

Athletics Performance Evaluation (APE) Tables 2012-2015
Boys 19 (Junior Men)

	Track										Hurdles					Steeple Chase & Walk				Relays				Field											
	100m		200m		400m		800m	1500m	3000m		5000m	10000m	110mH			400mH		3000mSC		20 kmW	10 kmW	4 x 100m		4 x 400m	Medley	HJ	PV	LJ	TJ	SP	DT		HT	JT	
1000		10.44	20.4	20.63	46.2	46.32	1:47.27	3:44.55	8:02.43	14:21.52	29:49.08	1000	13.5	13.76	50.3	50.42	1000	8:57.06	1:33:30.69	45:18.24	1000	41.4	41.59	3:11.24	1:52.21	1000	2.24	4.90	7.81	15.76	18.27	57.87	62.47	72.30	1000
990	10.2	10.47		20.71	46.4	46.51	1:47.54	3:45.52	8:05.19	14:26.79	30:00.02	990	13.6	13.83	50.5	50.59	990	9:04.55	1:34:39.48	45:51.56	990	41.6	41.75	3:12.00	1:52.58	990	2.23	4.88	7.77	15.70	18.03	57.05	61.16	71.63	990
980		10.51	20.5	20.78	46.6	46.71	1:47.82	3:46.53	8:08.02	14:32.18	30:11.21	980	13.7	13.91	50.6	50.77	980	9:12.29	1:35:50.31	46:25.88	980	41.8	41.92	3:12.78	1:52.97	980	2.22	4.85	7.74	15.64	17.80	56.22	59.83	70.95	980
970		10.54	20.6	20.87	46.8	46.91	1:48.11	3:47.55	8:10.91	14:37.70	30:22.67	970		13.99	50.8	50.94	970	9:20.26	1:37:03.26	47:01.22	970	42.0	42.10	3:13.57	1:53.36	970	2.21	4.83	7.70	15.58	17.56	55.38	58.49	70.25	970
960	10.3	10.58	20.7	20.95	47.0	47.12	1:48.40	3:48.59	8:13.87	14:43.34	30:34.39	960	13.8	14.07	51.0	51.12	960	9:28.49	1:38:18.36	47:37.61	960	42.1	42.27	3:14.38	1:53.76	960	2.20	4.80	7.67	15.51	17.31	54.52	57.14	69.54	960
950		10.62	20.8	21.03	47.2	47.33	1:48.69	3:49.66	8:16.90	14:49.11	30:46.38	950	13.9	14.16	51.2	51.31	950	9:36.98	1:39:35.70	48:15.07	950	42.3	42.45	3:15.21	1:54.17	950	2.19	4.78	7.63	15.45	17.06	53.64	55.77	68.81	950
940	10.4	10.66	20.9	21.12	47.4	47.54	1:48.99	3:50.75	8:19.99	14:55.02	30:58.64	940	14.0	14.24	51.4	51.49	940	9:45.73	1:40:55.31	48:53.65	940	42.5	42.64	3:16.06	1:54.59	940	2.18	4.75	7.60	15.39	16.81	52.75	54.40	68.06	940
930		10.70	21.0	21.21	47.6	47.76	1:49.30	3:51.86	8:23.15	15:01.06	31:11.18	930	14.1	14.33	51.5	51.68	930	9:54.76	1:42:17.28	49:33.36	930	42.7	42.82	3:16.92	1:55.01	930	2.17	4.72	7.56	15.32	16.55	51.86	53.02	67.31	930
920		10.74	21.1	21.30	47.8	47.98	1:49.61	3:52.99	8:26.38	15:07.23	31:24.01	920	14.2	14.42	51.7	51.88	920	10:04.07	1:43:41.66	50:14.24	920	42.9	43.02	3:17.80	1:55.45	920	2.16	4.70	7.52	15.26	16.29	50.95	51.63	66.53	920
910	10.5	10.78		21.39	48.1	48.21	1:49.93	3:54.15	8:29.69	15:13.55	31:37.12	910	14.3	14.51	51.9	52.08	910	10:13.67	1:45:08.53	50:56.33	910	43.1	43.21	3:18.70	1:55.89	910	2.15	4.67	7.49	15.20	16.02	50.03	50.25	65.75	910
