



**ATHLETICS SOUTH AFRICA (ASA)
IN ASSOCIATION WITH
SOUTH AFRICAN SCHOOLS ATHLETICS (SASA)
CAPACITATING SCHOOLS ATHLETICS**



2016 – 2019 PRIMARY SCHOOLS ATHLETICS PERFORMANCE EVALUATION (APE) TABLES

INTRODUCTION TO THE ATHLETICS PERFORMANCE EVALUATION TABLES (ALSO CALLED A.P.E. OR SCORING TABLES)

1. INTRODUCTION

- 1.1. Scoring Tables are commonly used in many countries across the world that practice athletics as a sport. The most well-known tables are the IAAF Scoring Tables which is used as the norm at IAAF Athletics Events. The IAAF Scoring Tables are primarily used for athletics at senior level.
- 1.2. Technical standards at entry level athletics are different to the technical standards used at senior level e.g. the weight for Shot Put men is 7.26kg as appose to the 2kg used by a 10 year old boy. Likewise the hurdle height for a 10 year old boy is 68cm as opposed to the 106.7cm for senior men.
- 1.3. The IAAF Scoring Tables do not cater for the different weights and heights of implements at entry level athletics. Many countries in the world therefore maintain an alternative scoring table for entry level athletics. The A.P.E. Tables are compiled based on the standards of athletics at entry level in South Africa.
- 1.4. Schools are generally regarded as entry level athletics and serve as an important medium through which athletics as a sport can be popularised. Schools athletics is also an important medium to develop among the youth, social and life skills such as to set objectives, self-esteem, teamwork, care for others, tolerance for others, better quality of life, healthy life style, avoid substance abuse, respect for the human body, sense of belonging.
- 1.5. The A.P.E. Tables also provide another perspective to the Organizer, Coach and Parent with regards to the performance of an Athlete within the South African Schools athletics environment. The A.P.E. Tables can be an effective tool for the development of the social and life skills mentioned above.

2. WHAT ARE THE A.P.E. TABLES GENERALLY USED FOR:

- 2.1. To compare the performance of an Athletes in one event against the performance of an Athlete in another event, e.g. the reader can compare the performance of a 100m Sprinter against that of a long jumper or a Shot Putter.
- 2.2. To determine the Victor and Victrix Laudorm at Athletic Meetings
- 2.3. To determine the best performance of the day at Athletic Meetings
- 2.4. To determine which athletes qualify for merit awards To determine standards for honorary colours at schools

2.5. HOW TO USE THE A.P.E. TABLES

To be able to use the A.P.E. Tables, the following information are needed:

- 2.5.1. The age of the athlete
- 2.5.2. The event the athlete participated in

- 2.5.3. The performance of the athlete in an event.
- 2.6. Page to the relevant age group and gender e.g. Boys 15.
- 2.7. Scroll across the page to the event the athlete participated in e.g. Long Jump
- 2.8. Performances will be listed in vertical columns reading from top to bottom.
- 2.9. Scroll down the column to the relevant performance and read the number directly to the left of the performance.
- 2.10. Hand times as well as electronic times appear in the tables. Electronic times are always slower than hand times.
- 2.11. When a specific performance does not appear in the tables, the points appearing opposite the next lower performance should be allocated.

3. THE AVERAGE PERFORMANCE VALUES

- 3.1. International standard: 950 – 1000 points
- 3.2. National Standard: 900 – 950 points
- 3.3. Provincial Standard: 850 – 900 points
- 3.4. Development level: 0 – 850 points

4. Note 1:

- 4.1. In age categories that are not catered for at SA Schools Championships level, the points value were extrapolated from the high age category e.g. the u/16 values were extrapolated from the u/17 points values

5. Note 2:

- 5.1. In some events the SA Schools record in a higher age category, are weaker than the corresponding record in a lower age category. In such cases the points value were extrapolated from the better performance e.g. if u/13 is weaker than u/12, the u/13 points value were extrapolated from the u/12 performance.

6. MORE DETAILED VERSION OF THE APE TABLES

- 6.1. This version of the A.P.E. Tables reflects points from 500 to 1000 points in increments of 10 (ten) points.
- 6.2. An electronic version of the A.P.E. Tables are available that reflects 1 – 1000 points in increments of 1 (one) point and operate as part of an athletics data capturing programme. This data capturing programme can be obtained from the website www.bsport.co.za.

2016 – 2019 Athletics Performance Evaluation Tables – Boys (13 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track							Hurdles				Relays		Walk			Field							
	100m	200m	800m	1500m	3000m	80mH		200mH	4 x 100m	1500 mW	HJ	PV	LJ	SP	DT		HT	JT						
1000		10.91	22.7	22.96	2:02.50	4:11.33	8:29.97	1000		11.13	26.4	26.64	46.0	46.10	7:13.65	1000	1.78		6.24	16.07	63.93	65.20	55.66	1000
990		10.94		23.01	2:02.81	4:12.43	8:32.89	990	10.9	11.19	26.5	26.73	46.1	46.28	7:18.97	990	1.77	4.68	6.21	15.86	63.03	63.84	55.15	990
980	10.7	10.96	22.8	23.08	2:03.13	4:13.55	8:35.88	980	11.0	11.25	26.6	26.82	46.3	46.47	7:24.44	980		4.65	6.18	15.66	62.12	62.45	54.62	980
970		10.99	22.9	23.14	2:03.45	4:14.69	8:38.94	970		11.32	26.7	26.91	46.5	46.66	7:30.08	970	1.76	4.63	6.15	15.44	61.18	61.05	54.08	970
960		11.02	23.0	23.22	2:03.78	4:15.86	8:42.06	960	11.1	11.38	26.8	27.01	46.7	46.86	7:35.89	960	1.75	4.61	6.13	15.23	60.23	59.64	53.53	960
950	10.8	11.06		23.29	2:04.12	4:17.05	8:45.26	950	11.2	11.45	26.9	27.11	46.9	47.06	7:41.86	950	1.74	4.58	6.10	15.01	59.27	58.21	52.97	950
940		11.09	23.1	23.37	2:04.46	4:18.27	8:48.53	940		11.52	27.0	27.20	47.1	47.26	7:48.02	940	1.73	4.55	6.07	14.78	58.29	56.78	52.40	940
930		11.13	23.2	23.46	2:04.81	4:19.51	8:51.87	930	11.3	11.59	27.1	27.31	47.3	47.47	7:54.35	930		4.53	6.04	14.56	57.29	55.34	51.81	930
920	10.9	11.17	23.3	23.55	2:05.17	4:20.78	8:55.29	920	11.4	11.66	27.2	27.41	47.5	47.68	8:00.87	920	1.72	4.50	6.01	14.33	56.29	53.89	51.22	920
910		11.21	23.4	23.65	2:05.53	4:22.08	8:58.78	910	11.5	11.73	27.3	27.51	47.8	47.90	8:07.59	910	1.71	4.48	5.98	14.10	55.27	52.45	50.61	910
900	11.0	11.25	23.5	23.75	2:05.90	4:23.40	9:02.35	900		11.81	27.4	27.62	48.0	48.12	8:14.50	900	1.70	4.45	5.95	13.86	54.25	51.00	50.00	900
890		11.29	23.6	23.86	2:06.28	4:24.75	9:06.00	890	11.6	11.89	27.5	27.73	48.2	48.35	8:21.63	890	1.69	4.43	5.92	13.73	53.68	50.20	49.66	890
880	11.1	11.34	23.7	23.96	2:06.66	4:26.13	9:09.75	880	11.7	11.97	27.6	27.84	48.4	48.58	8:28.99	880		4.41	5.89	13.60	53.11	49.41	49.31	880
870		11.39	23.8	24.07	2:07.05	4:27.55	9:13.58	870	11.8	12.05	27.7	27.95	48.7	48.81	8:36.60	870	1.68	4.39	5.86	13.47	52.55	48.63	48.97	870
860		11.43	23.9	24.18	2:07.45	4:28.99	9:17.52	860	11.9	12.13	27.8	28.07	48.9	49.05	8:44.46	860	1.67	4.36	5.83	13.34	51.99	47.86	48.63	860
850	11.2	11.48	24.1	24.30	2:07.86	4:30.47	9:21.55	850	12.0	12.21	28.0	28.19	49.2	49.30	8:52.58	850	1.66	4.34	5.81	13.21	51.44	47.10	48.29	850
840		11.53	24.2	24.42	2:08.28	4:31.99	9:25.68	840		12.30	28.1	28.31	49.4	49.55	9:00.97	840	1.65	4.32	5.78	13.08	50.89	46.34	47.95	840
830	11.3	11.58	24.3	24.54	2:08.71	4:33.54	9:29.91	830	12.1	12.39	28.2	28.44	49.7	49.81	9:09.63	830	1.64	4.30	5.75	12.96	50.34	45.60	47.62	830
820	11.4	11.63	24.4	24.66	2:09.14	4:35.12	9:34.24	820	12.2	12.48	28.3	28.56	49.9	50.07	9:18.58	820		4.28	5.72	12.83	49.79	44.86	47.28	820
810		11.69	24.5	24.78	2:09.59	4:36.74	9:38.67	810	12.3	12.57	28.5	28.69	50.2	50.34	9:27.82	810	1.63	4.26	5.69	12.71	49.25	44.14	46.94	810
800	11.5	11.74	24.7	24.91	2:10.04	4:38.39	9:43.22	800	12.4	12.67	28.6	28.82	50.5	50.62	9:37.37	800	1.62	4.24	5.66	12.58	48.72	43.42	46.61	800
790		11.80	24.8	25.04	2:10.50	4:40.08	9:47.87	790	12.5	12.77	28.7	28.96	50.8	50.90	9:47.24	790	1.61	4.21	5.63	12.46	48.18	42.71	46.27	790
780	11.6	11.85	24.9	25.18	2:10.97	4:41.81	9:52.63	780	12.6	12.87	28.9	29.10	51.0	51.18	9:57.42	780	1.60	4.19	5.61	12.33	47.65	42.01	45.94	780
770		11.91	25.1	25.31	2:11.44	4:43.57	9:57.50	770	12.7	12.97	29.0	29.24	51.3	51.48	10:07.95	770		4.17	5.58	12.21	47.12	41.31	45.61	770
760	11.7	11.97	25.2	25.45	2:11.93	4:45.37	10:02.48	760	12.8	13.07	29.1	29.38	51.6	51.77	10:18.82	760	1.59	4.15	5.55	12.09	46.60	40.63	45.28	760
750	11.8	12.03	25.4	25.59	2:12.43	4:47.21	10:07.59	750	12.9	13.18	29.3	29.53	51.9	52.08	10:30.05	750	1.58	4.13	5.52	11.97	46.08	39.96	44.95	750
740		12.09	25.5	25.74	2:12.93	4:49.09	10:12.81	740	13.0	13.29	29.4	29.67	52.3	52.39	10:41.66	740	1.57	4.11	5.49	11.85	45.57	39.29	44.62	740
730	11.9	12.15	25.6	25.88	2:13.45	4:51.01	10:18.15	730	13.2	13.40	29.6	29.83	52.6	52.71	10:53.65	730	1.56	4.09	5.46	11.73	45.06	38.63	44.29	730
720		12.21	25.8	26.03	2:13.97	4:52.97	10:23.62	720	13.3	13.52	29.7	29.98	52.9	53.03	11:06.04	720	1.55	4.06	5.43	11.61	44.55	37.98	43.97	720
710	12.0	12.28	26.0	26.19	2:14.50	4:54.97	10:29.21	710	13.4	13.63	29.9	30.14	53.2	53.36	11:18.84	710		4.04	5.41	11.49	44.04	37.34	43.64	710
700	12.1	12.34	26.1	26.34	2:15.05	4:57.01	10:34.93	700	13.5	13.75	30.1	30.30	53.6	53.70	11:32.07	700	1.54	4.02	5.38	11.37	43.54	36.70	43.31	700
690		12.41	26.3	26.50	2:15.60	4:59.09	10:40.78	690	13.6	13.88	30.2	30.46	53.9	54.04	11:45.74	690	1.53	4.00	5.35	11.25	43.04	36.08	42.99	690
680	12.2	12.48	26.4	26.67	2:16.16	5:01.22	10:46.76	680	13.8	14.00	30.4	30.63	54.3	54.40	11:59.88	680	1.52	3.98	5.32	11.14	42.55	35.46	42.67	680
670	12.3	12.55	26.6	26.83	2:16.73	5:03.39	10:52.89	670	13.9	14.13	30.6	30.80	54.6	54.75	12:14.48	670	1.51	3.96	5.29	11.02	42.06	34.85	42.35	670
660	12.4	12.62	26.8	27.00	2:17.32	5:05.60	10:59.15	660	14.0	14.26	30.7	30.97	55.0	55.12	12:29.59	660		3.94	5.27	10.91	41.57	34.25	42.03	660
650		12.69	26.9	27.17	2:17.91	5:07.86	11:05.55	650	14.2	14.39	30.9	31.15	55.3	55.49	12:45.20	650	1.50	3.92	5.24	10.79	41.09	33.66	41.71	650
640	12.5	12.76	27.1	27.35	2:18.51	5:10.17	11:12.09	640	14.3	14.53	31.1	31.33	55.7	55.87	13:01.34	640	1.49	3.90	5.21	10.68	40.61	33.07	41.39	640
630	12.6	12.84	27.3	27.53	2:19.12	5:12.52	11:18.79	630	14.4	14.67	31.3	31.51	56.1	56.26	13:18.04	630	1.48	3.87	5.18	10.57	40.14	32.50	41.07	630
620	12.7	12.91	27.5	27.71	2:19.75	5:14.92	11:25.63	620	14.6	14.81	31.5	31.70	56.5	56.65	13:35.30	620	1.47	3.85	5.15	10.46	39.67	31.93	40.76	620
610		12.99	27.7	27.90	2:20.38	5:17.36	11:32.63	610	14.7	14.96	31.6	31.89	56.9	57.05	13:53.16	610		3.83	5.12	10.35	39.20	31.37	40.44	610
600	12.8	13.07	27.9	28.09	2:21.02	5:19.86	11:39.79	600	14.9	15.11	31.8	32.08	57.3	57.46	14:11.63	600	1.46	3.81	5.10	10.24	38.73	30.81	40.13	600
590	12.9	13.15	28.0	28.28	2:21.68	5:22.41	11:47.11	590	15.0	15.26	32.0	32.28	57.7	57.88	14:30.74	590	1.45	3.79	5.07	10.13	38.27	30.27	39.82	590
580	13.0	13.23	28.2	28.47	2:22.34	5:25.00	11:54.59	580	15.2	15.42	32.2	32.48	58.2	58.31	14:50.51	580	1.44	3.77	5.04	10.02	37.82	29.73	39.51	580
570	13.1	13.31	28.4	28.67	2:23.02	5:27.65	12:02.25	570	15.3	15.58	32.4	32.68	58.6	58.74	15:10.97	570	1.43	3.75	5.01	9.91	37.37	29.20	39.20	570
560		13.40	28.6	28.88	2:23.71	5:30.35	12:10.07	560	15.5	15.74	32.7	32.89	59.0	59.18	15:32.14	560		3.73	4.99	9.80	36.92	28.67	38.89	560
550	13.2	13.48	28.9	29.09	2:24.40	5:33.11	12:18.07	550	15.7	15.91	32.9	33.10	59.5	59.63	15:54.06	550	1.42	3.71	4.96	9.69	36.47	28.16	38.58	550
540	13.3	13.57	29.1	29.30	2:25.11	5:35.92	12:26.25	540	15.8	16.08	33.1	33.32	60.0	60.09	16:16.75	540	1.41	3.69	4.93	9.59	36.03	27.65	38.28	540
530	13.4	13.66	29.3	29.51	2:25.84	5:38.78	12:34.61	530	16.0	16.25	33.3	33.54	60.4	60.56	16:40.24	530	1.40	3.67	4.90	9.48	35.59	27.15	37.97	530
520	13.5	13.75	29.5	29.73	2:26.57	5:41.70	12:43.16	520	16.2	16.43	33.5	33.76	60.9	61.04	17:04.57	520	1.39	3.65	4.87	9.38	35.16	26.65	37.67	520
510	13.6	13.84	29.7	29.96																				

2016 – 2019 Athletics Performance Evaluation Tables – Boys (13 years) – Continued

	Track					Hurdles				Relays		Walk	Field											
	100m	200m	800m	1500m	3000m	80mH	200mH			4 x 100m	1500 mW	HJ	PV	LJ	SP	DT	HT	JT						
500	13.7	13.94	29.9	30.18	2:28.07	5:47.72	13:00.84	500	16.6	16.80	34.0	34.22	61.9	62.02	17:55.86	500	1.38	3.60	4.82	9.17	34.30	25.69	37.07	500
490	13.8	14.03	30.2	30.42	2:28.84	5:50.81	13:09.98	490	16.7	16.99	34.2	34.45	62.4	62.52	18:22.89	490	1.37	3.58	4.79	9.07	33.87	25.21	36.77	490
480	13.9	14.13	30.4	30.65	2:29.62	5:53.97	13:19.32	480	16.9	17.18	34.4	34.69	62.9	63.04	18:50.90	480	1.36	3.56	4.77	8.97	33.46	24.75	36.47	480
470	14.0	14.23	30.7	30.89	2:30.41	5:57.19	13:28.87	470	17.1	17.38	34.7	34.93	63.4	1:03.56	19:19.92	470		3.54	4.74	8.87	33.04	24.29	36.17	470
460	14.1	14.33	30.9	31.14	2:31.22	6:00.47	13:38.64	460	17.3	17.58	34.9	35.18	64.0	1:04.09	19:50.01	460	1.35	3.52	4.71	8.77	32.63	23.84	35.88	460
450	14.2	14.43	31.2	31.39	2:32.04	6:03.82	13:48.63	450	17.5	17.79	35.2	35.43	64.5	1:04.64	20:21.19	450	1.34	3.50	4.68	8.67	32.22	23.39	35.58	450
440	14.3	14.54	31.4	31.64	2:32.87	6:07.23	13:58.85	440	17.8	18.00	35.4	35.69	1:05.0	1:05.19	20:53.52	440	1.33	3.48	4.66	8.57	31.81	22.95	35.29	440
430	14.4	14.64	31.7	31.90	2:33.71	6:10.71	14:09.29	430	18.0	18.22	35.7	35.95	1:05.6	1:05.75	21:27.04	430	1.32	3.46	4.63	8.48	31.41	22.52	35.00	430
420	14.5	14.75	31.9	32.16	2:34.57	6:14.26	14:19.97	420	18.2	18.44	36.0	36.21	1:06.2	1:06.33	22:01.81	420		3.44	4.60	8.38	31.01	22.10	34.71	420
410	14.6	14.86	32.2	32.43	2:35.44	6:17.87	14:30.89	410	18.4	18.66	36.2	36.48	1:06.8	1:06.91	22:37.87	410	1.31	3.42	4.57	8.28	30.62	21.68	34.42	410
400	14.7	14.97	32.5	32.70	2:36.33	6:21.56	14:42.06	400	18.7	18.90	36.5	36.76	1:07.4	1:07.51	23:15.29	400	1.30	3.40	4.55	8.19	30.23	21.26	34.13	400
390	14.8	15.08	32.7	32.98	2:37.22	6:25.32	14:53.48	390	18.9	19.13	36.8	37.03	1:08.0	1:08.12	23:54.11	390	1.29	3.38	4.52	8.09	29.84	20.86	33.85	390
380	15.0	15.20	33.0	33.27	2:38.13	6:29.15	15:05.17	380	19.1	19.37	37.1	37.32	1:08.6	1:08.74	24:34.40	380		3.36	4.49	8.00	29.46	20.46	33.56	380
370	15.1	15.32	33.3	33.55	2:39.06	6:33.06	15:17.11	370	19.4	19.62	37.4	37.61	1:09.2	1:09.37	25:16.21	370	1.28	3.34	4.47	7.91	29.08	20.07	33.28	370
360	15.2	15.44	33.6	33.85	2:40.00	6:37.05	15:29.33	360	19.6	19.87	37.7	37.90	1:09.9	1:10.01	25:59.63	360	1.27	3.32	4.44	7.81	28.70	19.68	33.00	360
350	15.3	15.56	33.9	34.15	2:40.95	6:41.11	15:41.83	350	19.9	20.13	38.0	38.20	1:10.5	1:10.66	26:44.71	350	1.26	3.30	4.41	7.72	28.33	19.30	32.72	350
340	15.4	15.68	34.2	34.45	2:41.92	6:45.25	15:54.62	340	20.2	20.40	38.3	38.50	1:11.2	1:11.33	27:31.52	340		3.28	4.39	7.63	27.96	18.92	32.44	340
330	15.6	15.81	34.5	34.76	2:42.91	6:49.47	16:07.69	330	20.4	20.67	38.6	38.81	1:11.9	1:12.01	28:20.15	330	1.25	3.26	4.36	7.54	27.59	18.55	32.16	330
320	15.7	15.94	34.8	35.07	2:43.90	6:53.78	16:21.07	320	20.7	20.94	38.9	39.13	1:12.6	1:12.70	29:10.67	320	1.24	3.24	4.33	7.45	27.23	18.19	31.88	320
310	15.8	16.07	35.2	35.40	2:44.92	6:58.17	16:34.75	310	21.0	21.22	39.2	39.45	1:13.3	1:13.40	30:03.16	310	1.23	3.22	4.31	7.36	26.87	17.83	31.61	310
300	16.0	16.20	35.5	35.72	2:45.95	7:02.65	16:48.75	300	21.3	21.51	39.5	39.77	1:14.0	1:14.12	30:57.71	300		3.20	4.28	7.28	26.52	17.48	31.34	300
290	16.1	16.33	35.8	36.06	2:46.99	7:07.21	17:03.07	290	21.6	21.81	39.9	40.10	1:14.7	1:14.85	31:54.42	290	1.22	3.18	4.26	7.19	26.16	17.13	31.06	290
280	16.2	16.47	36.2	36.39	2:48.05	7:11.87	17:17.73	280	21.9	22.11	40.2	40.44	1:15.5	1:15.60	32:53.38	280	1.21	3.16	4.23	7.10	25.82	16.79	30.79	280
270	16.4	16.61	36.5	36.74	2:49.13	7:16.61	17:32.72	270	22.2	22.42	40.5	40.78	1:16.2	1:16.36	33:54.68	270	1.20	3.14	4.20	7.02	25.47	16.46	30.52	270
260	16.5	16.75	36.9	37.09	2:50.22	7:21.45	17:48.06	260	22.5	22.73	40.9	41.13	1:17.0	1:17.13	34:58.45	260		3.12	4.18	6.93	25.13	16.13	30.26	260
250	16.7	16.90	37.2	37.45	2:51.33	7:26.39	18:03.76	250	22.8	23.06	41.2	41.48	1:17.8	1:17.92	36:04.77	250	1.19	3.11	4.15	6.85	24.79	15.81	29.99	250
240	16.8	17.04	37.6	37.81	2:52.45	7:31.42	18:19.82	240	23.1	23.39	41.6	41.84	1:18.6	1:18.72	37:13.79	240	1.18	3.09	4.13	6.77	24.46	15.49	29.73	240
230	17.0	17.19	37.9	38.18	2:53.60	7:36.55	18:36.26	230	23.5	23.73	42.0	42.21	1:19.4	1:19.54	38:25.60	230	1.17	3.07	4.10	6.68	24.13	15.18	29.46	230
220	17.1	17.34	38.3	38.56	2:54.76	7:41.79	18:53.09	220	23.8	24.07	42.3	42.58	1:20.2	1:20.37	39:40.35	220		3.05	4.07	6.60	23.80	14.87	29.20	220
210	17.3	17.50	38.7	38.95	2:55.93	7:47.13	19:10.31	210	24.2	24.42	42.7	42.96	1:21.1	1:21.22	40:58.18	210	1.16	3.03	4.05	6.52	23.47	14.57	28.94	210
200	17.4	17.66	39.1	39.34	2:57.13	7:52.57	19:27.93	200	24.5	24.79	43.1	43.35	1:21.9	1:22.08	42:19.21	200	1.15	3.01	4.02	6.44	23.15	14.27	28.68	200
190	17.6	17.82	39.5	39.74	2:58.34	7:58.12	19:45.97	190	24.9	25.16	43.5	43.74	1:22.8	1:22.96	43:43.60	190		2.99	4.00	6.36	22.83	13.98	28.42	190
180	17.7	17.98	39.9	40.14	2:59.57	8:03.79	20:04.44	180	25.3	25.53	43.9	44.14	1:23.7	1:23.86	45:11.51	180	1.14	2.97	3.97	6.28	22.52	13.69	28.17	180
170	17.9	18.14	40.3	40.55	3:00.82	8:09.56	20:23.35	170	25.7	25.92	44.3	44.54	1:24.6	1:24.77	46:43.10	170	1.13	2.95	3.95	6.20	22.21	13.41	27.91	170
160	18.1	18.31	40.7	40.98	3:02.09	8:15.45	20:42.71	160	26.1	26.32	44.7	44.96	1:25.6	1:25.71	48:18.54	160	1.12	2.93	3.92	6.13	21.90	13.13	27.66	160
150	18.2	18.48	41.2	41.40	3:03.38	8:21.46	21:02.52	150	26.5	26.72	45.1	45.38	1:26.5	1:26.65	49:58.02	150		2.91	3.90	6.05	21.60	12.86	27.41	150
140	18.4	18.66	41.6	41.84	3:04.68	8:27.59	21:22.82	140	26.9	27.14	45.6	45.80	1:27.5	1:27.62	51:41.73	140	1.11	2.90	3.87	5.97	21.29	12.59	27.16	140
130	18.6	18.83	42.1	42.29	3:06.01	8:33.85	21:43.60	130	27.3	27.56	46.0	46.24	1:28.5	1:28.61	53:29.87	130	1.10	2.88	3.85	5.90	21.00	12.33	26.91	130
120	18.8	19.01	42.5	42.74	3:07.35	8:40.23	22:04.87	120	27.8	28.00	46.4	46.68	1:29.5	1:29.61	55:22.65	120	1.09	2.86	3.82	5.82	20.70	12.07	26.66	120
110	19.0	19.20	43.0	43.20	3:08.72	8:46.73	22:26.67	110	28.2	28.44	46.9	47.13	1:30.5	1:30.64	57:20.30	110		2.84	3.80	5.75	20.41	11.82	26.41	110
100	19.1	19.38	43.4	43.67	3:10.10	8:53.37	22:48.98	100	28.7	28.90	47.3	47.59	1:31.5	1:31.68	59:23.06	100	1.08	2.82	3.77	5.68	20.12	11.57	26.17	100
90	19.3	19.57	43.9	44.15	3:11.51	9:00.15	23:11.84	90	29.1	29.36	47.8	48.05	1:32.6	1:32.74	1:01:31.15	90	1.07	2.80	3.75	5.60	19.83	11.32	25.93	90
80	19.5	19.76	44.4	44.63	3:12.94	9:07.06	23:35.26	80	29.6	29.84	48.3	48.53	1:33.7	1:33.82	1:03:44.86	80		2.78	3.72	5.53	19.55	11.08	25.69	80
70	19.7	19.96	44.9	45.13	3:14.39	9:14.11	23:59.25	70	30.1	30.33	48.8	49.01	1:34.8	1:34.93	1:06:04.46	70	1.06	2.77	3.70	5.46	19.27	10.85	25.45	70
60	19.9	20.16	45.4	45.64	3:15.86	9:21.30	24:23.82	60	30.6	30.83	49.3	49.50	1:35.9	1:36.05	1:08:30.23	60	1.05	2.75	3.67	5.39	19.00	10.61	25.21	60
50	20.1	20.36	45.9	46.15	3:17.35	9:28.64	24:49.00	50	31.1	31.34	49.8	50.00	1:37.1	1:37.20	1:11:02.47	50		2.73	3.65	5.32	18.72	10.39	24.97	50
40	20.3	20.57	46.4	46.68	3:18.86	9:36.13	25:14.79	40	31.6	31.87	50.3	50.50	1:38.2	1:38.37	1:13:41.52	40	1.04	2.71	3.63	5.25	18.45	10.16	24.73	40
30	20.5	20.78	47.0	47.21	3:20.40	9:43.78	25:41.23	30	32.2	32.40	50.8	51.02	1:39.4	1:39.56	1:16:27.71	30	1.03	2.69	3.60	5.18	18.19	9.94	24.50	30
20	20.8	20.99	47.5	47.75	3:21.9																			

