



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

CAPACITATING SCHOOLS ATHLETICS



2016 – 2019 HIGH 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 (19 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track										Hurdles					Steeple Chase & Walk					Relays					Field									
	100m		200m		400m		800m	1500m	3000m		5000m	10000m	110mH			400mH		3000mSC			20 kmW	10 kmW	4 x 100m			4 x	Medley	HJ	PV	LJ	TJ	SP	DT		HT
500	12.8	13.03	26.6	26.88	1:00.6	1:00.77	2:07.57	5:05.14	12:12.76	21:22.63	45:38.89	500	20.2	20.39	1:04.0	1:04.14	500	23:55.97	4:08:20.02	1:45:44.27	500	53.7	53.83	4:10.20	2:24.19	500	1.75	4.14	6.11	12.83	11.73	34.35	30.67	53.30	500
490	12.9	13.12	26.9	27.09	1:01.2	1:01.29	2:08.23	5:07.86	12:21.34	21:38.65	46:13.10	490	20.4	20.63	1:04.4	1:04.58	490	24:37.09	4:14:34.41	1:48:23.68	490	54.1	54.27	4:12.23	2:25.18	490	1.74	4.12	6.07	12.76	11.60	33.93	30.10	52.86	490
480	13.0	13.21	27.1	27.30	1:01.7	1:01.82	2:08.91	5:10.63	12:30.11	21:55.04	46:48.10	480	20.6	20.86	1:04.9	1:05.03	480	25:19.84	4:21:02.33	1:51:08.85	480	54.6	54.72	4:14.31	2:26.19	480	1.73	4.09	6.04	12.69	11.47	33.51	29.55	52.44	480
470	13.1	13.30	27.3	27.51	1:02.2	1:02.35	2:09.59	5:13.46	12:39.07	22:11.82	47:23.92	470	20.9	21.10	1:05.3	1:05.49	470	26:04.30	4:27:44.31	1:54:00.01	470	55.0	55.17	4:16.42	2:27.21	470	1.72	4.07	6.00	12.61	11.34	33.09	29.00	52.01	470
460	13.2	13.40	27.5	27.73	1:02.8	1:02.90	2:10.28	5:16.34	12:48.24	22:28.98	48:00.58	460	21.1	21.35	1:05.8	1:05.95	460	26:50.53	4:34:40.94	1:56:57.41	460	55.5	55.64	4:18.57	2:28.26	460	1.71	4.05	5.97	12.54	11.21	32.68	28.46	51.59	460
450	13.3	13.49	27.7	27.95	1:03.3	1:03.46	2:10.99	5:19.27	12:57.62	22:46.55	48:38.09	450	21.4	21.60	1:06.3	1:06.42	450	27:38.63	4:41:52.81	2:00:01.30	450	56.0	56.11	4:20.76	2:29.32	450	1.70	4.02	5.93	12.47	11.09	32.27	27.93	51.16	450
440	13.4	13.59	27.9	28.18	1:03.9	1:04.02	2:11.71	5:22.27	13:07.20	23:04.52	49:16.47	440	21.6	21.86	1:06.8	1:06.90	440	28:28.67	4:49:20.56	2:03:11.94	440	56.4	56.59	4:23.00	2:30.40	440	1.69	4.00	5.90	12.40	10.96	31.86	27.40	50.74	440
430	13.5	13.69	28.2	28.41	1:04.5	1:04.60	2:12.43	5:25.32	13:17.00	23:22.92	49:55.76	430	21.9	22.12	1:07.3	1:07.39	430	29:20.75	4:57:04.85	2:06:29.63	430	56.9	57.08	4:25.27	2:31.49	430	1.68	3.98	5.87	12.32	10.84	31.46	26.89	50.32	430
