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

Girls 11														
	Track					Relays		Hurdles		Field				
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	
1000		9.73		12.34	3:44.96	51.8	51.98		11.00	1000	1.52	4.81	11.27	1000
990	9.5	9.76	12.1	12.39	3:46.12	52.1	52.19	10.8	11.08	990	1.51	4.79	11.01	990
980		9.80	12.2	12.44	3:47.30	52.3	52.40	10.9	11.16	980		4.77	10.73	980
970		9.84		12.49	3:48.51	52.5	52.62	11.0	11.24	970	1.50	4.74	10.44	970
960	9.6	9.88	12.3	12.54	3:49.75	52.7	52.84	11.1	11.32	960	1.49	4.72	10.13	960
950		9.92		12.60	3:51.02	52.9	53.06		11.40	950		4.70	9.81	950
940	9.7	9.96	12.4	12.65	3:52.31	53.2	53.29	11.2	11.49	940	1.48	4.68	9.48	940
930		10.00		12.71	3:53.63	53.4	53.53	11.3	11.57	930	1.47	4.65	9.14	930
920		10.04	12.5	12.76	3:54.98	53.6	53.77	11.4	11.66	920		4.63	8.79	920
910	9.8	10.09		12.82	3:56.35	53.9	54.01	11.5	11.76	910	1.46	4.60	8.44	910
900		10.13	12.6	12.88	3:57.76	54.1	54.26	11.6	11.85	900	1.45	4.58	8.08	900
890	9.9	10.17	12.7	12.94	3:59.20	54.4	54.51	11.7	11.95	890		4.56	7.92	890
880		10.22		13.00	4:00.67	54.6	54.77	11.8	12.05	880	1.44	4.54	7.77	880
870	10.0	10.27	12.8	13.07	4:02.18	54.9	55.04	11.9	12.15	870	1.43	4.51	7.61	870
860		10.32	12.9	13.13	4:03.73	55.2	55.31	12.0	12.25	860	1.42	4.49	7.46	860
850	10.1	10.36		13.20	4:05.31	55.4	55.59	12.1	12.36	850		4.47	7.31	850
840		10.41	13.0	13.26	4:06.93	55.7	55.87	12.2	12.47	840	1.41	4.45	7.16	840
830	10.2	10.47	13.1	13.33	4:08.59	56.0	56.16	12.3	12.58	830	1.40	4.43	7.02	830
820		10.52		13.40	4:10.29	56.3	56.46	12.5	12.69	820		4.40	6.87	820
810	10.3	10.57	13.2	13.47	4:12.03	56.6	56.76	12.6	12.81	810	1.39	4.38	6.73	810
800		10.63	13.3	13.55	4:13.80	56.9	57.07	12.7	12.93	800	1.38	4.36	6.59	800
790	10.4	10.68	13.4	13.62	4:15.62	57.3	57.39	12.8	13.06	790		4.34	6.45	790
780	10.5	10.74		13.70	4:17.48	57.6	57.71	12.9	13.19	780	1.37	4.32	6.32	780
770		10.80	13.5	13.78	4:19.38	57.9	58.04	13.1	13.32	770	1.36	4.29	6.18	770
760	10.6	10.86	13.6	13.86	4:21.33	58.2	58.38	13.2	13.45	760		4.27	6.05	760
750		10.92	13.7	13.94	4:23.32	58.6	58.72	13.3	13.59	750	1.35	4.25	5.92	750
740	10.7	10.98	13.8	14.02	4:25.35	58.9	59.08	13.5	13.73	740	1.34	4.23	5.79	740
730	10.8	11.04	13.9	14.11	4:27.43	59.3	59.43	13.6	13.87	730	1.33	4.21	5.67	730
720		11.10		14.19	4:29.55	59.7	59.80	13.8	14.02	720		4.18	5.54	720
710	10.9	11.17	14.0	14.28	4:31.72	1:00.00	1:00.17	13.9	14.17	710	1.32	4.16	5.42	710
700	11.0	11.24	14.1	14.37	4:33.94	1:00.40	1:00.55	14.1	14.33	700	1.31	4.14	5.30	700