2016 – 2019 Athletics Performance Evaluation Tables – Boys (12 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

Points	Track						Hurdles				Relays		Walk		Field						Points
	100m	150m	200m	300m	400m	500m	75mH	100mH	150mH	200mH	4 x 100m	1500 mW	HJ	LJ	SP	DT	HT	JT			
1000		11.21		16.93	3:25.23	1000		11.30	20.4	20.69	46.8	46.93	7:24.17	1000		5.78	16.35	63.91	75.72	43.96	1000
990		11.24	16.7	16.97	3:25.96	990	11.1	11.36	20.5	20.76	47.0	47.12	7:29.61	990	1.70	5.76	16.14	63.01	74.14	43.55	990
980	11.0	11.27		17.01	3:26.71	980		11.42	20.6	20.83	47.2	47.31	7:35.22	980	1.69	5.73	15.93	62.09	72.53	43.14	980
970		11.30	16.8	17.06	3:27.47	970	11.2	11.49		20.90	47.4	47.51	7:40.99	970		5.71	15.71	61.16	70.90	42.71	970
960		11.33		17.11	3:28.25	960	11.3	11.56	20.7	20.97	47.6	47.71	7:46.94	960	1.68	5.68	15.49	60.21	69.26	42.28	960
950	11.1	11.36	16.9	17.16	3:29.04	950	11.4	11.62	20.8	21.05	47.8	47.91	7:53.06	950	1.67	5.66	15.27	59.24	67.61	41.84	950
940		11.40		17.22	3:29.85	940		11.69	20.9	21.13	48.0	48.12	7:59.36	940	1.66	5.63	15.04	58.26	65.94	41.38	940
930		11.43	17.0	17.28	3:30.68	930	11.5	11.77		21.21	48.2	48.33	8:05.85	930		5.60	14.81	57.27	64.27	40.92	930
920	11.2	11.47	17.1	17.34	3:31.52	920	11.6	11.84	21.0	21.29	48.4	48.55	8:12.53	920	1.65	5.58	14.58	56.27	62.59	40.45	920
910		11.52		17.41	3:32.38	910	11.7	11.91	21.1	21.37	48.6	48.77	8:19.41	910	1.64	5.55	14.34	55.25	60.91	39.97	910
900	11.3	11.56	17.2	17.48	3:33.25	900		11.99	21.2	21.45	48.9	48.99	8:26.49	900	1.63	5.52	14.10	54.23	59.23	39.49	900
890		11.61	17.3	17.55	3:34.14	890	11.8	12.07	21.3	21.53	49.1	49.22	8:33.79	890	1.62	5.49	13.97	53.66	58.30	39.22	890
880	11.4	11.65	17.4	17.63	3:35.06	880	11.9	12.15	21.4	21.62	49.3	49.45	8:41.33	880		5.47	13.83	53.10	57.39	38.95	880
870		11.70		17.70	3:35.99	870	12.0	12.23	21.5	21.71	49.6	49.69	8:49.13	870	1.61	5.44	13.70	52.53	56.48	38.68	870
860	11.5	11.75	17.5	17.78	3:36.94	860	12.1	12.31	21.6	21.80	49.8	49.94	8:57.18	860	1.60	5.41	13.57	51.97	55.58	38.41	860
850		11.80	17.6	17.86	3:37.92	850		12.40		21.89	50.1	50.19	9:05.49	850	1.59	5.39	13.44	51.42	54.70	38.14	850
840	11.6	11.85	17.7	17.94	3:38.92	840	12.2	12.49	21.7	21.99	50.3	50.45	9:14.08	840	1.58	5.36	13.31	50.87	53.82	37.87	840
830		11.90	17.8	18.03	3:39.93	830	12.3	12.58	21.8	22.08	50.6	50.71	9:22.96	830		5.33	13.18	50.32	52.96	37.61	830
820	11.7	11.95	17.9	18.11	3:40.97	820	12.4	12.67	21.9	22.18	50.8	50.98	9:32.12	820	1.57	5.31	13.05	49.78	52.10	37.34	820
810		12.01	18.0	18.20	3:42.04	810	12.5	12.77	22.0	22.28	51.1	51.25	9:41.59	810	1.56	5.28	12.93	49.23	51.26	37.08	810
800	11.8	12.06		18.29	3:43.12	800	12.6	12.86	22.1	22.39	51.4	51.53	9:51.37	800	1.55	5.25	12.80	48.70	50.42	36.81	800
790		12.12	18.1	18.38	3:44.23	790	12.7	12.96	22.3	22.49	51.7	51.82	10:01.47	790		5.23	12.67	48.16	49.60	36.55	790
780	11.9	12.18	18.2	18.47	3:45.35	780	12.8	13.06	22.4	22.60	52.0	52.11	10:11.91	780	1.54	5.20	12.55	47.63	48.79	36.28	780
770	12.0	12.24	18.3	18.57	3:46.51	770	12.9	13.17	22.5	22.71	52.3	52.41	10:22.69	770	1.53	5.17	12.42	47.11	47.98	36.02	770
760		12.30	18.4	18.66	3:47.68	760	13.0	13.27	22.6	22.82	52.6	52.71	10:33.83	760	1.52	5.15	12.30	46.58	47.19	35.76	760
750	12.1	12.36	18.5	18.76	3:48.88	750	13.1	13.38	22.7	22.93	52.9	53.02	10:45.33	750	1.51	5.12	12.17	46.07	46.40	35.50	750
740		12.42	18.6	18.86	3:50.10	740	13.3	13.49	22.8	23.05	53.2	53.34	10:57.22	740		5.09	12.05	45.55	45.63	35.24	740
730	12.2	12.48	18.7	18.96	3:51.35	730	13.4	13.61	22.9	23.16	53.5	53.66	11:09.50	730	1.50	5.07	11.93	45.04	44.86	34.98	730
720	12.3	12.55	18.8	19.07	3:52.62	720	13.5	13.72	23.0	23.28	53.9	53.99	11:22.19	720	1.49	5.04	11.81	44.53	44.11	34.72	720
710		12.61	18.9	19.17	3:53.92	710	13.6	13.84	23.2	23.41	54.2	54.33	11:35.30	710	1.48	5.02	11.69	44.03	43.36	34.47	710
700	12.4	12.68	19.0	19.28	3:55.24	700	13.7	13.96	23.3	23.53	54.5	54.67	11:48.85	700		4.99	11.57	43.53	42.63	34.21	700
690	12.5	12.75	19.2	19.39	3:56.59	690	13.8	14.09	23.4	23.66	54.9	55.02	12:02.86	690	1.47	4.96	11.45	43.03	41.90	33.95	690
680	12.6	12.82	19.3	19.51	3:57.96	680	14.0	14.21	23.5	23.79	55.2	55.38	12:17.33	680	1.46	4.94	11.33	42.53	41.19	33.70	680
670		12.89	19.4	19.62	3:59.36	670	14.1	14.34	23.7	23.92	55.6	55.74	12:32.29	670	1.45	4.91	11.21	42.05	40.48	33.45	670
660	12.7	12.96	19.5	19.74	4:00.79	660	14.2	14.48	23.8	24.05	56.0	56.11	12:47.76	660	1.44	4.88	11.10	41.56	39.78	33.19	660
650	12.8	13.04	19.6	19.86	4:02.24	650	14.4	14.61	24.0	24.19	56.4	56.49	13:03.75	650		4.86	10.98	41.08	39.09	32.94	650
640	12.9	13.11	19.7	19.98	4:03.72	640	14.5	14.75	24.1	24.33	56.7	56.88	13:20.29	640	1.43	4.83	10.87	40.60	38.41	32.69	640
630		13.19	19.9	20.10	4:05.23	630	14.7	14.89	24.2	24.47	57.1	57.27	13:37.39	630	1.42	4.81	10.75	40.12	37.74	32.44	630
620	13.0	13.27	20.0	20.23	4:06.77	620	14.8	15.04	24.4	24.62	57.5	57.67	13:55.07	620	1.41	4.78	10.64	39.65	37.08	32.19	620
610	13.1	13.35	20.1	20.36	4:08.34	610	14.9	15.19	24.5	24.77	57.9	58.08	14:13.36	610		4.75	10.52	39.18	36.43	31.94	610
600	13.2	13.43	20.3	20.49	4:09.93	600	15.1	15.34	24.7	24.92	58.4	58.50	14:32.28	600	1.40	4.73	10.41	38.72	35.79	31.70	600
590	13.3	13.51	20.4	20.62	4:11.56	590	15.3	15.49	24.8	25.07	58.8	58.93	14:51.85	590	1.39	4.70	10.30	38.26	35.15	31.45	590
580		13.59	20.5	20.76	4:13.21	580	15.4	15.65	25.0	25.22	59.2	59.36	15:12.10	580	1.38	4.68	10.19	37.80	34.53	31.20	580
570	13.4	13.68	20.7	20.89	4:14.90	570	15.6	15.81	25.1	25.38	59.7	59.80	15:33.06	570		4.65	10.08	37.35	33.91	30.96	570
560	13.5	13.77	20.8	21.03	4:16.61	560	15.7	15.98	25.3	25.54	60.1	60.25	15:54.75	560	1.37	4.63	9.97	36.90	33.30	30.72	560
550	13.6	13.85	20.9	21.18	4:18.36	550	15.9	16.15	25.5	25.71	60.6	60.71	16:17.19	550	1.36	4.60	9.86	36.46	32.70	30.47	550
540	13.7	13.94	21.1	21.32	4:20.14	540	16.1	16.32	25.6	25.87	61.0	61.18	16:40.43	540	1.35	4.57	9.76	36.02	32.11	30.23	540
530	13.8	14.04	21.2	21.47	4:21.95	530	16.3	16.50	25.8	26.04	61.5	61.65	17:04.50	530		4.55	9.65	35.58	31.53	29.99	530
520	13.9	14.13	21.4	21.62	4:23.79	520	16.4	16.68	26.0	26.22	62.0	62.14	17:29.41	520	1.34	4.52	9.54	35.14	30.96	29.75	520
510	14.0	14.22	21.5	21.78	4:25.67	510	16.6	16.86	26.2	26.39	62.5	62.63	17:55.21	510	1.33	4.50	9.44	34.71	30.39	29.51	510
500	14.1	14.32	21.7	21.93	4:27.58	500	16.8	17.05	26.3	26.57	63.0	63.14	18:21.94	500	1.32	4.47	9.33	34.29	29.83	29.28	500

Technical Standards: 75 mH - 76,2 cm : 150 mH - 68 cm : SP - 3 kg : DT - 1 kg : HT - 3 kg ; JT - 500 g

2016 – 2019 Athletics Performance Evaluation Tables – Boys (12 years) - Continued

	Track					Hurdles					Relays		Walk		Field						
	100m	150m	1200m			75mH	150mH				4 x 100m	1500 mW		HJ	LJ	SP	DT	HT	JT		
500	14.1	14.32	21.7	21.93	4:27.58	500	16.8	17.05	26.3	26.57	63.0	63.14	18:21.94	500	1.32	4.47	9.33	34.29	29.83	29.28	500
490	14.2	14.42	21.9	22.09	4:29.53	490	17.0	17.25	26.5	26.75	63.5	63.65	18:49.63	490		4.45	9.23	33.86	29.28	29.04	490
480	14.3	14.52	22.0	22.26	4:31.51	480	17.2	17.44	26.7	26.94	1:04.0	1:04.18	19:18.32	480	1.31	4.42	9.13	33.44	28.74	28.80	480
470	14.4	14.62	22.2	22.42	4:33.53	470	17.4	17.64	26.9	27.13	1:04.6	1:04.71	19:48.05	470	1.30	4.40	9.02	33.03	28.21	28.57	470
460	14.5	14.72	22.4	22.59	4:35.58	460	17.6	17.85	27.1	27.32	1:05.1	1:05.25	20:18.86	460	1.29	4.37	8.92	32.61	27.68	28.34	460
450	14.6	14.83	22.5	22.76	4:37.67	450	17.8	18.06	27.3	27.52	1:05.7	1:05.80	20:50.80	450		4.34	8.82	32.21	27.17	28.10	450
440	14.7	14.94	22.7	22.93	4:39.79	440	18.0	18.28	27.5	27.71	1:06.2	1:06.37	21:23.91	440	1.28	4.32	8.72	31.80	26.66	27.87	440
430	14.8	15.05	22.9	23.11	4:41.96	430	18.3	18.50	27.7	27.92	1:06.8	1:06.94	21:58.25	430	1.27	4.29	8.62	31.40	26.16	27.64	430
420	14.9	15.16	23.1	23.29	4:44.16	420	18.5	18.72	27.9	28.12	1:07.4	1:07.53	22:33.86	420	1.26	4.27	8.52	31.00	25.66	27.41	420
410	15.0	15.27	23.2	23.48	4:46.40	410	18.7	18.95	28.1	28.33	1:08.0	1:08.12	23:10.80	410		4.24	8.43	30.61	25.17	27.19	410
400	15.1	15.38	23.4	23.66	4:48.69	400	18.9	19.18	28.3	28.54	1:08.6	1:08.73	23:49.12	400	1.25	4.22	8.33	30.22	24.70	26.96	400
390	15.3	15.50	23.6	23.85	4:51.01	390	19.2	19.42	28.5	28.76	1:09.2	1:09.35	24:28.88	390	1.24	4.19	8.23	29.83	24.22	26.73	390
380	15.4	15.62	23.8	24.05	4:53.37	380	19.4	19.67	28.7	28.98	1:09.8	1:09.98	25:10.15	380	1.23	4.17	8.14	29.45	23.76	26.51	380
370	15.5	15.74	24.0	24.24	4:55.78	370	19.7	19.92	29.0	29.21	1:10.5	1:10.62	25:52.98	370		4.14	8.04	29.07	23.30	26.28	370
360	15.6	15.86	24.2	24.45	4:58.23	360	19.9	20.18	29.2	29.43	1:11.1	1:11.27	26:37.44	360	1.22	4.12	7.95	28.69	22.85	26.06	360
350	15.8	15.99	24.4	24.65	5:00.72	350	20.2	20.44	29.4	29.67	1:11.8	1:11.94	27:23.62	350	1.21	4.10	7.86	28.32	22.41	25.84	350
340	15.9	16.11	24.6	24.86	5:03.25	340	20.5	20.71	29.7	29.90	1:12.5	1:12.62	28:11.56	340	1.20	4.07	7.76	27.95	21.98	25.62	340
330	16.0	16.24	24.8	25.07	5:05.83	330	20.7	20.98	29.9	30.14	1:13.2	1:13.31	29:01.37	330		4.05	7.67	27.58	21.55	25.40	330
320	16.1	16.38	25.0	25.28	5:08.46	320	21.0	21.26	30.1	30.39	1:13.9	1:14.01	29:53.11	320	1.19	4.02	7.58	27.22	21.12	25.18	320
310	16.3	16.51	25.3	25.50	5:11.13	310	21.3	21.55	30.4	30.63	1:14.6	1:14.73	30:46.88	310	1.18	4.00	7.49	26.86	20.71	24.97	310
300	16.4	16.65	25.5	25.73	5:13.85	300	21.6	21.84	30.6	30.89	1:15.3	1:15.46	31:42.76	300		3.97	7.40	26.51	20.30	24.75	300
290	16.5	16.78	25.7	25.95	5:16.62	290	21.9	22.14	30.9	31.14	1:16.1	1:16.21	32:40.84	290	1.17	3.95	7.31	26.16	19.90	24.53	290
280	16.7	16.93	25.9	26.18	5:19.43	280	22.2	22.45	31.2	31.40	1:16.8	1:16.96	33:41.22	280	1.16	3.92	7.23	25.81	19.50	24.32	280
270	16.8	17.07	26.2	26.42	5:22.30	270	22.5	22.76	31.4	31.67	1:17.6	1:17.74	34:44.02	270	1.15	3.90	7.14	25.46	19.12	24.11	270
260	17.0	17.21	26.4	26.66	5:25.22	260	22.8	23.08	31.7	31.94	1:18.4	1:18.52	35:49.33	260		3.88	7.05	25.12	18.73	23.90	260
250	17.1	17.36	26.7	26.90	5:28.19	250	23.2	23.41	32.0	32.22	1:19.2	1:19.33	36:57.26	250	1.14	3.85	6.97	24.78	18.36	23.69	250
240	17.3	17.51	26.9	27.15	5:31.21	240	23.5	23.74	32.3	32.50	1:20.0	1:20.14	38:07.95	240	1.13	3.83	6.88	24.45	17.99	23.48	240
230	17.4	17.67	27.2	27.40	5:34.28	230	23.8	24.09	32.5	32.78	1:20.8	1:20.97	39:21.51	230		3.80	6.80	24.12	17.63	23.27	230
220	17.6	17.82	27.4	27.66	5:37.41	220	24.2	24.44	32.8	33.07	1:21.7	1:21.82	40:38.07	220	1.12	3.78	6.72	23.79	17.27	23.06	220
210	17.7	17.98	27.7	27.92	5:40.59	210	24.6	24.80	33.1	33.36	1:22.5	1:22.69	41:57.78	210	1.11	3.76	6.63	23.46	16.92	22.86	210
200	17.9	18.14	27.9	28.18	5:43.83	200	24.9	25.16	33.4	33.66	1:23.4	1:23.57	43:20.77	200		3.73	6.55	23.14	16.57	22.65	200
190	18.1	18.31	28.2	28.45	5:47.13	190	25.3	25.54	33.7	33.97	1:24.3	1:24.46	44:47.21	190	1.10	3.71	6.47	22.83	16.23	22.45	190
180	18.2	18.47	28.5	28.73	5:50.49	180	25.7	25.92	34.0	34.28	1:25.2	1:25.38	46:17.25	180	1.09	3.69	6.39	22.51	15.90	22.25	180
170	18.4	18.64	28.8	29.01	5:53.91	170	26.1	26.32	34.4	34.59	1:26.2	1:26.31	47:51.06	170	1.08	3.66	6.31	22.20	15.57	22.04	170
160	18.6	18.82	29.1	29.29	5:57.38	160	26.5	26.72	34.7	34.91	1:27.1	1:27.25	49:28.82	160		3.64	6.23	21.89	15.25	21.84	160
150	18.8	18.99	29.3	29.58	6:00.92	150	26.9	27.13	35.0	35.24	1:28.1	1:28.22	51:10.71	150	1.07	3.62	6.15	21.59	14.93	21.65	150
140	18.9	19.17	29.6	29.88	6:04.52	140	27.3	27.55	35.3	35.57	1:29.1	1:29.21	52:56.94	140	1.06	3.59	6.08	21.29	14.62	21.45	140
130	19.1	19.35	29.9	30.18	6:08.19	130	27.7	27.98	35.7	35.91	1:30.1	1:30.21	54:47.70	130		3.57	6.00	20.99	14.32	21.25	130
120	19.3	19.54	30.3	30.49	6:11.92	120	28.2	28.42	36.0	36.25	1:31.1	1:31.23	56:43.22	120	1.05	3.55	5.92	20.69	14.02	21.06	120
110	19.5	19.73	30.6	30.80	6:15.72	110	28.6	28.88	36.4	36.60	1:32.1	1:32.27	58:43.72	110	1.04	3.52	5.85	20.40	13.72	20.86	110
100	19.7	19.92	30.9	31.11	6:19.58	100	29.1	29.34	36.7	36.96	1:33.2	1:33.34	1:00:49.45	100		3.50	5.77	20.11	13.43	20.67	100
90	19.9	20.11	31.2	31.44	6:23.52	90	29.6	29.81	37.1	37.32	1:34.3	1:34.42	1:03:00.65	90	1.03	3.48	5.70	19.83	13.15	20.48	90
80	20.1	20.31	31.5	31.77	6:27.52	80	30.1	30.30	37.4	37.69	1:35.4	1:35.52	1:05:17.60	80	1.02	3.45	5.63	19.55	12.87	20.29	80
70	20.3	20.51	31.9	32.10	6:31.60	70	30.6	30.79	37.8	38.06	1:36.5	1:36.65	1:07:40.58	70		3.43	5.56	19.27	12.60	20.10	70
60	20.5	20.72	32.2	32.44	6:35.75	60	31.1	31.30	38.2	38.44	1:37.7	1:37.79	1:10:09.89	60	1.01	3.41	5.48	18.99	12.33	19.91	60
50	20.7	20.92	32.6	32.79	6:39.98	50	31.6	31.82	38.6	38.83	1:38.8	1:38.96	1:12:45.82	50	1.00	3.39	5.41	18.72	12.06	19.72	50
40	20.9	21.14	32.9	33.14	6:44.28	40	32.1	32.35	39.0	39.22	1:40.0	1:40.15	1:15:28.73	40		3.36	5.34	18.45	11.80	19.53	40
30	21.1	21.35	33.3	33.50	6:48.66	30	32.7	32.90	39.4	39.62	1:41.2	1:41.36	1:18:18.94	30	0.99	3.34	5.27	18.18	11.55	19.35	30
20	21.3	21.57	33.6	33.86	6:53.11	20	33.2	33.46	39.8	40.03	1:42.50	1:42.60	1:21:16.84	20	0.98	3.32	5.20	17.92	11.30	19.17	20
10	21.6	21.80	34.0	34.23	6:57.65	10	33.8	34.03	40.2	40.44	1:43.70	1:43.86	1:24:22.80	10		3.30	5.14	17.66	11.05	18.98	10
0	21.8	22.02	34.4	34.61	7:02.27	0	34.4	34.62	40.6	40.87	1:45.00	1:45.15	1:27:37.23	0	###	3.27	5.07	17.40	10.81	18.80	0
	100m	150m	1200m				75mH	150mH			4 x 100m	1500 mW		HJ	LJ	SP	DT	HT	JT		

