Athletics Performance Evaluation (APE) Tables 2012-2015
Boys 10 & 11

	Boys 11														
	Track						Hurdles		Relays			Field			
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	
1000		9.60		11.61	3:30.38	1000	11.3	11.55	48.5	48.67	1000		5.38	14.17	1000
990		9.63	11.4	11.65	3:31.13	990		11.62	48.7	48.86	990	1.64	5.35	13.99	990
980	9.4	9.66		11.69	3:31.89	980	11.4	11.68	48.9	49.06	980	1.63	5.33	13.81	980
970		9.69		11.73	3:32.67	970	11.5	11.75	49.1	49.26	970	1.62	5.31	13.62	970
960		9.72	11.5	11.77	3:33.47	960		11.82	49.3	49.47	960		5.28	13.43	960
950	9.5	9.76		11.82	3:34.29	950	11.6	11.89	49.5	49.68	950	1.61	5.26	13.24	950
940		9.79	11.6	11.86	3:35.11	940	11.7	11.96	49.8	49.90	940	1.60	5.23	13.04	940
930		9.82		11.90	3:35.96	930	11.8	12.03	50.0	50.11	930		5.21	12.84	930
920	9.6	9.86	11.7	11.95	3:36.82	920		12.11	50.2	50.34	920	1.59	5.18	12.64	920
910		9.89		11.99	3:37.70	910	11.9	12.18	50.4	50.57	910	1.58	5.16	12.43	910
900		9.93	11.8	12.04	3:38.60	900	0.0	12.26	50.7	50.80	900	1.57	5.13	12.22	900
890	9.7	9.97		12.09	3:39.52	890	12.1	12.34	50.9	51.04	890	1.56	5.11	12.11	890
880		10.00	11.9	12.14	3:40.45	880	12.2	12.42	51.1	51.28	880		5.08	11.99	880
870		10.04		12.19	3:41.41	870	12.3	12.51	51.4	51.53	870	1.55	5.06	11.88	870
860	9.8	10.08	12.0	12.24	3:42.39	860		12.59	51.6	51.78	860	1.54	5.03	11.77	860
850		10.12		12.29	3:43.39	850	12.4	12.68	51.9	52.05	850	1.53	5.01	11.65	850
840	9.9	10.16	12.1	12.34	3:44.41	840	12.5	12.77	52.2	52.31	840		4.98	11.54	840
830		10.21		12.40	3:45.45	830	12.6	12.86	52.4	52.58	830	1.52	4.96	11.43	830
820	10.0	10.25	12.2	12.45	3:46.52	820	12.7	12.96	52.7	52.86	820	1.51	4.93	11.32	820
810		10.29		12.51	3:47.61	810	12.8	13.05	53.0	53.15	810	1.50	4.91	11.21	810
800		10.34	12.3	12.57	3:48.72	800	12.9	13.15	53.3	53.44	800		4.88	11.10	800
790	10.1	10.38		12.62	3:49.85	790	13.0	13.25	53.6	53.73	790	1.49	4.86	10.99	790
780		10.43	12.4	12.68	3:51.01	780	13.1	13.36	53.9	54.03	780	1.48	4.83	10.88	780
770	10.2	10.48	12.5	12.74	3:52.19	770	13.2	13.46	54.2	54.34	770	1.47	4.81	10.77	770
760		10.52		12.81	3:53.39	760	13.3	13.57	54.5	54.66	760		4.78	10.66	760
750	10.3	10.57	12.6	12.87	3:54.62	750	13.4	13.68	54.8	54.98	750	1.46	4.76	10.55	750
740		10.62	12.7	12.94	3:55.88	740	13.6	13.80	55.2	55.31	740	1.45	4.73	10.45	740
730	10.4	10.67		13.00	3:57.15	730	13.7	13.91	55.5	55.64	730	1.44	4.71	10.34	730
720		10.73	12.8	13.07	3:58.46	720	13.8	14.03	55.8	55.99	720		4.69	10.24	720
710	10.5	10.78	12.9	13.14	3:59.79	710	13.9	14.15	56.2	56.33	710	1.43	4.66	10.13	710
