.7	30.99	270	30.1	30.45	270
260	29.1	29.30	260	29.8	260	30.7	30.95	260	31.4	31.59	260	30.7	31.04	260
250	29.6	29.88	250	30.4	250	31.3	31.56	250	32.0	32.22	250	31.3	31.66	250
<b>15</b>			<b>14</b>			<b>19</b>			<b>17</b>			<b>16</b>		
<b>84cm</b>			<b>76,2cm</b>			<b>99,5cm</b>			<b>91,4cm</b>			<b>84cm</b>		

100m Hurdles						110m Hurdles								
84cm			76,2cm			99,5cm			91,4cm			84cm		
15			14			19			17			16		
250	29.6	29.88	240	30.4	250	31.3	31.56	250	32.0	32.22	250	31.3	31.66	250
240	30.2	30.48	240	31.0	240	32.0	32.19	240	32.6	32.86	240	31.9	32.29	240
230	30.9	31.09	230	31.6	230	32.6	32.84	230	33.3	33.53	230	32.5	32.94	230
220	31.5	31.73	220	32.3	220	33.3	33.51	220	34.0	34.21	220	33.2	33.61	220
210	32.1	32.38	210	32.9	210	34.0	34.21	210	34.7	34.91	210	33.9	34.31	210
200	32.8	33.06	200	33.6	200	34.7	34.92	200	35.4	35.64	200	34.6	35.02	200
190	33.5	33.75	190	34.3	190	35.4	35.65	190	36.2	36.39	190	35.3	35.76	190
180	34.2	34.47	180	35.1	180	36.2	36.41	180	36.9	37.16	180	36.1	36.52	180
170	35.0	35.21	170	35.8	170	36.9	37.19	170	37.7	37.96	170	36.8	37.30	170
160	35.7	35.97	160	36.6	160	37.8	37.99	160	38.5	38.78	160	37.6	38.11	160
150	36.5	36.76	150	37.4	150	38.6	38.82	150	39.4	39.63	150	38.5	38.94	150
140	37.3	37.57	140	38.2	140	39.4	39.68	140	40.3	40.50	140	39.3	39.80	140
130	38.2	38.40	130	39.1	130	40.3	40.57	130	41.2	41.41	130	40.2	40.69	130
120	39.0	39.27	120	40.0	120	41.2	41.48	120	42.1	42.34	120	41.1	41.60	120
110	39.9	40.16	110	40.9	110	42.2	42.42	110	43.1	43.30	110	42.0	42.54	110
100	40.8	41.08	100	41.8	100	43.2	43.39	100	44.0	44.29	100	43.0	43.52	100
90	41.8	42.03	90	42.8	90	44.2	44.39	90	45.1	45.31	90	44.0	44.52	90
80	42.8	43.01	80	43.8	80	45.2	45.43	80	46.1	46.37	80	45.0	45.56	80
70	43.8	44.02	70	44.8	70	46.3	46.50	70	47.2	47.46	70	46.0	46.63	70
60	44.8	45.06	60	45.9	60	47.4	47.60	60	48.3	48.59	60	47.1	47.74	60
50	45.9	46.14	50	47.0	50	48.5	48.74	50	49.5	49.75	50	48.3	48.88	50
40	47.0	47.26	40	48.2	40	49.7	49.92	40	50.7	50.95	40	49.4	50.07	40
30	48.2	48.41	30	49.3	30	50.9	51.13	30	52.0	52.19	30	50.6	51.29	30
20	49.4	49.60	20	50.6	20	52.2	52.39	20	53.2	53.48	20	51.9	52.55	20
10	50.6	50.83	10	51.8	10	53.4	53.69	10	54.6	54.80	10	53.2	53.85	10
0	51.9	52.10	0	53.1	0	54.8	55.03	0	55.9	56.17	0	54.5	55.19	0
<b>15</b>			<b>14</b>			<b>19</b>			<b>17</b>			<b>16</b>		
<b>84cm</b>			<b>76,2cm</b>			<b>99,5cm</b>			<b>91,4cm</b>			<b>84cm</b>		

## Athletics Performance Evaluation Tables - For use 2012 to 2016

300m Hurdles						
	84cm			76,2cm		
	15			14		
1000	37.7	37.82	1000	41.4	41.68	1000
990	37.8	37.91	990	41.5	41.78	990
980	37.9	38.00	980	41.6	41.88	980
970	38.0	38.10	970	41.7	41.99	970
960	38.1	38.21	960	41.9	42.11	960
950	38.2	38.32	950	42.0	42.23	950
940	38.3	38.44	940	42.1	42.36	940
930	38.4	38.57	930	42.3	42.50	930
920	38.6	38.70	920	42.4	42.65	920
910	38.7	38.84	910	42.6	42.81	910
900	38.9	38.99	900	42.7	42.97	900
890	39.0	39.15	890	42.9	43.14	890
880	39.2	39.31	880	43.1	43.32	880
870	39.3	39.47	870	43.3	43.50	870
860	39.5	39.64	860	43.5	43.69	860
850	39.7	39.82	850	43.6	43.89	850
840	39.9	40.00	840	43.8	44.09	840
830	40.1	40.19	830	44.1	44.30	830
820	40.2	40.39	820	44.3	44.51	820
810	40.4	40.59	810	44.5	44.73	810
800	40.7	40.80	800	44.7	44.96	800
790	40.9	41.01	790	45.0	45.19	790
780	41.1	41.23	780	45.2	45.44	780
770	41.3	41.45	770	45.4	45.68	770
760	41.5	41.69	760	45.7	45.94	760
750	41.8	41.92	750	46.0	46.20	750
	15			14		
	84cm			76,2cm		

300m Hurdles						
	84cm			76,2cm		
	15			14		
750	41.8	41.92	750	46.0	46.20	750
740	42.0	42.17	740	46.2	46.47	740
730	42.3	42.42	730	46.5	46.75	730
720	42.5	42.68	720	46.8	47.04	720
710	42.8	42.94	710	47.1	47.33	710
700	43.1	43.22	700	47.4	47.63	700
690	43.4	43.50	690	47.7	47.94	690
680	43.6	43.78	680	48.0	48.25	680
670	43.9	44.08	670	48.3	48.58	670
660	44.2	44.38	660	48.7	48.91	660
650	44.5	44.69	650	49.0	49.25	650
640	44.9	45.01	640	49.4	49.60	640
630	45.2	45.33	630	49.7	49.96	630
620	45.5	45.66	620	50.1	50.32	620
610	45.9	46.00	610	50.5	50.70	610
600	46.2	46.35	600	50.8	51.09	600
590	46.6	46.71	590	51.2	51.48	590
580	46.9	47.08	580	51.6	51.88	580
570	47.3	47.45	570	52.1	52.30	570
560	47.7	47.84	560	52.5	52.72	560
550	48.1	48.23	550	52.9	53.15	550
540	48.5	48.63	540	53.4	53.60	540
530	48.9	49.04	530	53.8	54.05	530
520	49.3	49.47	520	54.3	54.52	520
510	49.8	49.90	510	54.8	54.99	510
500	50.2	50.34	500	55.2	55.48	500
	15			14		
	84cm			76,2cm		

## Athletics Performance Evaluation Tables - For use 2012 to 2016

300m Hurdles						
	84cm			76,2cm		
	15			14		
500	50.2	50.34	490	55.2	55.48	500
490	50.7	50.79	490	55.7	55.97	490
480	51.1	51.25	480	56.2	56.48	480
470	51.6	51.72	470	56.8	57.00	470
460	52.1	52.21	460	57.3	57.54	460
450	52.6	52.70	450	57.8	58.08	450
440	53.1	53.21	440	58.4	58.64	440
430	53.6	53.73	430	59.0	59.21	430
420	54.1	54.25	420	59.6	59.79	420
410	54.7	54.80	410	60.1	60.39	410
400	55.2	55.35	400	60.8	61.00	400
390	55.8	55.91	390	61.4	61.62	390
380	56.4	56.49	380	62.0	62.26	380
370	56.9	57.08	370	62.7	62.91	370
360	57.5	57.69	360	63.3	63.58	360
350	58.2	58.31	350	64.0	64.26	350
340	58.8	58.94	340	64.7	64.96	340
330	59.4	59.59	330	65.4	65.67	330
320	60.1	60.25	320	66.2	66.40	320
310	60.8	60.92	310	66.9	67.14	310
300	61.5	61.62	300	67.7	67.91	300
290	62.2	62.32	290	68.4	68.68	290
280	62.9	63.05	280	69.2	69.48	280
270	63.6	63.79	270	70.1	70.30	270
260	64.4	64.54	260	70.9	71.13	260
250	65.2	65.31	250	71.7	71.98	250
	15			14		
	84cm			76,2cm		

300m Hurdles						
	84cm			76,2cm		
	15			14		
250	65.2	65.31	240	71.7	71.98	250
240	66.0	66.10	240	72.6	72.85	240
230	66.8	66.91	230	73.5	73.74	230
220	67.6	67.74	220	74.4	74.65	220
210	68.4	68.58	210	75.3	75.59	210
200	69.3	69.45	200	76.3	76.54	200
190	70.2	70.33	190	77.3	77.51	190
180	71.1	71.24	180	78.3	78.51	180
170	72.0	72.16	170	79.3	79.53	170
160	73.0	73.11	160	80.3	80.57	160
150	73.9	74.08	150	81.4	81.64	150
140	74.9	75.06	140	82.5	82.73	140
130	75.9	76.08	130	83.6	83.84	130
120	77.0	77.11	120	84.7	84.98	120
110	78.0	78.17	110	85.9	86.15	110
100	79.1	79.25	100	87.1	87.34	100
90	80.2	80.36	90	88.3	88.57	90
80	81.4	81.50	80	89.6	89.82	80
70	82.5	82.66	70	90.9	91.10	70
60	83.7	83.85	60	92.2	92.40	60
50	84.9	85.06	50	93.5	93.74	50
40	86.2	86.30	40	94.9	95.11	40
30	87.4	87.58	30	96.3	96.51	30
20	88.7	88.88	20	97.7	97.95	20
10	90.1	90.21	10	99.2	99.42	10
0	91.4	91.57	0	100.7	100.92	0
	15			14		
	84cm			76,2cm		

## Athletics Performance Evaluation Tables - For use 2012 to 2016

400m Hurdles								
	91,4cm			84cm				
	19			17		16		
1000	50.4	50.52	1000	51.0	51.10	53.3	53.39	1000
990	50.5	50.64	990	51.1	51.22	53.4	53.51	990
980	50.6	50.76	980	51.2	51.34	53.5	53.64	980
970	50.8	50.89	970	51.3	51.48	53.6	53.78	970
960	50.9	51.03	960	51.5	51.62	53.8	53.93	960
950	51.0	51.18	950	51.6	51.77	54.0	54.09	950
940	51.2	51.34	940	51.8	51.94	54.1	54.26	940
930	51.4	51.51	930	52.0	52.11	54.3	54.44	930
920	51.6	51.69	920	52.1	52.29	54.5	54.63	920
910	51.7	51.88	910	52.3	52.48	54.7	54.83	910
900	51.9	52.08	900	52.5	52.68	54.9	55.04	900
890	52.1	52.29	890	52.7	52.89	55.1	55.26	890
880	52.4	52.50	880	53.0	53.11	55.3	55.49	880
870	52.6	52.72	870	53.2	53.33	55.6	55.72	870
860	52.8	52.95	860	53.4	53.56	55.8	55.96	860
850	53.0	53.19	850	53.7	53.80	56.1	56.21	850
840	53.3	53.43	840	53.9	54.05	56.3	56.47	840
830	53.5	53.69	830	54.2	54.31	56.6	56.74	830
820	53.8	53.95	820	54.4	54.57	56.9	57.01	820
810	54.1	54.22	810	54.7	54.84	57.2	57.30	810
800	54.4	54.49	800	55.0	55.12	57.4	57.59	800
790	54.6	54.78	790	55.3	55.41	57.7	57.89	790
780	54.9	55.07	780	55.6	55.70	58.1	58.20	780
770	55.2	55.37	770	55.9	56.01	58.4	58.52	770
760	55.5	55.68	760	56.2	56.32	58.7	58.84	760
750	55.9	56.00	750	56.5	56.64	59.0	59.18	750
	19			17		16		
	91,4cm			84cm				

400m Hurdles								
	91,4cm			84cm				
	19			17		16		
750	55.9	56.00	750	56.5	56.64	59.0	59.18	750
740	56.2	56.33	740	56.8	56.98	59.4	59.53	740
730	56.5	56.66	730	57.2	57.32	59.7	59.88	730
720	56.9	57.01	720	57.5	57.66	60.1	60.25	720
710	57.2	57.36	710	57.9	58.02	60.5	60.62	710
700	57.6	57.73	700	58.3	58.39	60.9	61.01	700
690	58.0	58.10	690	58.6	58.77	61.3	61.40	690
680	58.3	58.48	680	59.0	59.16	61.7	61.81	680
670	58.7	58.88	670	59.4	59.55	62.1	62.22	670
660	59.1	59.28	660	59.8	59.96	62.5	62.65	660
650	59.6	59.69	650	60.2	60.38	62.9	63.08	650
640	60.0	60.12	640	60.7	60.81	63.4	63.53	640
630	60.4	60.55	630	61.1	61.25	63.9	63.99	630
620	60.9	60.99	620	61.6	61.70	64.3	64.46	620
610	61.3	61.45	610	62.0	62.16	64.8	64.94	610
600	61.8	61.92	600	62.5	62.63	65.3	65.44	600
590	62.3	62.39	590	63.0	63.11	65.8	65.94	590
580	62.7	62.88	580	63.5	63.61	66.3	66.46	580
570	63.2	63.38	570	64.0	64.11	66.8	66.99	570
560	63.8	63.90	560	64.5	64.63	67.4	67.53	560
550	64.3	64.42	550	65.0	65.16	67.9	68.08	550
540	64.8	64.96	540	65.6	65.71	68.5	68.65	540
530	65.4	65.51	530	66.1	66.27	69.1	69.23	530
520	65.9	66.07	520	66.7	66.83	69.7	69.83	520
510	66.5	66.65	510	67.3	67.42	70.3	70.44	510
500	67.1	67.24	500	67.9	68.01	70.9	71.06	500
	19			17		16		
	91,4cm			84cm				

## Athletics Performance Evaluation Tables - For use 2012 to 2016

400m Hurdles								
	91,4cm			84cm				
	19			17		16		
500	67.1	67.24	500	67.9	68.01	70.9	71.06	500
490	67.7	67.84	490	68.5	68.62	71.6	71.70	490
480	68.3	68.46	480	69.1	69.25	72.2	72.35	480
470	68.9	69.09	470	69.7	69.89	72.9	73.02	470
460	69.6	69.74	460	70.4	70.54	73.6	73.70	460
450	70.3	70.40	450	71.1	71.21	74.3	74.40	450
440	70.9	71.07	440	71.8	71.89	75.0	75.11	440
430	71.6	71.76	430	72.4	72.59	75.7	75.84	430
420	72.3	72.47	420	73.2	73.30	76.4	76.59	420
410	73.1	73.19	410	73.9	74.03	77.2	77.35	410
400	73.8	73.93	400	74.6	74.78	78.0	78.13	400
390	74.5	74.69	390	75.4	75.55	78.8	78.93	390
380	75.3	75.46	380	76.2	76.33	79.6	79.75	380
370	76.1	76.25	370	77.0	77.13	80.4	80.58	370
360	76.9	77.06	360	77.8	77.94	81.3	81.44	360
350	77.7	77.88	350	78.6	78.78	82.2	82.31	350
340	78.6	78.73	340	79.5	79.63	83.1	83.20	340
330	79.5	79.59	330	80.4	80.51	84.0	84.12	330
320	80.3	80.48	320	81.3	81.40	84.9	85.05	320
310	81.2	81.38	310	82.2	82.32	85.9	86.00	310
300	82.2	82.30	300	83.1	83.25	86.8	86.98	300
290	83.1	83.25	290	84.1	84.21	87.8	87.98	290
280	84.1	84.21	280	85.0	85.18	88.9	89.00	280
270	85.1	85.20	270	86.0	86.18	89.9	90.04	270
260	86.1	86.21	260	87.1	87.20	91.0	91.11	260
250	87.1	87.24	250	88.1	88.25	92.1	92.20	250
	19			17		16		
	91,4cm			84cm				