690		11.30	14.2	14.47	4:36.21	1:00.80	1:00.94	14.2	14.49	690		4.12	5.18	690
680	11.1	11.37	14.3	14.56	4:38.53	1:01.20	1:01.34	14.4	14.65	680	1.30	4.10	5.07	680
670	11.2	11.44	14.4	14.66	4:40.90	1:01.60	1:01.74	14.6	14.82	670	1.29	4.07	4.95	670
660	11.3	11.52	14.5	14.75	4:43.32	1:02.00	1:02.15	14.8	14.99	660		4.05	4.84	660
650		11.59	14.6	14.85	4:45.79	1:02.40	1:02.57	14.9	15.17	650	1.28	4.03	4.73	650
640	11.4	11.66	14.7	14.95	4:48.31	1:02.90	1:03.00	15.1	15.35	640	1.27	4.01	4.62	640
630	11.5	11.74	14.8	15.06	4:50.89	1:03.30	1:03.43	15.3	15.53	630		3.99	4.52	630
620	11.6	11.82	14.9	15.16	4:53.53	1:03.70	1:03.88	15.5	15.72	620	1.26	3.97	4.41	620
610		11.90	15.0	15.27	4:56.22	1:04.20	1:04.33	15.7	15.91	610	1.25	3.94	4.31	610
600	11.7	11.98	15.1	15.38	4:58.97	1:04.70	1:04.79	15.9	16.11	600		3.92	4.21	600
590	11.8	12.06	15.3	15.49	5:01.78	1:05.10	1:05.27	16.1	16.31	590	1.24	3.90	4.11	590
580	11.9	12.15	15.4	15.61	5:04.65	1:05.60	1:05.75	16.3	16.52	580	1.23	3.88	4.01	580
570	12.0	12.23	15.5	15.72	5:07.58	1:06.10	1:06.23	16.5	16.74	570	1.22	3.86	3.92	570
560	12.1	12.32	15.6	15.84	5:10.57	1:06.60	1:06.73	16.7	16.96	560		3.84	3.82	560
550	12.2	12.41	15.7	15.96	5:13.63	1:07.10	1:07.24	16.9	17.18	550	1.21	3.82	3.73	550
540		12.50	15.8	16.08	5:16.75	1:07.60	1:07.76	17.2	17.41	540	1.20	3.79	3.64	540
530	12.3	12.59	16.0	16.21	5:19.94	1:08.10	1:08.29	17.4	17.64	530		3.77	3.55	530
520	12.4	12.68	16.1	16.34	5:23.20	1:08.70	1:08.82	17.6	17.89	520	1.19	3.75	3.47	520
510	12.5	12.78	16.2	16.47	5:26.52	1:09.20	1:09.37	17.9	18.13	510	1.18	3.73	3.38	510
500	12.6	12.87	16.4	16.60	5:29.92	1:09.80	1:09.93	18.1	18.39	500		3.71	3.30	500
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	

Girls 10														
	Track					Relays		Hurdles		Field				
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	
1000	9.8	10.08	12.5	12.79	4:01.56	53.7	53.87	11.3	11.52	1000	1.38	4.34	9.85	1000
990		10.12	12.6	12.84	4:02.80	53.9	54.09		11.60	990		4.32	9.62	990
980	9.9	10.16		12.89	4:04.07	54.2	54.30	11.4	11.68	980	1.37	4.30	9.38	980
970		10.20	12.7	12.95	4:05.37	54.4	54.53	11.5	11.77	970		4.28	9.12	970
960		10.24		13.00	4:06.70	54.6	54.76	11.6	11.85	960	1.36	4.26	8.85	960
950	10.0	10.28	12.8	13.06	4:08.06	54.9	54.99	11.7	11.94	950		4.24	8.57	950
940		10.32		13.11	4:09.45	55.1	55.23	11.8	12.03	940	1.35	4.22	8.28	940
930	10.1	10.37	12.9	13.17	4:10.86	55.3	55.47	11.9	12.12	930	1.34	4.19	7.99	930
