

Athletics Performance Evaluation (APE) Tables 2012-2015
Girls 6, 7, 8 & 9

Girls 9							
	Track			Relays			
	60m		80m	4 x 80m			
1000	7.5	7.79		10.53	44.1	44.20	1000
990		7.81	10.3	10.56	44.2	44.38	990
980		7.84		10.61	44.4	44.56	980
970	7.6	7.87		10.65	44.6	44.74	970
960		7.90	10.4	10.69	44.8	44.93	960
950		7.93		10.73	45.0	45.12	950
940	7.7	7.96	10.5	10.78	45.2	45.32	940
930		7.99		10.82	45.4	45.52	930
920		8.02	10.6	10.87	45.6	45.72	920
910	7.8	8.06		10.91	45.8	45.93	910
900		8.09	10.7	10.96	46.0	46.14	900
890		8.12		11.01	46.2	46.36	890
880	7.9	8.16	10.8	11.06	46.4	46.58	880
870		8.19		11.11	46.7	46.80	870
860		8.23	10.9	11.16	46.9	47.03	860
850	8.0	8.27		11.21	47.1	47.27	850
840		8.30	11.0	11.27	47.4	47.51	840
830		8.34		11.32	47.6	47.76	830
820	8.1	8.38	11.1	11.38	47.9	48.01	820
810		8.42	11.2	11.44	48.1	48.27	810
800	8.2	8.46		11.50	48.4	48.53	800
790		8.51	11.3	11.56	48.7	48.80	790
780	8.3	8.55		11.62	48.9	49.08	780
770		8.59	11.4	11.68	49.2	49.36	770
760		8.64	11.5	11.74	49.5	49.64	760
750	8.4	8.68		11.81	49.8	49.94	750
740		8.73	11.6	11.88	50.1	50.23	740
730	8.5	8.78	11.7	11.94	50.4	50.54	730
720		8.82		12.01	50.7	50.85	720
710	8.6	8.87	11.8	12.09	51.0	51.17	710
700		8.92	11.9	12.16	51.4	51.49	700
690	8.7	8.98	12.0	12.23	51.7	51.82	690
680		9.03		12.31	52.0	52.16	680
670	8.8	9.08	12.1	12.38	52.4	52.50	670
660		9.13	12.2	12.46	52.7	52.85	660
650	8.9	9.19	12.3	12.54	53.1	53.21	650
640	9.0	9.25	12.4	12.62	53.4	53.57	640
630		9.30		12.70	53.8	53.94	630
620	9.1	9.36	12.5	12.79	54.2	54.32	620
610		9.42	12.6	12.87	54.6	54.71	610
600	9.2	9.48	12.7	12.96	55.0	55.10	600
590	9.3	9.54	12.8	13.05	55.4	55.50	590
580		9.61	12.9	13.14	55.8	55.91	580
570	9.4	9.67	13.0	13.23	56.2	56.32	570
560	9.5	9.73	13.1	13.33	56.6	56.75	560
550		9.80	13.2	13.42	57.0	57.18	550
540	9.6	9.87	13.3	13.52	57.5	57.62	540
530	9.7	9.94	13.4	13.62	57.9	58.07	530
520		10.01	13.5	13.72	58.4	58.53	520
510	9.8	10.08	13.6	13.82	58.9	58.99	510
500	9.9	10.15	13.7	13.93	59.3	59.47	500
	60m		80m	4 x 80m			