Technical Standards: 75 mH - 76,2 cm : 150 mH - 68 cm : SP - 3 kg : DT - 1 kg : HT - 3 kg ; JT - 500 g

2016 – 2019 Athletics Performance Evaluation Tables – Boys (10 & 11 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Boys 11														
	Track					Hurdles		Relays		Field					
	80m	100m	1200m		75mH	4 x 100m		HJ	LJ	SP					
1000		9.49		11.59	3:29.80	1000		11.30	48.2	48.35	1000	1.62	5.31	13.85	1000
990		9.52		11.62	3:30.55	990	11.1	11.36	48.4	48.55	990		5.29	13.68	990
980		9.54		11.65	3:31.31	980		11.42	48.6	48.74	980	1.61	5.27	13.50	980
970	9.3	9.56	11.4	11.68	3:32.09	970	11.2	11.49	48.8	48.94	970	1.60	5.24	13.32	970
960		9.59		11.71	3:32.89	960	11.3	11.56	49.0	49.15	960		5.22	13.13	960
950		9.61		11.74	3:33.70	950	11.4	11.62	49.2	49.36	950	1.59	5.20	12.94	950
940		9.64	11.5	11.78	3:34.52	940		11.69	49.4	49.57	940	1.58	5.17	12.75	940
930	9.4	9.67		11.82	3:35.37	930	11.5	11.77	49.6	49.79	930	1.57	5.15	12.55	930
920		9.70	11.6	11.86	3:36.23	920	11.6	11.84	49.9	50.01	920		5.12	12.35	920
910		9.73		11.90	3:37.11	910	11.7	11.91	50.1	50.24	910	1.56	5.10	12.15	910
900	9.5	9.77	11.7	11.95	3:38.00	900		11.99	50.3	50.47	900	1.55	5.07	11.95	900
890		9.81		12.00	3:38.91	890	11.8	12.07	50.6	50.71	890		5.05	11.84	890
880		9.84	11.8	12.05	3:39.85	880	11.9	12.15	50.8	50.95	880	1.54	5.02	11.72	880
870	9.6	9.88		12.09	3:40.80	870	12.0	12.23	51.1	51.20	870	1.53	5.00	11.61	870
860		9.92	11.9	12.15	3:41.78	860	12.1	12.31	51.3	51.45	860	1.52	4.97	11.50	860
850	9.7	9.96		12.20	3:42.77	850		12.40	51.6	51.71	850		4.95	11.39	850
840		10.00	12.0	12.25	3:43.79	840	12.2	12.49	51.8	51.97	840	1.51	4.92	11.28	840
830		10.04		12.30	3:44.83	830	12.3	12.58	52.1	52.24	830	1.50	4.90	11.17	830
820	9.8	10.08	12.1	12.36	3:45.90	820	12.4	12.67	52.4	52.52	820	1.49	4.87	11.06	820
810		10.13		12.41	3:46.98	810	12.5	12.77	52.7	52.80	810		4.85	10.95	810
800	9.9	10.17	12.2	12.47	3:48.09	800	12.6	12.86	52.9	53.09	800	1.48	4.83	10.85	800
790		10.21	12.3	12.53	3:49.22	790	12.7	12.96	53.2	53.38	790	1.47	4.80	10.74	790
780	10.0	10.26		12.59	3:50.37	780	12.8	13.06	53.5	53.68	780	1.46	4.78	10.63	780
770		10.31	12.4	12.65	3:51.55	770	12.9	13.17	53.8	53.99	770		4.75	10.53	770
760	10.1	10.35		12.71	3:52.75	760	13.0	13.27	54.2	54.30	760	1.45	4.73	10.42	760
750		10.40	12.5	12.77	3:53.98	750	13.1	13.38	54.5	54.62	750	1.44	4.70	10.32	750
740	10.2	10.45	12.6	12.84	3:55.23	740	13.3	13.49	54.8	54.95	740	1.43	4.68	10.21	740
730		10.50		12.90	3:56.50	730	13.4	13.61	55.1	55.28	730		4.66	10.11	730
720	10.3	10.55	12.7	12.97	3:57.80	720	13.5	13.72	55.5	55.62	720	1.42	4.63	10.01	720
710		10.61	12.8	13.04	3:59.13	710	13.6	13.84	55.8	55.97	710	1.41	4.61	9.91	710
700	10.4	10.66		13.11	4:00.48	700	13.7	13.96	56.2	56.32	700	1.40	4.58	9.80	700
690		10.71	12.9	13.18	4:01.86	690	13.8	14.09	56.5	56.68	690		4.56	9.70	690
680	10.5	10.77	13.0	13.25	4:03.26	680	14.0	14.21	56.9	57.05	680	1.39	4.53	9.60	680
670		10.82	13.1	13.33	4:04.69	670	14.1	14.34	57.3	57.43	670	1.38	4.51	9.50	670
660	10.6	10.88		13.40	4:06.15	660	14.2	14.48	57.7	57.81	660	1.37	4.49	9.40	660
650	10.7	10.94	13.2	13.48	4:07.64	650	14.4	14.61	58.1	58.20	650		4.46	9.31	650
640		11.00	13.3	13.55	4:09.15	640	14.5	14.75	58.5	58.60	640	1.36	4.44	9.21	640
630	10.8	11.06	13.4	13.63	4:10.70	630	14.7	14.89	58.9	59.00	630	1.35	4.41	9.11	630
620		11.12	13.5	13.71	4:12.27	620	14.8	15.04	59.3	59.42	620		4.39	9.02	620
610	10.9	11.18		13.80	4:13.87	610	14.9	15.19	59.7	59.84	610	1.34	4.37	8.92	610
600	11.0	11.25	13.6	13.88	4:15.50	600	15.1	15.34	60.1	60.27	600	1.33	4.34	8.82	600
590		11.31	13.7	13.97	4:17.16	590	15.3	15.49	60.6	60.71	590	1.32	4.32	8.73	590
580	11.1	11.38	13.8	14.05	4:18.85	580	15.4	15.65	61.0	61.15	580		4.30	8.64	580
570	11.2	11.44	13.9	14.14	4:20.57	570	15.6	15.81	61.5	61.61	570	1.31	4.27	8.54	570
560		11.51	14.0	14.23	4:22.33	560	15.7	15.98	61.9	62.07	560	1.30	4.25	8.45	560
550	11.3	11.58	14.1	14.32	4:24.11	550	15.9	16.15	62.4	62.54	550	1.29	4.22	8.36	550
540	11.4	11.65	14.2	14.41	4:25.93	540	16.1	16.32	62.9	63.03	540		4.20	8.27	540
530	11.5	11.72	14.3	14.51	4:27.78	530	16.3	16.50	63.4	63.52	530	1.28	4.18	8.18	530
520		11.80	14.4	14.61	4:29.67	520	16.4	16.68	63.9	64.02	520	1.27	4.15	8.09	520
510	11.6	11.87	14.5	14.70	4:31.59	510	16.6	16.86	64.4	64.53	510		4.13	8.00	510
500	11.7	11.95	14.6	14.80	4:33.54	500	16.8	17.05	64.9	65.05	500	1.26	4.11	7.91	500

	Boys 10														
	Track					Hurdles		Relays		Field					
	80m	100m	1200m		75mH	4 x 100m		HJ	LJ	SP					
1000		9.84		12.02	3:35.55	1000	11.3	11.58	50.2	50.35	1000	1.53	4.82	11.93	1000
990	9.6	9.87		12.05	3:36.31	990	11.4	11.64	50.4	50.55	990	1.52	4.80	11.78	990
980		9.89	11.8	12.08	3:37.10	980		11.71	50.6	50.75	980		4.78	11.62	980
970		9.91		12.11	3:37.90	970	11.5	11.78	50.8	50.96	970	1.51	4.76	11.47	970
960		9.94		12.14	3:38.72	960	11.6	11.85	51.0	51.17	960	1.50	4.74	11.31	960
950	9.7	9.97	11.9	12.18	3:39.55	950		11.92	51.3	51.39	950		4.71	11.14	950
940		10.00		12.21	3:40.40	940	11.7	11.99	51.5	51.61	940	1.49	4.69	10.98	940
930		10.03	12.0	12.26	3:41.27	930	11.8	12.06	51.7	51.84	930	1.48	4.67	10.81	930
920	9.8	10.06		12.30	3:42.15	920	11.9	12.14	51.9	52.07	920		4.65	10.64	920
910		10.09	12.1	12.34	3:43.05	910	12.0	12.21	52.2	52.31	910	1.47	4.62	10.46	910
900		10.13		12.39	3:43.97	900		12.29	52.4	52.55	900	1.46	4.60	10.29	900
890	9.9	10.17	12.2	12.44	3:44.91	890	12.1	12.37	52.7	52.80	890		4.58	10.19	890
880		10.21		12.49	3:45.87	880	12.2	12.45	52.9	53.05	880	1.45	4.56	10.10	880
870	10.0	10.25	12.3	12.54	3:46.85	870	12.3	12.54	53.2	53.31	870	1.44	4.53	10.00	870
860		10.29		12.59	3:47.85	860	12.4	12.62	53.4	53.57	860	1.43	4.51	9.90	860
850		10.33	12.4	12.65	3:48.87	850	12.5	12.71	53.7	53.84	850		4.49	9.81	850
840	10.1	10.37		12.70	3:49.92	840	12.6	12.80	54.0	54.11	840	1.42	4.47	9.71	840
830		10.41	12.5	12.76	3:50.99	830		12.89	54.3	54.39	830	1.41	4.44	9.62	830
820	10.2	10.45		12.81	3:52.08	820	12.7	12.99	54.5	54.68	820		4.42	9.53	820
810		10.50	12.6	12.87	3:53.20	810	12.8	13.08	54.8	54.98	810	1.40	4.40	9.43	810
800	10.3	10.54	12.7	12.93	3:54.33	800	12.9	13.18	55.1	55.28	800	1.39	4.38	9.34	800
790		10.59		12.99	3:55.50	790	13.0	13.29	55.4	55.58	790		4.36	9.25	790
780	10.4	10.64	12.8	13.05	3:56.68	780	13.1	13.39	55.8	55.90	780	1.38	4.33	9.16	780
770		10.69		13.12	3:57.89	770	13.3	13.50	56.1	56.21	770	1.37	4.31	9.07	770
760	10.5	10.74	12.9	13.18	3:59.13	760	13.4	13.60	56.4	56.54	760	1.36	4.29	8.97	760
750		10.79	13.0	13.25	4:00.39	750	13.5	13.72	56.7	56.87	750		4.27	8.88	750
740	10.6	10.84		13.31	4:01.67	740	13.6	13.83	57.1	57.21	740	1.35	4.25	8.80	740
730		10.89	13.1	13.38	4:02.98	730	13.7	13.95	57.4	57.56	730	1.34	4.22	8.71	730
720	10.7	10.94	13.2	13.45	4:04.32	720	13.8	14.07	57.8	57.91	720		4.20	8.62	720
710		11.00	13.3	13.52	4:05.68	710	13.9	14.19	58.1	58.28	710	1.33	4.18	8.53	710
700	10.8														

2016 – 2019 Athletics Performance Evaluation Tables – Boys (10 & 11 years) - Continued

Boys 11															
	Track						Hurdles		Relays		Field				
	80m		100m		1200m		75mH	4 x 100m		HJ	LJ	SP			
500	11.7	11.95	14.6	14.80	4:33.54	500	16.8	17.05	1:04.9	1:05.05	500	1.26	4.11	7.91	500
490	11.8	12.02	14.7	14.91	4:35.53	490	17.0	17.25	1:05.4	1:05.58	490	1.25	4.08	7.82	490
480		12.10	14.8	15.01	4:37.56	480	17.2	17.44	1:06.0	1:06.11	480	1.24	4.06	7.73	480
470	11.9	12.18	14.9	15.11	4:39.62	470	17.4	17.64	1:06.5	1:06.66	470		4.04	7.65	470
460	12.0	12.26	15.0	15.22	4:41.72	460	17.6	17.85	1:07.1	1:07.22	460	1.23	4.01	7.56	460
450	12.1	12.35	15.1	15.33	4:43.85	450	17.8	18.06	1:07.7	1:07.79	450	1.22	3.99	7.48	450
440	12.2	12.43	15.2	15.44	4:46.03	440	18.0	18.28	1:08.2	1:08.37	440		3.97	7.39	440
430	12.3	12.52	15.3	15.55	4:48.24	430	18.3	18.50	1:08.8	1:08.97	430	1.21	3.94	7.31	430
420	12.4	12.60	15.4	15.67	4:50.49	420	18.5	18.72	1:09.4	1:09.57	420	1.20	3.92	7.22	420
410		12.69	15.5	15.78	4:52.78	410	18.7	18.95	1:10.0	1:10.18	410	1.19	3.90	7.14	410
400	12.5	12.78	15.7	15.90	4:55.12	400	18.9	19.18	1:10.7	1:10.81	400		3.88	7.06	400
390	12.6	12.87	15.8	16.02	4:57.49	390	19.2	19.42	1:11.3	1:11.44	390	1.18	3.85	6.98	390
380	12.7	12.96	15.9	16.15	4:59.91	380	19.4	19.67	1:12.0	1:12.09	380	1.17	3.83	6.90	380
370	12.8	13.06	16.0	16.27	5:02.37	370	19.7	19.92	1:12.6	1:12.75	370		3.81	6.82	370
360	12.9	13.15	16.2	16.40	5:04.87	360	19.9	20.18	1:13.3	1:13.43	360	1.16	3.78	6.74	360
350	13.0	13.25	16.3	16.53	5:07.42	350	20.2	20.44	1:14.0	1:14.11	350	1.15	3.76	6.66	350
340	13.1	13.35	16.4	16.66	5:10.01	340	20.5	20.71	1:14.7	1:14.81	340		3.74	6.58	340
330	13.2	13.45	16.6	16.79	5:12.64	330	20.7	20.98	1:15.4	1:15.52	330	1.14	3.72	6.50	330
320	13.3	13.55	16.7	16.93	5:15.33	320	21.0	21.26	1:16.1	1:16.25	320	1.13	3.69	6.43	320
310	13.4	13.66	16.8	17.07	5:18.06	310	21.3	21.55	1:16.8	1:16.99	310		3.67	6.35	310
300	13.5	13.76	17.0	17.21	5:20.84	300	21.6	21.84	1:17.6	1:17.74	300	1.12	3.65	6.27	300
290	13.6	13.87	17.1	17.35	5:23.67	290	21.9	22.14	1:18.4	1:18.51	290	1.11	3.63	6.20	290
280	13.7	13.98	17.3	17.50	5:26.55	280	22.2	22.45	1:19.1	1:19.29	280		3.60	6.12	280
270	13.9	14.09	17.4	17.64	5:29.48	270	22.5	22.76	1:19.9	1:20.09	270	1.10	3.58	6.05	270
260	14.0	14.20	17.6	17.79	5:32.46	260	22.8	23.08	1:20.8	1:20.90	260	1.09	3.56	5.98	260
250	14.1	14.32	17.7	17.95	5:35.50	250	23.2	23.41	1:21.6	1:21.72	250	1.08	3.54	5.91	250
240	14.2	14.44	17.9	18.10	5:38.58	240	23.5	23.74	1:22.4	1:22.56	240		3.52	5.83	240
230	14.3	14.55	18.0	18.26	5:41.73	230	23.8	24.09	1:23.3	1:23.42	230	1.07	3.49	5.76	230
220	14.4	14.68	18.2	18.42	5:44.93	220	24.2	24.44	1:24.2	1:24.29	220	1.06	3.47	5.69	220
210	14.6	14.80	18.4	18.59	5:48.18	210	24.6	24.80	1:25.0	1:25.18	210		3.45	5.62	210
200	14.7	14.92	18.5	18.75	5:51.49	200	24.9	25.16	1:25.9	1:26.09	200	1.05	3.43	5.55	200
190	14.8	15.05	18.7	18.92	5:54.87	190	25.3	25.54	1:26.9	1:27.01	190	1.04	3.41	5.48	190
180	14.9	15.18	18.9	19.10	5:58.30	180	25.7	25.92	1:27.8	1:27.95	180		3.39	5.42	180
170	15.1	15.31	19.0	19.27	6:01.79	170	26.1	26.32	1:28.8	1:28.91	170	1.03	3.36	5.35	170
160	15.2	15.44	19.2	19.45	6:05.34	160	26.5	26.72	1:29.8	1:29.89	160		3.34	5.28	160
150	15.3	15.58	19.4	19.63	6:08.96	150	26.9	27.13	1:30.7	1:30.89	150	1.02	3.32	5.22	150
140	15.5	15.72	19.6	19.82	6:12.64	140	27.3	27.55	1:31.8	1:31.90	140	1.01	3.30	5.15	140
130	15.6	15.86	19.8	20.01	6:16.39	130	27.7	27.98	1:32.8	1:32.93	130		3.28	5.09	130
120	15.8	16.00	20.0	20.20	6:20.20	120	28.2	28.42	1:33.8	1:33.99	120	1.00	3.26	5.02	120
110	15.9	16.14	20.2	20.39	6:24.09	110	28.6	28.88	1:34.9	1:35.06	110	0.99	3.24	4.96	110
100	16.1	16.29	20.4	20.59	6:28.04	100	29.1	29.34	1:36.0	1:36.16	100		3.21	4.89	100
90	16.2	16.44	20.6	20.79	6:32.06	90	29.6	29.81	1:37.1	1:37.27	90	0.98	3.19	4.83	90
80	16.4	16.59	20.8	20.99	6:36.16	80	30.1	30.30	1:38.3	1:38.41	80	0.97	3.17	4.77	80
70	16.5	16.75	21.0	21.20	6:40.32	70	30.6	30.79	1:39.4	1:39.56	70		3.15	4.71	70
60	16.7	16.90	21.2	21.42	6:44.57	60	31.1	31.30	1:40.6	1:40.75	60	0.96	3.13	4.65	60
50	16.8	17.06	21.4	21.63	6:48.89	50	31.6	31.82	1:41.8	1:41.95	50	0.95	3.11	4.59	50
40	17.0	17.23	21.6	21.85	6:53.28	40	32.1	32.35	1:43.0	1:43.17	40		3.09	4.53	40
30	17.2	17.39	21.8	22.07	6:57.76	30	32.7	32.90	1:44.3	1:44.42	30	0.94	3.07	4.47	30
20	17.3	17.56	22.1	22.30	7:02.32	20	33.2	33.46	1:45.60	1:45.70	20		3.05	4.41	20
10	17.5	17.73	22.3	22.53	7:06.96	10	33.8	34.03	1:46.90	1:47.00	10	0.93	3.03	4.35	10
0	17.7	17.90	22.5	22.77	7:11.68	0	34.4	34.62	1:48.20	1:48.32	0	###	3.01	4.30	0
	80m	100m	1200m		75mH	4 x 100m		HJ	LJ	SP					