420	13.6	13.79	28.4	28.64	1:05.1	1:05.19	2:13.17	5:28.43	13:27.03	23:41.75	50:35.96	420	22.1	22.39	1:07.7	1:07.89	420	30:14.96	5:05:06.36	2:09:54.65	420	57.4	57.58	4:27.59	2:32.61	420	1.67	3.95	5.83	12.25	10.71	31.06	26.38	49.91	420
410	13.7	13.90	28.6	28.88	1:05.7	1:05.79	2:13.92	5:31.61	13:37.28	24:01.02	51:17.11	410	22.4	22.66	1:08.3	1:08.39	410	31:11.40	5:13:25.81	2:13:27.32	410	57.9	58.08	4:29.95	2:33.74	410	1.66	3.93	5.80	12.18	10.59	30.67	25.88	49.49	410
400	13.8	14.00	28.9	29.12	1:06.3	1:06.41	2:14.68	5:34.84	13:47.76	24:20.74	51:59.23	400	22.7	22.94	1:08.8	1:08.91	400	32:10.17	5:22:03.97	2:17:07.94	400	58.5	58.60	4:32.36	2:34.90	400	1.65	3.91	5.76	12.11	10.47	30.28	25.39	49.08	400
390	13.9	14.11	29.1	29.37	1:06.9	1:07.03	2:15.46	5:38.14	13:58.48	24:40.93	52:42.34	390	23.0	23.23	1:09.3	1:09.43	390	33:11.38	5:31:01.61	2:20:56.86	390	59.0	59.13	4:34.81	2:36.08	390	1.64	3.88	5.73	12.04	10.35	29.89	24.90	48.67	390
380	14.0	14.21	29.4	29.62	1:07.5	1:07.67	2:16.24	5:41.51	14:09.44	25:01.60	53:26.46	380	23.3	23.52	1:09.8	1:09.96	380	34:15.14	5:40:19.58	2:24:54.44	380	59.5	59.67	4:37.30	2:37.27	380	1.63	3.86	5.70	11.96	10.23	29.50	24.43	48.26	380
370	14.1	14.32	29.6	29.88	1:08.2	1:08.32	2:17.04	5:44.94	14:20.65	25:22.75	54:11.63	370	23.6	23.82	1:10.4	1:10.50	370	35:21.58	5:49:58.73	2:29:01.04	370	60.1	60.21	4:39.85	2:38.49	370	1.62	3.84	5.66	11.89	10.11	29.12	23.96	47.85	370
360	14.2	14.44	29.9	30.14	1:08.8	1:08.98	2:17.85	5:48.43	14:32.12	25:44.40	54:57.87	360	23.9	24.13	1:10.9	1:11.05	360	36:30.82	5:59:59.99	2:33:17.05	360	60.6	60.77	4:42.44	2:39.73	360	1.61	3.81	5.63	11.82	9.99	28.75	23.49	47.44	360
350	14.3	14.55	30.2	30.41	1:09.5	1:09.65	2:18.67	5:52.00	14:43.85	26:06.57	55:45.21	350	24.2	24.45	1:11.5	1:11.61	350	37:43.00	6:10:24.29	2:37:42.87	350	1:01.2	1:01.3	4:45.07	2:40.98	350	1.60	3.79	5.59	11.75	9.87	28.37	23.04	47.04	350
340	14.4	14.67	30.4	30.68	1:10.2	1:10.34	2:19.51	5:55.63	14:55.84	26:29.26	56:33.67	340	24.5	24.77	1:12.0	1:12.18	340	38:58.25	6:21:12.64	2:42:18.93	340	1:01.8	1:01.9	4:47.76	2:42.26	340	1.59	3.77	5.56	11.68	9.76	28.00	22.59	46.64	340
330	14.5	14.78	30.7	30.95	1:10.9	1:11.04	2:20.35	5:59.34	15:08.12	26:52.50	57:23.28	330	24.9	25.09	1:12.6	1:12.76	330	40:16.73	6:32:26.10	2:47:05.68	330	1:02.4	1:02.5	4:50.50	2:43.57	330	1.58	3.75	5.53	11.61	9.64	27.64	22.15	46.24	330