Girls 8					
	Track				
	60m		80m		
1000	7.9	8.18	10.8	11.06	1000
990		8.21		11.10	990
980		8.24	10.9	11.15	980
970	8.0	8.27		11.19	970
960		8.30		11.23	960
950		8.33	11.0	11.28	950
940	8.1	8.36		11.33	940
930		8.40	11.1	11.37	930
920		8.43		11.42	920
910	8.2	8.47	11.2	11.47	910
900		8.50		11.52	900
890		8.54	11.3	11.57	890
880	8.3	8.57		11.62	880
870		8.61	11.4	11.68	870
860		8.65		11.73	860
850	8.4	8.69	11.5	11.79	850
840		8.73	11.6	11.84	840
830	8.5	8.77		11.90	830
820		8.81	11.7	11.96	820
810	8.6	8.85		12.02	810
800		8.89	11.8	12.08	800
790		8.94	11.9	12.15	790
780	8.7	8.98		12.21	780
770		9.03	12.0	12.28	770
760	8.8	9.08	12.1	12.35	760
750		9.12		12.41	750
740	8.9	9.17	12.2	12.48	740
730		9.22	12.3	12.56	730
720	9.0	9.27	12.4	12.63	720
710		9.32		12.70	710
700	9.1	9.38	12.5	12.78	700
690		9.43	12.6	12.86	690
680	9.2	9.49	12.7	12.93	680
670	9.3	9.54	12.8	13.01	670
660		9.60		13.10	660
650	9.4	9.66	12.9	13.18	650
640		9.71	13.0	13.27	640
630	9.5	9.77	13.1	13.35	630
620	9.6	9.84	13.2	13.44	620
610		9.90	13.3	13.53	610
600	9.7	9.96	13.4	13.62	600
590	9.8	10.03	13.5	13.72	590
580		10.09	13.6	13.81	580
570	9.9	10.16	13.7	13.91	570
560	10.0	10.23	13.8	14.01	560
550		10.30	13.9	14.11	550
540	10.1	10.37	14.0	14.21	540
530	10.2	10.44	14.1	14.32	530
520		10.51	14.2	14.42	520
510	10.3	10.59	14.3	14.53	510
500	10.4	10.67	14.4	14.64	500
	60m		80m		

Girls 7				
	Track			
	60m		80m	
1000		8.65		11.71
990	8.4	8.68	11.5	11.75
980		8.71		11.80
970		8.75		11.84
960	8.5	8.78	11.6	11.89
950		8.81		11.94
940		8.85	11.7	11.98
930	8.6	8.88		12.03
920		8.92	11.8	12.09
910	8.7	8.95	11.9	12.14
900		8.99		12.19
890		9.03	12.0	12.24
880	8.8	9.07		12.30
870		9.11	12.1	12.36
860		9.15		12.41
850	8.9	9.19	12.2	12.47
840		9.23	12.3	12.53
830	9.0	9.27		12.59
820		9.32	12.4	12.66
810	9.1	9.36		12.72
800		9.41	12.5	12.79
790	9.2	9.45	12.6	12.85
780		9.50	12.7	12.92
770	9.3	9.55		12.99
760		9.60	12.8	13.06
750	9.4	9.65	12.9	13.14
740		9.70		13.21
730	9.5	9.75	13.0	13.29
720		9.81	13.1	13.36
710	9.6	9.86	13.2	13.44
700		9.92	13.3	13.52
690	9.7	9.97		13.60
680	9.8	10.03	13.4	13.69
670		10.09	13.5	13.77
660	9.9	10.15	13.6	13.86
650		10.21	13.7	13.95
640	10.0	10.27	13.8	14.04
630	10.1	10.34	13.9	14.13
620		10.40	14.0	14.22
610	10.2	10.47	14.1	14.32
600	10.3	10.54	14.2	14.42
590		10.60	14.3	14.51
580	10.4	10.67	14.4	14.61
570	10.5	10.75	14.5	14.72
560	10.6	10.82	14.6	14.82
550		10.89	14.7	14.93
540	10.7	10.97	14.8	15.04
530	10.8	11.04	14.9	15.15
520	10.9	11.12	15.0	15.26
510		11.20	15.1	15.38
500	11.0	11.28	15.3	15.49
	60m		80m	

Girls 6					
	Track				
	60m		80m		
1000		9.23	12.2	12.47	1000
990	9.0	9.26		12.52	990
980		9.30	12.3	12.57	980
970		9.33		12.62	970
960	9.1	9.37	12.4	12.67	960
950		9.40		12.72	950
940		9.44	12.5	12.77	940
930	9.2	9.47		12.82	930
920		9.51	12.6	12.88	920
910	9.3	9.55	12.7	12.93	910
900		9.59		12.99	900
890		9.63	12.8	13.05	890
880	9.4	9.67		13.11	880
870		9.71	12.9	13.17	870
860	9.5	9.76	13.0	13.23	860
850		9.80		13.29	850
840	9.6	9.84	13.1	13.35	840
830		9.89		13.42	830
820		9.94	13.2	13.49	820
810	9.7	9.99	13.3	13.56	810
800		10.03	13.4	13.63	800
790	9.8	10.08		13.70	790
780		10.13	13.5	13.77	780
770	9.9	10.19	13.6	13.84	770
760	10.0	10.24	13.7	13.92	760
750		10.29		14.00	750
740	10.1	10.35	13.8	14.08	740
730		10.40	13.9	14.16	730
720	10.2	10.46	14.0	14.24	720
710		10.52	14.1	14.32	710
700	10.3	10.58	14.2	14.41	700
690	10.4	10.64		14.50	690
680		10.70	14.3	14.59	680
670	10.5	10.76	14.4	14.68	670
660	10.6	10.83	14.5	14.77	660
650		10.89	14.6	14.86	650
640	10.7	10.96	14.7	14.96	640
630	10.8	11.03	14.8	15.06	630
620		11.10	14.9	15.16	620
610	10.9	11.17	15.0	15.26	610
600	11.0	11.24	15.1	15.36	600
590		11.31	15.2	15.47	590
580	11.1	11.39	15.3	15.57	580
570	11.2	11.46	15.4	15.68	570
560	11.3	11.54	15.6	15.80	560
550	11.4	11.62	15.7	15.91	550
540		11.70	15.8	16.02	540
530	11.5	11.78	15.9	16.14	530
520	11.6	11.86	16.0	16.26	520
510	11.7	11.95	16.1	16.38	510
500	11.8	12.03	16.3	16.51	500
	60m		80m		