Boys 10															
	Track						Hurdles		Relays		Field				
	80m		100m		1200m		75mH	4 x 100m		HJ	LJ	SP			
500		12.39	15.1	15.35	4:41.03	500	17.2	17.48	1:07.6	1:07.73	500		3.73	6.81	500
490	12.2	12.47	15.2	15.45	4:43.08	490	17.4	17.68	1:08.1	1:08.28	490	1.18	3.71	6.74	490
480	12.3	12.55	15.3	15.56	4:45.16	480	17.6	17.88	1:08.7	1:08.84	480	1.17	3.68	6.66	480
470	12.4	12.63	15.4	15.67	4:47.28	470	17.8	18.09	1:09.3	1:09.41	470		3.66	6.59	470
460	12.5	12.72	15.5	15.78	4:49.43	460	18.1	18.30	1:09.9	1:09.99	460	1.16	3.64	6.51	460
450	12.6	12.80	15.7	15.89	4:51.63	450	18.3	18.51	1:10.4	1:10.59	450	1.15	3.62	6.44	450
440		12.89	15.8	16.01	4:53.86	440	18.5	18.73	1:11.1	1:11.19	440		3.60	6.36	440
430	12.7	12.98	15.9	16.13	4:56.13	430	18.7	18.96	1:11.7	1:11.81	430	1.14	3.58	6.29	430
420	12.8	13.07	16.0	16.24	4:58.45	420	18.9	19.19	1:12.3	1:12.43	420	1.13	3.56	6.22	420
410	12.9	13.16	16.1	16.37	5:00.80	410	19.2	19.42	1:12.9	1:13.07	410		3.54	6.15	410
400	13.0	13.25	16.3	16.49	5:03.20	400	19.4	19.66	1:13.6	1:13.73	400	1.12	3.52	6.08	400
390	13.1	13.35	16.4	16.61	5:05.64	390	19.7	19.91	1:14.2	1:14.39	390	1.11	3.50	6.01	390
380	13.2	13.44	16.5	16.74	5:08.12	380	19.9	20.16	1:14.9	1:15.06	380		3.47	5.94	380
370	13.3	13.54	16.6	16.87	5:10.65	370	20.2	20.42	1:15.6	1:15.75	370	1.10	3.45	5.87	370
360	13.4	13.64	16.8	17.00	5:13.22	360	20.4	20.68	1:16.3	1:16.45	360	1.09	3.43	5.80	360
350	13.5	13.74	16.9	17.14	5:15.83	350	20.7	20.95	1:17.0	1:17.17	350		3.41	5.73	350
340	13.6	13.84	17.0	17.27	5:18.50	340	21.0	21.23	1:17.8	1:17.90	340	1.08	3.39	5.67	340
330	13.7	13.95	17.2	17.41	5:21.21	330	21.3	21.51	1:18.5	1:18.64	330	1.07	3.37	5.60	330
320	13.8	14.05	17.3	17.55	5:23.96	320	21.6	21.79	1:19.3	1:19.39	320		3.35	5.53	320
310	13.9	14.16	17.5	17.69	5:26.77	310	21.8	22.09	1:20.0	1:20.16	310	1.06	3.33	5.47	310
300	14.0	14.27	17.6	17.84	5:29.63	300	22.1	22.39	1:20.8	1:20.95	300	1.05	3.31	5.40	300
290	14.1	14.38	17.8	17.99	5:32.53	290	22.5	22.69	1:21.6	1:21.74	290		3.29	5.34	290
280	14.3	14.49	17.9	18.14	5:35.49	280	22.8	23.01	1:22.4	1:22.56	280	1.04	3.27	5.27	280
270	14.4	14.61	18.1	18.29	5:38.50	270	23.1	23.33	1:23.2	1:23.39	270		3.25	5.21	270
260	14.5	14.73	18.2	18.45	5:41.57	260	23.4	23.66	1:24.1	1:24.23	260	1.03	3.23	5.15	260
250	14.6	14.85	18.4	18.61	5:44.68	250	23.8								

	Boys9						
	Track			Relays			
	60m	80m	4 x 80m	60m	80m	4 x 80m	
1000		8.89	10.25	38.5	40.70	1000	
990		8.92	10.27	38.6	40.80	990	
980		8.95	10.30	38.8	41.00	980	
970	8.7	8.97	10.32	39.0	41.20	970	
960		9.00	10.35	39.1	41.30	960	
950		9.03	10.38	39.3	41.50	950	
940	8.8	9.06	10.41	39.5	41.70	940	
930		9.09	10.44	39.6	41.90	930	
920		9.12	10.48	39.8	42.10	920	
910		9.15	10.51	40.0	42.20	910	
900	8.9	9.18	10.55	40.2	42.40	900	
890		9.21	10.59	40.4	42.60	890	
880		9.24	10.63	40.6	42.80	880	
870	9.0	9.28	10.67	40.8	43.10	870	
860		9.31	10.71	41.0	43.30	860	
850		9.35	10.75	41.2	43.50	850	
840	9.1	9.38	10.80	41.4	43.70	840	
830		9.42	10.84	41.6	43.90	830	
820	9.2	9.45	10.89	41.8	44.20	820	
810		9.49	10.93	42.0	44.40	810	
800		9.53	10.98	42.3	44.60	800	
790	9.3	9.57	11.03	42.5	44.90	790	
780		9.61	11.08	42.7	45.20	780	
770	9.4	9.65	11.13	43.0	45.40	770	
760		9.69	11.18	43.2	45.70	760	
750		9.73	11.23	43.5	45.90	750	
740	9.5	9.78	11.29	43.7	46.20	740	
730		9.82	11.34	44.0	46.50	730	
720	9.6	9.87	11.40	44.3	46.80	720	
710		9.91	11.45	44.6	47.10	710	
700	9.7	9.96	11.51	44.8	47.40	700	
690		10.01	11.57	45.1	47.70	690	
680	9.8	10.05	11.63	45.4	48.00	680	
670		10.10	11.69	45.7	48.30	670	
660	9.9	10.15	11.75	46.0	48.60	660	
650		10.20	11.81	46.3	49.00	650	
640	10.0	10.26	11.88	46.7	49.30	640	
630		10.31	11.94	47.0	49.60	630	
620	10.1	10.36	12.01	47.3	50.00	620	
610		10.42	12.08	47.6	50.30	610	
600	10.2	10.47	12.14	48.0	50.70	600	
590	10.3	10.53	12.21	48.3	51.10	590	
580		10.59	12.29	48.7	51.50	580	
570	10.4	10.64	12.36	49.0	51.80	570	
560		10.70	12.43	49.4	52.20	560	
550	10.5	10.76	12.51	49.8	52.60	550	
540	10.6	10.83	12.58	50.2	53.00	540	
530		10.89	12.66	50.6	53.40	530	
520	10.7	10.95	12.74	51.0	53.90	520	
510		11.02	12.82	51.4	54.30	510	
500	10.8	11.08	12.90	51.8	54.70	500	
	60m	80m	4 x 80m				

	Boys 8			
	Track			
	60m	80m		
1000		9.29	10.71	1000
990		9.32	10.73	990
980		9.35	10.76	980
970	9.1	9.37	10.78	970
960		9.40	10.81	960
950		9.43	10.84	950
940	9.2	9.46	10.87	940
930		9.49	10.91	930
920		9.53	10.94	920
910	9.3	9.56	10.98	910
900		9.59	11.02	900
890		9.62	11.06	890
880	9.4	9.66	11.10	880
870		9.69	11.15	870
860		9.73	11.19	860
850	9.5	9.76	11.23	850
840		9.80	11.28	840
830		9.84	11.33	830
820	9.6	9.88	11.37	820
810		9.92	11.42	810
800	9.7	9.96	11.47	800
790		10.00	11.52	790
780		10.04	11.57	780
770	9.8	10.08	11.63	770
760		10.13	11.68	760
750	9.9	10.17	11.73	750
740		10.21	11.79	740
730	10.0	10.26	11.85	730
720		10.31	11.90	720
710	10.1	10.35	11.96	710
700		10.40	12.02	700
690	10.2	10.45	12.08	690
680		10.50	12.15	680
670	10.3	10.55	12.21	670
660		10.61	12.27	660
650	10.4	10.66	12.34	650
640		10.71	12.41	640
630	10.5	10.77	12.47	630
620		10.82	12.54	620
610	10.6	10.88	12.61	610
600	10.7	10.94	12.69	600
590		11.00	12.76	590
580	10.8	11.06	12.83	580
570		11.12	12.91	570
560	10.9	11.18	12.99	560
550	11.0	11.24	13.06	550
540		11.31	13.14	540
530	11.1	11.37	13.22	530
520	11.2	11.44	13.31	520
510		11.51	13.39	510
500	11.3	11.58	13.48	500
	60m	80m		

	Boys 7			
	Track			
	60m	80m		
1000		9.73	11.22	1000
990		9.75	11.25	990
980	9.5	9.78	11.27	980
970		9.81	11.30	970
960		9.84	11.33	960
950	9.6	9.88	11.36	950
940		9.91	11.40	940
930		9.94	11.43	930
920	9.7	9.97	11.47	920
910		10.01	11.51	910
900		10.04	11.55	900
890	9.8	10.07	11.59	890
880		10.11	11.64	880
870		10.15	11.68	870
860	9.9	10.18	11.73	860
850		10.22	11.77	850
840	10.0	10.26	11.82	840
830		10.30	11.87	830
820		10.34	11.92	820
810	10.1	10.38	11.97	810
800		10.42	12.02	800
790	10.2	10.47	12.08	790
780		10.51	12.13	780
770	10.3	10.56	12.18	770
760		10.60	12.24	760
750	10.4	10.65	12.30	750
740		10.69	12.36	740
730	10.5	10.74	12.42	730
720		10.79	12.48	720
710	10.6	10.84	12.54	710
700		10.89	12.60	700
690	10.7	10.94	12.66	690
680		11.00	12.73	680
670	10.8	11.05	12.80	670
660		11.10	12.86	660
650	10.9	11.16	12.93	650
640		11.22	13.00	640
630	11.0	11.27	13.07	630
620	11.1	11.33	13.15	620
610		11.39	13.22	610
600	11.2	11.45	13.30	600
590		11.51	13.37	590
580	11.3	11.58	13.45	580
570	11.4	11.64	13.53	570
560		11.71	13.61	560
550	11.5	11.77	13.69	550
540	11.6	11.84	13.78	540
530		11.91	13.86	530
520	11.7	11.98	13.95	520
510	11.8	12.05	14.04	510
500	11.9	12.12	14.12	500
	60m	80m		

	Boys 6			
	Track			
	60m	80m		
1000		10.22	11.79	1000
990		10.25	11.81	990
980	10.0	10.28	11.84	980
970		10.31	11.87	970
960		10.34	11.90	960
950	10.1	10.38	11.93	950
940		10.41	11.97	940
930		10.44	12.01	930
920	10.2	10.48	12.05	920
910		10.51	12.09	910
900	10.3	10.55	12.13	900
890		10.59	12.18	890
880		10.62	12.22	880
870	10.4	10.66	12.27	870
860		10.70	12.32	860
850		10.74	12.37	850
840	10.5	10.78	12.42	840
830		10.82	12.47	830
820	10.6	10.87	12.52	820
810		10.91	12.57	810
800	10.7	10.95	12.63	800
790		11.00	12.68	790
780	10.8	11.04	12.74	780
770		11.09	12.80	770
760	10.9	11.14	12.86	760
750		11.19	12.92	750
740	11.0	11.24	12.98	740
730		11.29	13.04	730
720	11.1	11.34	13.10	720
710		11.39	13.17	710
700	11.2	11.44	13.23	700
690		11.50	13.30	690
680	11.3	11.55	13.37	680
670		11.61	13.44	670
660	11.4	11.67	13.51	660
650	11.5	11.73	13.58	650
640		11.79	13.66	640
630	11.6	11.85	13.73	630
620		11.91	13.81	620
610	11.7	11.97	13.88	610
600	11.8	12.03	13.96	600
590		12.10	14.04	590
580	11.9	12.17	14.13	580
570	12.0	12.23	14.21	570
560		12.30	14.29	560
550	12.1	12.37	14.38	550
540	12.2	12.44	14.47	540
530	12.3	12.51	14.56	530
520		12.59	14.65	520
510	12.4	12.66	14.74	510
500	12.5	12.74	14.83	500
	60m	80m		

Technical Standards: N/A

2016 – 2019 Athletics Performance Evaluation Tables – Boys (6 to 9 years) - Continued

	Boys9						
	Track			Relays			
	60m	80m	4 x 80m				
500	10.8	11.08		12.90	51.8	54.70	500
490	10.9	11.15	12.7	12.98	52.2	55.20	490
480	11.0	11.22	12.8	13.07	52.6	55.60	480
470		11.29	12.9	13.16	53.1	56.10	470
460	11.1	11.36	13.0	13.24	53.5	56.60	460
450	11.2	11.43	13.1	13.33	54.0	57.10	450
440		11.50	13.2	13.42	54.4	57.50	440
430	11.3	11.57	13.3	13.51	54.9	58.00	430
420	11.4	11.65	13.4	13.61	55.4	58.60	420
410	11.5	11.72	13.5	13.70	55.9	59.10	410
400		11.80	13.6	13.80	56.4	59.60	400
390	11.6	11.88	13.7	13.90	56.9	60.10	390
380	11.7	11.96	13.8	14.00	57.4	60.70	380
370	11.8	12.04	13.9	14.10	57.9	1:01.2	370
360	11.9	12.12	14.0	14.20	58.5	1:01.8	360
350	12.0	12.21	14.1	14.31	59.0	1:02.4	350
340		12.29	14.2	14.42	59.6	1:03.0	340
330	12.1	12.38	14.3	14.52	60.1	1:03.6	330
320	12.2	12.47	14.4	14.63	1:00.70	1:04.2	320
310	12.3	12.56	14.5	14.75	1:01.29	1:04.8	310
300	12.4	12.65	14.6	14.86	1:01.89	1:05.4	300
290	12.5	12.74	14.7	14.98	1:02.50	1:06.1	290
280	12.6	12.84	14.9	15.10	1:03.12	1:06.8	280
270	12.7	12.93	15.0	15.22	1:03.76	1:07.4	270
260	12.8	13.03	15.1	15.34	1:04.40	1:08.1	260
250	12.9	13.13	15.2	15.46	1:05.06	1:08.8	250
240	13.0	13.23	15.4	15.59	1:05.73	1:09.5	240
230	13.1	13.33	15.5	15.72	1:06.41	1:10.2	230
220	13.2	13.43	15.6	15.85	1:07.11	1:11.0	220
210	13.3	13.54	15.7	15.98	1:07.82	1:11.7	210
200	13.4	13.64	15.9	16.11	1:08.54	1:12.5	200
190	13.5	13.75	16.0	16.25	1:09.27	1:13.3	190
180	13.6	13.86	16.2	16.39	1:10.02	1:14.1	180
170	13.7	13.98	16.3	16.53	1:10.79	1:14.9	170
160	13.9	14.09	16.4	16.68	1:11.56	1:15.7	160
150	14.0	14.20	16.6	16.82	1:12.36	1:16.5	150
140	14.1	14.32	16.7	16.97	1:13.16	1:17.4	140
130	14.2	14.44	16.9	17.12	1:13.99	1:18.3	130
120	14.3	14.56	17.0	17.28	1:14.83	1:19.2	120
110	14.5	14.69	17.2	17.43	1:15.68	1:20.1	110
100	14.6	14.81	17.4	17.59	1:16.55	1:21.0	100
90	14.7	14.94	17.5	17.75	1:17.44	1:21.9	90
80	14.8	15.07	17.7	17.92	1:18.34	1:22.9	80
70	15.0	15.20	17.8	18.08	1:19.27	1:23.9	70
60	15.1	15.33	18.0	18.25	1:20.21	1:24.9	60
50	15.2	15.47	18.2	18.43	1:21.16	1:25.9	50
40	15.4	15.61	18.4	18.60	1:22.14	1:26.9	40
30	15.5	15.75	18.5	18.78	1:23.13	1:28.0	30
20	15.7	15.89	18.7	18.96	1:24.15	1:29.00	20
10	15.8	16.03	18.9	19.15	1:25.18	1:30.10	10
0	15.9	16.18	19.1	19.33	1:26.24	1:31.20	0
	60m	80m	4 x 80m				

	Boys 8					
	Track					
	60m	80m				
500	11.3	11.58	13.2	13.48	500	
490	11.4	11.65	13.3	13.56	490	
480	11.5	11.72	13.4	13.65	480	
470		11.79	13.5	13.74	470	
460	11.6	11.86	13.6	13.83	460	
450	11.7	11.94	13.7	13.93	450	
440	11.8	12.01	13.8	14.02	440	
430		12.09	13.9	14.12	430	
420	11.9	12.17	14.0	14.21	420	
410	12.0	12.25	14.1	14.31	410	
400	12.1	12.33	14.2	14.41	400	
390	12.2	12.41	14.3	14.52	390	
380		12.50	14.4	14.62	380	
370	12.3	12.58	14.5	14.73	370	
360	12.4	12.67	14.6	14.84	360	
350	12.5	12.75	14.7	14.95	350	
340	12.6	12.84	14.8	15.06	340	
330	12.7	12.93	14.9	15.17	330	
320	12.8	13.03	15.1	15.29	320	
310	12.9	13.12	15.2	15.40	310	
300	13.0	13.21	15.3	15.52	300	
290	13.1	13.31	15.4	15.64	290	
280	13.2	13.41	15.5	15.77	280	
270	13.3	13.51	15.7	15.89	270	
260	13.4	13.61	15.8	16.02	260	
250	13.5	13.71	15.9	16.15	250	
240	13.6	13.82	16.0	16.28	240	
230	13.7	13.92	16.2	16.42	230	
220	13.8	14.03	16.3	16.55	220	
210	13.9	14.14	16.5	16.69	210	
200	14.0	14.25	16.6	16.83	200	
190	14.1	14.37	16.7	16.97	190	
180	14.2	14.48	16.9	17.12	180	
170	14.4	14.60	17.0	17.27	170	
160	14.5	14.72	17.2	17.42	160	
150	14.6	14.84	17.3	17.57	150	
140	14.7	14.96	17.5	17.73	140	
130	14.9	15.09	17.6	17.88	130	
120	15.0	15.21	17.8	18.05	120	
110	15.1	15.34	18.0	18.21	110	
100	15.2	15.47	18.1	18.37	100	
90	15.4	15.61	18.3	18.54	90	
80	15.5	15.74	18.5	18.72	80	
70	15.6	15.88	18.7	18.89	70	
60	15.8	16.02	18.8	19.07	60	
50	15.9	16.16	19.0	19.25	50	
40	16.1	16.30	19.2	19.43	40	
30	16.2	16.45	19.4	19.62	30	
20	16.4	16.60	19.6	19.81	20	
10	16.5	16.75	19.8	20.00	10	
0	16.7	16.90	20.0	20.20	0	
	60m	80m				

	Boys 7					
	Track					
	60m	80m				
500	11.9	12.12	13.9	14.12	500	
490		12.19	14.0	14.22	490	
480	12.0	12.27	14.1	14.31	480	
470	12.1	12.34	14.2	14.40	470	
460	12.2	12.42	14.3	14.50	460	
450		12.50	14.4	14.60	450	
440	12.3	12.58	14.5	14.69	440	
430	12.4	12.66	14.6	14.80	430	
420	12.5	12.74	14.7	14.90	420	
410	12.6	12.82	14.8	15.00	410	
400	12.7	12.91	14.9	15.11	400	
390		12.99	15.0	15.22	390	
380	12.8	13.08	15.1	15.33	380	
370	12.9	13.17	15.2	15.44	370	
360	13.0	13.26	15.3	15.55	360	
350	13.1	13.35	15.4	15.67	350	
340	13.2	13.45	15.5	15.78	340	
330	13.3	13.54	15.7	15.90	330	
320	13.4	13.64	15.8	16.02	320	
310	13.5	13.74	15.9	16.15	310	
300	13.6	13.83	16.0	16.27	300	
290	13.7	13.94	16.2	16.40	290	
280	13.8	14.04	16.3	16.53	280	
270	13.9	14.14	16.4	16.66	270	
260	14.0	14.25	16.6	16.79	260	
250	14.1	14.36	16.7	16.93	250	
240	14.2	14.47	16.8	17.07	240	
230	14.3	14.58	17.0	17.21	230	
220	14.5	14.69	17.1	17.35	220	
210	14.6	14.81	17.3	17.49	210	
200	14.7	14.92	17.4	17.64	200	
190	14.8	15.04	17.6	17.79	190	
180	14.9	15.16	17.7	17.94	180	
170	15.0	15.28	17.9	18.10	170	
160	15.2	15.41	18.0	18.26	160	
150	15.3	15.54	18.2	18.42	150	
140	15.4	15.66	18.3	18.58	140	
130	15.6	15.79	18.5	18.74	130	
120	15.7	15.93	18.7	18.91	120	
110	15.8	16.06	18.8	19.08	110	
100	16.0	16.20	19.0	19.26	100	
90	16.1	16.34	19.2	19.44	90	
80	16.2	16.48	19.4	19.62	80	
70	16.4	16.62	19.6	19.80	70	
60	16.5	16.77	19.7	19.98	60	
50	16.7	16.92	19.9	20.17	50	
40	16.8	17.07	20.1	20.37	40	
30	17.0	17.22	20.3	20.56	30	
20	17.1	17.38	20.5	20.76	20	
10	17.3	17.54	20.7	20.96	10	
0	17.5	17.70	20.9	21.17	0	
	60m	80m				