900		10.82	21.2	21.48	48.3	48.44	1:50.25	3:55.33	8:33.06	15:20.00	31:50.52	900	14.4	14.60	52.1	52.28	900	10:23.58	1:46:37.96	51:39.65	900	43.3	43.41	3:19.61	1:56.34	900	2.14	4.64	7.45	15.13	15.76	49.10	48.86	64.95	900
890	10.6	10.86	21.3	21.58	48.5	48.68	1:50.58	3:56.54	8:36.51	15:26.61	32:04.25	890	14.5	14.69	52.3	52.49	890	10:33.82	1:48:10.19	52:24.33	890	43.5	43.61	3:20.54	1:56.80	890	2.13	4.62	7.41	15.06	15.61	48.59	48.10	64.50	890
880		10.91	21.4	21.67	48.8	48.92	1:50.92	3:57.77	8:40.06	15:33.39	32:18.32	880	14.6	14.79	52.6	52.70	880	10:44.41	1:49:45.47	53:10.50	880	43.7	43.82	3:21.50	1:57.27	880	2.12	4.60	7.38	14.98	15.46	48.07	47.34	64.06	880
870	10.7	10.95	21.5	21.77	49.0	49.17	1:51.26	3:59.04	8:43.69	15:40.34	32:32.76	870	14.7	14.89	52.8	52.91	870	10:55.38	1:51:23.91	53:58.19	870	43.9	44.03	3:22.48	1:57.75	870	2.11	4.57	7.34	14.91	15.31	47.57	46.59	63.62	870
860		11.00	21.6	21.87	49.3	49.42	1:51.61	4:00.33	8:47.41	15:47.47	32:47.57	860	14.8	14.99	53.0	53.13	860	11:06.74	1:53:05.61	54:47.46	860	44.1	44.25	3:23.48	1:58.24	860	2.10	4.55	7.31	14.84	15.16	47.06	45.85	63.17	860
850	10.8	11.04	21.7	21.98	49.5	49.68	1:51.97	4:01.65	8:51.22	15:54.78	33:02.74	850	14.9	15.10	53.2	53.36	850	11:18.49	1:54:50.66	55:38.35	850	44.3	44.47	3:24.50	1:58.74	850	2.09	4.53	7.27	14.76	15.02	46.56	45.12	62.73	850
840		11.09	21.8	22.08	49.8	49.95	1:52.34	4:03.00	8:55.13	16:02.27	33:18.30	840	15.0	15.21	53.4	53.59	840	11:30.66	1:56:39.17	56:30.92	840	44.6	44.70	3:25.55	1:59.25	840	2.08	4.51	7.23	14.69	14.87	46.06	44.40	62.29	840
830	10.9	11.14	22.0	22.19	50.1	50.22	1:52.71	4:04.39	8:59.13	16:09.95	33:34.24	830	15.1	15.32	53.7	53.82	830	11:43.26	1:58:31.26	57:25.23	830	44.8	44.93	3:26.62	1:59.78	830	2.07	4.48	7.20	14.62	14.73	45.56	43.69	61.85	830
820		11.19	22.1	22.30	50.4	50.50	1:53.09	4:05.80	9:03.22	16:17.81	33:50.58	820	15.2	15.43	53.9	54.06	820	11:56.30	2:00:27.04	58:21.32	820	45.0	45.17	3:27.71	2:00.31	820	2.06	4.46	7.16	14.55	14.59	45.07	42.98	61.42	820
810	11.0	11.24	22.2	22.42	50.6	50.78	1:53.48	4:07.25	9:07.42	16:25.87	34:07.32	810	15.3	15.54	54.2	54.31	810	12:09.80	2:02:26.64	59:19.26	810	45.3	45.41	3:28.82	2:00.86	810	2.05	4.44	7.13	14.47	14.44	44.58	42.29	60.98	810
800		11.29	22.3	22.53	50.9	51.07	1:53.87	4:08.72	9:11.72	16:34.13	34:24.46	800	15.4	15.66	54.4	54.56	800	12:23.78	2:04:30.18	1:00:19.11	800	45.5	45.66	3:29.96	2:01.41	800	2.04	4.42	7.09	14.40</					

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Boys 19 (Junior Men)