400m Hurdles								
	91,4cm			84cm				
	19			17		16		
250	87.1	87.24	250	88.1	88.25	92.1	92.20	250
240	88.2	88.30	240	89.2	89.31	93.2	93.32	240
230	89.2	89.38	230	90.3	90.41	94.3	94.46	230
220	90.3	90.48	220	91.4	91.52	95.5	95.62	220
210	91.5	91.61	210	92.5	92.67	96.7	96.82	210
200	92.6	92.76	200	93.7	93.83	97.9	98.04	200
190	93.8	93.95	190	94.9	95.03	99.1	99.29	190
180	95.0	95.15	180	96.1	96.25	100.4	100.56	180
170	96.2	96.39	170	97.4	97.50	101.7	101.87	170
160	97.5	97.65	160	98.6	98.78	103.1	103.20	160
150	98.8	98.94	150	99.9	100.08	104.4	104.57	150
140	100.1	100.27	140	101.3	101.42	105.8	105.96	140
130	101.5	101.62	130	102.6	102.79	107.3	107.39	130
120	102.9	103.00	120	104.0	104.19	108.7	108.85	120
110	104.3	104.42	110	105.5	105.62	110.2	110.35	110
100	105.7	105.86	100	106.9	107.08	111.7	111.88	100
90	107.2	107.34	90	108.4	108.58	113.3	113.44	90
80	108.7	108.86	80	110.0	110.11	114.9	115.05	80
70	110.3	110.41	70	111.5	111.68	116.5	116.68	70
60	111.9	111.99	60	113.1	113.28	118.2	118.36	60
50	113.5	113.62	50	114.8	114.93	119.9	120.07	50
40	115.1	115.28	40	116.5	116.61	121.7	121.83	40
30	116.8	116.98	30	118.2	118.32	123.5	123.63	30
20	118.6	118.72	20	119.9	120.08	125.3	125.46	20
10	120.4	120.50	10	121.7	121.88	127.2	127.34	10
0	122.2	122.32	0	123.6	123.73	129.1	129.27	0
	19			17		16		
	91,4cm			84cm				

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Steeple Chase							
	3000m		2000m			1500m	
	19		17	16		15	
1000	8:07.52	1000	5:44.41	5:48.93	1000	4:14.47	1000
990	8:12.09	990	5:45.87	5:50.40	990	4:15.54	990
980	8:17.05	980	5:47.45	5:52.00	980	4:16.71	980
970	8:22.43	970	5:49.15	5:53.72	970	4:17.96	970
960	8:28.23	960	5:50.97	5:55.57	960	4:19.31	960
950	8:34.46	950	5:52.91	5:57.54	950	4:20.75	950
940	8:41.14	940	5:54.98	5:59.64	940	4:22.28	940
930	8:48.29	930	5:57.18	6:01.86	930	4:23.90	930
920	8:55.92	920	5:59.51	6:04.22	920	4:25.62	920
910	9:04.05	910	6:01.97	6:06.72	910	4:27.44	910
900	9:12.70	900	6:04.57	6:09.35	900	4:29.36	900
890	9:21.83	890	6:07.29	6:12.10	890	4:31.37	890
880	9:31.41	880	6:10.11	6:14.97	880	4:33.46	880
870	9:41.45	870	6:13.05	6:17.94	870	4:35.62	870
860	9:51.96	860	6:16.09	6:21.02	860	4:37.87	860
850	10:02.98	850	6:19.25	6:24.22	850	4:40.20	850
840	10:14.51	840	6:22.52	6:27.53	840	4:42.62	840
830	10:26.59	830	6:25.91	6:30.97	830	4:45.13	830
820	10:39.23	820	6:29.42	6:34.52	820	4:47.72	820
810	10:52.46	810	6:33.05	6:38.21	810	4:50.40	810
800	11:06.31	800	6:36.81	6:42.01	800	4:53.18	800
790	11:20.79	790	6:40.70	6:45.95	790	4:56.05	790
780	11:35.95	780	6:44.72	6:50.03	780	4:59.02	780
770	11:51.81	770	6:48.88	6:54.24	770	5:02.09	770
760	12:08.41	760	6:53.17	6:58.59	760	5:05.27	760
750	12:25.77	750	6:57.61	7:03.08	750	5:08.54	750
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	
	<b>3000m</b>		<b>2000m</b>			<b>1500m</b>	

Steeple Chase							
	3000m		2000m			1500m	
	19		17	16		15	
750	12:25.77	750	6:57.61	7:03.08	750	5:08.54	750
740	12:43.94	740	7:02.19	7:07.72	740	5:11.93	740
730	13:02.95	730	7:06.92	7:12.52	730	5:15.43	730
720	13:22.85	720	7:11.80	7:17.46	720	5:19.03	720
710	13:43.67	710	7:16.84	7:22.57	710	5:22.76	710
700	14:05.47	700	7:22.05	7:27.84	700	5:26.60	700
690	14:28.29	690	7:27.42	7:33.28	690	5:30.57	690
680	14:52.18	680	7:32.96	7:38.90	680	5:34.66	680
670	15:17.20	670	7:38.67	7:44.69	670	5:38.89	670
660	15:43.40	660	7:44.57	7:50.66	660	5:43.24	660
650	16:10.85	650	7:50.65	7:56.82	650	5:47.73	650
640	16:39.61	640	7:56.91	8:03.17	640	5:52.37	640
630	17:09.75	630	8:03.38	8:09.72	630	5:57.14	630
620	17:41.34	620	8:10.05	8:16.47	620	6:02.07	620
610	18:14.46	610	8:16.92	8:23.44	610	6:07.15	610
600	18:49.19	600	8:24.01	8:30.62	600	6:12.38	600
590	19:25.62	590	8:31.32	8:38.02	590	6:17.78	590
580	20:03.84	580	8:38.85	8:45.65	580	6:23.35	580
570	20:43.96	570	8:46.62	8:53.52	570	6:29.09	570
560	21:26.06	560	8:54.62	9:01.63	560	6:35.00	560
550	22:10.28	550	9:02.88	9:10.00	550	6:41.10	550
540	22:56.72	540	9:11.39	9:18.62	540	6:47.39	540
530	23:45.51	530	9:20.16	9:27.51	530	6:53.87	530
520	24:36.78	520	9:29.21	9:36.67	520	7:00.56	520
510	25:30.69	510	9:38.54	9:46.12	510	7:07.45	510
500	26:27.37	500	9:48.15	9:55.86	500	7:14.55	500
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	
	<b>3000m</b>		<b>2000m</b>			<b>1500m</b>	

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Steeple Chase						
	3000m		2000m			1500m
	19		17	16		15
500	26:27.37	500	9:48.15	9:55.86	500	7:14.55
490	27:26.99	490	9:58.07	10:05.91	490	7:21.88
480	28:29.74	480	10:08.29	10:16.27	480	7:29.43
470	29:35.78	470	10:18.83	10:26.94	470	7:37.22
460	30:45.31	460	10:29.70	10:37.96	460	7:45.25
450	31:58.55	450	10:40.91	10:49.31	450	7:53.53
440	33:15.72	440	10:52.47	11:01.03	440	8:02.07
430	34:37.06	430	11:04.39	11:13.11	430	8:10.88
420	36:02.82	420	11:16.69	11:25.56	420	8:19.97
410	37:33.27	410	11:29.38	11:38.42	410	8:29.34
400	39:08.71	400	11:42.47	11:51.68	400	8:39.01
390	40:49.45	390	11:55.97	12:05.35	390	8:48.99
380	42:35.82	380	12:09.90	12:19.47	380	8:59.28
370	44:28.17	370	12:24.27	12:34.03	370	9:09.90
360	46:26.89	360	12:39.11	12:49.06	360	9:20.86
350	48:32.38	350	12:54.41	13:04.57	350	9:32.17
340	50:45.08	340	13:10.22	13:20.58	340	9:43.85
330	53:05.45	330	13:26.53	13:37.10	330	9:55.90
320	55:34.01	320	13:43.36	13:54.16	320	10:08.34
310	58:11.28	310	14:00.75	14:11.77	310	10:21.18
300	1:00:57.84	300	14:18.70	14:29.96	300	10:34.45
290	1:03:54.31	290	14:37.24	14:48.74	290	10:48.14
280	1:07:01.36	280	14:56.39	15:08.14	280	11:02.29
270	1:10:19.69	270	15:16.17	15:28.18	270	11:16.90
260	1:13:50.07	260	15:36.60	15:48.88	260	11:32.00
250	1:17:33.32	250	15:57.71	16:10.26	250	11:47.59
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>
	<b>3000m</b>		<b>2000m</b>			<b>1500m</b>

Steeple Chase						
	3000m		2000m			1500m
	19		17	16		15
250	1:17:33.32	250	15:57.71	16:10.26	250	11:47.59
240	1:21:30.33	240	16:19.52	16:32.36	240	12:03.71
230	1:25:42.04	230	16:42.06	16:55.20	230	12:20.37
220	1:30:09.47	220	17:05.36	17:18.80	220	12:37.58
210	1:34:53.73	210	17:29.44	17:43.20	210	12:55.37
200	1:39:56.00	200	17:54.34	18:08.43	200	13:13.77
190	1:45:17.55	190	18:20.09	18:34.51	190	13:32.79
180	1:50:59.75	180	18:46.71	19:01.49	180	13:52.46
170	1:57:04.09	170	19:14.25	19:29.38	170	14:12.81
160	2:03:32.15	160	19:42.73	19:58.24	160	14:33.85
150	2:10:25.66	150	20:12.20	20:28.09	150	14:55.63
140	2:17:46.47	140	20:42.69	20:58.98	140	15:18.15
130	2:25:36.58	130	21:14.24	21:30.95	130	15:41.47
120	2:33:58.16	120	21:46.90	22:04.04	120	16:05.60
110	2:42:53.54	110	22:20.71	22:38.29	110	16:30.57
100	2:52:25.24	100	22:55.71	23:13.75	100	16:56.43
90	3:02:36.00	90	23:31.95	23:50.46	90	17:23.21
80	3:13:28.75	80	24:09.48	24:28.49	80	17:50.94
70	3:25:06.70	70	24:48.36	25:07.87	70	18:19.66
60	3:37:33.29	60	25:28.63	25:48.68	60	18:49.42
50	3:50:52.27	50	26:10.36	26:30.95	50	19:20.25
40	4:05:07.68	40	26:53.60	27:14.76	40	19:52.20
30	4:20:23.92	30	27:38.42	28:00.16	30	20:25.31
20	4:36:45.74	20	28:24.88	28:47.23	20	20:59.64
10	4:54:18.29	10	29:13.04	29:36.03	10	21:35.22
0	5:13:07.18	0	30:02.99	30:26.63	0	22:12.13
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>
	<b>3000m</b>		<b>2000m</b>			<b>1500m</b>

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Walk								
	10 km				5000m		3000m	
	19	17	16		15		14	
1000	45:02.51	48:05.65	49:51.10	1000	21:43.30	1000	13:21.44	1000
990	45:24.75	48:29.39	50:15.71	990	21:54.03	990	13:28.03	990
980	45:48.90	48:55.17	50:42.44	980	22:05.67	980	13:35.19	980
970	46:15.01	49:23.05	51:11.34	970	22:18.26	970	13:42.93	970
960	46:43.13	49:53.09	51:42.47	960	22:31.83	960	13:51.27	960
950	47:13.33	50:25.33	52:15.89	950	22:46.39	950	14:00.23	950
940	47:45.65	50:59.84	52:51.66	940	23:01.98	940	14:09.82	940
930	48:20.18	51:36.71	53:29.87	930	23:18.63	930	14:20.05	930
920	48:56.97	52:15.99	54:10.59	920	23:36.37	920	14:30.96	920
910	49:36.10	52:57.77	54:53.90	910	23:55.24	910	14:42.57	910
900	50:17.65	53:42.14	55:39.89	900	24:15.28	900	14:54.89	900
890	51:01.44	54:28.89	56:28.35	890	24:36.40	890	15:07.88	890
880	51:47.26	55:17.82	57:19.07	880	24:58.49	880	15:21.46	880
870	52:35.18	56:08.99	58:12.11	870	25:21.61	870	15:35.68	870
860	53:25.29	57:02.50	59:07.57	860	25:45.77	860	15:50.54	860
850	54:17.66	57:58.42	60:05.53	850	26:11.03	850	16:06.07	850
840	55:12.38	58:56.84	1:01:06.09	840	26:37.42	840	16:22.29	840
830	56:09.53	59:57.87	1:02:09.35	830	27:04.98	830	16:39.24	830
820	57:09.22	1:01:01.60	1:03:15.41	820	27:33.76	820	16:56.94	820
810	58:11.53	1:02:08.13	1:04:24.37	810	28:03.81	810	17:15.42	810
800	59:16.57	1:03:17.58	1:05:36.36	800	28:35.18	800	17:34.71	800
790	1:00:24.46	1:04:30.07	1:06:51.50	790	29:07.92	790	17:54.84	790
780	1:01:35.31	1:05:45.72	1:08:09.91	780	29:42.08	780	18:15.85	780
770	1:02:49.23	1:07:04.65	1:09:31.73	770	30:17.74	770	18:37.77	770
760	1:04:06.37	1:08:27.02	1:10:57.11	760	30:54.94	760	19:00.65	760
750	1:05:26.85	1:09:52.96	1:12:26.18	750	31:33.75	750	19:24.52	750
	<b>19</b>	<b>17</b>	<b>16</b>		<b>15</b>		<b>14</b>	
	<b>10 km</b>				<b>5000m</b>		<b>3000m</b>	