920		10.41		13.23	4:12.31	55.6	55.72	12.0	12.22	920		4.17	7.68	920
910	10.2	10.45	13.0	13.29	4:13.79	55.8	55.97	12.1	12.31	910	1.33	4.15	7.37	910
900		10.50	13.1	13.35	4:15.30	56.1	56.23	12.2	12.41	900	1.32	4.13	7.06	900
890	10.3	10.55		13.41	4:16.84	56.4	56.49	12.3	12.51	890		4.11	6.93	890
880		10.59	13.2	13.48	4:18.43	56.6	56.76	12.4	12.61	880	1.31	4.09	6.79	880
870	10.4	10.64	13.3	13.54	4:20.05	56.9	57.04	12.5	12.72	870	1.30	4.07	6.65	870
860		10.69		13.61	4:21.71	57.2	57.32	12.6	12.83	860		4.05	6.52	860
850	10.5	10.74	13.4	13.68	4:23.41	57.5	57.61	12.7	12.94	850	1.29	4.03	6.39	850
840		10.79	13.5	13.75	4:25.15	57.8	57.90	12.8	13.06	840		4.01	6.26	840
830	10.6	10.85	13.6	13.82	4:26.93	58.1	58.20	12.9	13.17	830	1.28	3.99	6.13	830
820		10.90		13.89	4:28.75	58.4	58.51	13.1	13.29	820	1.27	3.97	6.00	820
810	10.7	10.96	13.7	13.97	4:30.62	58.7	58.83	13.2	13.42	810		3.95	5.88	810
800		11.01	13.8	14.04	4:32.53	59.0	59.15	13.3	13.55	800	1.26	3.93	5.76	800
790	10.8	11.07	13.9	14.12	4:34.48	59.3	59.47	13.4	13.68	790	1.25	3.91	5.64	790
780	10.9	11.13		14.20	4:36.48	59.7	59.81	13.6	13.81	780		3.89	5.52	780
770		11.19	14.0	14.28	4:38.52	1:00.00	1:00.15	13.7	13.95	770	1.24	3.87	5.40	770
760	11.0	11.25	14.1	14.36	4:40.61	1:00.40	1:00.50	13.8	14.09	760	1.23	3.85	5.29	760
750		11.31	14.2	14.45	4:42.74	1:00.70	1:00.86	14.0	14.23	750		3.83	5.17	750
740	11.1	11.38	14.3	14.53	4:44.93	1:01.10	1:01.22	14.1	14.38	740	1.22	3.81	5.06	740
730	11.2	11.44	14.4	14.62	4:47.16	1:01.50	1:01.59	14.3	14.53	730		3.79	4.95	730
720		11.51	14.5	14.71	4:49.44	1:01.80	1:01.97	14.4	14.68	720	1.21	3.77	4.84	720
710	11.3	11.58	14.6	14.80	4:51.77	1:02.20	1:02.36	14.6	14.84	710	1.20	3.75	4.74	710
700	11.4	11.65	14.7	14.90	4:54.15	1:02.60	1:02.75	14.8	15.01	700		3.73	4.63	700
690		11.72	14.8	14.99	4:56.59	1:03.00	1:03.15	14.9	15.17	690	1.19	3.71	4.53	690
680	11.5	11.79	14.9	15.09	4:59.08	1:03.40	1:03.56	15.1	15.34	680	1.18	3.69	4.43	680
670	11.6	11.86	15.0	15.19	5:01.62	1:03.80	1:03.98	15.3	15.52	670		3.67	4.33	670
660	11.7	11.94	15.1	15.29	5:04.22	1:04.30	1:04.41	15.5	15.70	660	1.17	3.65	4.23	660
650	11.8	12.01	15.2	15.39	5:06.87	1:04.70	1:04.84	15.6	15.88	650		3.64	4.13	650
640		12.09	15.3	15.50	5:09.58	1:05.10	1:05.29	15.8	16.07	640	1.16	3.62	4.04	640
630	11.9	12.17	15.4	15.61	5:12.35	1:05.60	1:05.74	16.0	16.26	630	1.15	3.60	3.95	630
620	12.0	12.25	15.5	15.72	5:15.18	1:06.10	1:06.20	16.2	16.46	620		3.58	3.86	620
610	12.1	12.33	15.6	15.83	5:18.08	1:06.50	1:06.67	16.4	16.66	610	1.14	3.56	3.77	610