	Track										Hurdles					Steeple Chase & Walk					Relays					Field									
	100m		200m		400m		800m	1500m	3000m		5000m	10000m	110mH			400mH		3000mSC	20 kmW		10 kmW	4 x 100m		4 x 400m		Medley	HJ	PV	LJ	TJ	SP	DT	HT		JT
500	13.2	13.40	27.1	27.30	1:03.0	1:03.15	2:09.66	5:10.66	12:18.67	22:37.17	46:58.37	500	20.5	20.76	1:04.6	1:04.76	500	25:09.87	3:51:59.69	1:52:23.74	500	55.8	55.95	4:17.26	2:24.12	500	1.73	3.76	6.03	12.26	10.43	31.04	24.61	48.15	500
490	13.3	13.50	27.3	27.51	1:03.5	1:03.68	2:10.34	5:13.43	12:27.31	22:54.12	47:33.58	490	20.8	21.00	1:05.1	1:05.21	490	25:53.11	3:57:49.45	1:55:13.19	490	56.3	56.40	4:19.35	2:25.11	490	1.72	3.74	6.00	12.19	10.31	30.66	24.16	47.76	490
480		13.59	27.5	27.72	1:04.1	1:04.23	2:11.02	5:16.25	12:36.15	23:11.47	48:09.59	480	21.0	21.24	1:05.5	1:05.66	480	26:38.06	4:03:51.85	1:58:08.76	480	56.7	56.87	4:21.48	2:26.11	480	1.71	3.72	5.97	12.12	10.20	30.28	23.71	47.37	480
470	13.4	13.68	27.7	27.94	1:04.7	1:04.79	2:11.72	5:19.13	12:45.19	23:29.22	48:46.45	470	21.2	21.48	1:06.0	1:06.12	470	27:24.80	4:10:07.38	2:01:10.70	470	57.2	57.34	4:23.66	2:27.14	470	1.70	3.69	5.93	12.05	10.08	29.90	23.27	46.99	470
460	13.5	13.78	27.9	28.16	1:05.2	1:05.35	2:12.42	5:22.06	12:54.43	23:47.38	49:24.17	460	21.5	21.74	1:06.4	1:06.59	460	28:13.41	4:16:36.60	2:04:19.26	460	57.7	57.82	4:25.87	2:28.18	460	1.69	3.67	5.90	11.98	9.97	29.53	22.84	46.61	460
450	13.6	13.88	28.2	28.39	1:05.8	1:05.93	2:13.14	5:25.05	13:03.88	24:05.97	50:02.77	450	21.8	21.99	1:06.9	1:07.06	450	29:03.98	4:23:20.06	2:07:34.73	450	58.2	58.31	4:28.12	2:29.24	450	1.68	3.65	5.86	11.91	9.86	29.16	22.41	46.22	450
440	13.7	13.98	28.4	28.62	1:06.4	1:06.52	2:13.87	5:28.10	13:13.54	24:24.99	50:42.27	440	22.0	22.25	1:07.4	1:07.55	440	29:56.60	4:30:18.35	2:10:57.38	440	58.7	58.81	4:30.42	2:30.32	440	1.67	3.63	5.83	11.84	9.75	28.79	21.99	45.84	440
430	13.8	14.08	28.6	28.85	1:07.0	1:07.13	2:14.61	5:31.20	13:23.42	24:44.45	51:22.70	430	22.3	22.52	1:07.9	1:08.04	430	30:51.36	4:37:32.09	2:14:27.52	430	59.2	59.32	4:32.76	2:31.41	430		3.61	5.80	11.77	9.63	28.43	21.58	45.46	430
420	14.0	14.19	28.9	29.09	1:07.6	1:07.74	2:15.36	5:34.37	13:33.53	25:04.38	52:04.07	420	22.6	22.79	1:08.4	1:08.54	420	31:48.36	4:45:01.92	2:18:05.45	420	59.7	59.84	4:35.14	2:32.53	420	1.66	3.59	5.76	11.70	9.52	28.07	21.17	45.09	420
410	14.1	14.29	29.1	29.33	1:08.2	1:08.36	2:16.12	5:37.61	13:43.86	25:24.77	52:46.41	410	22.8	23.07	1:08.9	1:09.05	410	32:47.70	4:52:48.51	2:21:51.50	410	60.2	60.36	4:37.57	2:33.67	410	1.65	3.57	5.73	11.63	9.42	27.71	20.77	44.71	410