Walk								
	10 km				5000m		3000m	
	19	17	16		15		14	
750	1:05:26.85	1:09:52.96	1:12:26.18	750	31:33.75	750	19:24.52	750
740	1:06:50.83	1:11:22.62	1:13:59.12	740	32:14.25	740	19:49.42	740
730	1:08:18.44	1:12:56.17	1:15:36.09	730	32:56.50	730	20:15.40	730
720	1:09:49.85	1:14:33.78	1:17:17.27	720	33:40.58	720	20:42.51	720
710	1:11:25.23	1:16:15.62	1:19:02.83	710	34:26.58	710	21:10.79	710
700	1:13:04.76	1:18:01.89	1:20:52.99	700	35:14.58	700	21:40.31	700
690	1:14:48.62	1:19:52.79	1:22:47.93	690	36:04.66	690	22:11.11	690
680	1:16:37.00	1:21:48.52	1:24:47.89	680	36:56.93	680	22:43.25	680
670	1:18:30.13	1:23:49.31	1:26:53.10	670	37:51.49	670	23:16.80	670
660	1:20:28.21	1:25:55.39	1:29:03.79	660	38:48.43	660	23:51.81	660
650	1:22:31.48	1:28:07.01	1:31:20.22	650	39:47.88	650	24:28.37	650
640	1:24:40.18	1:30:24.43	1:33:42.67	640	40:49.95	640	25:06.54	640
630	1:26:54.57	1:32:47.94	1:36:11.41	630	41:54.76	630	25:46.39	630
620	1:29:14.93	1:35:17.81	1:38:46.76	620	43:02.45	620	26:28.02	620
610	1:31:41.55	1:37:54.36	1:41:29.03	610	44:13.16	610	27:11.50	610
600	1:34:14.72	1:40:37.91	1:44:18.56	600	45:27.02	600	27:56.92	600
590	1:36:54.78	1:43:28.82	1:47:15.71	590	46:44.21	590	28:44.38	590
580	1:39:42.06	1:46:27.43	1:50:20.85	580	48:04.88	580	29:33.99	580
570	1:42:36.92	1:49:34.14	1:53:34.39	570	49:29.21	570	30:25.85	570
560	1:45:39.75	1:52:49.36	1:56:56.74	560	50:57.38	560	31:20.06	560
550	1:48:50.94	1:56:13.51	2:00:28.35	550	52:29.59	550	32:16.76	550
540	1:52:10.94	1:59:47.05	2:04:09.70	540	54:06.03	540	33:16.07	540
530	1:55:40.17	2:03:30.47	2:08:01.28	530	55:46.94	530	34:18.12	530
520	1:59:19.14	2:07:24.28	2:12:03.63	520	57:32.54	520	35:23.06	520
510	2:03:08.34	2:11:29.01	2:16:17.30	510	59:23.07	510	36:31.03	510
500	2:07:08.31	2:15:45.24	2:20:42.90	500	1:01:18.80	500	37:42.19	500
	<b>19</b>	<b>17</b>	<b>16</b>		<b>15</b>		<b>14</b>	
	<b>10 km</b>				<b>5000m</b>		<b>3000m</b>	

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Walk								
	10 km				5000m		3000m	
	19	17	16		15		14	
500	2:07:08.31	2:15:45.24	2:20:42.90	500	1:01:18.80	500	37:42.19	500
490	2:11:19.62	2:20:13.58	2:25:21.05	490	1:03:20.00	490	38:56.72	490
480	2:15:42.88	2:24:54.68	2:30:12.42	480	1:05:26.95	480	40:14.79	480
470	2:20:18.72	2:29:49.21	2:35:17.71	470	1:07:39.98	470	41:36.59	470
460	2:25:07.82	2:34:57.91	2:40:37.69	460	1:09:59.40	460	43:02.32	460
450	2:30:10.91	2:40:21.53	2:46:13.14	450	1:12:25.57	450	44:32.20	450
440	2:35:28.75	2:46:00.91	2:52:04.92	440	1:14:58.84	440	46:06.46	440
430	2:41:02.14	2:51:56.89	2:58:13.92	430	1:17:39.63	430	47:45.33	430
420	2:46:51.96	2:58:10.42	3:04:41.09	420	1:20:28.33	420	49:29.07	420
410	2:52:59.11	3:04:42.45	3:11:27.45	410	1:23:25.39	410	51:17.95	410
400	2:59:24.57	3:11:34.03	3:18:34.07	400	1:26:31.28	400	53:12.26	400
390	3:06:09.38	3:18:46.27	3:26:02.10	390	1:29:46.50	390	55:12.30	390
380	3:13:14.63	3:26:20.33	3:33:52.76	380	1:33:11.58	380	57:18.41	380
370	3:20:41.48	3:34:17.47	3:42:07.33	370	1:36:47.08	370	59:30.93	370
360	3:28:31.19	3:42:39.01	3:50:47.20	360	1:40:33.60	360	1:01:50.22	360
350	3:36:45.08	3:51:26.36	3:59:53.82	350	1:44:31.78	350	1:04:16.68	350
340	3:45:24.54	4:00:41.03	4:09:28.76	340	1:48:42.29	340	1:06:50.73	340
330	3:54:31.10	4:10:24.62	4:19:33.68	330	1:53:05.87	330	1:09:32.81	330
320	4:04:06.33	4:20:38.83	4:30:10.33	320	1:57:43.28	320	1:12:23.40	320
310	4:14:11.94	4:31:25.48	4:41:20.62	310	2:02:35.34	310	1:15:22.99	310
300	4:24:49.74	4:42:46.50	4:53:06.53	300	2:07:42.92	300	1:18:32.13	300
290	4:36:01.67	4:54:43.97	5:05:30.21	290	2:13:06.97	290	1:21:51.40	290
280	4:47:49.79	5:07:20.07	5:18:33.94	280	2:18:48.46	280	1:25:21.39	280
270	5:00:16.29	5:20:37.15	5:32:20.16	270	2:24:48.46	270	1:29:02.77	270
260	5:13:23.52	5:34:37.73	5:46:51.46	260	2:31:08.11	260	1:32:56.22	260
250	5:27:13.99	5:49:24.48	6:02:10.61	250	2:37:48.61	250	1:37:02.50	250
	<b>19</b>	<b>17</b>	<b>16</b>		<b>15</b>		<b>14</b>	
	<b>10 km</b>				<b>5000m</b>		<b>3000m</b>	

Walk								
	10 km				5000m		3000m	
	19	17	16		15		14	
250	5:27:13.99	5:49:24.48	6:02:10.61	250	2:37:48.61	250	1:37:02.50	250
240	5:41:50.37	6:05:00.24	6:18:20.57	240	2:44:51.25	240	1:41:22.39	240
230	5:57:15.51	6:21:28.08	6:35:24.50	230	2:52:17.40	230	1:45:56.74	230
220	6:13:32.47	6:38:51.24	6:53:25.79	220	3:00:08.55	220	1:50:46.46	220
210	6:30:44.51	6:57:13.22	7:12:28.04	210	3:08:26.26	210	1:55:52.52	210
200	6:48:55.12	7:16:37.73	7:32:35.10	200	3:17:12.21	200	2:01:15.94	200
190	7:08:08.02	7:37:08.76	7:53:51.11	190	3:26:28.20	190	2:06:57.83	190
180	7:28:27.20	7:58:50.56	8:16:20.49	180	3:36:16.16	180	2:12:59.38	180
170	7:49:56.95	8:21:47.70	8:40:07.96	170	3:46:38.15	170	2:19:21.86	170
160	8:12:41.81	8:46:05.06	9:05:18.57	160	3:57:36.36	160	2:26:06.61	160
150	8:36:46.70	9:11:47.86	9:31:57.76	150	4:09:13.17	150	2:33:15.10	150
140	9:02:16.86	9:39:01.71	10:00:11.31	140	4:21:31.10	140	2:40:48.87	140
130	9:29:17.90	10:07:52.60	10:30:05.45	130	4:34:32.85	130	2:48:49.59	130
120	9:57:55.85	10:38:26.97	11:01:46.86	120	4:48:21.35	120	2:57:19.05	120
110	10:28:17.18	11:10:51.71	11:35:22.67	110	5:02:59.69	110	3:06:19.17	110
100	11:00:28.80	11:45:14.23	12:11:00.56	100	5:18:31.23	100	3:15:52.00	100
90	11:34:38.16	12:21:42.46	12:48:48.76	90	5:34:59.54	90	3:25:59.74	90
80	12:10:53.23	13:00:24.93	13:28:56.11	80	5:52:28.49	80	3:36:44.76	80
70	12:49:22.60	13:41:30.79	14:11:32.08	70	6:11:02.19	70	3:48:09.61	70
60	13:30:15.46	14:25:09.87	14:56:46.87	60	6:30:45.10	60	4:00:17.01	60
50	14:13:41.71	15:11:32.73	15:44:51.43	50	6:51:41.98	50	4:13:09.90	50
40	14:59:51.98	16:00:50.73	16:35:57.52	40	7:13:57.96	40	4:26:51.43	40
30	15:48:57.70	16:53:16.07	17:30:17.80	30	7:37:38.55	30	4:41:24.99	30
20	16:41:11.18	17:49:01.88	18:28:05.88	20	8:02:49.69	20	4:56:54.23	20
10	17:36:45.64	18:48:22.30	19:29:36.41	10	8:29:37.75	10	5:13:23.07	10
0	18:35:55.32	19:51:32.53	20:35:05.15	0	8:58:09.61	0	5:30:55.73	0
	<b>19</b>	<b>17</b>	<b>16</b>		<b>15</b>		<b>14</b>	
	<b>10 km</b>				<b>5000m</b>		<b>3000m</b>	

## Athletics Performance Evaluation Tables - For use 2012 to 2016

4 x 100m Relay											
	19		17		16		15		14		
1000	40.1	40.25	40.9	41.06	41.5	41.63	42.2	42.32	43.1	43.21	1000
990	40.2	40.34	41.0	41.16	41.6	41.72	42.3	42.42	43.2	43.30	990
980	40.3	40.44	41.1	41.26	41.7	41.82	42.4	42.52	43.3	43.41	980
970	40.4	40.54	41.2	41.36	41.8	41.93	42.5	42.63	43.4	43.52	970
960	40.5	40.66	41.3	41.48	41.9	42.05	42.6	42.75	43.5	43.64	960
950	40.6	40.78	41.5	41.60	42.0	42.17	42.7	42.88	43.6	43.77	950
940	40.8	40.90	41.6	41.73	42.2	42.30	42.9	43.01	43.8	43.91	940
930	40.9	41.04	41.7	41.87	42.3	42.44	43.0	43.16	43.9	44.06	930
920	41.0	41.18	41.9	42.02	42.5	42.59	43.2	43.31	44.1	44.21	920
910	41.2	41.33	42.0	42.17	42.6	42.75	43.3	43.46	44.2	44.37	910
900	41.4	41.49	42.2	42.33	42.8	42.91	43.5	43.63	44.4	44.54	900
890	41.5	41.65	42.4	42.50	42.9	43.08	43.7	43.80	44.6	44.72	890
880	41.7	41.83	42.5	42.67	43.1	43.26	43.8	43.98	44.8	44.90	880
870	41.9	42.00	42.7	42.85	43.3	43.44	44.0	44.17	45.0	45.09	870
860	42.0	42.19	42.9	43.04	43.5	43.63	44.2	44.36	45.1	45.29	860
850	42.2	42.37	43.1	43.23	43.7	43.82	44.4	44.56	45.3	45.49	850
840	42.4	42.57	43.3	43.43	43.9	44.03	44.6	44.76	45.6	45.70	840
830	42.6	42.77	43.5	43.64	44.1	44.23	44.8	44.98	45.8	45.91	830
820	42.8	42.98	43.7	43.85	44.3	44.45	45.1	45.19	46.0	46.14	820
810	43.1	43.19	43.9	44.07	44.5	44.67	45.3	45.42	46.2	46.37	810
800	43.3	43.41	44.2	44.29	44.8	44.90	45.5	45.65	46.5	46.60	800
790	43.5	43.64	44.4	44.52	45.0	45.13	45.7	45.89	46.7	46.85	790
780	43.7	43.87	44.6	44.76	45.2	45.37	46.0	46.13	47.0	47.10	780
770	44.0	44.11	44.9	45.00	45.5	45.62	46.2	46.39	47.2	47.35	770
760	44.2	44.36	45.1	45.26	45.7	45.88	46.5	46.65	47.5	47.62	760
750	44.5	44.61	45.4	45.52	46.0	46.14	46.8	46.91	47.8	47.89	750
	19		17		16		15		14		
4 x 100m Relay											

4 x 100m Relay											
	19		17		16		15		14		
750	44.5	44.61	45.4	45.52	46.0	46.14	46.8	46.91	47.8	47.89	750
740	44.7	44.87	45.6	45.78	46.3	46.41	47.0	47.19	48.0	48.17	740
730	45.0	45.14	45.9	46.05	46.5	46.69	47.3	47.47	48.3	48.46	730
720	45.3	45.42	46.2	46.34	46.8	46.97	47.6	47.76	48.6	48.75	720
710	45.6	45.70	46.5	46.62	47.1	47.26	47.9	48.06	48.9	49.06	710
700	45.8	45.99	46.8	46.92	47.4	47.56	48.2	48.36	49.2	49.37	700
690	46.1	46.29	47.1	47.22	47.7	47.87	48.5	48.67	49.5	49.69	690
680	46.5	46.59	47.4	47.53	48.0	48.19	48.9	48.99	49.9	50.02	680
670	46.8	46.90	47.7	47.85	48.4	48.51	49.2	49.32	50.2	50.35	670
660	47.1	47.23	48.0	48.18	48.7	48.84	49.5	49.66	50.6	50.70	660
650	47.4	47.55	48.4	48.52	49.0	49.18	49.9	50.01	50.9	51.05	650
640	47.8	47.89	48.7	48.86	49.4	49.53	50.2	50.36	51.3	51.41	640
630	48.1	48.24	49.1	49.21	49.7	49.89	50.6	50.73	51.6	51.78	630
620	48.5	48.59	49.4	49.58	50.1	50.25	51.0	51.10	52.0	52.16	620
610	48.8	48.95	49.8	49.95	50.5	50.63	51.3	51.48	52.4	52.55	610
600	49.2	49.33	50.2	50.32	50.9	51.01	51.7	51.87	52.8	52.95	600
590	49.6	49.71	50.6	50.71	51.3	51.41	52.1	52.27	53.2	53.36	590
580	50.0	50.10	51.0	51.11	51.7	51.81	52.5	52.68	53.6	53.78	580
570	50.4	50.50	51.4	51.52	52.1	52.22	53.0	53.10	54.1	54.21	570
560	50.8	50.90	51.8	51.94	52.5	52.65	53.4	53.53	54.5	54.65	560
550	51.2	51.32	52.2	52.36	52.9	53.08	53.8	53.97	55.0	55.10	550
540	51.6	51.75	52.7	52.80	53.4	53.52	54.3	54.42	55.4	55.56	540
530	52.0	52.19	53.1	53.25	53.8	53.98	54.7	54.88	55.9	56.03	530
520	52.5	52.64	53.6	53.70	54.3	54.44	55.2	55.35	56.4	56.51	520
510	53.0	53.10	54.0	54.17	54.8	54.91	55.7	55.84	56.9	57.00	510
500	53.4	53.57	54.5	54.65	55.3	55.40	56.2	56.33	57.4	57.50	500
	19		17		16		15		14		
4 x 100m Relay											