	Boys 6					
	Track					
	60m	80m				
500	12.5	12.74	14.6	14.83	500	
490	12.6	12.81	14.7	14.93	490	
480		12.89	14.8	15.03	480	
470	12.7	12.97	14.9	15.13	470	
460	12.8	13.05	15.0	15.23	460	
450	12.9	13.13	15.1	15.33	450	
440	13.0	13.22	15.2	15.43	440	
430	13.1	13.30	15.3	15.54	430	
420		13.39	15.4	15.65	420	
410	13.2	13.47	15.5	15.76	410	
400	13.3	13.56	15.6	15.87	400	
390	13.4	13.65	15.7	15.98	390	
380	13.5	13.75	15.9	16.09	380	
370	13.6	13.84	16.0	16.21	370	
360	13.7	13.93	16.1	16.33	360	
350	13.8	14.03	16.2	16.45	350	
340	13.9	14.13	16.3	16.57	340	
330	14.0	14.23	16.5	16.70	330	
320	14.1	14.33	16.6	16.83	320	
310	14.2	14.43	16.7	16.96	310	
300	14.3	14.54	16.9	17.09	300	
290	14.4	14.64	17.0	17.22	290	
280	14.5	14.75	17.1	17.36	280	
270	14.6	14.86	17.3	17.49	270	
260	14.7	14.97	17.4	17.63	260	
250	14.9	15.09	17.5	17.78	250	
240	15.0	15.20				

2016 – 2019 Athletics Performance Evaluation Tables – Girls (13 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track				Relays		Hurdles		Walk	Field												
	100m	200m	800m	1500m	4 x 100m		75mH	200mH	1500 m	HJ	LJ	SP	DT	HT	JT							
1000	11.93	25.1	25.34	2:14.78	4:38.04	50.6	50.78	1000	11.0	11.22	28.0	28.23	7:14.14	1000	1.74	5.65	15.05	56.19	60.81	43.58	1000	
990	11.7	11.98	25.2	25.46	2:15.48	4:39.47	50.8	50.98	990		11.29	28.2	28.44	7:22.41	990	1.73	5.62	14.71	55.05	59.18	42.83	990
980		12.03	25.3	25.58	2:16.18	4:40.94	51.0	51.19	980	11.1	11.37	28.4	28.65	7:30.98	980	1.72	5.60	14.34	53.82	57.44	42.02	980
970	11.8	12.09	25.5	25.71	2:16.91	4:42.43	51.3	51.40	970	11.2	11.45	28.6	28.87	7:39.87	970		5.57	13.94	52.53	55.62	41.15	970
960	11.9	12.14	25.6	25.84	2:17.65	4:43.96	51.5	51.61	960	11.3	11.54	28.9	29.10	7:49.08	960	1.71	5.55	13.53	51.16	53.72	40.24	960
950		12.20	25.7	25.97	2:18.41	4:45.52	51.7	51.83	950	11.4	11.62	29.1	29.33	7:58.64	950	1.70	5.52	13.11	49.74	51.75	39.29	950
940	12.0	12.26	25.9	26.10	2:19.18	4:47.12	51.9	52.06	940	11.5	11.71	29.3	29.57	8:08.55	940	1.69	5.49	12.66	48.26	49.72	38.29	940
930		12.32	26.0	26.24	2:19.97	4:48.75	52.1	52.29	930	11.6	11.80	29.6	29.81	8:18.82	930		5.46	12.21	46.73	47.66	37.26	930
920	12.1	12.38	26.1	26.38	2:20.78	4:50.42	52.4	52.52	920		11.89	29.8	30.06	8:29.48	920	1.68	5.44	11.75	45.17	45.56	36.20	920
910	12.2	12.44	26.3	26.52	2:21.61	4:52.12	52.6	52.76	910	11.7	11.98	30.1	30.31	8:40.53	910	1.67	5.41	11.28	43.57	43.44	35.11	910
900		12.50	26.4	26.67	2:22.45	4:53.86	52.9	53.00	900	11.8	12.08	30.3	30.57	8:52.00	900	1.66	5.38	10.80	41.95	41.32	34.00	900
890	12.3	12.56	26.6	26.82	2:23.31	4:55.64	53.1	53.25	890	11.9	12.18	30.6	30.84	9:03.92	890	1.65	5.35	10.59	41.22	40.38	33.50	890
880	12.4	12.63	26.7	26.97	2:24.19	4:57.46	53.4	53.50	880	12.0	12.28	30.9	31.11	9:16.33	880		5.33	10.38	40.51	39.45	33.00	880
870		12.70	26.9	27.13	2:25.10	4:59.33	53.6	53.76	870	12.1	12.38	31.2	31.39	9:29.26	870	1.64	5.30	10.17	39.80	38.54	32.51	870
860	12.5	12.77	27.1	27.29	2:26.03	5:01.24	53.9	54.03	860	12.2	12.49	31.4	31.68	9:42.72	860	1.63	5.28	9.97	39.09	37.64	32.02	860
850	12.6	12.84	27.2	27.46	2:26.97	5:03.19	54.2	54.30	850	12.4	12.60	31.7	31.98	9:56.75	850	1.62	5.25	9.77	38.40	36.76	31.54	850
840		12.91	27.4	27.62	2:27.95	5:05.20	54.4	54.58	840	12.5	12.71	32.0	32.28	10:11.36	840	1.61	5.22	9.57	37.71	35.89	31.06	840
830	12.7	12.98	27.6	27.80	2:28.94	5:07.25	54.7	54.86	830	12.6	12.82	32.4	32.59	10:26.58	830		5.20	9.37	37.03	35.04	30.58	830
820	12.8	13.06	27.7	27.97	2:29.96	5:09.34	55.0	55.15	820	12.7	12.94	32.7	32.91	10:42.44	820	1.60	5.17	9.18	36.36	34.21	30.11	820
810	12.9	13.13	27.9	28.15	2:31.00	5:11.49	55.3	55.45	810	12.8	13.06	33.0	33.24	10:58.98	810	1.59	5.15	8.99	35.70	33.38	29.65	810
800	13.0	13.21	28.1	28.34	2:32.06	5:13.69	55.6	55.75	800	12.9	13.19	33.3	33.58	11:16.21	800	1.58	5.12	8.80	35.04	32.58	29.18	800
790		13.29	28.3	28.52	2:33.15	5:15.94	55.9	56.06	790	13.1	13.31	33.7	33.93	11:34.18	790	1.57	5.09	8.62	34.40	31.78	28.73	790
780	13.1	13.37	28.5	28.72	2:34.27	5:18.23	56.2	56.37	780	13.2	13.44	34.0	34.28	11:52.91	780		5.07	8.44	33.76	31.01	28.27	780
770	13.2	13.46	28.7	28.91	2:35.41	5:20.58	56.6	56.70	770	13.3	13.58	34.4	34.65	12:12.45	770	1.56	5.04	8.26	33.13	30.24	27.82	770
760	13.3	13.54	28.9	29.11	2:36.57	5:22.99	56.9	57.03	760	13.5	13.71	34.8	35.02	12:32.82	760	1.55	5.02	8.08	32.51	29.49	27.38	760
750	13.4	13.63	29.1	29.32	2:37.76	5:25.45	57.2	57.36	750	13.6	13.85	35.2	35.41	12:54.08	750	1.54	4.99	7.91	31.89	28.76	26.94	750
740	13.5	13.72	29.3	29.53	2:38.98	5:27.96	57.6	57.70	740	13.8	14.00	35.6	35.80	13:16.27	740	1.53	4.97	7.74	31.29	28.04	26.50	740
730	13.6	13.81	29.5	29.75	2:40.23	5:30.53	57.9	58.05	730	13.9	14.14	36.0	36.20	13:39.42	730		4.94	7.57	30.69	27.33	26.07	730
720	13.7	13.90	29.7	29.96	2:41.50	5:33.15	58.3	58.41	720	14.1	14.29	36.4	36.62	14:03.59	720	1.52	4.91	7.41	30.10	26.64	25.64	720
710	13.8	14.00	29.9	30.19	2:42.80	5:35.84	58.6	58.77	710	14.2	14.45	36.8	37.04	14:28.82	710	1.51	4.89	7.24	29.51	25.96	25.22	710
700	13.9	14.10	30.2	30.42	2:44.13	5:38.58	59.0	59.15	700	14.4	14.61	37.2	37.48	14:55.17	700	1.50	4.86	7.08	28.94	25.29	24.80	700
690	14.0	14.19	30.4	30.65	2:45.49	5:41.38	59.4	59.52	690	14.5	14.77	37.7	37.93	15:22.70	690	1.49	4.84	6.92	28.37	24.64	24.39	690
680	14.1	14.29	30.6	30.89	2:46.88	5:44.25	59.8	59.91	680	14.7	14.94	38.1	38.39	15:51.46	680		4.81	6.77	27.81	24.00	23.98	680
670	14.2	14.40	30.9	31.13	2:48.30	5:47.18	1:00.20	1:00.31	670	14.9	15.11	38.6	38.86	16:21.52	670	1.48	4.79	6.62	27.26	23.37	23.58	670
660	14.3	14.50	31.1	31.38	2:49.74	5:50.17	1:00.60	1:00.71	660	15.0	15.28	39.1	39.34	16:52.93	660	1.47	4.76	6.47	26.72	22.76	23.18	660
650	14.4	14.61	31.4	31.64	2:51.23	5:53.22	1:01.00	1:01.12	650	15.2	15.46	39.6	39.83	17:25.78	650	1.46	4.74	6.32	26.18	22.16	22.78	650
640	14.5	14.72	31.7	31.90	2:52.74	5:56.34	1:01.40	1:01.54	640	15.4	15.64	40.1	40.34	18:00.13	640		4.71	6.18	25.66	21.57	22.39	640
630	14.6	14.83	31.9	32.16	2:54.28	5:59.53	1:01.80	1:01.96	630	15.6	15.83	40.6	40.86	18:36.07	630	1.45	4.68	6.03	25.13	20.99	22.01	630
620	14.7	14.94	32.2	32.43	2:55.86	6:02.79	1:02.30	1:02.40	620	15.8	16.02	41.2	41.40	19:13.67	620	1.44	4.66	5.89	24.62	20.43	21.62	620
610	14.8	15.06	32.5	32.71	2:57.48	6:06.12	1:02.70	1:02.84	610	16.0	16.22	41.7	41.94	19:53.02	610	1.43	4.63	5.76	24.12	19.88	21.25	610
600	14.9	15.18	32.7	32.99	2:59.12	6:09.52	1:03.10	1:03.29	600	16.2	16.42	42.3	42.50	20:34.21	600	1.42	4.61	5.62	23.62	19.34	20.87	600
590	15.1	15.30	33.0	33.28	3:00.81	6:12.99	1:03.60	1:03.75	590	16.4	16.63	42.8	43.08	21:17.35	590		4.58	5.49	23.13	18.81	20.51	590
580	15.2	15.42	33.3	33.57	3:02.53	6:16.53	1:04.10	1:04.22	580	16.6	16.84	43.4	43.67	22:02.53	580	1.41	4.56	5.36	22.65	18.29	20.14	580
570	15.3	15.55	33.6	33.87	3:04.28	6:20.16	1:04.60	1:04.70	570	16.8	17.06	44.0	44.28	22:49.86	570	1.40	4.53	5.23	22.17	17.79	19.78	570
560	15.4	15.68	33.9	34.17	3:06.08	6:23.86	1:05.00	1:05.18	560	17.0	17.28	44.7	44.90	23:39.47	560	1.39	4.51	5.11	21.71	17.30	19.43	560
550	15.6	15.81	34.2	34.49	3:07.91	6:27.63	1:05.50	1:05.68	550	17.3	17.51	45.3	45.53	24:31.47	550		4.48	4.99	21.25	16.81	19.08	550
540	15.7	15.94	34.6	34.80	3:09.78	6:31.49	1:06.00	1:06.19	540	17.5	17.75	45.9	46.19	25:26.00	540	1.38	4.46	4.87	20.80	16.34	18.73	540
530	15.8	16.08	34.9	35.13	3:11.69	6:35.43	1:06.60	1:06.70	530	17.7	17.99	46.6	46.86	26:23.19	530	1.37	4.43	4.75	20.35	15.88	18.39	530
520	16.0	16.22	35.2	35.46	3:13.64	6:39.46	1:07.10	1:07.23	520	18.0	18.23	47.3	47.55	27:23.19	520	1.36	4.41	4.63	19.91	15.43	18.06	520
510	16.1	16.36	35.6	35.80	3:15.63	6:43.57	1:07.60	1:07.76	510	18.2	18.48	48.0	48.25	28:26.16	510	1.35	4.38	4.52	19.48	14.99	17.72	510
500	16.3	16.50	35.9	36.15	3:17.67	6:47.77	1:08.20	1:08.31	500	18.5	18.74	48.7	48.98	29:32.26	500		4.36	4.41	19.06	14.56	17.40	500

Technical Standards: 75 mH - 76,2 cm : 200 mH - 68 cm : SP - 3 kg : DT - 0,75 kg : HT - 3 kg : JT - 500 g

2016 – 2019 Athletics Performance Evaluation Tables – Girls (13 years) - Continued

	Track				Relays		Hurdles		Walk	Field												
	100m	200m	800m	1500m	4 x 100m		75mH	200mH	1500 m W	HJ	LJ	SP	DT	HT	JT							
500	16.3	16.50	35.9	36.15	3:17.67	6:47.77	1:08.20	1:08.31	500	18.5	18.74	48.7	48.98	29:32.26	500		4.36	4.41	19.06	14.56	17.40	500
490	16.4	16.65	36.3	36.50	3:19.74	6:52.05	1:08.70	1:08.86	490	18.8	19.01	49.5	49.72	30:41.67	490	1.34	4.33	4.30	18.64	14.14	17.07	490
480	16.6	16.80	36.6	36.86	3:21.87	6:56.43	1:09.30	1:09.43	480	19.0	19.28	50.2	50.48	31:54.58	480	1.33	4.31	4.19	18.23	13.73	16.75	480
470	16.7	16.95	37.0	37.22	3:24.03	7:00.90	1:09.90	1:10.01	470	19.3	19.56	51.0	51.26	33:11.18	470	1.32	4.28	4.08	17.83	13.33	16.44	470
460	16.9	17.11	37.4	37.60	3:26.25	7:05.47	1:10.50	1:10.59	460	19.6	19.84	51.8	52.06	34:31.69	460		4.26	3.98	17.43	12.94	16.13	460
450	17.0	17.27	37.7	37.98	3:28.51	7:10.13	1:11.10	1:11.19	450	19.9	20.13	52.6	52.89	35:56.34	450	1.31	4.23	3.88	17.04	12.56	15.82	450
440	17.2	17.43	38.1	38.37	3:30.82	7:14.90	1:11.70	1:11.80	440	20.2	20.43	53.5	53.73	37:25.35	440	1.30	4.21	3.78	16.66	12.19	15.52	440
430	17.4	17.59	38.5	38.77	3:33.18	7:19.76	1:12.30	1:12.42	430	20.5	20.74	54.4	54.60	38:58.99	430	1.29	4.19	3.69	16.29	11.83	15.22	430
420	17.5	17.76	38.9	39.18	3:35.58	7:24.73	1:12.90	1:13.06	420	20.8	21.06	55.2	55.49	40:37.53	420		4.16	3.59	15.92	11.48	14.93	420
410	17.7	17.93	39.4	39.59	3:38.04	7:29.80	1:13.60	1:13.70	410	21.1	21.38	56.2	56.40	42:21.25	410	1.28	4.14	3.50	15.55	11.13	14.64	410
400	17.9	18.11	39.8	40.01	3:40.56	7:34.98	1:14.20	1:14.36	400	21.5	21.71	57.1	57.34	44:10.46	400	1.27	4.11	3.41	15.20	10.80	14.35	400
390	18.0	18.29	40.2	40.45	3:43.12	7:40.28	1:14.90	1:15.03	390	21.8	22.05	58.1	58.30	46:05.48	390	1.26	4.09	3.32	14.85	10.47	14.07	390
380	18.2	18.47	40.6	40.89	3:45.74	7:45.68	1:15.60	1:15.71	380	22.2	22.40	59.0	59.29	48:06.68	380		4.06	3.23	14.51	10.15	13.80	380
370	18.4	18.65	41.1	41.34	3:48.42	7:51.20	1:16.30	1:16.40	370	22.5	22.75	1:00.1	1:00.30	50:14.41	370	1.25	4.04	3.15	14.17	9.84	13.52	370
360	18.6	18.84	41.6	41.79	3:51.15	7:56.84	1:17.00	1:17.11	360	22.9	23.12	1:01.1	1:01.34	52:29.07	360	1.24	4.02	3.06	13.84	9.54	13.25	360
350	18.8	19.04	42.0	42.26	3:53.94	8:02.60	1:17.70	1:17.83	350	23.3	23.49	1:02.2	1:02.41	54:51.08	350	1.23	3.99	2.98	13.51	9.24	12.99	350
340	19.0	19.23	42.5	42.74	3:56.80	8:08.49	1:18.40	1:18.56	340	23.6	23.88	1:03.3	1:03.51	57:20.90	340		3.97	2.90	13.20	8.96	12.73	340
330	19.2	19.43	43.0	43.23	3:59.71	8:14.50	1:19.20	1:19.31	330	24.0	24.27	1:04.4	1:04.64	59:59.00	330	1.22	3.94	2.82	12.88	8.68	12.47	330
320	19.4	19.64	43.5	43.73	4:02.69	8:20.64	1:19.90	1:20.07	320	24.4	24.68	1:05.6	1:05.79	1:02:45.89	320	1.21	3.92	2.75	12.58	8.41	12.22	320
310	19.6	19.84	44.0	44.23	4:05.73	8:26.91	1:20.70	1:20.85	310	24.9	25.09	1:06.7	1:06.98	1:05:42.13	310	1.20	3.90	2.67	12.28	8.14	11.97	310
300	19.8	20.06	44.5	44.75	4:08.83	8:33.32	1:21.50	1:21.64	300	25.3	25.52	1:08.0	1:08.20	1:08:48.29	300		3.87	2.60	11.98	7.88	11.73	300
290	20.0	20.27	45.0	45.28	4:12.01	8:39.86	1:22.30	1:22.44	290	25.7	25.96	1:09.2	1:09.46	1:12:05.00	290	1.19	3.85	2.53	11.69	7.63	11.49	290
280	20.3	20.49	45.6	45.82	4:15.25	8:46.55	1:23.10	1:23.26	280	26.2	26.41	1:10.5	1:10.75	1:15:32.93	280	1.18	3.82	2.46	11.41	7.39	11.25	280
270	20.5	20.72	46.1	46.37	4:18.56	8:53.38	1:24.00	1:24.10	270	26.6	26.87	1:11.8	1:12.07	1:19:12.78	270		3.80	2.39	11.13	7.15	11.02	270
260	20.7	20.95	46.7	46.94	4:21.94	9:00.36	1:24.80	1:24.95	260	27.1	27.34	1:13.2	1:13.43	1:23:05.33	260	1.17	3.78	2.32	10.86	6.92	10.79	260
250	20.9	21.18	47.3	47.51	4:25.40	9:07.50	1:25.70	1:25.82	250	27.6	27.82	1:14.6	1:14.83	1:27:11.38	250	1.16	3.75	2.26	10.59	6.70	10.56	250
240	21.2	21.42	47.9	48.10	4:28.94	9:14.79	1:26.60	1:26.70	240	28.1	28.32	1:16.0	1:16.27	1:31:31.80	240	1.15	3.73	2.20	10.33	6.48	10.34	240
230	21.4	21.67	48.5	48.70	4:32.55	9:22.24	1:27.50	1:27.60	230	28.6	28.83	1:17.5	1:17.75	1:36:07.53	230		3.71	2.14	10.07	6.27	10.12	230
220	21.7	21.91	49.1	49.31	4:36.24	9:29.85	1:28.40	1:28.52	220	29.1	29.36	1:19.0	1:19.27	1:40:59.57	220	1.14	3.68	2.07	9.82	6.06	9.91	220
210	21.9	22.17	49.7	49.93	4:40.01	9:37.62	1:29.30	1:29.45	210	29.7	29.90	1:20.6	1:20.83	1:46:08.99	210	1.13	3.66	2.02	9.58	5.86	9.70	210
200	22.2	22.43	50.3	50.57	4:43.86	9:45.57	1:30.30	1:30.41	200	30.2	30.45	1:22.2	1:22.43	1:51:36.93	200		3.64	1.96	9.34	5.67	9.49	200
190	22.4	22.69	51.0	51.22	4:47.80	9:53.70	1:31.20	1:31.38	190	30.8	31.02	1:23.8	1:24.08	1:57:24.62	190	1.12	3.62	1.90	9.10	5.48	9.28	190
180	22.7	22.96	51.6	51.89	4:51.82	10:02.00	1:32.20	1:32.36	180	31.4	31.60	1:25.5	1:25.78	2:03:33.37	180	1.11	3.59	1.85	8.87	5.30	9.08	180
170	23.0	23.23	52.3	52.57	4:55.94	10:10.49	1:33.20	1:33.37	170	32.0	32.20	1:27.3	1:27.52	2:10:04.59	170	1.10	3.57	1.79	8.64	5.12	8.89	170
160	23.3	23.51	53.0	53.26	5:00.14	10:19.16	1:34.30	1:34.40	160	32.6	32.81	1:29.1	1:29.32	2:16:59.81	160		3.55	1.74	8.42	4.95	8.69	160
150	23.6	23.80	53.7	53.97	5:04.44	10:28.03	1:35.30	1:35.44	150	33.2	33.45	1:30.9	1:31.17	2:24:20.63	150	1.09	3.52	1.69	8.21	4.78	8.50	150
140	23.8	24.09	54.4	54.69	5:08.84	10:37.10	1:36.40	1:36.51	140	33.9	34.10	1:32.8	1:33.07	2:32:08.80	140	1.08	3.50	1.64	7.99	4.62	8.32	140
130	24.1	24.39	55.2	55.43	5:13.33	10:46.37	1:37.50	1:37.59	130	34.5	34.76	1:34.8	1:35.02	2:40:26.20	130		3.48	1.59	7.79	4.46	8.13	130
120	24.4	24.69	55.9	56.18	5:17.92	10:55.84	1:38.60	1:38.70	120	35.2	35.45	1:36.8	1:37.03	2:49:14.82	120	1.07	3.46	1.55	7.58	4.31	7.95	120
110	24.8	25.00	56.7	56.95	5:22.62	11:05.53	1:39.70	1:39.83	110	35.9	36.15	1:38.9	1:39.10	2:58:36.83	110	1.06	3.43	1.50	7.38	4.16	7.78	110
100	25.1	25.31	57.5	57.74	5:27.42	11:15.44	1:40.80	1:40.98	100	36.6	36.87	1:41.0	1:41.23	3:08:34.55	100		3.41	1.46	7.19	4.01	7.60	100
90	25.4	25.63	58.3	58.54	5:32.33	11:25.57	1:42.00	1:42.15	90	37.4	37.62	1:43.2	1:43.42	3:19:10.45	90	1.05	3.39	1.41	7.00	3.87	7.43	90
80	25.7	25.96	59.1	59.36	5:37.35	11:35.92	1:43.20	1:43.34	80	38.1	38.38	1:45.4	1:45.67	3:30:27.23	80	1.04	3.37	1.37	6.82	3.74	7.26	80
70	26.1	26.30	60.0	60.20	5:42.49	11:46.52	1:44.40	1:44.56	70	38.9	39.17	1:47.8	1:48.00	3:42:27.76	70		3.34	1.33	6.63	3.61	7.10	70
60	26.4	26.64	60.8	61.05	5:47.74	11:57.35	1:45.70	1:45.80	60	39.7	39.98	1:50.1	1:50.39	3:55:15.14	60	1.03	3.32	1.29	6.46	3.48	6.94	60
50	26.7	26.99	61.7	61.93	5:53.11	12:08.43	1:46.90	1:47.06	50	40.6	40.81	1:52.6	1:52.85	4:08:52.72	50	1.02	3.30	1.25	6.28	3.36	6.78	50
40	27.1	27.34	62.6	62.82	5:58.60	12:19.77	1:48.20	1:48.35	40	41.4	41.66	1:55.1	1:55.38	4:23:24.06	40	1.01	3.28	1.21	6.11	3.24	6.62	40
30	27.5	27.70	63.5	63.73	6:04.22	12:31.36	1:49.50	1:49.66	30	42.3	42.54	1:57.8	1:57.99	4:38:53.06	30		3.26	1.17	5.95	3.12	6.47	30
20	27.8	28.07	64.4	64.67	6:09.97	12:43.22	1:50.90	1:51.00	20	43.2	43.44	2:00.4	2:00.68	4:55:23.87	20	1.00	3.23	1.14	5.79	3.01	6.32	20
10	28.2	28.45	65.4	65.62	6:15.85	12:55.35	1:52.20	1:52.36	10	44.1	44.37	2:03.2	2:03.45	5:13:00.98	10	0.99	3.21	1.10	5.63	2.90	6.17	10
0	28.6	28.84	66.4	66.60	6:21.87	13:07.76	1:53.60	1:53.75	0	45.1	45.32	2:06.1	2:06.30	5:31:49.23	0	###	3.19	1.07	5.47	2.80	6.03	0
	100m	200m	800m	1500m	4 x 100m		75mH	200mH	1500 m W		HJ	LJ	SP	DT	HT	JT						