Athletics Performance Evaluation (APE) Tables 2012-2015
Girls 6, 7, 8 & 9

Girls 9							
	Track				Relays		
	60m		80m		4 x 80m		
500	9.9	10.15	13.7	13.93	59.3	59.47	500
490	10.0	10.23	13.8	14.04	59.8	59.95	490
480		10.30	13.9	14.15	1:00.30	1:00.44	480
470	10.1	10.38	14.0	14.26	1:00.80	1:00.94	470
460	10.2	10.45	14.1	14.37	1:01.30	1:01.46	460
450	10.3	10.53	14.2	14.48	1:01.80	1:01.98	450
440	10.4	10.61	14.4	14.60	1:02.40	1:02.51	440
430		10.70	14.5	14.72	1:02.90	1:03.05	430
420	10.5	10.78	14.6	14.84	1:03.50	1:03.60	420
410	10.6	10.87	14.7	14.97	1:04.00	1:04.16	410
400	10.7	10.95	14.9	15.09	1:04.60	1:04.73	400
390	10.8	11.04	15.0	15.22	1:05.20	1:05.31	390
380	10.9	11.13	15.1	15.35	1:05.80	1:05.91	380
370	11.0	11.22	15.2	15.48	1:06.40	1:06.51	370
360	11.1	11.31	15.4	15.62	1:07.00	1:07.13	360
350	11.2	11.41	15.5	15.76	1:07.60	1:07.76	350
340	11.3	11.50	15.7	15.90	1:08.30	1:08.39	340
330	11.4	11.60	15.8	16.04	1:08.90	1:09.05	330
320	11.5	11.70	15.9	16.19	1:09.60	1:09.71	320
310	11.6	11.80	16.1	16.33	1:10.20	1:10.38	310
300	11.7	11.91	16.2	16.49	1:10.90	1:11.07	300
290	11.8	12.01	16.4	16.64	1:11.60	1:11.77	290
280	11.9	12.12	16.6	16.79	1:12.30	1:12.49	280
270	12.0	12.23	16.7	16.95	1:13.10	1:13.21	270
260	12.1	12.34	16.9	17.12	1:13.80	1:13.96	260
250	12.2	12.45	17.0	17.28	1:14.60	1:14.71	250
240	12.3	12.56	17.2	17.45	1:15.30	1:15.48	240
230	12.4	12.68	17.4	17.62	1:16.10	1:16.26	230
220	12.6	12.80	17.6	17.79	1:16.90	1:17.06	220
210	12.7	12.92	17.7	17.97	1:17.70	1:17.88	210
200	12.8	13.04	17.9	18.15	1:18.60	1:18.70	200
190	12.9	13.17	18.1	18.34	1:19.40	1:19.55	190
180	13.1	13.30	18.3	18.52	1:20.30	1:20.41	180
170	13.2	13.43	18.5	18.72	1:21.10	1:21.29	170
160	13.3	13.56	18.7	18.91	1:22.00	1:22.18	160
150	13.5	13.69	18.9	19.11	1:22.90	1:23.09	150
140	13.6	13.83	19.1	19.31	1:23.90	1:24.02	140
130	13.7	13.97	19.3	19.51	1:24.80	1:24.96	130
120	13.9	14.11	19.5	19.72	1:25.80	1:25.92	120
110	14.0	14.25	19.7	19.94	1:26.80	1:26.91	110
100	14.2	14.40	19.9	20.15	1:27.80	1:27.91	100
90	14.3	14.55	20.1	20.37	1:28.80	1:28.93	90
80	14.5	14.70	20.4	20.60	1:29.80	1:29.96	80
70	14.6	14.86	20.6	20.83	1:30.90	1:31.02	70
60	14.8	15.01	20.8	21.06	1:32.00	1:32.10	60
50	14.9	15.17	21.1	21.30	1:33.10	1:33.20	50
40	15.1	15.34	21.3	21.54	1:34.20	1:34.32	40
30	15.3	15.50	21.5	21.79	1:35.30	1:35.47	30
20	15.4	15.67	21.8	22.04	1:36.50	1:36.63	20
10	15.6	15.84	22.1	22.29	1:37.70	1:37.82	10
0	15.8	16.02	22.3	22.55	1:38.90	1:39.03	0
	60m		80m		4 x 80m		