700	10.6	10.83		13.21	4:01.14	700	14.0	14.28	56.6	56.69	700	1.42	4.64	10.03	700
690		10.89	13.0	13.28	4:02.52	690	14.2	14.40	56.9	57.05	690	1.41	4.61	9.93	690
680	10.7	10.94	13.1	13.35	4:03.93	680	14.3	14.53	57.3	57.42	680		4.59	9.82	680
670		11.00	13.2	13.43	4:05.37	670	14.4	14.67	57.7	57.80	670	1.40	4.56	9.72	670
660	10.8	11.06		13.50	4:06.83	660	14.6	14.80	58.0	58.19	660	1.39	4.54	9.62	660
650		11.12	13.3	13.58	4:08.32	650	14.7	14.94	58.4	58.58	650	1.38	4.52	9.52	650
640	10.9	11.18	13.4	13.66	4:09.84	640	14.8	15.08	58.8	58.98	640		4.49	9.42	640
630	11.0	11.24	13.5	13.74	4:11.39	630	15.0	15.23	59.2	59.39	630	1.37	4.47	9.32	630
620		11.30	13.6	13.82	4:12.96	620	15.1	15.38	59.7	59.81	620	1.36	4.44	9.22	620
610	11.1	11.37		13.90	4:14.57	610	15.3	15.53	60.1	60.23	610	1.35	4.42	9.12	610
600	11.2	11.43	13.7	13.98	4:16.20	600	15.4	15.68	60.5	60.66	600		4.39	9.03	600
590		11.50	13.8	14.07	4:17.87	590	15.6	15.84	61.0	61.10	590	1.34	4.37	8.93	590
580	11.3	11.56	13.9	14.16	4:19.56	580	15.8	16.00	61.4	61.55	580	1.33	4.35	8.83	580
570	11.4	11.63	14.0	14.25	4:21.29	570	15.9	16.17	61.9	62.01	570		4.32	8.74	570
560		11.70	14.1	14.34	4:23.05	560	16.1	16.34	62.3	62.48	560	1.32	4.30	8.64	560
550	11.5	11.77	14.2	14.43	4:24.84	550	16.3	16.51	62.8	62.95	550	1.31	4.27	8.55	550
540	11.6	11.84	14.3	14.52	4:26.66	540	16.4	16.69	63.3	63.44	540	1.30	4.25	8.46	540
530	11.7	11.92	14.4	14.62	4:28.52	530	16.6	16.87	63.8	63.93	530		4.23	8.36	530
520		11.99	14.5	14.72	4:30.41	520	16.8	17.05	1:04.3	1:04.44	520	1.29	4.20	8.27	520
510	11.8	12.07	14.6	14.81	4:32.34	510	17.0	17.24	1:04.8	1:04.95	510	1.28	4.18	8.18	510
500	11.9	12.14	14.7	14.91	4:34.30	500	17.2	17.44	1:05.3	1:05.47	500	1.27	4.16	8.09	500
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	

	Boys 10														
	Track						Hurdles		Relays			Field			
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	
1000	9.7	9.96	11.8	12.05	3:37.10	1000	11.3	11.58	50.6	50.77	1000	1.51	4.90	13.35	1000
990		9.99		12.09	3:37.88	990	11.4	11.64	50.8	50.97	990	1.50	4.88	13.18	990
980		10.02		12.13	3:38.67	980		11.71	51.0	51.18	980		4.86	13.01	980
970	9.8	10.05	11.9	12.17	3:39.47	970	11.5	11.78	51.2	51.39	970	1.49	4.84	12.83	970
960		10.09		12.21	3:40.30	960	11.6	11.85	51.5	51.60	960	1.48	4.82	12.65	960
950		10.12	12.0	12.26	3:41.14	950		11.92	51.7	51.82	950		4.80	12.47	950
940	9.9	10.15		12.30	3:41.99	940	11.7	11.99	51.9	52.05	940	1.47	4.77	12.28	940
930		10.19	12.1	12.35	3:42.87	930	11.8	12.06	52.1	52.28	930	1.46	4.75	12.09	930
920		10.23		12.39	3:43.76	920	11.9	12.14	52.4	52.51	920		4.73	11.90	920