320	14.7	14.90	31.0	31.23	1:11.6	1:11.75	2:21.21	6:03.12	15:20.67	27:16.29	58:14.08	320	25.2	25.43	1:13.2	1:13.35	320	41:38.59	6:44:05.74	2:52:03.58	320	1:03.0	1:03.1	4:53.29	2:44.89	320	1.57	3.72	5.49	11.54	9.53	27.27	21.72	45.84	320
310	14.8	15.02	31.3	31.52	1:12.3	1:12.48	2:22.09	6:06.97	15:33.51	27:40.64	59:06.09	310	25.5	25.77	1:13.8	1:13.95	310	43:04.00	6:56:12.74	2:57:13.13	310	1:03.6	1:03.7	4:56.13	2:46.24	31									

2016 - 2019 Athletics Performance Evaluation Tables – Boys (17 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track								Hurdles					Steeple Chase & Walk			Relays					Field									
	100m		200m		400m		800m	1500m	3000m		110mH		400mH			2000mSC	10 kmW		4 x 100m		Medley		HJ	PV	LJ	TJ	SP	DT	HT	JT	
1000		10.35	20.5	20.73	45.1	45.21	1:47.75	3:45.18	8:08.58	1000	13.1	13.37	49.9	50.06	1000	5:40.00	45:01.04	1000	40.3	40.48	1:53.15	1000	2.19		7.63	16.01	20.51	64.74	77.92	80.09	1000
990	10.1	10.37		20.79	45.3	45.40	1:48.02	3:46.16	8:11.38	990	13.2	13.44	50.1	50.22	990	5:42.14	45:34.16	990	40.5	40.64	1:53.53	990	2.18	5.19	7.60	15.95	20.25	63.83	76.28	79.35	990
980		10.40	20.6	20.84	45.5	45.59	1:48.30	3:47.16	8:14.24	980	13.3	13.52	50.3	50.40	980	5:44.34	46:08.26	980	40.7	40.80	1:53.92	980	2.17	5.17	7.56	15.89	19.99	62.90	74.63	78.60	980
970		10.43		20.90	45.7	45.79	1:48.59	3:48.19	8:17.17	970		13.60	50.4	50.57	970	5:46.58	46:43.37	970	40.8	40.97	1:54.32	970	2.16	5.14	7.53	15.82	19.72	61.95	72.96	77.82	970
960	10.2	10.46	20.7	20.97	45.9	45.99	1:48.88	3:49.23	8:20.17	960	13.4	13.68	50.6	50.75	960	5:48.88	47:19.53	960	41.0	41.14	1:54.72	960	2.15	5.11	7.49	15.76	19.44	60.99	71.27	77.03	960
950		10.49	20.8	21.04	46.1	46.19	1:49.17	3:50.30	8:23.23	950	13.5	13.76	50.8	50.93	950	5:51.23	47:56.76	950	41.2	41.32	1:55.13	950	2.14	5.08	7.46	15.70	19.16	60.01	69.57	76.22	950
940		10.52	20.9	21.11	46.3	46.40	1:49.48	3:51.39	8:26.36	940	13.6	13.84	51.0	51.12	940	5:53.64	48:35.09	940	41.4	41.50	1:55.55	940	2.13	5.06	7.42	15.63	18.87	59.02	67.85	75.40	940
930	10.3	10.55		21.19	46.5	46.61	1:49.78	3:52.51	8:29.56	930	13.7	13.93	51.2	51.31	930	5:56.10	49:14.55	930	41.5	41.68	1:55.98	930	2.12	5.03	7.39	15.57	18.59	58.01	66.13	74.56	930