Girls 8					
	Track				
	60m		80m		
500	10.4	10.67	14.4	14.64	500
490	10.5	10.74	14.5	14.75	490
480	10.6	10.82	14.6	14.87	480
470		10.90	14.7	14.98	470
460	10.7	10.98	14.9	15.10	460
450	10.8	11.07	15.0	15.22	450
440	10.9	11.15	15.1	15.35	440
430	11.0	11.24	15.2	15.47	430
420	11.1	11.33	15.4	15.60	420
410	11.2	11.42	15.5	15.73	410
400	11.3	11.51	15.6	15.86	400
390	11.4	11.60	15.8	16.00	390
380		11.69	15.9	16.14	380
370	11.5	11.79	16.0	16.28	370
360	11.6	11.89	16.2	16.42	360
350	11.7	11.99	16.3	16.56	350
340	11.8	12.09	16.5	16.71	340
330	12.0	12.19	16.6	16.86	330
320	12.1	12.29	16.8	17.01	320
310	12.2	12.40	16.9	17.17	310
300	12.3	12.51	17.1	17.33	300
290	12.4	12.62	17.2	17.49	290
280	12.5	12.73	17.4	17.65	280
270	12.6	12.85	17.6	17.82	270
260	12.7	12.96	17.8	17.99	260
250	12.8	13.08	17.9	18.16	250
240	13.0	13.20	18.1	18.34	240
230	13.1	13.32	18.3	18.52	230
220	13.2	13.45	18.5	18.70	220
210	13.3	13.58	18.7	18.89	210
200	13.5	13.71	18.8	19.08	200
190	13.6	13.84	19.0	19.27	190
180	13.7	13.97	19.2	19.47	180
170	13.9	14.11	19.4	19.67	170
160	14.0	14.25	19.6	19.88	160
150	14.1	14.39	19.8	20.08	150
140	14.3	14.53	20.1	20.30	140
130	14.4	14.68	20.3	20.51	130
120	14.6	14.82	20.5	20.73	120
110	14.7	14.98	20.7	20.95	110
100	14.9	15.13	20.9	21.18	100
90	15.0	15.29	21.2	21.41	90
80	15.2	15.45	21.4	21.65	80
70	15.4	15.61	21.7	21.89	70
60	15.5	15.77	21.9	22.14	60
50	15.7	15.94	22.1	22.39	50
40	15.9	16.11	22.4	22.64	40
30	16.0	16.29	22.7	22.90	30
20	16.2	16.47	22.9	23.16	20
10	16.4	16.65	23.2	23.43	10
0	16.6	16.83	23.5	23.71	0
	60m		80m		