600	12.2	12.42	15.7	15.94	5:21.03	1:07.00	1:07.15	16.6	16.87	600	1.13	3.54	3.68	600
590		12.50	15.8	16.06	5:24.05	1:07.50	1:07.64	16.8	17.09	590		3.52	3.59	590
580	12.3	12.59	15.9	16.18	5:27.13	1:08.00	1:08.13	17.1	17.30	580	1.12	3.50	3.51	580
570	12.4	12.68	16.1	16.30	5:30.27	1:08.50	1:08.64	17.3	17.53	570		3.48	3.42	570
560	12.5	12.77	16.2	16.42	5:33.49	1:09.00	1:09.16	17.5	17.76	560	1.11	3.46	3.34	560
550	12.6	12.86	16.3	16.54	5:36.77	1:09.50	1:09.68	17.8	17.99	550	1.10	3.44	3.26	550
540	12.7	12.95	16.4	16.67	5:40.12	1:10.10	1:10.22	18.0	18.23	540		3.42	3.18	540
530	12.8	13.05	16.6	16.80	5:43.55	1:10.60	1:10.77	18.2	18.48	530	1.09	3.40	3.10	530
520	12.9	13.15	16.7	16.93	5:47.04	1:11.20	1:11.32	18.5	18.73	520		3.38	3.03	520
510	13.0	13.24	16.8	17.07	5:50.61	1:11.80	1:11.89	18.7	18.99	510	1.08	3.36	2.95	510
500	13.1	13.34	17.0	17.21	5:54.26	1:12.30	1:12.47	19.0	19.25	500	1.07	3.35	2.88	500
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	

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

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

Girls 11

	Track					Relays		Hurdles		Field				
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	
500	12.6	12.87	16.4	16.60	5:29.92	1:09.80	1:09.93	18.1	18.39	500		3.71	3.30	500
490	12.7	12.97	16.5	16.73	5:33.39	1:10.40	1:10.50	18.4	18.65	490	1.17	3.69	3.22	490
480	12.8	13.07	16.6	16.87	5:36.93	1:10.90	1:11.08	18.7	18.91	480	1.16	3.67	3.14	480
470	12.9	13.18	16.8	17.01	5:40.55	1:11.50	1:11.67	18.9	19.18	470		3.65	3.06	470
460	13.0	13.28	16.9	17.16	5:44.24	1:12.10	1:12.27	19.2	19.46	460	1.15	3.63	2.98	460
450	13.1	13.39	17.1	17.30	5:48.02	1:12.70	1:12.88	19.5	19.75	450	1.14	3.60	2.90	450
440	13.3	13.50	17.2	17.45	5:51.87	1:13.40	1:13.51	19.8	20.04	440		3.58	2.83	440
430	13.4	13.61	17.4	17.60	5:55.81	1:14.00	1:14.14	20.1	20.35	430	1.13	3.56	2.76	430
420	13.5	13.72	17.5	17.75	5:59.83	1:14.70	1:14.79	20.4	20.65	420	1.12	3.54	2.69	420
410	13.6	13.83	17.7	17.91	6:03.93	1:15.30	1:15.45	20.7	20.97	410		3.52	2.62	410
400	13.7	13.95	17.8	18.07	6:08.12	1:16.00	1:16.12	21.1	21.30	400	1.11	3.50	2.55	400
390	13.8	14.07	18.0	18.23	6:12.41	1:16.70	1:16.81	21.4	21.63	390		3.48	2.48	390
380	13.9	14.19	18.2	18.40	6:16.78	1:17.40	1:17.51	21.7	21.97	380	1.10	3.46	2.42	380
370	14.1	14.31	18.3	18.57	6:21.25	1:18.10	1:18.22	22.1	22.32	370	1.09	3.44	2.35	370
360	14.2	14.44	18.5	18.74	6:25.81	1:18.80	1:18.94	22.4	22.68	360		3.42	2.29	360