910	10.0	10.26	12.2	12.44	3:44.66	910	12.0	12.21	52.6	52.75	910	1.45	4.70	11.71	910
900		10.30		12.49	3:45.59	900		12.29	52.9	52.99	900	1.44	4.68	11.51	900
890		10.34	12.3	12.54	3:46.53	890	12.1	12.37	53.1	53.24	890		4.66	11.40	890
880	10.1	10.38		12.59	3:47.50	880	12.2	12.45	53.4	53.49	880	1.43	4.63	11.30	880
870		10.42	12.4	12.64	3:48.49	870	12.3	12.54	53.6	53.75	870	1.42	4.61	11.19	870
860	10.2	10.46		12.69	3:49.50	860	12.4	12.62	53.9	54.02	860		4.59	11.08	860
850		10.50	12.5	12.75	3:50.53	850	12.5	12.71	54.1	54.29	850	1.41	4.57	10.98	850
840	10.3	10.54		12.80	3:51.58	840	12.6	12.80	54.4	54.57	840	1.40	4.54	10.87	840
830		10.59	12.6	12.86	3:52.66	830		12.89	54.7	54.85	830	1.39	4.52	10.76	830
820		10.63		12.92	3:53.76	820	12.7	12.99	55.0	55.14	820		4.50	10.66	820
810	10.4	10.68	12.7	12.97	3:54.88	810	12.8	13.08	55.3	55.44	810	1.38	4.48	10.55	810
800		10.72	12.8	13.03	3:56.03	800	12.9	13.18	55.6	55.74	800	1.37	4.45	10.45	800
790	10.5	10.77		13.10	3:57.20	790	13.0	13.29	55.9	56.05	790		4.43	10.35	790
780		10.82	12.9	13.16	3:58.39	780	13.1	13.39	56.2	56.36	780	1.36	4.41	10.25	780
770	10.6	10.87	13.0	13.22	3:59.61	770	13.3	13.50	56.5	56.69	770	1.35	4.39	10.14	770
760		10.92		13.29	4:00.86	760	13.4	13.60	56.9	57.01	760		4.36	10.04	760
750	10.7	10.97	13.1	13.35	4:02.12	750	13.5	13.72	57.2	57.35	750	1.34	4.34	9.94	750
740		11.02	13.2	13.42	4:03.42	740	13.6	13.83	57.6	57.69	740	1.33	4.32	9.84	740
730	10.8	11.07		13.49	4:04.74	730	13.7	13.95	57.9	58.04	730		4.30	9.74	730
720		11.13	13.3	13.56	4:06.08	720	13.8	14.07	58.3	58.40	720	1.32	4.27	9.64	720
710	10.9	11.18	13.4	13.63	4:07.46	710	13.9	14.19	58.6	58.76	710	1.31	4.25	9.54	710
700	11.0	11.24		13.70	4:08.85	700	14.1	14.31	59.0	59.13	700	1.30	4.23	9.45	700
690		11.29	13.5	13.78	4:10.28	690	14.2	14.44	59.4	59.51	690		4.21	9.35	690
680	11.1	11.35	13.6	13.85	4:11.73	680	14.3	14.57	59.8	59.90	680	1.29	4.19	9.25	680
670		11.41	13.7	13.93	4:13.21	670	14.5	14.70	60.2	60.29	670	1.28	4.16	9.16	670
660	11.2	11.47	13.8	14.01	4:14.72	660	14.6	14.84	60.6	60.70	660		4.14	9.06	660
650	11.3	11.53		14.09	4:16.26	650	14.7	14.98	61.0	61.11	650	1.27	4.12	8.97	650
640		11.60	13.9	14.17	4:17.83	640	14.9	15.12	61.4	61.52	640	1.26	4.10	8.87	640
630	11.4	11.66	14.0	14.25	4:19.42	630	15.0	15.27	1:01.8	61.95	630		4.08	8.78	630
620	11.5	11.72	14.1	14.33	4:21.05	620	15.2	15.42	1:02.2	62.38	620	1.25	4.05	8.69	620
610		11.79	14.2	14.42	4:22.71	610	15.3	15.57	1:02.7	62.83	610	1.24	4.03	8.59	610
600	11.6	11.86	14.3	14.51	4:24.39	600	15.5	15.72	1:03.1	63.28	600		4.01	8.50	600