## Athletics Performance Evaluation Tables - For use 2012 to 2016

4 x 100m Relay											
	19		17		16		15		14		
500	53.4	53.57	54.5	54.65	55.3	55.40	56.2	56.33	57.4	57.50	500
490	53.9	54.05	55.0	55.14	55.8	55.90	56.7	56.83	57.9	58.02	490
480	54.4	54.54	55.5	55.64	56.3	56.40	57.2	57.35	58.4	58.55	480
470	54.9	55.04	56.0	56.16	56.8	56.92	57.7	57.88	58.9	59.09	470
460	55.4	55.56	56.5	56.68	57.3	57.46	58.3	58.42	59.5	59.64	460
450	55.9	56.08	57.1	57.22	57.9	58.00	58.8	58.97	1:00.1	1:00.20	450
440	56.5	56.62	57.6	57.77	58.4	58.56	59.4	59.54	1:00.6	1:00.78	440
430	57.0	57.17	58.2	58.33	59.0	59.13	1:00.0	1:00.12	1:01.2	1:01.37	430
420	57.6	57.73	58.8	58.90	59.6	59.71	1:00.6	1:00.71	1:01.8	1:01.98	420
410	58.2	58.31	59.3	59.49	1:00.2	1:00.30	1:01.2	1:01.32	1:02.5	1:02.59	410
400	58.8	58.90	59.9	1:00.09	1:00.8	1:00.91	1:01.8	1:01.94	1:03.1	1:03.23	400
390	59.4	59.50	1:00.6	1:00.70	1:01.4	1:01.54	1:02.4	1:02.57	1:03.7	1:03.87	390
380	1:00.00	1:00.1	1:01.2	1:01.33	1:02.0	1:02.17	1:03.1	1:03.22	1:04.4	1:04.53	380
370	1:00.60	1:00.7	1:01.8	1:01.97	1:02.7	1:02.82	1:03.7	1:03.88	1:05.1	1:05.21	370
360	1:01.20	1:01.4	1:02.5	1:02.63	1:03.3	1:03.49	1:04.4	1:04.55	1:05.8	1:05.90	360
350	1:01.90	1:02.0	1:03.2	1:03.30	1:04.0	1:04.17	1:05.1	1:05.25	1:06.5	1:06.61	350
340	1:02.60	1:02.7	1:03.8	1:03.99	1:04.7	1:04.87	1:05.8	1:05.95	1:07.2	1:07.33	340
330	1:03.30	1:03.4	1:04.6	1:04.69	1:05.4	1:05.58	1:06.5	1:06.68	1:07.9	1:08.07	330
320	1:04.00	1:04.1	1:05.3	1:05.41	1:06.2	1:06.31	1:07.3	1:07.42	1:08.7	1:08.82	320
310	1:04.70	1:04.8	1:06.0	1:06.14	1:06.9	1:07.05	1:08.0	1:08.17	1:09.5	1:09.60	310
300	1:05.40	1:05.6	1:06.8	1:06.89	1:07.7	1:07.81	1:08.8	1:08.95	1:10.2	1:10.39	300
290	1:06.20	1:06.3	1:07.5	1:07.66	1:08.4	1:08.59	1:09.6	1:09.74	1:11.1	1:11.19	290
280	1:06.90	1:07.1	1:08.3	1:08.45	1:09.2	1:09.38	1:10.4	1:10.55	1:11.9	1:12.02	280
270	1:07.70	1:07.9	1:09.1	1:09.25	1:10.1	1:10.20	1:11.2	1:11.38	1:12.7	1:12.86	270
260	1:08.50	1:08.7	1:09.9	1:10.07	1:10.9	1:11.03	1:12.1	1:12.22	1:13.6	1:13.73	260
250	1:09.40	1:09.5	1:10.8	1:10.91	1:11.7	1:11.88	1:12.9	1:13.09	1:14.5	1:14.61	250
	19		17		16		15		14		
4 x 100m Relay											

4 x 100m Relay											
	19		17		16		15		14		
250	1:09.40	1:09.5	1:10.8	1:10.91	1:11.7	1:11.88	1:12.9	1:13.09	1:14.5	1:14.61	250
240	1:10.20	1:10.3	1:11.6	1:11.77	1:12.6	1:12.75	1:13.8	1:13.97	1:15.4	1:15.51	240
230	1:11.10	1:11.2	1:12.5	1:12.64	1:13.5	1:13.64	1:14.7	1:14.88	1:16.3	1:16.44	230
220	1:11.90	1:12.1	1:13.4	1:13.54	1:14.4	1:14.55	1:15.7	1:15.80	1:17.2	1:17.38	220
210	1:12.80	1:13.0	1:14.3	1:14.46	1:15.3	1:15.48	1:16.6	1:16.75	1:18.2	1:18.35	210
200	1:13.80	1:13.9	1:15.3	1:15.40	1:16.3	1:16.43	1:17.6	1:17.71	1:19.2	1:19.33	200
190	1:14.70	1:14.8	1:16.2	1:16.36	1:17.3	1:17.40	1:18.6	1:18.70	1:20.2	1:20.34	190
180	1:15.70	1:15.8	1:17.2	1:17.34	1:18.3	1:18.40	1:19.6	1:19.71	1:21.2	1:21.38	180
170	1:16.60	1:16.8	1:18.2	1:18.34	1:19.3	1:19.42	1:20.6	1:20.75	1:22.3	1:22.43	170
160	1:17.70	1:17.8	1:19.2	1:19.37	1:20.3	1:20.46	1:21.7	1:21.81	1:23.4	1:23.51	160
150	1:18.70	1:18.8	1:20.3	1:20.42	1:21.4	1:21.52	1:22.8	1:22.89	1:24.5	1:24.62	150
140	1:19.70	1:19.9	1:21.4	1:21.49	1:22.5	1:22.61	1:23.9	1:24.00	1:25.6	1:25.75	140
130	1:20.80	1:21.0	1:22.5	1:22.59	1:23.6	1:23.73	1:25.0	1:25.13	1:26.8	1:26.91	130
120	1:21.90	1:22.1	1:23.6	1:23.72	1:24.7	1:24.86	1:26.1	1:26.29	1:27.9	1:28.09	120
110	1:23.00	1:23.2	1:24.7	1:24.87	1:25.9	1:26.03	1:27.3	1:27.47	1:29.2	1:29.30	110
100	1:24.20	1:24.34	1:25.9	1:26.04	1:27.1	1:27.22	1:28.5	1:28.69	1:30.4	1:30.54	100
90	1:25.40	1:25.52	1:27.1	1:27.25	1:28.3	1:28.44	1:29.8	1:29.93	1:31.7	1:31.80	90
80	1:26.60	1:26.72	1:28.3	1:28.48	1:29.6	1:29.69	1:31.1	1:31.20	1:33.0	1:33.10	80
70	1:27.80	1:27.96	1:29.6	1:29.74	1:30.8	1:30.97	1:32.4	1:32.49	1:34.3	1:34.42	70
60	1:29.10	1:29.22	1:30.9	1:31.03	1:32.1	1:32.27	1:33.7	1:33.82	1:35.6	1:35.78	60
50	1:30.40	1:30.51	1:32.2	1:32.35	1:33.5	1:33.61	1:35.0	1:35.18	1:37.0	1:37.17	50
40	1:31.70	1:31.84	1:33.6	1:33.70	1:34.8	1:34.98	1:36.4	1:36.57	1:38.4	1:38.59	40
30	1:33.10	1:33.19	1:34.9	1:35.08	1:36.2	1:36.38	1:37.9	1:38.00	1:39.9	1:40.04	30
20	1:34.40	1:34.58	1:36.40	1:36.49	1:37.70	1:37.81	1:39.30	1:39.45	1:41.40	1:41.53	20
10	1:35.90	1:35.99	1:37.80	1:37.94	1:39.10	1:39.28	1:40.80	1:40.95	1:42.90	1:43.05	10
0	1:37.30	1:37.45	1:39.30	1:39.42	1:40.60	1:40.78	1:42.30	1:42.47	1:44.50	1:44.61	0
	19		17		16		15		14		
4 x 100m Relay											

## Athletics Performance Evaluation Tables - For use 2012 to 2016

4 x 200m		4 x 400m		4 x 800m		4 x 1500m	
	19		19		19		19
1000	1:21.83	1000	3:02.97	1000	7:03.18	1000	14:36.95
990	1:22.01	990	3:03.38	990	7:04.14	990	14:38.93
980	1:22.21	980	3:03.83	980	7:05.17	980	14:41.07
970	1:22.42	970	3:04.30	970	7:06.28	970	14:43.36
960	1:22.65	960	3:04.82	960	7:07.47	960	14:45.82
950	1:22.90	950	3:05.36	950	7:08.73	950	14:48.44
940	1:23.16	940	3:05.94	940	7:10.07	940	14:51.22
930	1:23.43	930	3:06.56	930	7:11.49	930	14:54.17
920	1:23.72	920	3:07.21	920	7:13.00	920	14:57.28
910	1:24.03	910	3:07.89	910	7:14.58	910	15:00.55
900	1:24.35	900	3:08.61	900	7:16.24	900	15:04.00
890	1:24.69	890	3:09.36	890	7:17.97	890	15:07.59
880	1:25.03	880	3:10.14	880	7:19.77	880	15:11.32
870	1:25.39	870	3:10.94	870	7:21.63	870	15:15.17
860	1:25.76	860	3:11.77	860	7:23.55	860	15:19.15
850	1:26.15	850	3:12.63	850	7:25.53	850	15:23.26
840	1:26.54	840	3:13.51	840	7:27.58	840	15:27.51
830	1:26.95	830	3:14.43	830	7:29.70	830	15:31.89
820	1:27.37	820	3:15.37	820	7:31.88	820	15:36.41
810	1:27.81	810	3:16.34	810	7:34.13	810	15:41.06
800	1:28.26	800	3:17.34	800	7:36.44	800	15:45.86
790	1:28.72	790	3:18.37	790	7:38.82	790	15:50.80
780	1:29.19	780	3:19.43	780	7:41.28	780	15:55.88
770	1:29.68	770	3:20.53	770	7:43.80	770	16:01.11
760	1:30.18	760	3:21.65	760	7:46.40	760	16:06.49
750	1:30.70	750	3:22.80	750	7:49.06	750	16:12.02
	19		19		19		19
4 x 200m		4 x 400m		4 x 800m		4 x 1500m	

4 x 200m		4 x 400m		4 x 800m		4 x 1500m	
	19		19		19		19
750	1:30.70	750	3:22.80	750	7:49.06	750	16:12.02
740	1:31.23	740	3:23.99	740	7:51.81	740	16:17.70
730	1:31.77	730	3:25.21	730	7:54.62	730	16:23.54
720	1:32.33	720	3:26.46	720	7:57.52	720	16:29.54
710	1:32.91	710	3:27.74	710	8:00.49	710	16:35.69
700	1:33.49	700	3:29.06	700	8:03.54	700	16:42.01
690	1:34.10	690	3:30.41	690	8:06.66	690	16:48.49
680	1:34.72	680	3:31.80	680	8:09.87	680	16:55.14
670	1:35.36	670	3:33.22	670	8:13.16	670	17:01.96
660	1:36.01	660	3:34.68	660	8:16.54	660	17:08.96
650	1:36.68	650	3:36.18	650	8:20.00	650	17:16.13
640	1:37.36	640	3:37.71	640	8:23.55	640	17:23.48
630	1:38.07	630	3:39.28	630	8:27.18	630	17:31.01
620	1:38.79	620	3:40.89	620	8:30.91	620	17:38.73
610	1:39.53	610	3:42.54	610	8:34.72	610	17:46.64
600	1:40.28	600	3:44.23	600	8:38.63	600	17:54.74
590	1:41.05	590	3:45.96	590	8:42.63	590	18:03.03
580	1:41.85	580	3:47.74	580	8:46.73	580	18:11.53
570	1:42.66	570	3:49.55	570	8:50.93	570	18:20.22
560	1:43.49	560	3:51.41	560	8:55.23	560	18:29.13
550	1:44.34	550	3:53.31	550	8:59.63	550	18:38.24
540	1:45.21	540	3:55.26	540	9:04.13	540	18:47.57
530	1:46.10	530	3:57.25	530	9:08.74	530	18:57.12
520	1:47.01	520	3:59.29	520	9:13.45	520	19:06.89
510	1:47.95	510	4:01.37	510	9:18.28	510	19:16.89
500	1:48.90	500	4:03.51	500	9:23.22	500	19:27.13
	19		19		19		19
4 x 200m		4 x 400m		4 x 800m		4 x 1500m	

## Athletics Performance Evaluation Tables - For use 2012 to 2016

4 x 200m			4 x 400m			4 x 800m			4 x 1500m		
	19			19			19			19	
500	1:48.90	500	4:03.51	500	9:23.22	500	19:27.13	500			
490	1:49.88	490	4:05.69	490	9:28.27	490	19:37.59	490			
480	1:50.88	480	4:07.93	480	9:33.43	480	19:48.30	480			
470	1:51.90	470	4:10.21	470	9:38.72	470	19:59.26	470			
460	1:52.95	460	4:12.55	460	9:44.13	460	20:10.46	460			
450	1:54.01	450	4:14.94	450	9:49.66	450	20:21.93	450			
440	1:55.11	440	4:17.39	440	9:55.32	440	20:33.65	440			
430	1:56.23	430	4:19.89	430	10:01.11	430	20:45.64	430			
420	1:57.37	420	4:22.45	420	10:07.02	420	20:57.91	420			
410	1:58.54	410	4:25.07	410	10:13.08	410	21:10.45	410			
400	1:59.74	400	4:27.74	400	10:19.27	400	21:23.27	400			
390	2:00.96	390	4:30.48	390	10:25.59	390	21:36.39	390			
380	2:02.21	380	4:33.28	380	10:32.07	380	21:49.80	380			
370	2:03.49	370	4:36.14	370	10:38.69	370	22:03.52	370			
360	2:04.80	360	4:39.06	360	10:45.45	360	22:17.54	360			
350	2:06.14	350	4:42.06	350	10:52.37	350	22:31.89	350			
340	2:07.51	340	4:45.12	340	10:59.45	340	22:46.55	340			
330	2:08.91	330	4:48.25	330	11:06.69	330	23:01.55	330			
320	2:10.34	320	4:51.44	320	11:14.09	320	23:16.88	320			
310	2:11.80	310	4:54.72	310	11:21.65	310	23:32.56	310			
300	2:13.30	300	4:58.06	300	11:29.39	300	23:48.59	300			
290	2:14.83	290	5:01.48	290	11:37.30	290	24:04.98	290			
280	2:16.39	280	5:04.98	280	11:45.39	280	24:21.74	280			
270	2:17.99	270	5:08.55	270	11:53.66	270	24:38.88	270			
260	2:19.63	260	5:12.21	260	12:02.12	260	24:56.41	260			
250	2:21.30	250	5:15.95	250	12:10.77	250	25:14.33	250			
	<b>19</b>		<b>19</b>		<b>19</b>		<b>19</b>				
<b>4 x 200m</b>			<b>4 x 400m</b>			<b>4 x 800m</b>			<b>4 x 1500m</b>		

  

4 x 200m			4 x 400m			4 x 800m			4 x 1500m		
	19			19			19			19	
250	2:21.30	250	5:15.95	250	12:10.77	250	25:14.33	250			
240	2:23.01	240	5:19.77	240	12:19.61	240	25:32.66	240			
230	2:24.76	230	5:23.68	230	12:28.65	230	25:51.40	230			
220	2:26.55	220	5:27.68	220	12:37.90	220	26:10.56	220			
210	2:28.37	210	5:31.77	210	12:47.36	210	26:30.16	210			
200	2:30.24	200	5:35.95	200	12:57.03	200	26:50.20	200			
190	2:32.16	190	5:40.23	190	13:06.92	190	27:10.70	190			
180	2:34.11	180	5:44.60	180	13:17.04	180	27:31.67	180			
170	2:36.11	170	5:49.08	170	13:27.38	170	27:53.11	170			
160	2:38.16	160	5:53.65	160	13:37.97	160	28:15.03	160			
150	2:40.25	150	5:58.33	150	13:48.79	150	28:37.46	150			
140	2:42.39	140	6:03.12	140	13:59.86	140	29:00.41	140			
130	2:44.58	130	6:08.01	130	14:11.19	130	29:23.87	130			
120	2:46.82	120	6:13.02	120	14:22.77	120	29:47.88	120			
110	2:49.11	110	6:18.15	110	14:34.62	110	30:12.43	110			
100	2:51.46	100	6:23.39	100	14:46.74	100	30:37.56	100			
90	2:53.86	90	6:28.75	90	14:59.15	90	31:03.26	90			
80	2:56.31	80	6:34.24	80	15:11.83	80	31:29.55	80			
70	2:58.82	70	6:39.85	70	15:24.82	70	31:56.46	70			
60	3:01.39	60	6:45.59	60	15:38.10	60	32:23.98	60			
50	3:04.02	50	6:51.47	50	15:51.69	50	32:52.15	50			
40	3:06.71	40	6:57.48	40	16:05.60	40	33:20.98	40			
30	3:09.46	30	7:03.64	30	16:19.84	30	33:50.47	30			
20	3:12.28	20	7:09.93	20	16:34.41	20	34:20.66	20			
10	3:15.16	10	7:16.38	10	16:49.31	10	34:51.56	10			
0	3:18.11	0	7:22.98	0	17:04.57	0	35:23.18	0			
	<b>19</b>		<b>19</b>		<b>19</b>		<b>19</b>				
<b>4 x 200m</b>			<b>4 x 400m</b>			<b>4 x 800m</b>			<b>4 x 1500m</b>		