350	14.3	14.56	18.7	18.91	6:30.47	1:19.50	1:19.68	22.8	23.05	350	1.08	3.40	2.23	350
340	14.5	14.69	18.9	19.09	6:35.23	1:20.30	1:20.43	23.2	23.42	340	1.07	3.38	2.17	340
330	14.6	14.83	19.0	19.27	6:40.09	1:21.10	1:21.20	23.6	23.81	330		3.36	2.11	330
320	14.7	14.96	19.2	19.46	6:45.06	1:21.80	1:21.98	24.0	24.21	320	1.06	3.34	2.06	320
310	14.9	15.10	19.4	19.65	6:50.14	1:22.60	1:22.77	24.4	24.62	310	1.05	3.32	2.00	310
300	15.0	15.24	19.6	19.84	6:55.32	1:23.40	1:23.58	24.8	25.03	300		3.30	1.95	300
290	15.1	15.38	19.8	20.04	7:00.62	1:24.30	1:24.40	25.2	25.46	290	1.04	3.28	1.89	290
280	15.3	15.52	20.0	20.23	7:06.03	1:25.10	1:25.24	25.7	25.90	280	1.03	3.26	1.84	280
270	15.4	15.67	20.2	20.44	7:11.56	1:26.00	1:26.10	26.1	26.36	270		3.24	1.79	270
260	15.6	15.82	20.4	20.64	7:17.21	1:26.80	1:26.97	26.6	26.82	260	1.02	3.22	1.74	260
250	15.7	15.97	20.6	20.86	7:22.98	1:27.70	1:27.86	27.1	27.30	250		3.20	1.69	250
240	15.9	16.13	20.8	21.07	7:28.87	1:28.60	1:28.76	27.5	27.78	240	1.01	3.18	1.64	240
230	16.0	16.29	21.0	21.29	7:34.90	1:29.50	1:29.68	28.0	28.28	230	1.00	3.16	1.60	230
220	16.2	16.45	21.3	21.51	7:41.06	1:30.50	1:30.62	28.6	28.80	220		3.14	1.55	220
210	16.4	16.61	21.5	21.74	7:47.35	1:31.40	1:31.58	29.1	29.33	210	0.99	3.12	1.51	210
200	16.5	16.78	21.7	21.97	7:53.78	1:32.40	1:32.55	29.6	29.87	200	0.98	3.10	1.47	200
190	16.7	16.95	22.0	22.21	8:00.36	1:33.40	1:33.55	30.2	30.43	190		3.08	1.42	190
180	16.9	17.12	22.2	22.45	8:07.08	1:34.40	1:34.56	30.8	31.00	180	0.97	3.06	1.38	180
170	17.1	17.30	22.5	22.69	8:13.94	1:35.50	1:35.59	31.3	31.59	170		3.04	1.34	170
160	17.2	17.48	22.7	22.94	8:20.96	1:36.50	1:36.64	32.0	32.19	160	0.96	3.02	1.30	160
150	17.4	17.66	23.0	23.19	8:28.14	1:37.60	1:37.71	32.6	32.81	150	0.95	3.00	1.27	150
140	17.6	17.85	23.2	23.45	8:35.47	1:38.70	1:38.80	33.2	33.45	140		2.98	1.23	140
130	17.8	18.04	23.5	23.72	8:42.97	1:39.80	1:39.91	33.9	34.10	130	0.94	2.96	1.19	130
120	18.0	18.23	23.7	23.99	8:50.64	1:40.90	1:41.05	34.5	34.77	120		2.94	1.16	120
110	18.2	18.43	24.0	24.26	8:58.48	1:42.10	1:42.20	35.2	35.46	110	0.93	2.92	1.12	110
100	18.4	18.63	24.3	24.54	9:06.49	1:43.20	1:43.38	35.9	36.17	100	0.92	2.90	1.09	100
90	18.6	18.83	24.6	24.82	9:14.69	1:44.40	1:44.57	36.7	36.90	90		2.88	1.06	90
80	18.8	19.04	24.9	25.11	9:23.07	1:45.70	1:45.80	37.4	37.65	80	0.91	2.87	1.03	80
70	19.0	19.25	25.2	25.41	9:31.64	1:46.90	1:47.04	38.2	38.42	70		2.85	0.99	70
60	19.2	19.47	25.5	25.71	9:40.40	1:48.20	1:48.31	39.0	39.21	60	0.90	2.83	0.96	60