Technical Standards: 75 mH - 76,2 cm : 200 mH - 68 cm : SP - 3 kg : DT - 0,75 kg : HT - 3 kg

2016 – 2019 Athletics Performance Evaluation Tables – Girls (12 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track						Relays		Hurdles				Walk	Field							
	100m		150m		1200m	4 x 100m			75mH		150mH		1500 m	HJ	LJ	SP	DT	HT	JT		
1000	11.8	12.04	17.8	18.06	3:42.42	51.1	51.21	1000	10.8	11.07	21.1	21.30	7:15.62	1000		5.36	14.34	55.80	12.00	35.72	1000
990		12.09	17.9	18.14	3:43.57	51.3	51.41	990	10.9	11.14	21.2	21.45	7:23.91	990	1.67	5.33	14.01	54.67	60.50	35.10	990
980	11.9	12.15	18.0	18.22	3:44.74	51.5	51.62	980	11.0	11.22	21.4	21.62	7:32.52	980	1.66	5.31	13.66	53.45	58.88	34.44	980
970		12.20		18.30	3:45.94	51.7	51.83	970		11.30	21.5	21.78	7:41.43	970	1.65	5.28	13.29	52.16	57.15	33.73	970
960	12.0	12.26	18.1	18.39	3:47.16	51.9	52.05	960	11.1	11.38	21.7	21.95	7:50.68	960		5.26	12.89	50.81	55.34	32.99	960
950		12.32	18.2	18.47	3:48.41	52.1	52.27	950	11.2	11.47	21.9	22.12	8:00.27	950	1.64	5.23	12.49	49.39	53.44	32.21	950
940	12.1	12.37	18.3	18.56	3:49.69	52.4	52.50	940	11.3	11.55	22.1	22.30	8:10.21	940	1.63	5.21	12.07	47.92	51.49	31.39	940
930	12.2	12.43	18.4	18.65	3:50.99	52.6	52.73	930	11.4	11.64	22.2	22.49	8:20.52	930		5.18	11.63	46.41	49.47	30.55	930
920		12.49	18.5	18.74	3:52.33	52.8	52.96	920	11.5	11.73	22.4	22.67	8:31.21	920	1.62	5.15	11.19	44.85	47.41	29.68	920
910	12.3	12.56	18.6	18.84	3:53.69	53.1	53.20	910	11.6	11.83	22.6	22.86	8:42.30	910	1.61	5.13	10.74	43.27	45.33	28.78	910
900		12.62	18.7	18.93	3:55.08	53.3	53.45	900	10.5	11.92	22.8	23.06	8:53.81	900	1.60	5.10	10.29	41.66	43.22	27.87	900
890	12.4	12.68	18.8	19.03	3:56.50	53.6	53.70	890	11.8	12.02	23.0	23.26	9:05.77	890	1.59	5.08	10.09	40.94	41.11	27.46	890
880	12.5	12.75	18.9	19.13	3:57.96	53.8	53.96	880	11.9	12.12	23.2	23.47	9:18.22	880		5.05	9.89	40.23	40.17	27.05	880
870		12.82	19.0	19.23	3:59.45	54.1	54.22	870	12.0	12.22	23.4	23.68	9:31.19	870	1.58	5.03	9.69	39.52	39.25	26.65	870
860	12.6	12.89	19.1	19.33	4:00.98	54.3	54.49	860	12.1	12.32	23.7	23.90	9:44.70	860	1.57	5.00	9.50	38.82	38.34	26.25	860
850	12.7	12.96	19.2	19.44	4:02.55	54.6	54.76	850	12.2	12.43	23.9	24.12	9:58.78	850	1.56	4.98	9.31	38.13	37.45	25.85	850
840	12.8	13.03	19.3	19.55	4:04.15	54.9	55.04	840	12.3	12.54	24.1	24.35	10:13.44	840		4.95	9.12	37.45	36.57	25.46	840
830		13.11	19.4	19.66	4:05.79	55.2	55.33	830	12.4	12.65	24.3	24.59	10:28.71	830	1.55	4.93	8.93	36.78	35.71	25.07	830
820	12.9	13.18	19.5	19.77	4:07.47	55.5	55.62	820	12.5	12.77	24.6	24.83	10:44.63	820	1.54	4.90	8.75	36.11	34.86	24.68	820
810	13.0	13.26	19.6	19.89	4:09.18	55.8	55.92	810	12.6	12.89	24.8	25.08	11:01.22	810	1.53	4.88	8.57	35.45	34.03	24.30	810
800	13.1	13.34	19.8	20.01	4:10.94	56.1	56.22	800	12.8	13.01	25.1	25.33	11:18.51	800		4.85	8.39	34.80	33.21	23.92	800
790	13.2	13.42	19.9	20.13	4:12.74	56.4	56.53	790	12.9	13.14	25.4	25.59	11:36.54	790	1.52	4.83	8.21	34.16	32.41	23.55	790
780		13.50	20.0	20.25	4:14.58	56.7	56.85	780	13.0	13.26	25.6	25.86	11:55.33	780	1.51	4.80	8.04	33.53	31.62	23.17	780
770	13.3	13.59	20.1	20.38	4:16.46	57.0	57.18	770	13.2	13.40	25.9	26.14	12:14.94	770	1.50	4.78	7.87	32.90	30.85	22.81	770
760	13.4	13.67	20.3	20.51	4:18.38	57.4	57.51	760	13.3	13.53	26.2	26.42	12:35.38	760	1.49	4.76	7.70	32.28	30.09	22.44	760
750	13.5	13.76	20.4	20.64	4:20.35	57.7	57.85	750	13.4	13.67	26.5	26.71	12:56.72	750		4.73	7.54	31.67	29.34	22.08	750
740	13.6	13.85	20.5	20.78	4:22.36	58.1	58.19	740	13.6	13.81	26.8	27.01	13:18.98	740	1.48	4.71	7.37	31.07	28.61	21.72	740
730	13.7	13.94	20.7	20.91	4:24.41	58.4	58.55	730	13.7	13.96	27.1	27.31	13:42.21	730	1.47	4.68	7.21	30.47	27.90	21.37	730
720	13.8	14.04	20.8	21.06	4:26.51	58.8	58.91	720	13.9	14.10	27.4	27.62	14:06.46	720	1.46	4.66	7.06	29.89	27.19	21.02	720
710	13.9	14.13	21.0	21.20	4:28.66	59.1	59.27	710	14.0	14.26	27.7	27.94	14:31.78	710		4.63	6.90	29.31	26.50	20.67	710
700	14.0	14.23	21.1	21.35	4:30.86	59.5	59.65	700	14.2	14.41	28.0	28.27	14:58.22	700	1.45	4.61	6.75	28.74	25.83	20.33	700
690	14.1	14.33	21.3	21.50	4:33.10	59.9	1:00.03	690	14.3	14.57	28.4	28.61	15:25.84	690	1.44	4.59	6.60	28.18	25.16	19.99	690
680	14.2	14.43	21.4	21.65	4:35.39	1:00.30	1:00.42	680	14.5	14.74	28.7	28.96	15:54.70	680	1.43	4.56	6.45	27.62	24.51	19.66	680
670	14.3	14.54	21.6	21.80	4:37.73	1:00.70	1:00.82	670	14.7	14.91	29.1	29.31	16:24.86	670		4.54	6.31	27.07	23.88	19.33	670
660	14.4	14.64	21.7	21.96	4:40.12	1:01.10	1:01.22	660	14.8	15.08	29.4	29.68	16:56.38	660	1.42	4.51	6.16	26.53	23.25	19.00	660
650	14.5	14.75	21.9	22.13	4:42.57	1:01.50	1:01.64	650	15.0	15.26	29.8	30.05	17:29.34	650	1.41	4.49	6.02	26.00	22.64	18.67	650
640	14.6	14.86	22.1	22.29	4:45.07	1:01.90	1:02.06	640	15.2	15.44	30.2	30.43	18:03.81	640	1.40	4.46	5.88	25.48	22.05	18.35	640
630	14.7	14.97	22.2	22.46	4:47.62	1:02.30	1:02.49	630	15.4	15.62	30.6	30.82	18:39.87	630		4.44	5.75	24.96	21.46	18.04	630
620	14.8	15.09	22.4	22.63	4:50.22	1:02.80	1:02.93	620	15.6	15.81	31.0	31.23	19:17.59	620	1.39	4.42	5.62	24.45	20.89	17.73	620
610	15.0	15.21	22.6	22.81	4:52.88	1:03.20	1:03.37	610	15.8	16.01	31.4	31.64	19:57.08	610	1.38	4.39	5.49	23.95	20.33	17.42	610
600	15.1	15.33	22.7	22.99	4:55.60	1:03.70	1:03.83	600	16.0	16.21	31.8	32.06	20:38.41	600	1.37	4.37	5.36	23.46	19.78	17.11	600
590	15.2	15.45	22.9	23.17	4:58.38	1:04.20	1:04.29	590	16.2	16.41	32.3	32.50	21:21.69	590		4.34	5.23	22.97	19.24	16.81	590
580	15.3	15.57	23.1	23.36	5:01.22	1:04.60	1:04.76	580	16.4	16.62	32.7	32.94	22:07.03	580	1.36	4.32	5.11	22.49	18.71	16.51	580
570	15.5	15.70	23.3	23.55	5:04.11	1:05.10	1:05.25	570	16.6	16.84	33.2	33.40	22:54.52	570	1.35	4.30	4.99	22.02	18.20	16.22	570
560	15.6	15.83	23.5	23.74	5:07.07	1:05.60	1:05.74	560	16.8	17.06	33.6	33.87	23:44.30	560	1.34	4.27	4.87	21.56	17.70	15.93	560
550	15.7	15.96	23.7	23.94	5:10.10	1:06.10	1:06.24	550	17.0	17.28	34.1	34.35	24:36.48	550		4.25	4.75	21.10	17.21	15.64	550
540	15.9	16.09	23.9	24.14	5:13.18	1:06.60	1:06.75	540	17.3	17.51	34.6	34.84	25:31.19	540	1.33	4.23	4.64	20.65	16.73	15.36	540
530	16.0	16.23	24.1	24.35	5:16.34	1:07.10	1:07.27	530	17.5	17.75	35.1	35.35	26:28.57	530	1.32	4.20	4.52	20.21	16.26	15.08	530
520	16.1	16.37	24.3	24.56	5:19.56	1:07.70	1:07.80	520	17.8	17.99	35.6	35.87	27:28.78	520	1.31	4.18	4.41	19.77	15.80	14.80	520
510	16.3	16.51	24.5	24.77	5:22.84	1:08.20	1:08.34	510	18.0	18.24	36.2	36.40	28:31.96	510		4.15	4.30	19.35	15.35	14.53	510
500	16.4	16.66	24.7	24.99	5:26.20	1:08.70	1:08.89	500	18.3	18.49	36.7	36.94	29:38.29	500	1.30	4.13	4.20	18.93	14.91	14.26	500

Technical Standards: 75 mH - 68 cm : 150 mH - 68 cm : SP - 3 kg : DT - 0,75 kg : HT - 3 kg : JT - 500 g

2016 – 2019 Athletics Performance Evaluation Tables – Girls (12 years) - Continued

	Track						Relays		Hurdles				Walk	Field							
	100m		150m		1200m	4 x 100m			75mH		150mH		1500 m W	HJ	LJ	SP	DT	HT	JT		
500	16.4	16.66	24.7	24.99	5:26.20	1:08.70	1:08.89	500	18.3	18.49	36.7	36.94	29:38.29	500	1.30	4.13	4.20	18.93	14.91	14.26	500
490	16.6	16.81	25.0	25.21	5:29.63	1:09.30	1:09.45	490	18.5	18.76	37.3	37.50	30:47.94	490	1.29	4.11	4.09	18.51	14.49	13.99	490
480	16.7	16.96	25.2	25.44	5:33.13	1:09.90	1:10.02	480	18.8	19.02	37.8	38.08	32:01.09	480	1.28	4.08	3.99	18.11	14.07	13.73	480
470	16.9	17.11	25.4	25.67	5:36.71	1:10.50	1:10.60	470	19.1	19.30	38.4	38.67	33:17.96	470		4.06	3.89	17.71	13.66	13.47	470
460	17.0	17.27	25.7	25.91	5:40.36	1:11.10	1:11.19	460	19.3	19.58	39.0	39.27	34:38.74	460	1.27	4.04	3.79	17.31	13.26	13.22	460
450	17.2	17.43	25.9	26.15	5:44.09	1:11.70	1:11.80	450	19.6	19.87	39.7	39.89	36:03.67	450	1.26	4.01	3.70	16.93	12.88	12.97	450
440	17.4	17.59	26.2	26.39	5:47.90	1:12.30	1:12.41	440	19.9	20.16	40.3	40.53	37:32.99	440	1.25	3.99	3.60	16.55	12.50	12.72	440
430	17.5	17.76	26.4	26.64	5:51.80	1:12.90	1:13.04	430	20.2	20.47	40.9	41.18	39:06.95	430		3.97	3.51	16.17	12.13	12.48	430
420	17.7	17.93	26.7	26.90	5:55.77	1:13.50	1:13.68	420	20.5	20.78	41.6	41.86	40:45.82	420	1.24	3.94	3.42	15.81	11.77	12.24	420
410	17.9	18.10	26.9	27.16	5:59.83	1:14.20	1:14.33	410	20.9	21.10	42.3	42.54	42:29.89	410	1.23	3.92	3.33	15.45	11.42	12.00	410
400	18.0	18.28	27.2	27.42	6:03.97	1:14.80	1:14.99	400	21.2	21.42	43.0	43.25	44:19.47	400		3.90	3.25	15.09	11.08	11.77	400
390	18.2	18.46	27.5	27.69	6:08.21	1:15.50	1:15.66	390	21.5	21.76	43.7	43.98	46:14.89	390	1.22	3.88	3.16	14.75	10.74	11.54	390
380	18.4	18.65	27.7	27.97	6:12.53	1:16.20	1:16.35	380	21.9	22.10	44.5	44.72	48:16.50	380	1.21	3.85	3.08	14.41	10.42	11.31	380
370	18.6	18.83	28.0	28.25	6:16.95	1:16.90	1:17.05	370	22.2	22.45	45.2	45.49	50:24.66	370	1.20	3.83	3.00	14.07	10.10	11.09	370
360	18.8	19.02	28.3	28.53	6:21.46	1:17.60	1:17.76	360	22.6	22.81	46.0	46.27	52:39.78	360		3.81	2.92	13.74	9.79	10.87	360
350	19.0	19.22	28.6	28.83	6:26.07	1:18.30	1:18.49	350	22.9	23.18	46.8	47.08	55:02.28	350	1.19	3.78	2.84	13.42	9.49	10.65	350
340	19.2	19.42	28.9	29.12	6:30.78	1:19.10	1:19.23	340	23.3	23.56	47.7	47.91	57:32.60	340	1.18	3.76	2.76	13.10	9.20	10.43	340
330	19.4	19.62	29.2	29.43	6:35.58	1:19.80	1:19.98	330	23.7	23.95	48.5	48.76	1:00:11.24	330		3.74	2.69	12.79	8.91	10.22	330
320	19.6	19.83	29.5	29.74	6:40.50	1:20.60	1:20.75	320	24.1	24.35	49.4	49.63	1:02:58.70	320	1.17	3.72	2.62	12.49	8.63	10.02	320
310	19.8	20.04	29.8	30.05	6:45.51	1:21.40	1:21.53	310	24.5	24.76	50.3	50.53	1:05:55.54	310	1.16	3.69	2.55	12.19	8.36	9.81	310
300	20.0	20.25	30.1	30.37	6:50.64	1:22.20	1:22.33	300	24.9	25.18	51.2	51.45	1:09:02.34	300	1.15	3.67	2.48	11.90	8.10	9.61	300
290	20.2	20.47	30.5	30.70	6:55.88	1:23.00	1:23.14	290	25.4	25.61	52.2	52.40	1:12:19.72	290		3.65	2.41	11.61	7.84	9.42	290
280	20.5	20.69	30.8	31.04	7:01.23	1:23.80	1:23.97	280	25.8	26.06	53.1	53.37	1:15:48.35	280	1.14	3.63	2.34	11.33	7.59	9.22	280
270	20.7	20.92	31.1	31.38	7:06.69	1:24.70	1:24.81	270	26.3	26.51	54.1	54.37	1:19:28.95	270	1.13	3.60	2.28	11.05	7.35	9.03	270
260	20.9	21.15	31.5	31.73	7:12.28	1:25.50	1:25.67	260	26.7	26.98	55.2	55.39	1:23:22.29	260		3.58	2.22	10.78	7.12	8.84	260
250	21.1	21.39	31.8	32.08	7:17.98	1:26.40	1:26.55	250	27.2	27.46	56.2	56.45	1:27:29.17	250	1.12	3.56	2.15	10.52	6.89	8.66	250
240	21.4	21.63	32.2	32.44	7:23.81	1:27.30	1:27.44	240	27.7	27.95	57.3	57.53	1:31:50.49	240	1.11	3.54	2.09	10.26	6.66	8.48	240
230	21.6	21.87	32.6	32.81	7:29.77	1:28.20	1:28.35	230	28.2	28.45	58.4	58.65	1:36:27.16	230		3.51	2.03	10.00	6.45	8.30	230
220	21.9	22.13	32.9	33.19	7:35.86	1:29.10	1:29.27	220	28.7	28.97	59.6	59.79	1:41:20.19	220	1.10	3.49	1.98	9.75	6.24	8.12	220
210	22.1	22.38	33.3	33.57	7:42.08	1:30.10	1:30.21	210	29.3	29.50	1:00.7	1:00.97	1:46:30.66	210	1.09	3.47	1.92	9.51	6.03	7.95	210
200	22.4	22.64	33.7	33.96	7:48.44	1:31.00	1:31.17	200	29.8	30.05	1:01.9	1:02.18	1:51:59.71	200		3.45	1.87	9.27	5.83	7.78	200
190	22.7	22.91	34.1	34.36	7:54.94	1:32.00	1:32.15	190	30.4	30.61	1:03.2	1:03.43	1:57:48.58	190	1.08	3.43	1.81	9.04	5.64	7.61	190
180	22.9	23.18	34.5	34.77	8:01.59	1:33.00	1:33.15	180	30.9	31.18	1:04.5	1:04.71	2:03:58.59	180	1.07	3.41	1.76	8.81	5.45	7.45	180
170	23.2	23.46	34.9	35.18	8:08.37	1:34.00	1:34.16	170	31.5	31.77	1:05.8	1:06.02	2:10:31.15	170	1.06	3.38	1.71	8.58	5.27	7.28	170
160	23.5	23.74	35.4	35.61	8:15.32	1:35.10	1:35.20	160	32.1	32.38	1:07.1	1:07.38	2:17:27.77	160		3.36	1.66	8.36	5.09	7.13	160
150	23.8	24.03	35.8	36.04	8:22.41	1:36.10	1:36.25	150	32.8	33.00	1:08.5	1:08.77	2:24:50.09	150	1.05	3.34	1.61	8.15	4.92	6.97	150
140	24.1	24.32	36.2	36.48	8:29.66	1:37.20	1:37.33	140	33.4	33.64	1:10.0	1:10.20	2:32:39.86	140	1.04	3.32	1.56	7.94	4.76	6.82	140
130	24.4	24.62	36.7	36.93	8:37.08	1:38.30	1:38.42	130	34.1	34.30	1:11.4	1:11.68	2:40:58.95	130		3.30	1.52	7.73	4.59	6.67	130
120	24.7	24.93	37.1	37.39	8:44.66	1:39.40	1:39.54	120	34.7	34.98	1:13.0	1:13.19	2:49:49.37	120	1.03	3.28	1.47	7.53	4.44	6.52	120
110	25.0	25.24	37.6	37.86	8:52.41	1:40.50	1:40.67	110	35.4	35.67	1:14.5	1:14.75	2:59:13.29	110	1.02	3.25	1.43	7.33	4.28	6.37	110
100	25.3	25.55	38.1	38.33	9:00.33	1:41.70	1:41.83	100	36.1	36.39	1:16.1	1:16.36	3:09:13.04	100		3.23	1.39	7.14	4.14	6.23	100
90	25.6	25.88	38.6	38.82	9:08.43	1:42.90	1:43.01	90	36.9	37.12	1:17.8	1:18.01	3:19:51.11	90	1.01	3.21	1.35	6.95	3.99	6.09	90
80	26.0	26.21	39.1	39.32	9:16.72	1:44.10	1:44.22	80	37.6	37.87	1:19.5	1:19.71	3:31:10.19	80	1.00	3.19	1.30	6.77	3.86	5.95	80
70	26.3	26.55	39.6	39.82	9:25.20	1:45.30	1:45.44	70	38.4	38.65	1:21.2	1:21.47	3:43:13.17	70		3.17	1.27	6.59	3.72	5.82	70
60	26.7	26.89	40.1	40.34	9:33.86	1:46.60	1:46.69	60	39.2	39.45	1:23.0	1:23.27	3:56:03.17	60	0.99	3.15	1.23	6.41	3.59	5.69	60
50	27.0	27.24	40.6	40.87	9:42.73	1:47.80	1:47.97	50	40.0	40.26	1:24.9	1:25.13	4:09:43.52	50	0.98	3.13	1.19	6.24	3.46	5.56	50
40	27.4	27.60	41.2	41.41	9:51.79	1:49.10	1:49.27	40	40.9	41.11	1:26.8	1:27.04	4:24:17.83	40		3.11	1.15	6.07	3.34	5.43	40
30	27.7	27.97	41.7	41.96	10:01.07	1:50.50	1:50.59	30	41.7	41.97	1:28.8	1:29.01	4:39:49.99	30	0.97	3.09	1.12	5.91	3.22	5.30	30
20	28.1	28.34	42.3	42.52	10:10.55	1:51.80	1:51.94	20	42.6	42.86	1:30.8	1:31.03	4:56:24.17	20		3.07	1.08	5.75	3.11	5.18	20
10	28.5	28.73	42.8	43.09	10:20.26	1:53.20	1:53.32	10	43.5	43.78	1:32.9	1:33.12	5:14:04.88	10	0.96	3.05	1.05	5.59	3.00	5.06	10
0	28.9	29.11	43.4	43.67	10:30.19	1:54.60	1:54.72	0	44.5	44.72	1:35.0	1:35.28	5:32:56.97	0	###	3.02	1.02	5.44	2.89	4.94	0
	100m	150m	1200m	4 x 100m		75mH	150mH	1500 m W	HJ	LJ	SP	DT	HT	JT							