590	11.7	11.92	14.4	14.60	4:26.11	590	15.6	15.88	1:03.6	63.74	590	1.23	3.99	8.41	590
580		11.99		14.69	4:27.86	580	15.8	16.04	1:04.1	1:04.21	580	1.22	3.97	8.32	580
570	11.8	12.07	14.5	14.78	4:29.65	570	16.0	16.21	1:04.5	1:04.68	570		3.94	8.23	570
560	11.9	12.14	14.6	14.87	4:31.46	560	16.1	16.38	1:05.0	1:05.17	560	1.21	3.92	8.14	560
550		12.21	14.7	14.97	4:33.31	550	16.3	16.55	1:05.5	1:05.67	550	1.20	3.90	8.05	550
540	12.0	12.28	14.8	15.07	4:35.19	540	16.5	16.73	1:06.0	1:06.17	540		3.88	7.97	540
530	12.1	12.36	14.9	15.16	4:37.11	530	16.7	16.91	1:06.5	1:06.69	530	1.19	3.86	7.88	530
520	12.2	12.44	15.0	15.27	4:39.06	520	16.9	17.10	1:07.1	1:07.21	520	1.18	3.83	7.79	520
510	12.3	12.52	15.1	15.37	4:41.04	510	17.0	17.29	1:07.6	1:07.75	510		3.81	7.71	510
500		12.60	15.2	15.47	4:43.07	500	17.2	17.48	1:08.2	1:08.29	500	1.17	3.79	7.62	500
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	

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

Athletics Performance Evaluation (APE) Tables 2012-2015
Boys 10 & 11

	Boys 11														
	Track						Hurdles		Relays			Field			
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	
500	11.9	12.14	14.7	14.91	4:34.30	500	17.2	17.44	1:05.3	1:05.47	500	1.27	4.16	8.09	500
490	12.0	12.22	14.8	15.02	4:36.29	490	17.4	17.63	1:05.9	1:06.00	490		4.13	8.00	490
480		12.30	14.9	15.12	4:38.32	480	17.6	17.84	1:06.4	1:06.55	480	1.26	4.11	7.91	480
470	12.1	12.38	15.0	15.23	4:40.39	470	17.8	18.04	1:07.0	1:07.10	470	1.25	4.08	7.82	470
460	12.2	12.46	15.1	15.34	4:42.49	460	18.0	18.25	1:07.5	1:07.66	460		4.06	7.73	460
450	12.3	12.55	15.2	15.44	4:44.63	450	18.2	18.47	1:08.1	1:08.24	450	1.24	4.04	7.65	450
440	12.4	12.63	15.3	15.56	4:46.81	440	18.4	18.69	1:08.7	1:08.82	440	1.23	4.01	7.56	440
430	12.5	12.72	15.4	15.67	4:49.03	430	18.7	18.91	1:09.3	1:09.42	430	1.22	3.99	7.48	430
420	12.6	12.81	15.6	15.79	4:51.29	420	18.9	19.14	1:09.9	1:10.02	420		3.97	7.39	420
410	12.7	12.90	15.7	15.90	4:53.59	410	19.1	19.38	1:10.5	1:10.64	410	1.21	3.94	7.31	410
400		12.99	15.8	16.02	4:55.93	400	19.4	19.62	1:11.1	1:11.27	400	1.20	3.92	7.22	400
390	12.8	13.08	15.9	16.14	4:58.31	390	19.6	19.86	1:11.8	1:11.91	390		3.90	7.14	390
380	12.9	13.18	16.0	16.27	5:00.73	380	19.9	20.11	1:12.4	1:12.56	380	1.19	3.88	7.06	380
370	13.0	13.27	16.2	16.39	5:03.20	370	20.1	20.37	1:13.1	1:13.23	370	1.18	3.85	6.97	370
360	13.1	13.37	16.3	16.52	5:05.71	360	20.4	20.63	1:13.8	1:13.91	360	1.17	3.83	6.89	360
350	13.2	13.47	16.4	16.65	5:08.26	350	20.7	20.90	1:14.5	1:14.60	350		3.81	6.81	350