Girls 7					
	Track				
	60m		80m		
500	11.0	11.28	15.3	15.49	500
490	11.1	11.36	15.4	15.61	490
480	11.2	11.45	15.5	15.73	480
470	11.3	11.53	15.6	15.86	470
460	11.4	11.62	15.7	15.98	460
450	11.5	11.71	15.9	16.11	450
440		11.80	16.0	16.24	440
430	11.6	11.89	16.1	16.37	430
420	11.7	11.98	16.3	16.51	420
410	11.8	12.07	16.4	16.65	410
400	11.9	12.17	16.5	16.79	400
390	12.0	12.27	16.7	16.93	390
380	12.1	12.37	16.8	17.07	380
370	12.2	12.47	17.0	17.22	370
360	12.3	12.57	17.1	17.37	360
350	12.4	12.68	17.3	17.53	350
340	12.5	12.78	17.4	17.68	340
330	12.7	12.89	17.6	17.84	330
320	12.8	13.00	17.8	18.00	320
310	12.9	13.12	17.9	18.17	310
300	13.0	13.23	18.1	18.34	300
290	13.1	13.35	18.3	18.51	290
280	13.2	13.47	18.4	18.68	280
270	13.3	13.59	18.6	18.86	270
260	13.5	13.71	18.8	19.04	260
250	13.6	13.84	19.0	19.22	250
240	13.7	13.96	19.2	19.41	240
230	13.9	14.09	19.4	19.60	230
220	14.0	14.22	19.6	19.79	220
210	14.1	14.36	19.7	19.99	210
200	14.3	14.50	20.0	20.19	200
190	14.4	14.63	20.2	20.39	190
180	14.5	14.78	20.4	20.60	180
170	14.7	14.92	20.6	20.82	170
160	14.8	15.07	20.8	21.03	160
150	15.0	15.22	21.0	21.25	150
140	15.1	15.37	21.2	21.48	140
130	15.3	15.52	21.5	21.70	130
120	15.4	15.68	21.7	21.94	120
110	15.6	15.84	21.9	22.17	110
100	15.8	16.00	22.2	22.41	100
90	15.9	16.17	22.4	22.66	90
80	16.1	16.34	22.7	22.91	80
70	16.3	16.51	22.9	23.16	70
60	16.4	16.68	23.2	23.42	60
50	16.6	16.86	23.4	23.69	50
40	16.8	17.04	23.7	23.96	40
30	17.0	17.23	24.0	24.23	30
20	17.2	17.42	24.3	24.51	20
10	17.4	17.61	24.6	24.79	10
0	17.6	17.80	24.8	25.08	0
	60m		80m		

Girls 6					
	Track				
	60m		80m		
500	11.8	12.03	16.3	16.51	500
490	11.9	12.12	16.4	16.64	490
480	12.0	12.21	16.5	16.77	480
470	12.1	12.30	16.7	16.90	470
460		12.39	16.8	17.03	460
450	12.2	12.49	16.9	17.17	450
440	12.3	12.58	17.1	17.31	440
430	12.4	12.68	17.2	17.45	430
420	12.5	12.78	17.4	17.59	420
410	12.6	12.88	17.5	17.74	410
400	12.7	12.98	17.6	17.89	400
390	12.8	13.09	17.8	18.04	390
380	13.0	13.19	18.0	18.19	380
370	13.1	13.30	18.1	18.35	370
360	13.2	13.41	18.3	18.51	360
350	13.3	13.52	18.4	18.68	350
340	13.4	13.64	18.6	18.84	340
330	13.5	13.75	18.8	19.01	330
320	13.6	13.87	18.9	19.18	320
310	13.8	13.99	19.1	19.36	310
300	13.9	14.11	19.3	19.54	300
290	14.0	14.24	19.5	19.72	290
280	14.1	14.37	19.7	19.91	280
270	14.3	14.49	19.9	20.09	270
260	14.4	14.63	20.0	20.29	260
250	14.5	14.76	20.2	20.48	250
240	14.7	14.89	20.4	20.68	240
230	14.8	15.03	20.6	20.88	230
220	14.9	15.17	20.9	21.09	220
210	15.1	15.32	21.1	21.30	210
200	15.2	15.46	21.3	21.52	200
190	15.4	15.61	21.5	21.73	190
180	15.5	15.76	21.7	21.96	180
170	15.7	15.92	21.9	22.18	170
160	15.8	16.07	22.2	22.41	160
150	16.0	16.23	22.4	22.65	150
140	16.2	16.39	22.6	22.88	140
130	16.3	16.56	22.9	23.13	130
120	16.5	16.73	23.1	23.38	120
110	16.7	16.90	23.4	23.63	110
100	16.8	17.07	23.6	23.88	100
90	17.0	17.25	23.9	24.15	90
80	17.2	17.43	24.2	24.41	80
70	17.4	17.61	24.4	24.68	70
60	17.6	17.80	24.7	24.96	60
50	17.7	17.99	25.0	25.24	50
40	17.9	18.18	25.3	25.53	40
30	18.1	18.38	25.6	25.82	30
20	18.3	18.58	25.9	26.12	20
10	18.5	18.78	26.2	26.42	10
0	18.7	18.99	26.5	26.73	0
	60m		80m		