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Medley			
100m,200m,300m,400m			
	19	17	
1000	1:49.51	1:51.22	1000
990	1:49.76	1:51.47	990
980	1:50.03	1:51.74	980
970	1:50.31	1:52.03	970
960	1:50.62	1:52.34	960
950	1:50.95	1:52.68	950
940	1:51.29	1:53.03	940
930	1:51.66	1:53.40	930
920	1:52.05	1:53.80	920
910	1:52.46	1:54.21	910
900	1:52.89	1:54.65	900
890	1:53.34	1:55.11	890
880	1:53.80	1:55.58	880
870	1:54.28	1:56.07	870
860	1:54.78	1:56.57	860
850	1:55.30	1:57.09	850
840	1:55.83	1:57.63	840
830	1:56.37	1:58.19	830
820	1:56.94	1:58.76	820
810	1:57.52	1:59.35	810
800	1:58.12	1:59.96	800
790	1:58.73	2:00.59	790
780	1:59.37	2:01.23	780
770	2:00.02	2:01.89	770
760	2:00.69	2:02.58	760
750	2:01.38	2:03.28	750
	19	17	
<b>100m,200m,300m,400m</b>			

Medley			
100m,200m,300m,400m			
	19	17	
750	2:01.38	2:03.28	750
740	2:02.09	2:04.00	740
730	2:02.82	2:04.74	730
720	2:03.57	2:05.50	720
710	2:04.34	2:06.28	710
700	2:05.13	2:07.08	700
690	2:05.94	2:07.90	690
680	2:06.77	2:08.75	680
670	2:07.62	2:09.61	670
660	2:08.49	2:10.50	660
650	2:09.39	2:11.41	650
640	2:10.31	2:12.34	640
630	2:11.25	2:13.29	630
620	2:12.21	2:14.27	620
610	2:13.20	2:15.28	610
600	2:14.21	2:16.30	600
590	2:15.25	2:17.36	590
580	2:16.31	2:18.43	580
570	2:17.39	2:19.54	570
560	2:18.51	2:20.67	560
550	2:19.64	2:21.82	550
540	2:20.81	2:23.00	540
530	2:22.00	2:24.22	530
520	2:23.22	2:25.46	520
510	2:24.47	2:26.72	510
500	2:25.75	2:28.02	500
	19	17	
<b>100m,200m,300m,400m</b>			

Medley			
100m,200m,300m,400m			
	19	17	
500	2:25.75	2:28.02	500
490	2:27.06	2:29.35	490
480	2:28.39	2:30.71	480
470	2:29.76	2:32.10	470
460	2:31.16	2:33.52	460
450	2:32.59	2:34.97	450
440	2:34.06	2:36.46	440
430	2:35.55	2:37.98	430
420	2:37.09	2:39.53	420
410	2:38.65	2:41.12	410
400	2:40.25	2:42.75	400
390	2:41.89	2:44.42	390
380	2:43.57	2:46.12	380
370	2:45.28	2:47.86	370
360	2:47.03	2:49.63	360
350	2:48.82	2:51.45	350
340	2:50.65	2:53.31	340
330	2:52.53	2:55.21	330
320	2:54.44	2:57.16	320
310	2:56.40	2:59.15	310
300	2:58.40	3:01.18	300
290	3:00.45	3:03.26	290
280	3:02.54	3:05.39	280
270	3:04.68	3:07.56	270
260	3:06.87	3:09.78	260
250	3:09.11	3:12.06	250
	19	17	
<b>100m,200m,300m,400m</b>			

Medley			
100m,200m,300m,400m			
	19	17	
250	3:09.11	3:12.06	250
240	3:11.40	3:14.38	240
230	3:13.74	3:16.76	230
220	3:16.13	3:19.19	220
210	3:18.58	3:21.67	210
200	3:21.08	3:24.21	200
190	3:23.64	3:26.81	190
180	3:26.26	3:29.47	180
170	3:28.93	3:32.19	170
160	3:31.67	3:34.97	160
150	3:34.47	3:37.82	150
140	3:37.34	3:40.73	140
130	3:40.27	3:43.70	130
120	3:43.27	3:46.75	120
110	3:46.33	3:49.86	110
100	3:49.47	3:53.05	100
90	3:52.68	3:56.31	90
80	3:55.96	3:59.64	80
70	3:59.32	4:03.05	70
60	4:02.76	4:06.55	60
50	4:06.28	4:10.12	50
40	4:09.88	4:13.77	40
30	4:13.56	4:17.52	30
20	4:17.33	4:21.34	20
10	4:21.19	4:25.26	10
0	4:25.14	4:29.27	0
	19	17	
<b>100m,200m,300m,400m</b>			

## Athletics Performance Evaluation Tables - For use 2012 to 2016

	High Jump					
	19	17	16	15	14	
1000	2.29	2.23	2.16	2.08	1.96	1000
990	2.27	2.21	2.14	2.06	1.95	990
980	2.26	2.19	2.12	2.05	1.93	980
970	2.24	2.18	2.11	2.03	1.92	970
960	2.22	2.16	2.09	2.01	1.90	960
950	2.21	2.14	2.08	2.00	1.89	950
940	2.19	2.13	2.06	1.98	1.87	940
930	2.17	2.11	2.04	1.97	1.86	930
920	2.15	2.09	2.03	1.95	1.84	920
910	2.14	2.08	2.01	1.94	1.83	910
900	2.12	2.06	2.00	1.92	1.82	900
890	2.11	2.05	1.99	1.91	1.81	890
880	2.10	2.04	1.98	1.91	1.80	880
870	2.10	2.04	1.97	1.90	1.79	870
860	2.09	2.03	1.96	1.89	1.79	860
850	2.08	2.02	1.95	1.88	1.78	850
840	2.07	2.01	1.95	1.87	1.77	840
830	2.06	2.00	1.94	1.87	1.76	830
820	2.05	1.99	1.93	1.86	1.76	820
810	2.04	1.99	1.92	1.85	1.75	810
800	2.03	1.98	1.91	1.84	1.74	800
790	2.02	1.97	1.90	1.83	1.73	790
780	2.02	1.96	1.90	1.83	1.73	780
770	2.01	1.95	1.89	1.82	1.72	770
760	2.00	1.94	1.88	1.81	1.71	760
750	1.99	1.93	1.87	1.80	1.70	750
	19	17	16	15	14	
	High Jump					

	High Jump					
	19	17	16	15	14	
750	1.99	1.93	1.87	1.80	1.70	750
740	1.98	1.92	1.86	1.79	1.69	740
730	1.97	1.91	1.85	1.78	1.69	730
720	1.96	1.91	1.84	1.78	1.68	720
710	1.95	1.90	1.84	1.77	1.67	710
700	1.94	1.89	1.83	1.76	1.66	700
690	1.93	1.88	1.82	1.75	1.65	690
680	1.92	1.87	1.81	1.74	1.65	680
670	1.91	1.86	1.80	1.73	1.64	670
660	1.90	1.85	1.79	1.72	1.63	660
650	1.89	1.84	1.78	1.72	1.62	650
640	1.88	1.83	1.77	1.71	1.61	640
630	1.87	1.82	1.76	1.70	1.60	630
620	1.86	1.81	1.75	1.69	1.60	620
610	1.85	1.80	1.74	1.68	1.59	610
600	1.84	1.79	1.74	1.67	1.58	600
590	1.83	1.78	1.73	1.66	1.57	590
580	1.82	1.77	1.72	1.65	1.56	580
570	1.82	1.76	1.71	1.64	1.55	570
560	1.81	1.75	1.70	1.64	1.55	560
550	1.80	1.75	1.69	1.63	1.54	550
540	1.79	1.74	1.68	1.62	1.53	540
530	1.78	1.73	1.67	1.61	1.52	530
520	1.77	1.72	1.66	1.60	1.51	520
510	1.76	1.71	1.65	1.59	1.50	510
500	1.75	1.70	1.64	1.58	1.49	500
	19	17	16	15	14	
	High Jump					

	High Jump					
	19	17	16	15	14	
500	1.75	1.70	1.64	1.58	1.49	500
490	1.74	1.69	1.63	1.57	1.49	490
480	1.73	1.68	1.62	1.56	1.48	480
470	1.72	1.67	1.61	1.55	1.47	470
460	1.70	1.66	1.60	1.55	1.46	460
450	1.69	1.65	1.59	1.54	1.45	450
440	1.68	1.64	1.59	1.53	1.44	440
430	1.67	1.63	1.58	1.52	1.43	430
420	1.66	1.62	1.57	1.51	1.43	420
410	1.65	1.61	1.56	1.50	1.42	410
400	1.64	1.60	1.55	1.49	1.41	400
390	1.63	1.59	1.54	1.48	1.40	390
380	1.62	1.58	1.53	1.47	1.39	380
370	1.61	1.57	1.52	1.46	1.38	370
360	1.60	1.56	1.51	1.45	1.37	360
350	1.59	1.55	1.50	1.44	1.36	350
340	1.58	1.54	1.49	1.43	1.36	340
330	1.57	1.53	1.48	1.43	1.35	330
320	1.56	1.52	1.47	1.42	1.34	320
310	1.55	1.51	1.46	1.41	1.33	310
300	1.54	1.50	1.45	1.40	1.32	300
290	1.53	1.49	1.44	1.39	1.31	290
280	1.52	1.48	1.43	1.38	1.30	280
270	1.51	1.47	1.42	1.37	1.29	270
260	1.50	1.46	1.41	1.36	1.29	260
250	1.49	1.45	1.40	1.35	1.28	250
	19	17	16	15	14	
	High Jump					

	High Jump					
	19	17	16	15	14	
250	1.49	1.45	1.40	1.35	1.28	250
240	1.48	1.44	1.39	1.34	1.27	240
230	1.47	1.43	1.38	1.33	1.26	230
220	1.46	1.42	1.37	1.32	1.25	220
210	1.45	1.41	1.36	1.31	1.24	210
200	1.44	1.40	1.35	1.30	1.23	200
190	1.43	1.39	1.34	1.30	1.22	190
180	1.42	1.38	1.34	1.29	1.22	180
170	1.41	1.37	1.33	1.28	1.21	170
160	1.40	1.36	1.32	1.27	1.20	160
150	1.39	1.35	1.31	1.26	1.19	150
140	1.38	1.34	1.30	1.25	1.18	140
130	1.37	1.33	1.29	1.24	1.17	130
120	1.36	1.32	1.28	1.23	1.16	120
110	1.35	1.31	1.27	1.22	1.15	110
100	1.34	1.30	1.26	1.21	1.15	100
90	1.33	1.29	1.25	1.20	1.14	90
80	1.32	1.28	1.24	1.19	1.13	80
70	1.31	1.27	1.23	1.19	1.12	70
60	1.30	1.26	1.22	1.18	1.11	60
50	1.29	1.25	1.21	1.17	1.10	50
40	1.28	1.24	1.20	1.16	1.09	40
30	1.27	1.23	1.19	1.15	1.09	30
20	1.26	1.22	1.18	1.14	1.08	20
10	1.25	1.21	1.17	1.13	1.07	10
0	1.24	1.20	1.17	1.12	1.06	0
	19	17	16	15	14	
	High Jump					

## Athletics Performance Evaluation Tables - For use 2012 to 2016

		Long Jump					
		19	17	16	15	14	
1000	7.99	7.77	7.63	7.45	7.24	1000	
990	7.93	7.71	7.57	7.40	7.18	990	
980	7.86	7.65	7.51	7.34	7.13	980	
970	7.80	7.59	7.45	7.28	7.07	970	
960	7.74	7.53	7.39	7.22	7.01	960	
950	7.67	7.47	7.33	7.16	6.95	950	
940	7.61	7.40	7.27	7.10	6.90	940	
930	7.55	7.34	7.21	7.04	6.84	930	
920	7.48	7.28	7.15	6.98	6.78	920	
910	7.42	7.21	7.08	6.92	6.72	910	
900	7.35	7.15	7.02	6.86	6.66	900	
890	7.33	7.13	7.00	6.84	6.64	890	
880	7.32	7.12	6.99	6.83	6.63	880	
870	7.30	7.10	6.97	6.81	6.61	870	
860	7.28	7.08	6.96	6.80	6.60	860	
850	7.27	7.07	6.94	6.78	6.58	850	
840	7.25	7.05	6.92	6.77	6.57	840	
830	7.23	7.03	6.91	6.75	6.55	830	
820	7.21	7.02	6.89	6.73	6.54	820	
810	7.20	7.00	6.87	6.72	6.52	810	
800	7.18	6.98	6.86	6.70	6.50	800	
790	7.16	6.97	6.84	6.68	6.49	790	
780	7.14	6.95	6.82	6.67	6.47	780	
770	7.12	6.93	6.80	6.65	6.45	770	
760	7.11	6.91	6.79	6.63	6.44	760	
750	7.09	6.89	6.77	6.61	6.42	750	
		19	17	16	15	14	
		Long Jump					

		Long Jump					
		19	17	16	15	14	
750	7.09	6.89	6.77	6.61	6.42	750	
740	7.07	6.88	6.75	6.60	6.40	740	
730	7.05	6.86	6.73	6.58	6.39	730	
720	7.03	6.84	6.71	6.56	6.37	720	
710	7.01	6.82	6.70	6.54	6.35	710	
700	6.99	6.80	6.68	6.53	6.34	700	
690	6.97	6.78	6.66	6.51	6.32	690	
680	6.95	6.76	6.64	6.49	6.30	680	
670	6.93	6.75	6.62	6.47	6.28	670	
660	6.91	6.73	6.60	6.45	6.27	660	
650	6.89	6.71	6.59	6.44	6.25	650	
640	6.88	6.69	6.57	6.42	6.23	640	
630	6.86	6.67	6.55	6.40	6.21	630	
620	6.84	6.65	6.53	6.38	6.19	620	
610	6.81	6.63	6.51	6.36	6.18	610	
600	6.79	6.61	6.49	6.34	6.16	600	
590	6.77	6.59	6.47	6.32	6.14	590	
580	6.75	6.57	6.45	6.30	6.12	580	
570	6.73	6.55	6.43	6.28	6.10	570	
560	6.71	6.53	6.41	6.26	6.08	560	
550	6.69	6.51	6.39	6.25	6.06	550	
540	6.67	6.49	6.37	6.23	6.04	540	
530	6.65	6.47	6.35	6.21	6.03	530	
520	6.63	6.45	6.33	6.19	6.01	520	
510	6.61	6.43	6.31	6.17	5.99	510	
500	6.59	6.41	6.29	6.15	5.97	500	
		19	17	16	15	14	
		Long Jump					