50	19.4	19.68	25.8	26.02	9:49.37	1:49.50	1:49.60	39.8	40.03	50	0.89	2.81	0.93	50
40	19.7	19.91	26.1	26.33	9:58.54	1:50.80	1:50.92	40.6	40.87	40		2.79	0.91	40
30	19.9	20.14	26.4	26.65	10:07.92	1:52.10	1:52.27	41.5	41.73	30	0.88	2.77	0.88	30
20	20.1	20.37	26.7	26.97	10:17.51	1:53.50	1:53.64	42.4	42.61	20		2.75	0.85	20
10	20.4	20.60	27.1	27.31	10:27.33	1:54.90	1:55.03	43.3	43.52	10	0.87	2.73	0.82	10
0	20.6	20.85	27.4	27.64	10:37.37	1:56.30	1:56.46	44.2	44.46	0	0.86	2.72	0.80	0
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	

Girls 10

	Track					Relays		Hurdles		Field				
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	
500	13.1	13.34	17.0	17.21	5:54.26	1:12.30	1:12.47	19.0	19.25	500	1.07	3.35	2.88	500
490	13.2	13.45	17.1	17.35	5:57.98	1:12.90	1:13.06	19.3	19.53	490		3.33	2.81	490
480	13.3	13.55	17.2	17.49	6:01.79	1:13.50	1:13.66	19.6	19.81	480	1.06	3.31	2.74	480
470	13.4	13.66	17.4	17.63	6:05.67	1:14.10	1:14.27	19.9	20.09	470		3.29	2.67	470
460	13.5	13.77	17.5	17.78	6:09.64	1:14.80	1:14.89	20.1	20.38	460	1.05	3.27	2.60	460
450	13.6	13.88	17.7	17.93	6:13.69	1:15.40	1:15.53	20.4	20.68	450	1.04	3.25	2.54	450
440	13.7	13.99	17.8	18.09	6:17.83	1:16.00	1:16.18	20.8	20.99	440		3.23	2.47	440
430	13.9	14.10	18.0	18.24	6:22.05	1:16.70	1:16.84	21.1	21.31	430	1.03	3.21	2.41	430
420	14.0	14.22	18.2	18.40	6:26.37	1:17.40	1:17.51	21.4	21.63	420	1.02	3.19	2.35	420
410	14.1	14.34	18.3	18.56	6:30.78	1:18.10	1:18.19	21.7	21.96	410		3.18	2.29	410
400	14.2	14.46	18.5	18.73	6:35.28	1:18.70	1:18.89	22.1	22.30	400	1.01	3.16	2.23	400
390	14.3	14.58	18.7	18.90	6:39.88	1:19.50	1:19.60	22.4	22.65	390		3.14	2.17	390
380	14.5	14.71	18.8	19.07	6:44.57	1:20.20	1:20.32	22.8	23.01	380	1.00	3.12	2.11	380
370	14.6	14.83	19.0	19.24	6:49.37	1:20.90	1:21.06	23.1	23.37	370		3.10	2.06	370
360	14.7	14.96	19.2	19.42	6:54.27	1:21.70	1:21.81	23.5	23.75	360	0.99	3.08	2.00	360
350	14.9	15.10	19.4	19.60	6:59.28	1:22.40	1:22.57	23.9	24.14	350	0.98	3.06	1.95	350
340	15.0	15.23	19.5	19.79	7:04.39	1:23.20	1:23.35	24.3	24.53	340		3.05	1.90	340
330	15.1	15.37	19.7	19.98	7:09.61	1:24.00	1:24.14	24.7	24.94	330	0.97	3.03	1.85	330
320	15.3	15.51	19.9	20.17	7:14.94	1:24.80	1:24.95	25.1	25.35	320		3.01	1.80	320
310	15.4	15.65	20.1	20.36	7:20.39	1:25.60	1:25.78	25.5	25.78	310	0.96	2.99	1.75	310
300	15.6	15.79	20.3	20.56	7:25.96	1:26.50	1:26.61	26.0	26.22	300	0.95	2.97	1.70	300
290	15.7	15.94	20.5	20.77	7:31.65	1:27.30	1:27.47	26.4	26.67	290		2.95	1.65	290