340	13.3	13.57	16.5	16.78	5:10.86	340	20.9	21.17	1:15.2	1:15.30	340	1.16	3.78	6.73	340
330	13.4	13.67	16.7	16.92	5:13.51	330	21.2	21.45	1:15.9	1:16.02	330	1.15	3.76	6.65	330
320	13.5	13.77	16.8	17.06	5:16.20	320	21.5	21.74	1:16.6	1:16.75	320		3.74	6.57	320
310	13.6	13.88	17.0	17.20	5:18.94	310	21.8	22.03	1:17.4	1:17.49	310	1.14	3.71	6.50	310
300	13.8	13.99	17.1	17.34	5:21.72	300	22.1	22.33	1:18.1	1:18.25	300	1.13	3.69	6.42	300
290	13.9	14.10	17.2	17.48	5:24.56	290	22.4	22.64	1:18.9	1:19.02	290		3.67	6.34	290
280	14.0	14.21	17.4	17.63	5:27.45	280	22.7	22.95	1:19.7	1:19.81	280	1.12	3.65	6.27	280
270	14.1	14.32	17.5	17.78	5:30.39	270	23.0	23.27	1:20.5	1:20.61	270	1.11	3.62	6.19	270
260	14.2	14.44	17.7	17.93	5:33.38	260	23.4	23.60	1:21.3	1:21.42	260		3.60	6.12	260
250	14.3	14.55	17.8	18.08	5:36.42	250	23.7	23.94	1:22.1	1:22.26	250	1.10	3.58	6.04	250
240	14.4	14.67	18.0	18.24	5:39.52	240	24.0	24.28	1:23.0	1:23.10	240	1.09	3.56	5.97	240
230	14.6	14.79	18.2	18.40	5:42.67	230	24.4	24.63	1:23.8	1:23.97	230		3.54	5.89	230
220	14.7	14.92	18.3	18.56	5:45.87	220	24.7	24.99	1:24.7	1:24.84	220	1.08	3.51	5.82	220
210	14.8	15.04	18.5	18.73	5:49.14	210	25.1	25.35	1:25.6	1:25.74	210	1.07	3.49	5.75	210
200	14.9	15.17	18.7	18.90	5:52.46	200	25.5	25.73	1:26.5	1:26.65	200	1.06	3.47	5.68	200
190	15.1	15.30	18.8	19.07	5:55.84	190	25.9	26.11	1:27.4	1:27.58	190		3.45	5.61	190
180	15.2	15.43	19.0	19.24	5:59.28	180	26.3	26.51	1:28.4	1:28.53	180	1.05	3.43	5.54	180
170	15.3	15.56	19.2	19.42	6:02.78	170	26.7	26.91	1:29.4	1:29.49	170	1.04	3.40	5.47	170
160	15.5	15.70	19.4	19.60	6:06.35	160	27.1	27.32	1:30.3	1:30.48	160		3.38	5.40	160
150	15.6	15.83	19.5	19.78	6:09.98	150	27.5	27.74	1:31.3	1:31.48	150	1.03	3.36	5.34	150
140	15.7	15.97	19.7	19.97	6:13.67	140	27.9	28.17	1:32.4	1:32.50	140		3.34	5.27	140
130	15.9	16.12	19.9	20.16	6:17.43	130	28.4	28.61	1:33.4	1:33.54	130	1.02	3.32	5.20	130
120	16.0	16.26	20.1	20.35	6:21.25	120	28.8	29.06	1:34.5	1:34.60	120	1.01	3.30	5.14	120
110	16.2	16.41	20.3	20.54	6:25.14	110	29.3	29.53	1:35.5	1:35.68	110		3.27	5.07	110
100	16.3	16.56	20.5	20.74	6:29.11	100	29.8	30.00	1:36.6	1:36.78	100	1.00	3.25	5.01	100
90	16.5	16.71	20.7	20.95	6:33.14	90	30.2	30.48	1:37.8	1:37.91	90	0.99	3.23	4.94	90
80	16.6	16.86	20.9	21.15	6:37.25	80	30.7	30.98	1:38.9	1:39.05	80		3.21	4.88	80
70	16.8	17.02	21.1	21.36	6:41.43	70	31.2	31.49	1:40.1	1:40.22	70	0.98	3.19	4.82	70
60	16.9	17.18	21.3	21.58	6:45.68	60	31.8	32.01	1:41.3	1:41.40	60	0.97	3.17	4.75	60