400	14.2	14.40	29.3	29.58	1:08.9	1:09.00	2:16.89	5:40.90	13:54.43	25:45.64	53:29.75	400	23.1	23.36	1:09.4	1:09.57	400	33:49.50	5:00:52.57	2:25:46.02	400	60.8	60.90	4:40.04	2:34.82	400	1.64	3.55	5.69	11.57	9.31	27.36	20.37	44.34	400
390	14.3	14.51	29.6	29.83	1:09.5	1:09.65	2:17.68	5:44.26	14:05.23	26:07.00	54:14.11	390	23.4	23.65	1:10.0	1:10.10	390	34:53.86	5:09:14.85	2:29:49.35	390	61.3	61.45	4:42.56	2:36.00	390	1.63	3.53	5.66	11.50	9.20	27.01	19.98	43.97	390
380	14.4	14.62	29.9	30.09	1:10.2	1:10.31	2:18.48	5:47.68	14:16.28	26:28.86	54:59.52	380	23.7	23.95	1:10.5	1:10.64	380	36:00.90	5:17:56.10	2:34:01.89	380	61.9	62.01	4:45.13	2:37.19	380	1.62	3.50	5.63	11.43	9.09	26.66	19.60	43.60	380
370	14.5	14.73	30.1	30.35	1:10.8	1:10.98	2:19.29	5:51.17	14:27.58	26:51.25	55:46.00	370	24.0	24.26	1:11.0	1:11.18	370	37:10.76	5:26:57.15	2:38:24.02	370	62.4	62.58	4:47.74	2:38.41	370	1.61	3.48	5.59	11.36	8.99	26.32	19.22	43.23	370
360	14.6	14.85	30.4	30.61	1:11.5	1:11.67	2:20.11	5:54.73	14:39.14	27:14.16	56:33.58	360	24.3	24.57	1:11.6	1:11.74	360	38:23.57	5:36:18.85	2:42:56.14	360	63.0	63.16	4:50.41	2:39.64	360	1.60	3.46	5.56	11.29	8.88	25.98	18.85	42.86	360
350	14.7	14.96	30.6	30.88	1:12.2	1:12.37	2:20.95	5:58.36	14:50.97	27:37.61	57:22.28	350	24.6	24.89	1:12.2	1:12.30	350	39:39.46	5:46:02.08	2:47:38.70	350	1:03.6	1:03.7	4:53.12	2:40.90	350	1.59	3.44	5.53	11.23	8.78	25.64	18.49	42.50	350
340	14.8	15.08	30.9	31.16	1:12.9	1:13.08	2:21.79	6:02.06	15:03.06	28:01.62	58:12.15	340	25.0	25.21	1:12.7	1:12.88	340	40:58.59	5:56:07.77	2:52:32.15	340	1:04.2	1:04.3	4:55.89	2:42.18	340	1.58	3.42	5.49	11.16	8.68	25.31	18.13	42.14	340
330	15.0	15.20	31.2	31.44	1:13.7	1:13.81	2:22.66	6:05.84	15:15.43	28:26.21	59:03.20	330	25.3	25.55	1:13.3	1:13.46	330	42:21.10	6:06:36.92	2:57:36.95	330	1:04.8	1:05.0	4:58.70	2:43.48	330	1.57	3.40	5.46	11.09	8.57	24.97	17.77	41.78	330
320	15.1	15.33	31.5	31.72	1:14.4	1:14.55	2:23.53	6:09.68	15:28.09	28:51.38	:59:55.48	320	25.6	25.89	1:13.9	1:14.06	320	43:47.17	6:17:30.53	3:02:53.61	320	1:05.4	1:05.6	5:01.57	2:44.81	320	1.56	3.38	5.43	11.02	8.47	24.65	17.43	41.42	320
310	15.2	15.45	31.8	32.01	1:15.2	1:15.31	2:24.42	6:13.61	15:41.03	29:17.15	1:00:49.00	310	26.0	26.24	1:14.5	1:14.66	310	45:16.97	6:28:49.69	3:08:22.65	310	1:06.1	1:06.2	5:04.49	2:46.15	310	1.55	3.36	5.39	10.96	8.37	24.32	17.08	41.06	310
300	15.3	15.58	32.1	32.31	1:15.9	1:16.08	2:25.32	6:17.61																											