		Long Jump					
		19	17	16	15	14	
500	6.59	6.41	6.29	6.15	5.97	500	
490	6.56	6.39	6.27	6.13	5.95	490	
480	6.54	6.37	6.25	6.11	5.93	480	
470	6.52	6.34	6.23	6.09	5.91	470	
460	6.50	6.32	6.21	6.07	5.89	460	
450	6.48	6.30	6.19	6.05	5.87	450	
440	6.46	6.28	6.17	6.03	5.85	440	
430	6.43	6.26	6.15	6.01	5.83	430	
420	6.41	6.24	6.12	5.98	5.81	420	
410	6.39	6.22	6.10	5.96	5.79	410	
400	6.37	6.19	6.08	5.94	5.77	400	
390	6.35	6.17	6.06	5.92	5.75	390	
380	6.32	6.15	6.04	5.90	5.73	380	
370	6.30	6.13	6.02	5.88	5.71	370	
360	6.28	6.11	6.00	5.86	5.69	360	
350	6.26	6.09	5.97	5.84	5.67	350	
340	6.23	6.06	5.95	5.82	5.65	340	
330	6.21	6.04	5.93	5.80	5.63	330	
320	6.19	6.02	5.91	5.78	5.61	320	
310	6.16	6.00	5.89	5.75	5.59	310	
300	6.14	5.97	5.87	5.73	5.57	300	
290	6.12	5.95	5.84	5.71	5.54	290	
280	6.10	5.93	5.82	5.69	5.52	280	
270	6.07	5.91	5.80	5.67	5.50	270	
260	6.05	5.88	5.78	5.65	5.48	260	
250	6.03	5.86	5.76	5.62	5.46	250	
		19	17	16	15	14	
		Long Jump					

		Long Jump					
		19	17	16	15	14	
250	6.03	5.86	5.76	5.62	5.46	250	
240	6.00	5.84	5.73	5.60	5.44	240	
230	5.98	5.82	5.71	5.58	5.42	230	
220	5.96	5.79	5.69	5.56	5.40	220	
210	5.93	5.77	5.67	5.54	5.38	210	
200	5.91	5.75	5.64	5.51	5.35	200	
190	5.89	5.73	5.62	5.49	5.33	190	
180	5.86	5.70	5.60	5.47	5.31	180	
170	5.84	5.68	5.58	5.45	5.29	170	
160	5.81	5.66	5.55	5.43	5.27	160	
150	5.79	5.63	5.53	5.40	5.25	150	
140	5.77	5.61	5.51	5.38	5.23	140	
130	5.74	5.59	5.48	5.36	5.20	130	
120	5.72	5.56	5.46	5.34	5.18	120	
110	5.69	5.54	5.44	5.31	5.16	110	
100	5.67	5.52	5.42	5.29	5.14	100	
90	5.65	5.49	5.39	5.27	5.12	90	
80	5.62	5.47	5.37	5.25	5.09	80	
70	5.60	5.45	5.35	5.23	5.07	70	
60	5.57	5.42	5.32	5.20	5.05	60	
50	5.55	5.40	5.30	5.18	5.03	50	
40	5.53	5.38	5.28	5.16	5.01	40	
30	5.50	5.35	5.25	5.13	4.98	30	
20	5.48	5.33	5.23	5.11	4.96	20	
10	5.45	5.30	5.21	5.09	4.94	10	
0	2.90	2.78	2.72	2.65	2.58	0	
		19	17	16	15	14	
		Long Jump					

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Pole Vault					
	19	17	16	15	
1000	5.63	5.28	4.92	4.58	1000
990	5.54	5.19	4.83	4.50	990
980	5.44	5.10	4.75	4.43	980
970	5.35	5.01	4.67	4.35	970
960	5.26	4.92	4.59	4.27	960
950	5.16	4.83	4.50	4.20	950
940	5.07	4.75	4.42	4.12	940
930	4.98	4.66	4.34	4.04	930
920	4.88	4.57	4.26	3.97	920
910	4.79	4.49	4.18	3.89	910
900	4.70	4.40	4.10	3.82	900
890	4.68	4.38	4.08	3.80	890
880	4.65	4.36	4.06	3.78	880
870	4.63	4.34	4.04	3.76	870
860	4.61	4.31	4.02	3.75	860
850	4.58	4.29	4.00	3.73	850
840	4.56	4.27	3.98	3.71	840
830	4.54	4.25	3.96	3.69	830
820	4.51	4.23	3.94	3.67	820
810	4.49	4.20	3.92	3.65	810
800	4.47	4.18	3.90	3.63	800
790	4.44	4.16	3.87	3.61	790
780	4.42	4.14	3.85	3.59	780
770	4.39	4.11	3.83	3.57	770
760	4.37	4.09	3.81	3.55	760
750	4.34	4.07	3.79	3.53	750
	19	17	16	15	
Pole Vault					

Pole Vault					
	19	17	16	15	
750	4.34	4.07	3.79	3.53	750
740	4.32	4.04	3.77	3.51	740
730	4.29	4.02	3.75	3.49	730
720	4.27	4.00	3.73	3.47	720
710	4.25	3.97	3.70	3.45	710
700	4.22	3.95	3.68	3.43	700
690	4.20	3.93	3.66	3.41	690
680	4.17	3.90	3.64	3.39	680
670	4.15	3.88	3.62	3.37	670
660	4.12	3.86	3.59	3.35	660
650	4.09	3.83	3.57	3.33	650
640	4.07	3.81	3.55	3.31	640
630	4.04	3.79	3.53	3.29	630
620	4.02	3.76	3.51	3.27	620
610	3.99	3.74	3.48	3.25	610
600	3.97	3.71	3.46	3.22	600
590	3.94	3.69	3.44	3.20	590
580	3.92	3.67	3.42	3.18	580
570	3.89	3.64	3.39	3.16	570
560	3.86	3.62	3.37	3.14	560
550	3.84	3.59	3.35	3.12	550
540	3.81	3.57	3.33	3.10	540
530	3.79	3.55	3.30	3.08	530
520	3.76	3.52	3.28	3.06	520
510	3.74	3.50	3.26	3.04	510
500	3.71	3.47	3.24	3.01	500
	19	17	16	15	
Pole Vault					

Pole Vault					
	19	17	16	15	
500	3.71	3.47	3.24	3.01	500
490	3.68	3.45	3.21	2.99	490
480	3.66	3.42	3.19	2.97	480
470	3.63	3.40	3.17	2.95	470
460	3.61	3.38	3.14	2.93	460
450	3.58	3.35	3.12	2.91	450
440	3.55	3.33	3.10	2.89	440
430	3.53	3.30	3.08	2.87	430
420	3.50	3.28	3.05	2.85	420
410	3.48	3.25	3.03	2.82	410
400	3.45	3.23	3.01	2.80	400
390	3.42	3.20	2.99	2.78	390
380	3.40	3.18	2.96	2.76	380
370	3.37	3.16	2.94	2.74	370
360	3.35	3.13	2.92	2.72	360
350	3.32	3.11	2.90	2.70	350
340	3.29	3.08	2.87	2.68	340
330	3.27	3.06	2.85	2.66	330
320	3.24	3.03	2.83	2.63	320
310	3.22	3.01	2.81	2.61	310
300	3.19	2.99	2.78	2.59	300
290	3.16	2.96	2.76	2.57	290
280	3.14	2.94	2.74	2.55	280
270	3.11	2.91	2.72	2.53	270
260	3.09	2.89	2.69	2.51	260
250	3.06	2.87	2.67	2.49	250
	19	17	16	15	
Pole Vault					

Pole Vault					
	19	17	16	15	
250	3.06	2.87	2.67	2.49	250
240	3.04	2.84	2.65	2.47	240
230	3.01	2.82	2.63	2.45	230
220	2.99	2.80	2.60	2.43	220
210	2.96	2.77	2.58	2.41	210
200	2.93	2.75	2.56	2.39	200
190	2.91	2.72	2.54	2.36	190
180	2.88	2.70	2.52	2.34	180
170	2.86	2.68	2.49	2.32	170
160	2.83	2.65	2.47	2.30	160
150	2.81	2.63	2.45	2.28	150
140	2.78	2.61	2.43	2.26	140
130	2.76	2.58	2.41	2.24	130
120	2.73	2.56	2.39	2.22	120
110	2.71	2.54	2.36	2.20	110
100	2.69	2.51	2.34	2.18	100
90	2.66	2.49	2.32	2.16	90
80	2.64	2.47	2.30	2.14	80
70	2.61	2.45	2.28	2.12	70
60	2.59	2.42	2.26	2.10	60
50	2.56	2.40	2.24	2.08	50
40	2.54	2.38	2.22	2.06	40
30	2.52	2.36	2.19	2.04	30
20	2.49	2.33	2.17	2.03	20
10	2.47	2.31	2.15	2.01	10
0	2.44	2.29	2.13	1.99	0
	19	17	16	15	
Pole Vault					

## Athletics Performance Evaluation Tables - For use 2012 to 2016

	Triple Jump				
	19	17	16	15	
1000	16.60	16.06	15.76	15.42	1000
990	16.42	15.89	15.58	15.25	990
980	16.24	15.71	15.41	15.08	980
970	16.05	15.53	15.24	14.91	970
960	15.87	15.35	15.06	14.74	960
950	15.68	15.17	14.88	14.56	950
940	15.49	14.99	14.71	14.39	940
930	15.31	14.81	14.53	14.22	930
920	15.12	14.63	14.35	14.04	920
910	14.93	14.44	14.17	13.87	910
900	14.74	14.26	13.99	13.69	900
890	14.69	14.21	13.94	13.65	890
880	14.64	14.17	13.90	13.60	880
870	14.60	14.12	13.85	13.56	870
860	14.55	14.07	13.81	13.51	860
850	14.50	14.03	13.76	13.47	850
840	14.45	13.98	13.71	13.42	840
830	14.40	13.93	13.67	13.37	830
820	14.35	13.88	13.62	13.33	820
810	14.30	13.83	13.57	13.28	810
800	14.25	13.78	13.52	13.23	800
790	14.20	13.74	13.48	13.19	790
780	14.15	13.69	13.43	13.14	780
770	14.09	13.64	13.38	13.09	770
760	14.04	13.59	13.33	13.04	760
750	13.99	13.53	13.28	12.99	750
	<b>19</b>	<b>17</b>	<b>16</b>	<b>15</b>	
	<b>Triple Jump</b>				

	Triple Jump				
	19	17	16	15	
750	13.99	13.53	13.28	12.99	750
740	13.94	13.48	13.23	12.94	740
730	13.88	13.43	13.18	12.90	730
720	13.83	13.38	13.13	12.85	720
710	13.78	13.33	13.08	12.80	710
700	13.72	13.28	13.03	12.75	700
690	13.67	13.23	12.97	12.70	690
680	13.62	13.17	12.92	12.65	680
670	13.56	13.12	12.87	12.60	670
660	13.51	13.07	12.82	12.54	660
650	13.45	13.01	12.77	12.49	650
640	13.40	12.96	12.71	12.44	640
630	13.34	12.91	12.66	12.39	630
620	13.28	12.85	12.61	12.34	620
610	13.23	12.80	12.56	12.29	610
600	13.17	12.74	12.50	12.23	600
590	13.12	12.69	12.45	12.18	590
580	13.06	12.63	12.39	12.13	580
570	13.00	12.58	12.34	12.08	570
560	12.94	12.52	12.29	12.02	560
550	12.89	12.47	12.23	11.97	550
540	12.83	12.41	12.18	11.92	540
530	12.77	12.36	12.12	11.86	530
520	12.71	12.30	12.07	11.81	520
510	12.66	12.24	12.01	11.75	510
500	12.60	12.19	11.96	11.70	500
	<b>19</b>	<b>17</b>	<b>16</b>	<b>15</b>	
	<b>Triple Jump</b>				

	Triple Jump				
	19	17	16	15	
500	12.60	12.19	11.96	11.70	500
490	12.54	12.13	11.90	11.65	490
480	12.48	12.07	11.85	11.59	480
470	12.42	12.02	11.79	11.54	470
460	12.36	11.96	11.73	11.48	460
450	12.30	11.90	11.68	11.43	450
440	12.24	11.84	11.62	11.37	440
430	12.18	11.79	11.56	11.32	430
420	12.12	11.73	11.51	11.26	420
410	12.06	11.67	11.45	11.21	410
400	12.00	11.61	11.39	11.15	400
390	11.94	11.56	11.34	11.09	390
380	11.88	11.50	11.28	11.04	380
370	11.82	11.44	11.22	10.98	370
360	11.76	11.38	11.17	10.93	360
350	11.70	11.32	11.11	10.87	350
340	11.64	11.26	11.05	10.81	340
330	11.58	11.20	10.99	10.76	330
320	11.52	11.15	10.93	10.70	320
310	11.46	11.09	10.88	10.64	310
300	11.40	11.03	10.82	10.59	300
290	11.34	10.97	10.76	10.53	290
280	11.28	10.91	10.70	10.47	280
270	11.22	10.85	10.65	10.42	270
260	11.15	10.79	10.59	10.36	260
250	11.09	10.73	10.53	10.30	250
	<b>19</b>	<b>17</b>	<b>16</b>	<b>15</b>	
	<b>Triple Jump</b>				

	Triple Jump				
	19	17	16	15	
250	11.09	10.73	10.53	10.30	250
240	11.03	10.67	10.47	10.25	240
230	10.97	10.61	10.41	10.19	230
220	10.91	10.55	10.35	10.13	220
210	10.85	10.49	10.30	10.07	210
200	10.79	10.43	10.24	10.02	200
190	10.72	10.37	10.18	9.96	190
180	10.66	10.32	10.12	9.90	180
170	10.60	10.26	10.06	9.85	170
160	10.54	10.20	10.00	9.79	160
150	10.48	10.14	9.94	9.73	150
140	10.42	10.08	9.89	9.67	140
130	10.35	10.02	9.83	9.62	130
120	10.29	9.96	9.77	9.56	120
110	10.23	9.90	9.71	9.50	110
100	10.17	9.84	9.65	9.44	100
90	10.11	9.78	9.59	9.39	90
80	10.05	9.72	9.53	9.33	80
70	9.98	9.66	9.48	9.27	70
60	9.92	9.60	9.42	9.22	60
50	9.86	9.54	9.36	9.16	50
40	9.80	9.48	9.30	9.10	40
30	9.74	9.42	9.24	9.04	30
20	9.68	9.36	9.18	8.99	20
10	9.61	9.30	9.13	8.93	10
0	9.55	9.24	9.07	8.87	0
	<b>19</b>	<b>17</b>	<b>16</b>	<b>15</b>	
	<b>Triple Jump</b>				