Technical Standards: 75 mH - 68 cm : 150 mH - 68 cm : SP - 3 kg : DT - 0,75 kg : HT - 3 kg : JT - 500 g

Girls 11														
	Track			Relays		Hurdles		Field						
	80m	100m	1200m	4 x 100m	70mH	HJ	LJ	SP						
1000		9.80	11.9	12.18	3:48.26	51.5	51.66	10.8	11.07	1000	1.57	4.97	12.63	1000
990		9.84	12.0	12.24	3:49.44	51.7	51.86	10.9	11.14	990		4.94	12.34	990
980	9.6	9.88		12.29	3:50.64	51.9	52.07	11.0	11.22	980	1.56	4.92	12.03	980
970		9.92	12.1	12.35	3:51.87	52.1	52.29		11.30	970	1.55	4.90	11.70	970
960	9.7	9.96		12.40	3:53.12	52.4	52.51	11.1	11.38	960		4.88	11.35	960
950		10.00	12.2	12.46	3:54.41	52.6	52.73	11.2	11.47	950	1.54	4.85	10.99	950
940		10.04		12.52	3:55.72	52.8	52.96	11.3	11.55	940	1.53	4.83	10.62	940
930	9.8	10.08	12.3	12.58	3:57.06	53.1	53.19	11.4	11.64	930	1.52	4.80	10.24	930
920		10.12	12.4	12.64	3:58.43	53.3	53.43	11.5	11.73	920		4.78	9.85	920
910	9.9	10.17		12.71	3:59.82	53.5	53.67	11.6	11.83	910	1.51	4.76	9.46	910
900		10.21	12.5	12.77	4:01.25	53.8	53.92	11.7	11.92	900	1.50	4.73	9.06	900
890	10.0	10.26	12.6	12.84	4:02.71	54.0	54.17	11.8	12.02	890		4.71	8.88	890
880		10.30		12.90	4:04.20	54.3	54.43	11.9	12.12	880	1.49	4.68	8.71	880
870	10.1	10.35	12.7	12.97	4:05.74	54.6	54.70	12.0	12.22	870	1.48	4.66	8.53	870
860		10.40	12.8	13.04	4:07.31	54.8	54.97	12.1	12.32	860	1.47	4.64	8.36	860
850	10.2	10.45		13.11	4:08.91	55.1	55.24	12.2	12.43	850		4.62	8.19	850
840		10.50	12.9	13.19	4:10.56	55.4	55.52	12.3	12.54	840	1.46	4.59	8.03	840
830	10.3	10.55	13.0	13.26	4:12.24	55.7	55.81	12.4	12.65	830	1.45	4.57	7.86	830
820		10.60	13.1	13.34	4:13.96	56.0	56.11	12.5	12.77	820	1.44	4.55	7.70	820
810	10.4	10.65	13.2	13.42	4:15.73	56.3	56.41	12.6	12.89	810		4.52	7.54	810
800		10.71		13.50	4:17.53	56.6	56.72	12.8	13.01	800	1.43	4.50	7.39	800
790	10.5	10.77	13.3	13.58	4:19.37	56.9	57.03	12.9	13.14	790	1.42	4.48	7.23	790
780		10.82	13.4	13.66	4:21.26	57.2	57.35	13.0	13.26	780		4.46	7.08	780
770	10.6	10.88	13.5	13.75	4:23.19	57.5	57.68	13.2	13.40	770	1.41	4.43	6.93	770
760	10.7	10.94	13.6	13.84	4:25.16	57.9	58.02	13.3	13.53	760	1.40	4.41	6.78	760
750		11.00	13.7	13.92	4:27.18	58.2	58.36	13.4	13.67	750	1.39	4.39	6.64	750
740	10.8	11.06	13.8	14.02	4:29.24	58.6	58.71	13.6	13.81	740		4.37	6.49	740
730	10.9	11.13	13.9	14.11	4:31.35	58.9	59.06	13.7	13.96	730	1.38	4.34	6.35	730
720		11.19	14.0	14.20	4:33.51	59.3	59.42	13.9	14.10	720	1.37	4.32	6.21	720
710	11.0	11.26	14.1	14.30	4:35.71	59.7	59.79	14.0	14.26	710		4.30	6.08	710
700	11.1	11.33	14.2	14.40	4:37.96	1:00.00	1:00.17	14.2	14.41	700	1.36	4.28	5.94	700
690		11.39	14.3	14.50	4:40.27	1:00.40	1:00.56	14.3	14.57	690	1.35	4.25	5.81	690
680	11.2	11.46	14.4	14.60	4:42.62	1:00.80	1:00.95	14.5	14.74	680	1.34	4.23	5.68	680
670	11.3	11.53	14.5	14.71	4:45.02	1:01.20	1:01.35	14.7	14.91	670		4.21	5.55	670
660		11.61	14.6	14.82	4:47.48	1:01.60	1:01.76	14.8	15.08	660	1.33	4.19	5.43	660
650	11.4	11.68	14.7	14.93	4:49.98	1:02.00	1:02.18	15.0	15.26	650	1.32	4.16	5.30	650
640	11.5	11.76	14.8	15.04	4:52.55	1:02.50	1:02.60	15.2	15.44	640		4.14	5.18	640
630	11.6	11.83	14.9	15.15	4:55.16	1:02.90	1:03.04	15.4	15.62	630	1.31	4.12	5.06	630
620	11.7	11.91	15.0	15.27	4:57.84	1:03.30	1:03.48	15.6	15.81	620	1.30	4.10	4.95	620
610		11.99	15.1	15.39	5:00.57	1:03.80	1:03.93	15.8	16.01	610	1.29	4.07	4.83	610
600	11.8	12.07	15.3	15.51	5:03.36	1:04.20	1:04.39	16.0	16.21	600		4.05	4.72	600
590	11.9	12.16	15.4	15.63	5:06.21	1:04.70	1:04.86	16.2	16.41	590	1.28	4.03	4.61	590
580	12.0	12.24	15.5	15.76	5:09.12	1:05.20	1:05.33	16.4	16.62	580	1.27	4.01	4.50	580
570	12.1	12.33	15.6	15.89	5:12.10	1:05.70	1:05.82	16.6	16.84	570		3.99	4.39	570
560	12.2	12.41	15.8	16.02	5:15.13	1:06.20	1:06.32	16.8	17.06	560	1.26	3.96	4.29	560
550	12.3	12.50	15.9	16.15	5:18.24	1:06.70	1:06.82	17.0	17.28	550	1.25	3.94	4.18	550
540		12.59	16.0	16.29	5:21.40	1:07.20	1:07.33	17.3	17.51	540		3.92	4.08	540
530	12.4	12.69	16.2	16.42	5:24.64	1:07.70	1:07.86	17.5	17.75	530	1.24	3.90	3.98	530
520	12.5	12.78	16.3	16.57	5:27.94	1:08.30	1:08.39	17.8	17.99	520	1.23	3.88	3.88	520
510	12.6	12.88	16.5	16.71	5:31.32	1:08.80	1:08.94	18.0	18.24	510		3.85	3.79	510
500	12.7	12.98	16.6	16.86	5:34.76	1:09.40	1:09.49	18.3	18.49	500	1.22	3.83	3.70	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		9.93	12.1	12.34	3:57.06	52.0	52.14	11.2	11.46	1000		4.47	11.25	1000
990	9.7	9.97		12.39	3:58.28	52.2	52.34	11.3	11.54	990	1.43	4.45	10.99	990
980		10.01	12.2	12.45	3:59.53	52.4	52.56	11.4	11.62	980	1.42	4.43	10.71	980
970		10.04		12.50	4:00.81	52.6	52.77		11.70	970		4.41	10.42	970
960	9.8	10.08	12.3	12.56	4:02.11	52.9	52.99	11.5	11.79	960	1.41	4.39	10.11	960
950		10.12		12.62	4:03.44	53.1	53.22	11.6	11.87	950		4.37	9.79	950
940	9.9	10.17	12.4	12.68	4:04.80	53.3	53.45	11.7	11.96	940	1.40	4.35	9.46	940
930		10.21	12.5	12.74	4:06.20	53.5	53.69	11.8	12.05	930	1.39	4.33	9.12	930
920	10.0	10.25		12.80	4:07.62	53.8	53.93	11.9	12.15	920		4.30	8.78	920
910		10.30	12.6	12.87	4:09.07	54.0	54.17	12.0	12.24	910	1.38	4.28	8.43	910
900		10.34	12.7	12.93	4:10.55	54.3	54.42	12.1	12.34	900	1.37	4.26	8.07	900
890	10.1	10.39		13.00	4:12.07	54.5	54.67	12.2	12.44	890		4.24	7.91	890
880		10.43	12.8	13.06	4:13.62	54.8	54.94	12.3	12.54	880	1.36	4.22	7.75	880
870	10.2	10.48	12.9	13.13	4:15.21	55.1	55.20	12.4	12.65	870	1.35	4.20	7.60	870
860		10.53		13.20	4:16.84	55.3	55.47	12.5	12.76	860		4.18	7.45	860
850	10.3	10.58	13.0	13.28	4:18.51	55.6	55.75	12.6	12.87	850	1.34	4.16	7.30	850
840		10.63	13.1	13.35	4:20.22	55.9	56.04	12.7	12.98	840	1.33	4.14	7.15	840
830	10.4	10.68	13.2	13.43	4:21.96	56.2	56.33	12.9	13.10	830		4.12	7.00	830
820	10.5	10.74		13.51	4:23.75	56.5	56.63	13.0	13.22	820	1.32	4.10	6.86	820
810		10.79	13.3	13.58	4:25.58	56.8	56.93	13.1	13.34	810	1.31	4.07	6.72	810
800	10.6	10.85	13.4	13.67	4:27.46	57.1	57.24	13.2	13.47	800		4.05	6.58	800
790		10.90	13.5	13.75	4:29.37	57.4	57.56	13.4	13.60	790	1.30	4.03	6.44	790
780	10.7	10.96	13.6	13.83	4:31.33	57.7	57.88	13.5	13.73	780	1.29	4.01	6.30	780
770		11.02	13.7	13.92	4:33.34	58.1	58.22	13.6	13.87	770		3.99	6.17	770
760	10.8	11.08	13.8	14.01	4:35.39	58.4	58.55	13.8	14.01	760	1.28	3.97	6.04	760
750	10.9	11.14	13.9	14.10	4:37.48	58.8	58.90	13.9	14.15	750	1.27	3.95	5.91	750
740		11.21		14.19	4:39.62	59.1	59.25	14.1	14.30	740		3.93	5.78	740
730	11.0	11.27	14.0	14.29	4:41.81	59.5	59.61	14.2	14.45	730	1.26	3.91	5.66	730
720	11.1	11.33	14.1	14.38	4:44.05	59.8	59.98	14.4	14.60	720	1.25	3.89	5.53	720
710		11.40	14.2	14.48	4:46.34	1:00.20	1:00.35	14.5	14.76	710		3.87	5.41	710
700	11.2	11.47	14.3	14.58	4:48.68	1:00.60	1:00.73	14.7	14.92	700	1.24	3.85	5.29	700
690	11.3	11.54	14.4	14.68	4:51.07	1:01.00	1:01.12	14.8	15.09	690		3.83	5.17	690
680														

2016 – 2019 Athletics Performance Evaluation Tables – Girls (10 & 11 years) - Continued

Girls 11														
	Track				Relays		Hurdles		Field					
	80m	100m	1200m	4 x 100m	70mH	HJ	LJ	SP						
500	12.7	12.98	16.6	16.86	5:34.76	1:09.40	1:09.49	18.3	18.49	500	1.22	3.83	3.70	500
490	12.8	13.08	16.8	17.01	5:38.28	1:09.90	1:10.06	18.5	18.76	490	1.21	3.81	3.60	490
480	12.9	13.18	16.9	17.16	5:41.88	1:10.50	1:10.63	18.8	19.02	480	1.20	3.79	3.51	480
470	13.0	13.28	17.1	17.32	5:45.55	1:11.10	1:11.22	19.1	19.30	470		3.77	3.43	470
460	13.1	13.39	17.2	17.48	5:49.30	1:11.70	1:11.82	19.3	19.58	460	1.19	3.74	3.34	460
450	13.3	13.49	17.4	17.64	5:53.13	1:12.30	1:12.43	19.6	19.87	450	1.18	3.72	3.26	450
440	13.4	13.60	17.6	17.80	5:57.04	1:12.90	1:13.05	19.9	20.16	440		3.70	3.17	440
430	13.5	13.71	17.7	17.97	6:01.03	1:13.50	1:13.68	20.2	20.47	430	1.17	3.68	3.09	430
420	13.6	13.83	17.9	18.14	6:05.11	1:14.20	1:14.32	20.5	20.78	420	1.16	3.66	3.01	420
410	13.7	13.94	18.1	18.32	6:09.27	1:14.80	1:14.98	20.9	21.10	410		3.64	2.93	410
400	13.8	14.06	18.3	18.50	6:13.53	1:15.50	1:15.65	21.2	21.42	400	1.15	3.62	2.86	400
390	13.9	14.18	18.4	18.68	6:17.87	1:16.20	1:16.33	21.5	21.76	390	1.14	3.59	2.78	390
380	14.1	14.30	18.6	18.87	6:22.31	1:16.90	1:17.02	21.9	22.10	380		3.57	2.71	380
370	14.2	14.42	18.8	19.06	6:26.84	1:17.60	1:17.73	22.2	22.45	370	1.13	3.55	2.64	370
360	14.3	14.55	19.0	19.25	6:31.47	1:18.30	1:18.45	22.6	22.81	360	1.12	3.53	2.57	360
350	14.4	14.68	19.2	19.45	6:36.20	1:19.00	1:19.18	22.9	23.18	350		3.51	2.50	350
340	14.6	14.81	19.4	19.65	6:41.03	1:19.80	1:19.93	23.3	23.56	340	1.11	3.49	2.43	340
330	14.7	14.94	19.6	19.85	6:45.97	1:20.50	1:20.69	23.7	23.95	330	1.10	3.47	2.37	330
320	14.8	15.08	19.8	20.06	6:51.01	1:21.30	1:21.46	24.1	24.35	320		3.45	2.30	320
310	15.0	15.22	20.0	20.27	6:56.16	1:22.10	1:22.25	24.5	24.76	310	1.09	3.43	2.24	310
300	15.1	15.36	20.3	20.49	7:01.42	1:22.90	1:23.06	24.9	25.18	300	1.08	3.40	2.18	300
290	15.3	15.50	20.5	20.71	7:06.79	1:23.70	1:23.87	25.4	25.61	290		3.38	2.12	290
280	15.4	15.65	20.7	20.94	7:12.28	1:24.60	1:24.71	25.8	26.06	280	1.07	3.36	2.06	280
270	15.6	15.79	20.9	21.17	7:17.89	1:25.40	1:25.56	26.3	26.51	270	1.06	3.34	2.01	270
260	15.7	15.95	21.2	21.40	7:23.62	1:26.30	1:26.43	26.7	26.98	260		3.32	1.95	260
250	15.9	16.10	21.4	21.64	7:29.48	1:27.20	1:27.31	27.2	27.46	250	1.05	3.30	1.90	250
240	16.0	16.26	21.6	21.89	7:35.46	1:28.10	1:28.21	27.7	27.95	240	1.04	3.28	1.84	240
230	16.2	16.41	21.9	22.13	7:41.58	1:29.00	1:29.12	28.2	28.45	230		3.26	1.79	230
220	16.3	16.58	22.1	22.39	7:47.83	1:29.90	1:30.06	28.7	28.97	220	1.03	3.24	1.74	220
210	16.5	16.74	22.4	22.65	7:54.21	1:30.90	1:31.01	29.3	29.50	210	1.02	3.22	1.69	210
200	16.7	16.91	22.7	22.91	8:00.74	1:31.80	1:31.97	29.8	30.05	200		3.20	1.64	200
190	16.8	17.08	22.9	23.18	8:07.41	1:32.80	1:32.96	30.4	30.61	190	1.01	3.18	1.60	190
180	17.0	17.26	23.2	23.45	8:14.23	1:33.80	1:33.97	30.9	31.18	180		3.16	1.55	180
170	17.2	17.43	23.5	23.73	8:21.19	1:34.90	1:34.99	31.5	31.77	170	1.00	3.14	1.50	170
160	17.4	17.62	23.8	24.02	8:28.32	1:35.90	1:36.04	32.1	32.38	160	0.99	3.12	1.46	160
150	17.6	17.80	24.1	24.31	8:35.60	1:37.00	1:37.10	32.8	33.00	150		3.10	1.42	150
140	17.7	17.99	24.4	24.61	8:43.04	1:38.00	1:38.18	33.4	33.64	140	0.98	3.08	1.38	140
130	17.9	18.18	24.7	24.91	8:50.65	1:39.10	1:39.29	34.1	34.30	130	0.97	3.06	1.34	130
120	18.1	18.37	25.0	25.22	8:58.43	1:40.30	1:40.41	34.7	34.98	120		3.04	1.30	120
110	18.3	18.57	25.3	25.54	9:06.38	1:41.40	1:41.56	35.4	35.67	110	0.96	3.02	1.26	110
100	18.5	18.77	25.6	25.86	9:14.51	1:42.60	1:42.73	36.1	36.39	100	0.95	3.00	1.22	100
90	18.7	18.98	25.9	26.19	9:22.83	1:43.80	1:43.92	36.9	37.12	90		2.98	1.18	90
80	18.9	19.19	26.3	26.52	9:31.33	1:45.00	1:45.13	37.6	37.87	80	0.94	2.96	1.15	80
70	19.2	19.40	26.6	26.86	9:40.03	1:46.20	1:46.37	38.4	38.65	70		2.94	1.11	70
60	19.4	19.62	27.0	27.21	9:48.92	1:47.50	1:47.63	39.2	39.45	60	0.93	2.92	1.08	60
50	19.6	19.84	27.3	27.57	9:58.02	1:48.80	1:48.92	40.0	40.26	50	0.92	2.90	1.05	50
40	19.8	20.07	27.7	27.93	10:07.32	1:50.10	1:50.23	40.9	41.11	40		2.88	1.02	40
30	20.1	20.30	28.1	28.30	10:16.84	1:51.40	1:51.56	41.7	41.97	30	0.91	2.86	0.98	30
20	20.3	20.53	28.4	28.68	10:26.58	1:52.80	1:52.92	42.6	42.86	20		2.84	0.95	20
10	20.5	20.77	28.8	29.07	10:36.54	1:54.20	1:54.31	43.5	43.78	10	0.90	2.82	0.92	10
0	20.8	21.01	29.2	29.46	10:46.73	1:55.60	1:55.73	44.5	44.72	0	####	2.81	0.90	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	12.9	13.14	16.8	17.07	5:47.67	1:10.00	1:10.14	18.9	19.15	500	1.11	3.45	3.29	500
490	13.0	13.24	17.0	17.22	5:51.32	1:10.60	1:10.71	19.2	19.42	490		3.43	3.21	490
480	13.1	13.35	17.1	17.38	5:55.06	1:11.10	1:11.29	19.5	19.69	480	1.10	3.41	3.13	480
470	13.2	13.45	17.3	17.53	5:58.87	1:11.70	1:11.88	19.7	19.98	470	1.09	3.39	3.05	470
460	13.3	13.56	17.5	17.70	6:02.76	1:12.30	1:12.48	20.0	20.27	460		3.37	2.98	460
450	13.4	13.66	17.6	17.86	6:06.74	1:13.00	1:13.10	20.3	20.57	450	1.08	3.35	2.90	450
440	13.5	13.78	17.8	18.03	6:10.80	1:13.60	1:13.72	20.6	20.87	440		3.33	2.83	440
430	13.6	13.89	18.0	18.20	6:14.95	1:14.20	1:14.36	20.9	21.19	430	1.07	3.31	2.75	430
420	13.8	14.00	18.1	18.37	6:19.18	1:14.90	1:15.01	21.3	21.51	420	1.06	3.29	2.68	420
410	13.9	14.12	18.3	18.55	6:23.51	1:15.50	1:15.67	21.6	21.84	410		3.28	2.61	410
400	14.0	14.24	18.5	18.73	6:27.93	1:16.20	1:16.35	21.9	22.18	400	1.05	3.26	2.55	400
390	14.1	14.36	18.7	18.91	6:32.44	1:16.90	1:17.04	22.3	22.52	390	1.04	3.24	2.48	390
380	14.2	14.48	18.9	19.10	6:37.05	1:17.60	1:17.74	22.6	22.88	380		3.22	2.41	380
370	14.4	14.61	19.1	19.29	6:41.75	1:18.30	1:18.45	23.0	23.24	370	1.03	3.20	2.35	370
360	14.5	14.74	19.3	19.49	6:46.56	1:19.00	1:19.17	23.4	23.62	360		3.18	2.29	360
350	14.6	14.87	19.4	19.69	6:51.47	1:19.80	1:19.91	23.8	24.00	350	1.02	3.16	2.23	350
340	14.8	15.00	19.7	19.89	6:56.49	1:20.50	1:20.67	24.2	24.39	340	1.01	3.14	2.17	340
330	14.9	15.13	19.9	20.10	7:01.62	1:21.30	1:21.44	24.6	24.80	330		3.12	2.11	330
320	15.0	15.27	20.1	20.31	7:06.85	1:22.10	1:22.22	25.0	25.21	320	1.00	3.10	2.05	320
310	15.2	15.41	20.3	20.53	7:12.20	1:22.90	1:23.01	25.4	25.63	310		3.08	2.00	310
300	15.3	15.55	20.5	20.75	7:17.66	1:23.70	1:23.83	25.8	26.07	300	0.99	3.07	1.94	300
290	15.5	15.70	20.7	20.97	7:23.24	1:24.50	1:24.65	26.3	26.52	290	0.98	3.05	1.89	290
280	15.6	15.84	21.0	21.20	7:28.95	1:25.40	1:25.49	26.7	26.98	280		3.03	1.84	280
270	15.8	16.00	21.2	21.43	7:34.77	1:26.20	1:26.35	27.2	27.45	270	0.97	3.01	1.79	270
260	15.9	16.15	21.4	21.67	7:40.72	1:27.10	1:27.23	27.7	27.93	260		2.99	1.74	260
250	16.1	16.30	21.7	21.91	7:46.81	1:28.00	1:28.12	28.2	28.42	250	0.96	2.97	1.69	250
240	16.2	16.46	21.9	22.16	7:53.02	1:28.90	1:29.02	28.7	28.93	240	0.95	2.95	1.64	240
230	16.4	16.62	22.2	22.41	7:59.37	1:29.80	1:29.95	29.2	29.45	230		2.94	1.60	230
220	16.5	16.79	22.4	22.67	8:05.86	1:30.80	1:30.89	29.8	29.99	220	0.94	2.92	1.55	220
210	16.7													