280	15.9	16.09	20.7	20.97	7:37.46	1:28.20	1:28.34	26.9	27.13	280	0.94	2.94	1.61	280
270	16.0	16.24	20.9	21.18	7:43.39	1:29.10	1:29.23	27.4	27.60	270		2.92	1.56	270
260	16.2	16.40	21.2	21.40	7:49.46	1:30.00	1:30.13	27.8	28.09	260	0.93	2.90	1.52	260
250	16.3	16.56	21.4	21.62	7:55.66	1:30.90	1:31.05	28.3	28.59	250		2.88	1.48	250
240	16.5	16.72	21.6	21.84	8:01.99	1:31.80	1:31.99	28.9	29.10	240	0.92	2.86	1.44	240
230	16.6	16.88	21.8	22.07	8:08.46	1:32.80	1:32.94	29.4	29.62	230	0.91	2.85	1.40	230
220	16.8	17.05	22.1	22.30	8:15.07	1:33.80	1:33.91	29.9	30.16	220		2.83	1.36	220
210	17.0	17.22	22.3	22.53	8:21.83	1:34.80	1:34.91	30.5	30.71	210	0.90	2.81	1.32	210
200	17.2	17.39	22.5	22.77	8:28.74	1:35.80	1:35.92	31.0	31.28	200		2.79	1.28	200
190	17.3	17.57	22.8	23.02	8:35.79	1:36.80	1:36.94	31.6	31.87	190	0.89	2.78	1.24	190
180	17.5	17.75	23.0	23.27	8:43.01	1:37.90	1:37.99	32.2	32.46	180		2.76	1.21	180
170	17.7	17.93	23.3	23.52	8:50.38	1:38.90	1:39.06	32.8	33.08	170	0.88	2.74	1.17	170
160	17.9	18.12	23.5	23.78	8:57.92	1:40.00	1:40.15	33.5	33.71	160	0.87	2.72	1.14	160
150	18.1	18.31	23.8	24.04	9:05.62	1:41.10	1:41.26	34.1	34.36	150		2.70	1.11	150
140	18.3	18.50	24.1	24.31	9:13.50	1:42.20	1:42.39	34.8	35.03	140	0.86	2.69	1.07	140
130	18.5	18.69	24.3	24.58	9:21.55	1:43.40	1:43.54	35.5	35.71	130		2.67	1.04	130
120	18.7	18.89	24.6	24.86	9:29.78	1:44.60	1:44.71	36.2	36.42	120	0.85	2.65	1.01	120
110	18.9	19.10	24.9	25.15	9:38.20	1:45.80	1:45.91	36.9	37.14	110		2.64	0.98	110
100	19.1	19.31	25.2	25.43	9:46.81	1:47.00	1:47.13	37.6	37.88	100	0.84	2.62	0.95	100
90	19.3	19.52	25.5	25.73	9:55.61	1:48.20	1:48.37	38.4	38.65	90		2.60	0.92	90
80	19.5	19.73	25.8	26.03	10:04.61	1:49.50	1:49.64	39.2	39.43	80	0.83	2.58	0.90	80
70	19.7	19.95	26.1	26.34	10:13.81	1:50.80	1:50.93	40.0	40.24	70		2.57	0.87	70
60	19.9	20.18	26.4	26.65	10:23.22	1:52.10	1:52.24	40.8	41.07	60	0.82	2.55	0.84	60
50	20.2	20.40	26.7	26.97	10:32.85	1:53.40	1:53.58	41.7	41.92	50	0.81	2.53	0.82	50
40	20.4	20.64	27.1	27.29	10:42.69	1:54.80	1:54.95	42.6	42.80	40		2.52	0.79	40
30	20.6	20.87	27.4	27.62	10:52.77	1:56.20	1:56.34	43.5	43.70	30	0.80	2.50	0.77	30
20	20.9	21.11	27.7	27.96	11:03.07	1:57.60	1:57.76	44.4	44.63	20		2.48	0.74	20
10	21.1	21.36	28.1	28.30	11:13.61	1:59.10	1:59.21	45.3	45.58	10	0.79	2.47	0.72	10
0	21.4	21.61	28.4	28.65	11:24.39	2:00.50	2:00.68	46.3	46.56	0	0.78	2.45	0.70	0
	80m		100m		1200m	4 x 100m		70mH			HJ	LJ	SP	

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