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Shot Put								
	6 kg		5 kg			4 kg		
	19		17	16		15	14	
1000	23.12	1000	23.28	21.64	1000	21.91	20.99	1000
990	22.76	990	22.92	21.31	990	21.57	20.66	990
980	22.38	980	22.54	20.95	980	21.21	20.32	980
970	21.98	970	22.13	20.57	970	20.83	19.95	970
960	21.55	960	21.70	20.17	960	20.42	19.56	960
950	21.10	950	21.25	19.75	950	20.00	19.15	950
940	20.64	940	20.78	19.32	940	19.55	18.73	940
930	20.15	930	20.29	18.86	930	19.10	18.29	930
920	19.66	920	19.79	18.40	920	18.62	17.84	920
910	19.14	910	19.28	17.92	910	18.14	17.38	910
900	18.62	900	18.75	17.43	900	17.64	16.90	900
890	18.44	890	18.57	17.26	890	17.48	16.74	890
880	18.26	880	18.39	17.09	880	17.30	16.58	880
870	18.08	870	18.21	16.92	870	17.13	16.41	870
860	17.90	860	18.02	16.75	860	16.96	16.24	860
850	17.71	850	17.84	16.58	850	16.78	16.08	850
840	17.52	840	17.65	16.40	840	16.61	15.91	840
830	17.33	830	17.46	16.23	830	16.43	15.73	830
820	17.14	820	17.26	16.05	820	16.25	15.56	820
810	16.95	810	17.07	15.87	810	16.06	15.39	810
800	16.76	800	16.88	15.69	800	15.88	15.21	800
790	16.56	790	16.68	15.50	790	15.70	15.03	790
780	16.37	780	16.48	15.32	780	15.51	14.86	780
770	16.17	770	16.28	15.14	770	15.32	14.68	770
760	15.97	760	16.09	14.95	760	15.14	14.50	760
750	15.77	750	15.88	14.76	750	14.95	14.32	750
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>6 kg</b>		<b>5 kg</b>			<b>4 kg</b>		

Shot Put								
	6 kg		5 kg			4 kg		
	19		17	16		15	14	
750	15.77	750	15.88	14.76	750	14.95	14.32	750
740	15.57	740	15.68	14.58	740	14.76	14.14	740
730	15.37	730	15.48	14.39	730	14.57	13.95	730
720	15.17	720	15.28	14.20	720	14.38	13.77	720
710	14.97	710	15.08	14.01	710	14.19	13.59	710
700	14.77	700	14.87	13.82	700	14.00	13.41	700
690	14.57	690	14.67	13.64	690	13.80	13.22	690
680	14.37	680	14.47	13.45	680	13.61	13.04	680
670	14.16	670	14.26	13.26	670	13.42	12.85	670
660	13.96	660	14.06	13.07	660	13.23	12.67	660
650	13.76	650	13.85	12.88	650	13.04	12.49	650
640	13.55	640	13.65	12.69	640	12.84	12.30	640
630	13.35	630	13.45	12.50	630	12.65	12.12	630
620	13.15	620	13.24	12.31	620	12.46	11.94	620
610	12.95	610	13.04	12.12	610	12.27	11.75	610
600	12.75	600	12.84	11.93	600	12.08	11.57	600
590	12.54	590	12.63	11.74	590	11.89	11.39	590
580	12.34	580	12.43	11.55	580	11.70	11.20	580
570	12.14	570	12.23	11.37	570	11.51	11.02	570
560	11.95	560	12.03	11.18	560	11.32	10.84	560
550	11.75	550	11.83	11.00	550	11.13	10.66	550
540	11.55	540	11.63	10.81	540	10.94	10.48	540
530	11.35	530	11.43	10.63	530	10.76	10.31	530
520	11.16	520	11.24	10.44	520	10.57	10.13	520
510	10.96	510	11.04	10.26	510	10.39	9.95	510
500	10.77	500	10.85	10.08	500	10.21	9.78	500
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>6 kg</b>		<b>5 kg</b>			<b>4 kg</b>		

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Shot Put								
	6 kg		5 kg		4 kg			
	19		17	16	15	14		
500	10.77	500	10.85	10.08	500	10.21	9.78	500
490	10.58	490	10.65	9.90	490	10.02	9.60	490
480	10.39	480	10.46	9.72	480	9.84	9.43	480
470	10.20	470	10.27	9.54	470	9.66	9.26	470
460	10.01	460	10.08	9.37	460	9.48	9.09	460
450	9.82	450	9.89	9.19	450	9.31	8.92	450
440	9.64	440	9.70	9.02	440	9.13	8.75	440
430	9.45	430	9.52	8.85	430	8.96	8.58	430
420	9.27	420	9.34	8.68	420	8.78	8.41	420
410	9.09	410	9.15	8.51	410	8.61	8.25	410
400	8.91	400	8.97	8.34	400	8.44	8.09	400
390	8.73	390	8.79	8.17	390	8.28	7.93	390
380	8.56	380	8.62	8.01	380	8.11	7.77	380
370	8.38	370	8.44	7.85	370	7.94	7.61	370
360	8.21	360	8.27	7.69	360	7.78	7.45	360
350	8.04	350	8.10	7.53	350	7.62	7.30	350
340	7.87	340	7.93	7.37	340	7.46	7.15	340
330	7.71	330	7.76	7.21	330	7.30	7.00	330
320	7.54	320	7.60	7.06	320	7.15	6.85	320
310	7.38	310	7.43	6.91	310	6.99	6.70	310
300	7.22	300	7.27	6.76	300	6.84	6.55	300
290	7.06	290	7.11	6.61	290	6.69	6.41	290
280	6.90	280	6.95	6.46	280	6.54	6.27	280
270	6.75	270	6.80	6.32	270	6.40	6.13	270
260	6.60	260	6.64	6.17	260	6.25	5.99	260
250	6.45	250	6.49	6.03	250	6.11	5.85	250
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>6 kg</b>		<b>5 kg</b>			<b>4 kg</b>		

Shot Put								
	6 kg		5 kg		4 kg			
	19		17	16	15	14		
250	6.45	250	6.49	6.03	250	6.11	5.85	250
240	6.30	240	6.34	5.90	240	5.97	5.72	240
230	6.15	230	6.20	5.76	230	5.83	5.58	230
220	6.01	220	6.05	5.62	220	5.69	5.45	220
210	5.87	210	5.91	5.49	210	5.56	5.32	210
200	5.73	200	5.77	5.36	200	5.43	5.20	200
190	5.59	190	5.63	5.23	190	5.30	5.07	190
180	5.45	180	5.49	5.10	180	5.17	4.95	180
170	5.32	170	5.36	4.98	170	5.04	4.83	170
160	5.19	160	5.23	4.86	160	4.92	4.71	160
150	5.06	150	5.10	4.74	150	4.80	4.59	150
140	4.93	140	4.97	4.62	140	4.68	4.48	140
130	4.81	130	4.84	4.50	130	4.56	4.36	130
120	4.69	120	4.72	4.39	120	4.44	4.25	120
110	4.57	110	4.60	4.27	110	4.33	4.14	110
100	4.45	100	4.48	4.16	100	4.21	4.04	100
90	4.33	90	4.36	4.05	90	4.11	3.93	90
80	4.22	80	4.25	3.95	80	4.00	3.83	80
70	4.11	70	4.14	3.84	70	3.89	3.73	70
60	4.00	60	4.02	3.74	60	3.79	3.63	60
50	3.89	50	3.92	3.64	50	3.69	3.53	50
40	3.78	40	3.81	3.54	40	3.59	3.43	40
30	3.68	30	3.71	3.45	30	3.49	3.34	30
20	3.58	20	3.60	3.35	20	3.39	3.25	20
10	3.48	10	3.50	3.26	10	3.30	3.16	10
0	3.38	0	3.41	3.17	0	3.21	3.07	0
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>6 kg</b>		<b>5 kg</b>			<b>4 kg</b>		

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Discus Throw								
	1,75 kg		1,5 kg			1 kg		
	19		17	16		15	14	
1000	67.28	1000	71.14	63.66	1000	68.64	59.18	1000
990	66.12	990	69.92	62.57	990	67.46	58.16	990
980	64.89	980	68.62	61.40	980	66.21	57.08	980
970	63.59	970	67.24	60.17	970	64.88	55.93	970
960	62.22	960	65.79	58.87	960	63.48	54.73	960
950	60.78	950	64.28	57.52	950	62.01	53.47	950
940	59.29	940	62.70	56.11	940	60.49	52.16	940
930	57.75	930	61.07	54.65	930	58.92	50.80	930
920	56.17	920	59.40	53.15	920	57.31	49.41	920
910	54.55	910	57.68	51.61	910	55.65	47.98	910
900	52.89	900	55.93	50.05	900	53.96	46.52	900
890	52.33	890	55.34	49.52	890	53.39	46.03	890
880	51.76	880	54.74	48.98	880	52.81	45.53	880
870	51.19	870	54.13	48.44	870	52.23	45.03	870
860	50.61	860	53.52	47.89	860	51.64	44.52	860
850	50.03	850	52.91	47.34	850	51.04	44.01	850
840	49.44	840	52.29	46.79	840	50.44	43.49	840
830	48.85	830	51.66	46.23	830	49.84	42.97	830
820	48.26	820	51.03	45.66	820	49.23	42.45	820
810	47.66	810	50.39	45.09	810	48.62	41.92	810
800	47.05	800	49.76	44.52	800	48.00	41.39	800
790	46.44	790	49.11	43.95	790	47.38	40.85	790
780	45.84	780	48.47	43.37	780	46.76	40.32	780
770	45.22	770	47.82	42.79	770	46.14	39.78	770
760	44.61	760	47.17	42.21	760	45.51	39.24	760
750	43.99	750	46.52	41.63	750	44.88	38.69	750
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>1,75 kg</b>		<b>1,5 kg</b>			<b>1 kg</b>		

Discus Throw								
	1,75 kg		1,5 kg			1 kg		
	19		17	16		15	14	
750	43.99	750	46.52	41.63	750	44.88	38.69	750
740	43.37	740	45.87	41.04	740	44.25	38.15	740
730	42.75	730	45.21	40.46	730	43.62	37.61	730
720	42.13	720	44.55	39.87	720	42.99	37.06	720
710	41.51	710	43.90	39.28	710	42.35	36.51	710
700	40.89	700	43.24	38.69	700	41.72	35.97	700
690	40.27	690	42.58	38.10	690	41.08	35.42	690
680	39.65	680	41.93	37.52	680	40.45	34.87	680
670	39.03	670	41.27	36.93	670	39.82	34.33	670
660	38.41	660	40.61	36.34	660	39.18	33.78	660
650	37.79	650	39.96	35.75	650	38.55	33.24	650
640	37.17	640	39.30	35.17	640	37.92	32.69	640
630	36.55	630	38.65	34.59	630	37.29	32.15	630
620	35.94	620	38.00	34.00	620	36.66	31.61	620
610	35.32	610	37.35	33.43	610	36.04	31.07	610
600	34.71	600	36.71	32.85	600	35.42	30.53	600
590	34.11	590	36.07	32.27	590	34.80	30.00	590
580	33.50	580	35.43	31.70	580	34.18	29.47	580
570	32.90	570	34.79	31.13	570	33.56	28.94	570
560	32.30	560	34.16	30.56	560	32.95	28.41	560
550	31.71	550	33.53	30.00	550	32.35	27.89	550
540	31.11	540	32.90	29.44	540	31.74	27.37	540
530	30.53	530	32.28	28.89	530	31.14	26.85	530
520	29.94	520	31.66	28.33	520	30.55	26.34	520
510	29.36	510	31.05	27.79	510	29.96	25.83	510
500	28.79	500	30.44	27.24	500	29.37	25.32	500
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>1,75 kg</b>		<b>1,5 kg</b>			<b>1 kg</b>		

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Discus Throw								
	1,75 kg		1,5 kg		1 kg			
	19		17	16		15	14	
500	28.79	500	30.44	27.24	500	29.37	25.32	500
490	28.22	490	29.84	26.70	490	28.79	24.82	490
480	27.65	480	29.24	26.17	480	28.21	24.32	480
470	27.09	470	28.65	25.64	470	27.64	23.83	470
460	26.54	460	28.06	25.11	460	27.08	23.34	460
450	25.99	450	27.48	24.59	450	26.51	22.86	450
440	25.44	440	26.91	24.08	440	25.96	22.38	440
430	24.91	430	26.34	23.57	430	25.41	21.91	430
420	24.37	420	25.77	23.06	420	24.87	21.44	420
410	23.84	410	25.22	22.56	410	24.33	20.97	410
400	23.32	400	24.66	22.07	400	23.80	20.52	400
390	22.81	390	24.12	21.58	390	23.27	20.06	390
380	22.30	380	23.58	21.10	380	22.75	19.61	380
370	21.80	370	23.05	20.62	370	22.24	19.17	370
360	21.30	360	22.52	20.15	360	21.73	18.74	360
350	20.81	350	22.01	19.69	350	21.23	18.30	350
340	20.33	340	21.49	19.23	340	20.74	17.88	340
330	19.85	330	20.99	18.78	330	20.25	17.46	330
320	19.38	320	20.49	18.34	320	19.77	17.05	320
310	18.92	310	20.00	17.90	310	19.30	16.64	310
300	18.46	300	19.52	17.47	300	18.83	16.24	300
290	18.01	290	19.04	17.04	290	18.37	15.84	290
280	17.57	280	18.58	16.62	280	17.92	15.45	280
270	17.13	270	18.11	16.21	270	17.48	15.07	270
260	16.70	260	17.66	15.80	260	17.04	14.69	260
250	16.28	250	17.21	15.40	250	16.61	14.32	250
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>1,75 kg</b>		<b>1,5 kg</b>			<b>1 kg</b>		

Discus Throw								
	1,75 kg		1,5 kg		1 kg			
	19		17	16		15	14	
250	16.28	250	17.21	15.40	250	16.61	14.32	250
240	15.86	240	16.77	15.01	240	16.18	13.95	240
230	15.45	230	16.34	14.62	230	15.77	13.59	230
220	15.05	220	15.92	14.24	220	15.36	13.24	220
210	14.66	210	15.50	13.87	210	14.95	12.89	210
200	14.27	200	15.09	13.50	200	14.56	12.55	200
190	13.89	190	14.69	13.14	190	14.17	12.22	190
180	13.52	180	14.29	12.79	180	13.79	11.89	180
170	13.15	170	13.91	12.44	170	13.42	11.57	170
160	12.79	160	13.53	12.10	160	13.05	11.25	160
150	12.44	150	13.15	11.77	150	12.69	10.94	150
140	12.09	140	12.79	11.44	140	12.34	10.64	140
130	11.75	130	12.43	11.12	130	11.99	10.34	130
120	11.42	120	12.08	10.81	120	11.65	10.05	120
110	11.10	110	11.73	10.50	110	11.32	9.76	110
100	10.78	100	11.40	10.20	100	11.00	9.48	100
90	10.47	90	11.07	9.90	90	10.68	9.21	90
80	10.16	80	10.74	9.61	80	10.37	8.94	80
70	9.86	70	10.43	9.33	70	10.06	8.67	70
60	9.57	60	10.12	9.06	60	9.76	8.42	60
50	9.28	50	9.82	8.79	50	9.47	8.17	50
40	9.01	40	9.52	8.52	40	9.19	7.92	40
30	8.73	30	9.23	8.26	30	8.91	7.68	30
20	8.47	20	8.95	8.01	20	8.64	7.45	20
10	8.21	10	8.68	7.76	10	8.37	7.22	10
0	7.95	0	8.41	7.52	0	8.11	6.99	0
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>1,75 kg</b>		<b>1,5 kg</b>			<b>1 kg</b>		