Girls 9							
	Track			Relays			
	60m	80m	100m	4 x 80m	37.3	37.39	
1000		7.31	9.8	10.07	37.3	37.39	1000
990		7.34		10.11	37.4	37.54	990
980	7.1	7.37		10.15	37.6	37.69	980
970		7.39	9.9	10.19	37.7	37.85	970
960		7.42		10.23	37.9	38.01	960
950		7.45	10.0	10.27	38.0	38.17	950
940	7.2	7.48		10.31	38.2	38.34	940
930		7.51	10.1	10.36	38.4	38.50	930
920		7.54		10.40	38.5	38.68	920
910	7.3	7.57	10.2	10.44	38.7	38.85	910
900		7.60		10.49	38.9	39.03	900
890		7.63		10.54	39.1	39.21	890
880	7.4	7.66	10.3	10.58	39.3	39.40	880
870		7.70		10.63	39.5	39.59	870
860		7.73	10.4	10.68	39.6	39.79	860
850	7.5	7.77		10.73	39.8	39.99	850
840		7.80	10.5	10.78	40.1	40.19	840
830		7.84	10.6	10.84	40.3	40.40	830
820	7.6	7.88		10.89	40.5	40.61	820
810		7.91	10.7	10.95	40.7	40.83	810
800	7.7	7.95		11.00	40.9	41.05	800
790		7.99	10.8	11.06	41.1	41.28	790
780		8.03		11.12	41.4	41.51	780
770	7.8	8.07	10.9	11.18	41.6	41.75	770
760		8.11	11.0	11.24	41.9	41.99	760
750	7.9	8.16		11.30	42.1	42.24	750
740		8.20	11.1	11.37	42.4	42.49	740
730	8.0	8.25	11.2	11.43	42.6	42.75	730
720		8.29		11.50	42.9	43.01	720
710		8.34	11.3	11.57	43.1	43.28	710
700	8.1	8.38	11.4	11.64	43.4	43.56	700
690		8.43		11.71	43.7	43.84	690
680	8.2	8.48	11.5	11.78	44.0	44.12	680
670		8.53	11.6	11.85	44.3	44.41	670
660	8.3	8.58	11.7	11.93	44.6	44.71	660
650		8.63		12.00	44.9	45.01	650
640	8.4	8.69	11.8	12.08	45.2	45.32	640
630	8.5	8.74	11.9	12.16	45.5	45.63	630
620		8.79	12.0	12.24	45.8	45.95	620
610	8.6	8.85	12.1	12.32	46.1	46.28	610
600		8.91		12.40	46.5	46.61	600
590	8.7	8.97	12.2	12.49	46.8	46.95	590
580		9.02	12.3	12.58	47.2	47.29	580
570	8.8	9.08	12.4	12.67	47.5	47.64	570
560	8.9	9.15	12.5	12.76	47.9	48.00	560
550		9.21	12.6	12.85	48.2	48.37	550
540	9.0	9.27	12.7	12.94	48.6	48.74	540
530	9.1	9.34	12.8	13.04	49.0	49.12	530
520		9.40	12.9	13.13	49.4	49.51	520
510	9.2	9.47	13.0	13.23	49.8	49.90	510
500	9.3	9.54	13.1	13.33	50.2	50.30	500
	60m	80m	100m	4 x 80m			

Girls 8				
	Track			
	60m	80m	100m	
1000		7.43	10.22	1000
990		7.46	10.26	990
980	7.2	7.48	10.30	980
970		7.51	10.34	970
960		7.54	10.38	960
950	7.3	7.57	10.42	950
940		7.60	10.46	940
930		7.63	10.50	930
920		7.66	10.55	920
910	7.4	7.69	10.59	910
900		7.72	10.64	900
890		7.75	10.69	890
880	7.5	7.79	10.74	880
870		7.82	10.78	870
860		7.85	10.83	860
850	7.6	7.89	10.89	850
840		7.93	10.94	840
830	7.7	7.96	10.99	830
820		8.00	11.05	820
810		8.04	11.10	810
800	7.8	8.08	11.16	800
790		8.12	11.22	790
780	7.9	8.16	11.28	780
770		8.20	11.34	770
760		8.24	11.40	760
750	8.0	8.29	11.47	750
740		8.33	11.53	740
730	8.1	8.38	11.60	730
720		8.42	11.66	720
710	8.2	8.47	11.73	710
700		8.52	11.80	700
690	8.3	8.56	11.87	690
680		8.61	11.95	680
670	8.4	8.67	12.02	670
660		8.72	12.10	660
650	8.5	8.77	12.17	650
640		8.82	12.25	640
630	8.6	8.88	12.33	630
620	8.7	8.93	12.41	620
610		8.99	12.50	610
600	8.8	9.05	12.58	600
590		9.11	12.67	590
580	8.9	9.17	12.76	580
570		9.23	12.85	570
560	9.0	9.29	12.94	560
550	9.1	9.35	13.03	550
540		9.42	13.13	540
530	9.2	9.48	13.22	530
520	9.3	9.55	13.32	520
510		9.62	13.42	510
500	9.4	9.69	13.52	500
	60m	80m	100m	

Girls 7				
	Track			
	60m	80m	100m	
1000		7.55	10.39	1000
990	7.3	7.57	10.43	990
980		7.60	10.47	980
970		7.63	10.51	970
960		7.66	10.55	960
950	7.4	7.69	10.59	950
940		7.72	10.64	940
930		7.75	10.68	930
920	7.5	7.78	10.73	920
910		7.81	10.77	910
900		7.84	10.82	900
890	7.6	7.87	10.87	890
880		7.91	10.92	880
870		7.94	10.97	870
860	7.7	7.98	11.02	860
850		8.01	11.07	850
840		8.05	11.12	840
830	7.8	8.09	11.18	830
820		8.12	11.23	820
810	7.9	8.16	11.29	810
800		8.20	11.35	800
790		8.24	11.41	790
780	8.0	8.28	11.47	780
770		8.33	11.53	770
760	8.1	8.37	11.59	760
750		8.41	11.66	750
740	8.2	8.46	11.73	740
730		8.51	11.79	730
720	8.3	8.55	11.86	720
710		8.60	11.93	710
700	8.4	8.65	12.00	700
690		8.70	12.07	690
680	8.5	8.75	12.15	680
670		8.80	12.22	670
660	8.6	8.85	12.30	660
650		8.91	12.38	650
640	8.7	8.96	12.46	640
630		9.02	12.54	630
620	8.8	9.07	12.62	620
610		9.13	12.71	610
600	8.9	9.19	12.79	600
590	9.0	9.25	12.88	590
580		9.31	12.97	580
570	9.1	9.37	13.06	570
560	9.2	9.43	13.16	560
550		9.50	13.25	550
540	9.3	9.56	13.35	540
530	9.4	9.63	13.45	530
520		9.70	13.55	520
510	9.5	9.77	13.65	510
500	9.6	9.84	13.75	500
	60m	80m	100m	

Girls 6				
	Track			
	60m	80m	100m	
1000	7.4	7.68	10.3	1000
990		7.71	10.61	990
980		7.74	10.65	980
970	7.5	7.76	10.70	970
960		7.79	10.74	960
950		7.82	10.78	950
940		7.85	10.82	940
930	7.6	7.88	10.87	930
920		7.92	10.92	920
910		7.95	10.96	910
900	7.7	7.98	11.01	900
890		8.01	11.06	890
880		8.05	11.11	880
870	7.8	8.08	11.16	870
860		8.12	11.21	860
850	7.9	8.15	11.26	850
840		8.19	11.32	840
830		8.23	11.37	830
820	8.0	8.27	11.43	820
810		8.31	11.49	810
800	8.1	8.35	11.55	800
790		8.39	11.61	790
780		8.43	11.67	780
770	8.2	8.48	11.73	770
760		8.52	11.80	760
750	8.3	8.56	11.86	750
740		8.61	11.93	740
730	8.4	8.66	12.00	730
720		8.70	12.07	720
710	8.5	8.75	12.14	710
700		8.80	12.21	700
690	8.6	8.85	12.29	690
680		8.90	12.36	680
670	8.7	8.96	12.44	670
660		9.01	12.52	660
650	8.8	9.06	12.60	650
640		9.12	12.68	640
630	8.9	9.18	12.76	630
620	9.0	9.23	12.85	620
610		9.29	12.93	610
600	9.1	9.35	13.02	600
590		9.41	13.11	590
580	9.2	9.48	13.20	580
570	9.3	9.54	13.29	570
560		9.60	13.39	560
550	9.4	9.67	13.48	550
540	9.5	9.73	13.58	540
530		9.80	13.68	530
520	9.6	9.87	13.78	520
510	9.7	9.94	13.89	510
500		10.01	13.99	500
	60m	80m	100m	

Technical Standards: N/A

2016 Athletics Performance Evaluation Tables – Girls (6 to 9 years) - Continued

Girls 9							
	Track				Relays		
	60m		80m		4 x 80m		
500	9.3	9.54	13.1	13.33	50.2	50.30	500
490		9.61	13.2	13.43	50.6	50.71	490
480	9.4	9.68	13.3	13.54	51.0	51.13	480
470	9.5	9.75	13.4	13.64	51.4	51.55	470
460	9.6	9.82	13.5	13.75	51.8	51.99	460
450		9.90	13.6	13.86	52.3	52.43	450
440	9.7	9.97	13.7	13.98	52.7	52.88	440
430	9.8	10.05	13.8	14.09	53.2	53.33	430
420	9.9	10.13	14.0	14.21	53.7	53.80	420
410		10.21	14.1	14.32	54.1	54.27	410
400	10.0	10.29	14.2	14.44	54.6	54.76	400
390	10.1	10.37	14.3	14.57	55.1	55.25	390
380	10.2	10.46	14.5	14.69	55.6	55.75	380
370	10.3	10.54	14.6	14.82	56.1	56.26	370
360	10.4	10.63	14.7	14.95	56.6	56.78	360
350	10.5	10.72	14.8	15.08	57.2	57.31	350
340	10.6	10.81	15.0	15.22	57.7	57.86	340
330	10.7	10.90	15.1	15.35	58.3	58.41	330
320		10.99	15.3	15.49	58.8	58.97	320
310	10.8	11.09	15.4	15.63	59.4	59.54	310
300	10.9	11.19	15.5	15.78	1:00.00	1:00.12	300
290	11.0	11.28	15.7	15.93	1:00.60	1:00.71	290
280	11.1	11.38	15.8	16.07	1:01.20	1:01.32	280
270	11.2	11.49	16.0	16.23	1:01.80	1:01.93	270
260	11.4	11.59	16.1	16.38	1:02.40	1:02.56	260
250	11.5	11.70	16.3	16.54	1:03.10	1:03.20	250
240	11.6	11.80	16.5	16.70	1:03.70	1:03.85	240
230	11.7	11.91	16.6	16.86	1:04.40	1:04.51	230
220	11.8	12.02	16.8	17.03	1:05.00	1:05.19	220
210	11.9	12.14	17.0	17.20	1:05.70	1:05.87	210
200	12.0	12.25	17.1	17.37	1:06.40	1:06.58	200
190	12.1	12.37	17.3	17.55	1:07.20	1:07.29	190
180	12.3	12.49	17.5	17.73	1:07.90	1:08.02	180
170	12.4	12.61	17.7	17.91	1:08.60	1:08.76	170
160	12.5	12.74	17.9	18.10	1:09.40	1:09.52	160
150	12.6	12.86	18.0	18.29	1:10.10	1:10.29	150
140	12.8	12.99	18.2	18.48	1:10.90	1:11.07	140
130	12.9	13.12	18.4	18.68	1:11.70	1:11.87	130
120	13.0	13.25	18.6	18.88	1:12.50	1:12.68	120
110	13.2	13.39	18.8	19.08	1:13.40	1:13.51	110
100	13.3	13.53	19.0	19.29	1:14.20	1:14.36	100
90	13.4	13.67	19.3	19.50	1:15.10	1:15.22	90
80	13.6	13.81	19.5	19.71	1:16.00	1:16.10	80
70	13.7	13.96	19.7	19.93	1:16.90	1:17.00	70
60	13.9	14.10	19.9	20.16	1:17.80	1:17.91	60
50	14.0	14.25	20.1	20.38	1:18.70	1:18.84	50
40	14.2	14.41	20.4	20.62	1:19.60	1:19.79	40
30	14.3	14.56	20.6	20.85	1:20.60	1:20.76	30
20	14.5	14.72	20.9	21.09	1:21.60	1:21.74	20
10	14.6	14.88	21.1	21.34	1:22.60	1:22.74	10
0	14.8	15.05	21.3	21.59	1:23.60	1:23.77	0
	60m	80m	4 x 80m				

Girls 8					
	Track				
	60m		80m		
500	9.4	9.69	13.3	13.52	500
490	9.5	9.76	13.4	13.63	490
480	9.6	9.83	13.5	13.73	480
470		9.90	13.6	13.84	470
460	9.7	9.98	13.7	13.95	460
450	9.8	10.05	13.8	14.06	450
440	9.9	10.13	13.9	14.18	440
430		10.21	14.1	14.29	430
420	10.0	10.29	14.2	14.41	420
410	10.1	10.37	14.3	14.53	410
400	10.2	10.45	14.4	14.65	400
390	10.3	10.53	14.5	14.78	390
380	10.4	10.62	14.7	14.90	380
370	10.5	10.71	14.8	15.03	370
360		10.80	14.9	15.16	360
350	10.6	10.89	15.1	15.30	350
340	10.7	10.98	15.2	15.43	340
330	10.8	11.07	15.3	15.57	330
320	10.9	11.17	15.5	15.71	320
310	11.0	11.26	15.6	15.86	310
300	11.1	11.36	15.8	16.00	300
290	11.2	11.46	15.9	16.15	290
280	11.3	11.56	16.1	16.30	280
270	11.4	11.67	16.2	16.46	270
260	11.5	11.77	16.4	16.62	260
250	11.6	11.88	16.5	16.78	250
240	11.8	11.99	16.7	16.94	240
230	11.9	12.10	16.9	17.11	230
220	12.0	12.21	17.0	17.28	220
210	12.1	12.33	17.2	17.45	210
200	12.2	12.45	17.4	17.62	200
190	12.3	12.57	17.6	17.80	190
180	12.4	12.69	17.7	17.98	180
170	12.6	12.81	17.9	18.17	170
160	12.7	12.94	18.1	18.36	160
150	12.8	13.07	18.3	18.55	150
140	13.0	13.20	18.5	18.74	140
130	13.1	13.33	18.7	18.94	130
120	13.2	13.46	18.9	19.15	120
110	13.4	13.60	19.1	19.35	110
100	13.5	13.74	19.3	19.56	100
90	13.6	13.88	19.5	19.78	90
80	13.8	14.03	19.8	20.00	80
70	13.9	14.18	20.0	20.22	70
60	14.1	14.33	20.2	20.45	60
50	14.2	14.48	20.4	20.68	50
40	14.4	14.64	20.7	20.91	40
30	14.6	14.79	20.9	21.15	30
20	14.7	14.96	21.2	21.39	20
10	14.9	15.12	21.4	21.64	10
0	15.0	15.29	21.7	21.90	0
	60m	80m			

Girls 7					
	Track				
	60m		80m		
500	9.6	9.84	13.5	13.75	500
490		9.91	13.6	13.86	490
480	9.7	9.98	13.7	13.96	480
470	9.8	10.06	13.8	14.07	470
460	9.9	10.13	13.9	14.19	460
450		10.21	14.1	14.30	450
440	10.0	10.29	14.2	14.42	440
430	10.1	10.37	14.3	14.53	430
420	10.2	10.45	14.4	14.65	420
410	10.3	10.53	14.5	14.77	410
400	10.4	10.61	14.7	14.90	400
390		10.70	14.8	15.03	390
380	10.5	10.79	14.9	15.15	380
370	10.6	10.87	15.0	15.29	370
360	10.7	10.96	15.2	15.42	360
350	10.8	11.06	15.3	15.56	350
340	10.9	11.15	15.5	15.69	340
330	11.0	11.24	15.6	15.84	330
320	11.1	11.34	15.7	15.98	320
310	11.2	11.44	15.9	16.13	310
300	11.3	11.54	16.0	16.27	300
290	11.4	11.64	16.2	16.43	290
280	11.5	11.74	16.3	16.58	280
270	11.6	11.85	16.5	16.74	270
260	11.7	11.96	16.7	16.90	260
250	11.8	12.07	16.8	17.06	250
240	11.9	12.18	17.0	17.23	240
230	12.0	12.29	17.2	17.40	230
220	12.2	12.40	17.3	17.57	220
210	12.3	12.52	17.5	17.74	210
200	12.4	12.64	17.7	17.92	200
190	12.5	12.76	17.9	18.10	190
180	12.6	12.89	18.0	18.29	180
170	12.8	13.01	18.2	18.48	170
160	12.9	13.14	18.4	18.67	160
150	13.0	13.27	18.6	18.86	150
140	13.2	13.40	18.8	19.06	140
130	13.3	13.54	19.0	19.26	130
120	13.4	13.67	19.2	19.47	120
110	13.6	13.81	19.4	19.68	110
100	13.7	13.96	19.7	19.89	100
90	13.9	14.10	19.9	20.11	90
80	14.0	14.25	20.1	20.33	80
70	14.2	14.40	20.3	20.56	70
60	14.3	14.55	20.6	20.79	60
50	14.5	14.70	20.8	21.03	50
40	14.6	14.86	21.0	21.26	40
30	14.8	15.02	21.3	21.51	30
20	14.9	15.19	21.5	21.76	20
10	15.1	15.35	21.8	22.01	10
0	15.3	15.52	22.0	22.27	0
	60m	80m			

Girls 6					
	Track				
	60m		80m		
500		10.01	13.8	13.99	500
490	9.8	10.09	13.9	14.10	490
480	9.9	10.16	14.0	14.21	480
470	10.0	10.24	14.1	14.32	470
460	10.1	10.31	14.2	14.43	460
450		10.39	14.3	14.55	450
440	10.2	10.47	14.4	14.67	440
430	10.3	10.55	14.5	14.79	430
420	10.4	10.63	14.7	14.91	420
410	10.5	10.72	14.8	15.03	410
400		10.80	14.9	15.16	400
390	10.6	10.89	15.0	15.29	390
380	10.7	10.98	15.2	15.42	380
370	10.8	11.07	15.3	15.55	370
360	10.9	11.16	15.5	15.69	360
350	11.0	11.25	15.6	15.83	350
340	11.1	11.35	15.7	15.97	340
330	11.2	11.44	15.9	16.11	330
320	11.3	11.54	16.0	16.26	320
310	11.4	11.64	16.2	16.41	310
300	11.5	11.74	16.3	16.56	300
290	11.6	11.85	16.5	16.71	290
280	11.7	11.95	16.6	16.87	280
270	11.8	12.06	16.8	17.03	270
260	11.9	12.17	17.0	17.19	260
250	12.0	12.28	17.1	17.36	250
240	12.2	12.39	17.3	17.53	240
230	12.3	12.51	17.5	17.70	230
220					