50	17.1	17.34	21.6	21.79	6:50.01	50	32.3	32.54	1:42.5	1:42.62	50		3.15	4.69	50
40	17.3	17.51	21.8	22.01	6:54.42	40	32.8	33.08	1:43.7	1:43.85	40	0.96	3.13	4.63	40
30	17.4	17.68	22.0	22.24	6:58.91	30	33.4	33.64	1:45.0	1:45.11	30	0.95	3.10	4.57	30
20	17.6	17.85	22.2	22.47	7:03.48	20	34.0	34.21	1:46.30	1:46.39	20		3.08	4.51	20
10	17.8	18.02	22.5	22.70	7:08.13	10	34.6	34.80	1:47.60	1:47.70	10	0.94	3.06	4.45	10
0	18.0	18.20	22.7	22.94	7:12.87	0	35.2	35.39	1:48.90	1:49.03	0	0.93	3.04	4.39	0
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	

	Boys 10														
	Track						Hurdles		Relays			Field			
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	
500		12.60	15.2	15.47	4:43.07	500	17.2	17.48	1:08.2	1:08.29	500	1.17	3.79	7.62	500
490	12.4	12.68	15.3	15.58	4:45.13	490	17.4	17.68	1:08.7	1:08.85	490	1.16	3.77	7.54	490
480	12.5	12.76	15.5	15.69	4:47.22	480	17.6	17.88	1:09.3	1:09.42	480		3.75	7.45	480
470	12.6	12.84	15.6	15.80	4:49.35	470	17.8	18.09	1:09.9	1:09.99	470	1.15	3.73	7.37	470
460	12.7	12.93	15.7	15.91	4:51.53	460	18.1	18.30	1:10.4	1:10.58	460	1.14	3.71	7.29	460
450	12.8	13.02	15.8	16.02	4:53.74	450	18.3	18.51	1:11.0	1:11.18	450		3.68	7.20	450
440	12.9	13.10	15.9	16.14	4:55.98	440	18.5	18.73	1:11.6	1:11.79	440	1.13	3.66	7.12	440
430	13.0	13.19	16.0	16.26	4:58.27	430	18.7	18.96	1:12.3	1:12.41	430	1.12	3.64	7.04	430
420		13.29	16.1	16.38	5:00.60	420	18.9	19.19	1:12.9	1:13.04	420		3.62	6.96	420
410	13.1	13.38	16.3	16.50	5:02.98	410	19.2	19.42	1:13.5	1:13.69	410	1.11	3.60	6.88	410
400	13.2	13.47	16.4	16.62	5:05.39	400	19.4	19.66	1:14.2	1:14.34	400	1.10	3.58	6.80	400
390	13.3	13.57	16.5	16.75	5:07.85	390	19.7	19.91	1:14.9	1:15.01	390		3.56	6.72	390
380	13.4	13.67	16.6	16.88	5:10.35	380	19.9	20.16	1:15.6	1:15.69	380	1.09	3.54	6.65	380
370	13.5	13.77	16.8	17.01	5:12.89	370	20.2	20.42	1:16.2	1:16.39	370	1.08	3.51	6.57	370
360	13.6	13.87	16.9	17.14	5:15.48	360	20.4	20.68	1:17.0	1:17.09	360		3.49	6.49	360
350	13.7	13.97	17.0	17.27	5:18.12	350	20.7	20.95	1:17.7	1:17.81	350	1.07	3.47	6.42	350
340	13.8	14.07	17.2	17.41	5:20.80	340	21.0	21.23	1:18.4	1:18.55	340		3.45	6.34	340
330	13.9	14.18	17.3	17.55	5:23.53	330	21.3	21.51	1:19.2	1:19.30	330	1.06	3.43	6.27	330
320	14.1	14.29	17.5	17.69	5:26.31	320	21.6	21.79	1:19.9	1:20.06	320	1.05	3.41	6.19	320
310	14.2	14.40	17.6	17.84	5:29.13	310	21.8	22.09	1:20.7	1:20.83	310		3.39	6.12	310
300	14.3	14.51	17.7	17.98	5:32.01	300	22.1	22.39	1:21.5	1:21.62	300	1.04	3.37	6.05	300
290	14.4	14.62	17.9	18.13	5:34.94	290	22.5	22.69	1:22.3	1:22.43	290	1.03	3.35	5.97	290