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Hammer Throw								
	6 kg		5 kg		4 kg			
	19		17	16	15	14		
1000	81.39	1000	80.30	64.35	1000	67.36	52.36	1000
990	79.31	990	78.25	62.71	990	65.64	51.03	990
980	77.11	980	76.08	60.97	980	63.82	49.61	980
970	74.81	970	73.80	59.15	970	61.91	48.13	970
960	72.41	960	71.44	57.25	960	59.92	46.58	960
950	69.93	950	68.99	55.29	950	57.87	44.99	950
940	67.38	940	66.47	53.27	940	55.76	43.35	940
930	64.78	930	63.91	51.22	930	53.61	41.68	930
920	62.14	920	61.30	49.13	920	51.42	39.98	920
910	59.47	910	58.67	47.02	910	49.21	38.26	910
900	56.79	900	56.03	44.90	900	47.00	36.54	900
890	55.89	890	55.14	44.19	890	46.25	35.96	890
880	54.99	880	54.25	43.48	880	45.51	35.38	880
870	54.08	870	53.36	42.76	870	44.76	34.80	870
860	53.17	860	52.46	42.04	860	44.00	34.21	860
850	52.26	850	51.56	41.32	850	43.25	33.62	850
840	51.35	840	50.66	40.60	840	42.49	33.03	840
830	50.43	830	49.75	39.87	830	41.73	32.44	830
820	49.51	820	48.85	39.15	820	40.97	31.85	820
810	48.59	810	47.94	38.42	810	40.21	31.26	810
800	47.67	800	47.04	37.69	800	39.45	30.67	800
790	46.76	790	46.13	36.97	790	38.69	30.08	790
780	45.84	780	45.23	36.24	780	37.94	29.49	780
770	44.93	770	44.33	35.52	770	37.18	28.91	770
760	44.02	760	43.43	34.80	760	36.43	28.32	760
750	43.11	750	42.53	34.09	750	35.68	27.74	750
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>6 kg</b>		<b>5 kg</b>			<b>4 kg</b>		

Hammer Throw								
	6 kg		5 kg		4 kg			
	19		17	16	15	14		
750	43.11	750	42.53	34.09	750	35.68	27.74	750
740	42.21	740	41.64	33.37	740	34.93	27.16	740
730	41.31	730	40.76	32.66	730	34.19	26.58	730
720	40.42	720	39.87	31.95	720	33.45	26.00	720
710	39.53	710	39.00	31.25	710	32.71	25.43	710
700	38.65	700	38.13	30.56	700	31.98	24.86	700
690	37.77	690	37.26	29.86	690	31.26	24.30	690
680	36.90	680	36.41	29.18	680	30.54	23.74	680
670	36.04	670	35.56	28.49	670	29.83	23.19	670
660	35.19	660	34.71	27.82	660	29.12	22.64	660
650	34.34	650	33.88	27.15	650	28.42	22.09	650
640	33.50	640	33.06	26.49	640	27.73	21.56	640
630	32.68	630	32.24	25.84	630	27.04	21.02	630
620	31.86	620	31.43	25.19	620	26.36	20.50	620
610	31.05	610	30.63	24.55	610	25.70	19.98	610
600	30.25	600	29.84	23.92	600	25.03	19.46	600
590	29.46	590	29.07	23.29	590	24.38	18.95	590
580	28.68	580	28.30	22.68	580	23.74	18.45	580
570	27.92	570	27.54	22.07	570	23.10	17.96	570
560	27.16	560	26.80	21.47	560	22.48	17.47	560
550	26.41	550	26.06	20.88	550	21.86	16.99	550
540	25.68	540	25.34	20.30	540	21.25	16.52	540
530	24.96	530	24.62	19.73	530	20.65	16.06	530
520	24.25	520	23.92	19.17	520	20.07	15.60	520
510	23.55	510	23.23	18.62	510	19.49	15.15	510
500	22.86	500	22.56	18.08	500	18.92	14.71	500
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>6 kg</b>		<b>5 kg</b>			<b>4 kg</b>		

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Hammer Throw								
	6 kg		5 kg		4 kg			
	19		17	16	15	14		
500	22.86	500	22.56	18.08	500	18.92	14.71	500
490	22.19	490	21.89	17.54	490	18.36	14.28	490
480	21.53	480	21.24	17.02	480	17.82	13.85	480
470	20.88	470	20.60	16.51	470	17.28	13.43	470
460	20.24	460	19.97	16.00	460	16.75	13.02	460
450	19.62	450	19.36	15.51	450	16.24	12.62	450
440	19.01	440	18.75	15.03	440	15.73	12.23	440
430	18.41	430	18.16	14.55	430	15.23	11.84	430
420	17.82	420	17.58	14.09	420	14.75	11.47	420
410	17.25	410	17.02	13.64	410	14.27	11.10	410
400	16.69	400	16.46	13.19	400	13.81	10.74	400
390	16.14	390	15.92	12.76	390	13.36	10.38	390
380	15.60	380	15.39	12.34	380	12.91	10.04	380
370	15.08	370	14.88	11.92	370	12.48	9.70	370
360	14.57	360	14.37	11.52	360	12.06	9.37	360
350	14.07	350	13.88	11.12	350	11.64	9.05	350
340	13.58	340	13.40	10.74	340	11.24	8.74	340
330	13.11	330	12.93	10.37	330	10.85	8.43	330
320	12.65	320	12.48	10.00	320	10.47	8.14	320
310	12.20	310	12.03	9.64	310	10.09	7.85	310
300	11.76	300	11.60	9.30	300	9.73	7.57	300
290	11.33	290	11.18	8.96	290	9.38	7.29	290
280	10.92	280	10.77	8.63	280	9.04	7.03	280
270	10.52	270	10.38	8.31	270	8.70	6.77	270
260	10.12	260	9.99	8.00	260	8.38	6.51	260
250	9.74	250	9.61	7.70	250	8.06	6.27	250
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>6 kg</b>		<b>5 kg</b>			<b>4 kg</b>		

Hammer Throw								
	6 kg		5 kg		4 kg			
	19		17	16	15	14		
250	9.74	250	9.61	7.70	250	8.06	6.27	250
240	9.37	240	9.25	7.41	240	7.76	6.03	240
230	9.02	230	8.89	7.13	230	7.46	5.80	230
220	8.67	220	8.55	6.85	220	7.17	5.58	220
210	8.33	210	8.22	6.59	210	6.89	5.36	210
200	8.00	200	7.90	6.33	200	6.62	5.15	200
190	7.69	190	7.58	6.08	190	6.36	4.94	190
180	7.38	180	7.28	5.83	180	6.11	4.75	180
170	7.08	170	6.99	5.60	170	5.86	4.56	170
160	6.79	160	6.70	5.37	160	5.62	4.37	160
150	6.52	150	6.43	5.15	150	5.39	4.19	150
140	6.25	140	6.16	4.94	140	5.17	4.02	140
130	5.99	130	5.91	4.73	130	4.95	3.85	130
120	5.74	120	5.66	4.53	120	4.75	3.69	120
110	5.49	110	5.42	4.34	110	4.55	3.53	110
100	5.26	100	5.19	4.16	100	4.35	3.38	100
90	5.03	90	4.97	3.98	90	4.17	3.24	90
80	4.82	80	4.75	3.81	80	3.98	3.10	80
70	4.60	70	4.54	3.64	70	3.81	2.96	70
60	4.40	60	4.34	3.48	60	3.64	2.83	60
50	4.21	50	4.15	3.33	50	3.48	2.71	50
40	4.02	40	3.97	3.18	40	3.33	2.59	40
30	3.84	30	3.79	3.04	30	3.18	2.47	30
20	3.66	20	3.62	2.90	20	3.03	2.36	20
10	3.50	10	3.45	2.77	10	2.89	2.25	10
0	3.34	0	3.29	2.64	0	2.76	2.15	0
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>6 kg</b>		<b>5 kg</b>			<b>4 kg</b>		

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Javelin Throw								
	800g		700g			600g		
	19		17	16		15	14	
1000	80.59	1000	80.08	68.52	1000	69.56	57.94	1000
990	79.69	990	79.18	67.75	990	68.78	57.29	990
980	78.72	980	78.21	66.92	980	67.94	56.59	980
970	77.68	970	77.18	66.04	970	67.05	55.85	970
960	76.58	960	76.09	65.11	960	66.10	55.06	960
950	75.43	950	74.95	64.12	950	65.10	54.23	950
940	74.22	940	73.74	63.09	940	64.05	53.35	940
930	72.95	930	72.49	62.02	930	62.96	52.45	930
920	71.64	920	71.18	60.90	920	61.83	51.50	920
910	70.28	910	69.83	59.75	910	60.66	50.53	910
900	68.88	900	68.44	58.56	900	59.45	49.52	900
890	68.40	890	67.97	58.15	890	59.04	49.18	890
880	67.92	880	67.49	57.74	880	58.62	48.83	880
870	67.43	870	67.00	57.32	870	58.20	48.47	870
860	66.93	860	66.50	56.90	860	57.77	48.12	860
850	66.43	850	66.00	56.47	850	57.33	47.75	850
840	65.92	840	65.50	56.04	840	56.89	47.39	840
830	65.40	830	64.98	55.60	830	56.45	47.02	830
820	64.88	820	64.46	55.16	820	56.00	46.64	820
810	64.35	810	63.94	54.71	810	55.54	46.26	810
800	63.82	800	63.41	54.25	800	55.08	45.88	800
790	63.28	790	62.87	53.80	790	54.62	45.49	790
780	62.73	780	62.33	53.33	780	54.15	45.10	780
770	62.19	770	61.79	52.87	770	53.67	44.71	770
760	61.63	760	61.24	52.40	760	53.20	44.31	760
750	61.08	750	60.69	51.92	750	52.71	43.91	750
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>800g</b>		<b>700g</b>			<b>600g</b>		

Javelin Throw								
	800g		700g			600g		
	19		17	16		15	14	
750	61.08	750	60.69	51.92	750	52.71	43.91	750
740	60.51	740	60.13	51.45	740	52.23	43.50	740
730	59.95	730	59.57	50.97	730	51.74	43.10	730
720	59.38	720	59.00	50.48	720	51.25	42.69	720
710	58.81	710	58.43	49.99	710	50.76	42.28	710
700	58.23	700	57.86	49.50	700	50.26	41.86	700
690	57.65	690	57.28	49.01	690	49.76	41.45	690
680	57.07	680	56.70	48.52	680	49.26	41.03	680
670	56.48	670	56.12	48.02	670	48.75	40.61	670
660	55.90	660	55.54	47.52	660	48.24	40.18	660
650	55.31	650	54.95	47.02	650	47.73	39.76	650
640	54.71	640	54.36	46.51	640	47.22	39.33	640
630	54.12	630	53.77	46.01	630	46.71	38.91	630
620	53.52	620	53.18	45.50	620	46.20	38.48	620
610	52.93	610	52.59	45.00	610	45.68	38.05	610
600	52.33	600	51.99	44.49	600	45.16	37.62	600
590	51.73	590	51.40	43.98	590	44.65	37.19	590
580	51.13	580	50.80	43.47	580	44.13	36.76	580
570	50.53	570	50.20	42.95	570	43.61	36.32	570
560	49.92	560	49.60	42.44	560	43.09	35.89	560
550	49.32	550	49.01	41.93	550	42.57	35.46	550
540	48.72	540	48.41	41.42	540	42.05	35.02	540
530	48.12	530	47.81	40.91	530	41.53	34.59	530
520	47.51	520	47.21	40.39	520	41.01	34.16	520
510	46.91	510	46.61	39.88	510	40.49	33.73	510
500	46.31	500	46.01	39.37	500	39.97	33.29	500
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>800g</b>		<b>700g</b>			<b>600g</b>		

## Athletics Performance Evaluation Tables - For use 2012 to 2016

Javelin Throw								
	800g		700g			600g		
	19		17	16		15	14	
500	46.31	500	46.01	39.37	500	39.97	33.29	500
490	45.71	490	45.42	38.86	490	39.45	32.86	490
480	45.11	480	44.82	38.35	480	38.93	32.43	480
470	44.51	470	44.23	37.84	470	38.42	32.00	470
460	43.91	460	43.63	37.33	460	37.90	31.57	460
450	43.32	450	43.04	36.83	450	37.39	31.14	450
440	42.72	440	42.45	36.32	440	36.87	30.71	440
430	42.13	430	41.86	35.82	430	36.36	30.29	430
420	41.54	420	41.27	35.31	420	35.85	29.86	420
410	40.95	410	40.69	34.81	410	35.34	29.44	410
400	40.36	400	40.11	34.32	400	34.84	29.02	400
390	39.78	390	39.53	33.82	390	34.33	28.60	390
380	39.20	380	38.95	33.32	380	33.83	28.18	380
370	38.62	370	38.37	32.83	370	33.33	27.76	370
360	38.04	360	37.80	32.34	360	32.83	27.35	360
350	37.47	350	37.23	31.85	350	32.34	26.94	350
340	36.90	340	36.66	31.37	340	31.85	26.53	340
330	36.33	330	36.10	30.89	330	31.36	26.12	330
320	35.77	320	35.54	30.41	320	30.87	25.71	320
310	35.21	310	34.98	29.93	310	30.39	25.31	310
300	34.65	300	34.43	29.46	300	29.90	24.91	300
290	34.09	290	33.88	28.99	290	29.43	24.51	290
280	33.54	280	33.33	28.52	280	28.95	24.12	280
270	33.00	270	32.79	28.05	270	28.48	23.72	270
260	32.46	260	32.25	27.59	260	28.01	23.33	260
250	31.92	250	31.71	27.14	250	27.55	22.95	250
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>800g</b>		<b>700g</b>			<b>600g</b>		

Javelin Throw								
	800g		700g			600g		
	19		17	16		15	14	
250	31.92	250	31.71	27.14	250	27.55	22.95	250
240	31.38	240	31.18	26.68	240	27.09	22.56	240
230	30.85	230	30.66	26.23	230	26.63	22.18	230
220	30.33	220	30.14	25.78	220	26.18	21.80	220
210	29.81	210	29.62	25.34	210	25.73	21.43	210
200	29.29	200	29.10	24.90	200	25.28	21.06	200
190	28.78	190	28.60	24.47	190	24.84	20.69	190
180	28.27	180	28.09	24.04	180	24.40	20.32	180
170	27.77	170	27.59	23.61	170	23.97	19.96	170
160	27.27	160	27.10	23.18	160	23.54	19.61	160
150	26.78	150	26.61	22.77	150	23.11	19.25	150
140	26.29	140	26.12	22.35	140	22.69	18.90	140
130	25.81	130	25.64	21.94	130	22.27	18.55	130
120	25.33	120	25.17	21.53	120	21.86	18.21	120
110	24.86	110	24.70	21.13	110	21.45	17.87	110
100	24.39	100	24.23	20.73	100	21.05	17.53	100
90	23.92	90	23.77	20.34	90	20.65	17.20	90
80	23.47	80	23.32	19.95	80	20.25	16.87	80
70	23.01	70	22.87	19.57	70	19.86	16.54	70
60	22.57	60	22.42	19.19	60	19.48	16.22	60
50	22.12	50	21.98	18.81	50	19.10	15.91	50
40	21.69	40	21.55	18.44	40	18.72	15.59	40
30	21.26	30	21.12	18.07	30	18.35	15.28	30
20	20.83	20	20.70	17.71	20	17.98	14.98	20
10	20.41	10	20.28	17.35	10	17.62	14.67	10
0	20.00	0	19.87	17.00	0	17.26	14.38	0
	<b>19</b>		<b>17</b>	<b>16</b>		<b>15</b>	<b>14</b>	
	<b>800g</b>		<b>700g</b>			<b>600g</b>		