280	14.5	14.74	18.1	18.29	5:37.92	280	22.8	23.01	1:23.1	1:23.25	280		3.33	5.90	280
270	14.6	14.86	18.2	18.44	5:40.95	270	23.1	23.33	1:23.9	1:24.08	270	1.02	3.31	5.83	270
260	14.7	14.97	18.4	18.60	5:44.04	260	23.4	23.66	1:24.8	1:24.93	260	1.01	3.29	5.76	260
250	14.9	15.10	18.5	18.76	5:47.18	250	23.8	23.99	1:25.7	1:25.80	250		3.27	5.69	250
240	15.0	15.22	18.7	18.92	5:50.37	240	24.1	24.34	1:26.5	1:26.69	240	1.00	3.25	5.62	240
230	15.1	15.34	18.9	19.09	5:53.62	230	24.4	24.69	1:27.4	1:27.59	230		3.23	5.55	230
220	15.2	15.47	19.0	19.26	5:56.93	220	24.8	25.05	1:28.4	1:28.50	220	0.99	3.21	5.48	220
210	15.4	15.60	19.2	19.43	6:00.30	210	25.2	25.42	1:29.3	1:29.44	210	0.98	3.18	5.42	210
200	15.5	15.73	19.4	19.60	6:03.73	200	25.6	25.79	1:30.2	1:30.39	200		3.16	5.35	200
190	15.6	15.87	19.5	19.78	6:07.22	190	25.9	26.18	1:31.2	1:31.36	190	0.97	3.14	5.28	190
180	15.8	16.00	19.7	19.96	6:10.77	180	26.3	26.57	1:32.2	1:32.35	180		3.12	5.22	180
170	15.9	16.14	19.9	20.14	6:14.38	170	26.7	26.97	1:33.2	1:33.35	170	0.96	3.10	5.15	170
160	16.0	16.28	20.1	20.33	6:18.06	160	27.1	27.39	1:34.2	1:34.38	160	0.95	3.08	5.09	160
150	16.2	16.42	20.3	20.52	6:21.81	150	27.6	27.81	1:35.3	1:35.42	150		3.07	5.03	150
140	16.3	16.57	20.5	20.71	6:25.62	140	28.0	28.24	1:36.3	1:36.49	140	0.94	3.05	4.96	140
130	16.5	16.72	20.7	20.91	6:29.49	130	28.4	28.68	1:37.4	1:37.57	130	0.93	3.03	4.90	130
120	16.6	16.87	20.9	21.11	6:33.44	120	28.9	29.14	1:38.5	1:38.68	120		3.01	4.84	120
110	16.8	17.02	21.1	21.31	6:37.46	110	29.4	29.60	1:39.7	1:39.81	110	0.92	2.99	4.78	110
100	16.9	17.17	21.3	21.52	6:41.55	100	29.8	30.07	1:40.8	1:40.96	100		2.97	4.72	100
90	17.1	17.33	21.5	21.73	6:45.71	90	30.3	30.56	1:42.0	1:42.13	90	0.91	2.95	4.66	90
80	17.3	17.49	21.7	21.94	6:49.95	80	30.8	31.05	1:43.2	1:43.32	80		2.93	4.60	80
70	17.4	17.66	21.9	22.16	6:54.26	70	31.3	31.56	1:44.4	1:44.54	70	0.90	2.91	4.54	70
60	17.6	17.82	22.1	22.38	6:58.65	60	31.8	32.08	1:45.6	1:45.78	60	0.89	2.89	4.48	60
50	17.8	17.99	22.4	22.61	7:03.12	50	32.4	32.62	1:46.9	1:47.04	50		2.87	4.42	50
40	17.9	18.16	22.6	22.84	7:07.67	40	32.9	33.16	1:48.2	1:48.33	40	0.88	2.85	4.36	40
30	18.1	18.34	22.8	23.07	7:12.30	30	33.5	33.72	1:49.5	1:49.64	30		2.83	4.31	30
20	18.3	18.51	23.1	23.31	7:17.02	20	34.1	34.29	1:50.80	1:50.98	20	0.87	2.81	4.25	20
10	18.5	18.69	23.3	23.55	7:21.82	10	34.6	34.88	1:52.20	1:52.34	10	0.86	2.79	4.19	10
0	18.6	18.88	23.6	23.80	7:26.71	0	35.2	35.48	1:53.60	1:53.73	0	0.85	2.78	4.14	0
	80m		100m		1200m		70mH		4 x 100m			HJ	LJ	SP	

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