920		10.59	21.0	21.27	46.7	46.83	1:50.10	3:53.65	8:32.84	920	13.8	14.01	51.4	51.50	920	5:58.61	49:55.17	920	41.7	41.87	1:56.42	920	2.11	5.00	7.35	15.50	18.29	57.00	64.40	73.70	920
910		10.63	21.1	21.36	46.9	47.05	1:50.42	3:54.81	8:36.18	910	13.9	14.10	51.6	51.70	910	6:01.19	50:36.99	910	41.9	42.06	1:56.87	910	2.10	4.97	7.32	15.44	17.99	55.97	62.67	72.83	910
900	10.4	10.67	21.2	21.45	47.1	47.28	1:50.74	3:55.99	8:39.60	900		14.19	51.8	51.90	900	6:03.82	51:20.04	900	42.1	42.25	1:57.32	900	2.09	4.94	7.28	15.37	17.69	54.93	60.95	71.95	900
890		10.71	21.3	21.54	47.4	47.51	1:51.07	3:57.20	8:43.10	890	14.0	14.28	52.0	52.11	890	6:06.52	52:04.44	890	42.3	42.45	1:57.78	890	2.08	4.92	7.24	15.30	17.53	54.36	59.99	71.45	890
880	10.5	10.76	21.4	21.64	47.6	47.75	1:51.41	3:58.44	8:46.69	880	14.1	14.38	52.2	52.31	880	6:09.28	52:50.31	880	42.5	42.65	1:58.26	880	2.07	4.89	7.21	15.22	17.36	53.78	59.05	70.96	880
870		10.80	21.5	21.74	47.9	47.99	1:51.75	3:59.71	8:50.36	870	14.2	14.47	52.4	52.53	870	6:12.12	53:37.70	870	42.7	42.86	1:58.74	870	2.06	4.87	7.17	15.15	17.20	53.21	58.12	70.47	870
860	10.6	10.84	21.6	21.84	48.1	48.24	1:52.11	4:01.00	8:54.13	860	14.3	14.57	52.6	52.75	860	6:15.03	54:26.66	860	42.9	43.07	1:59.24	860	2.05	4.84	7.14	15.07	17.03	52.65	57.19	69.98	860
850		10.89	21.7	21.95	48.4	48.49	1:52.47	4:02.33	8:57.99	850	14.4	14.68	52.8	52.97	850	6:18.01	55:17.23	850	43.1	43.29	1:59.74	850	2.04	4.82	7.10	15.00	16.87	52.08	56.28	69.49	850
840	10.7	10.94	21.8	22.05	48.6	48.75	1:52.83	4:03.69	9:01.95	840	14.5	14.78	53.1	53.20	840	6:21.07	56:09.47	840	43.4	43.51	2:00.26	840	2.03	4.80	7.07	14.92	16.70	51.53	55.38	69.00	840
830		10.99	21.9	22.16	48.9	49.02	1:53.21	4:05.07	9:06.00	830	14.6	14.89	53.3	53.43	830	6:24.20	57:03.43	830	43.6	43.73	2:00.79	830	2.02	4.77	7.03	14.85	16.54	50.97	54.49	68.52	830
820		11.03	22.0	22.27	49.2	49.29	1:53.59	4:06.49	9:10.15	820	14.8	15.00	53.5	53.67	820	6:27.42	57:59.17	820	43.8	43.96	2:01.32	820	2.01	4.75	7.00	14.78	16.38	50.42	53.61	68.03	820
810	10.8	11.08	22.1	22.38	49.4	49.56	1:53.98	4:07.94	9:14.40	810	14.9	15.11	53.8	53.91	810	6:30.71	58:56.74	810	44.1	44.20	2:01.87	810	2.00	4.73	6.96	14.70	16.22	49.87	52.74	67.55	810
800	10.9	11.14	22.3	22.50	49.7	49.85	1:54.38	4:09.42	9:18.75	800	15.0	15.22	54.0	54.16	800	6:34.08	59:56.22	800	44.3	44.44	2:02.44	800	1.99	4.70	6.93	14.63	16.06	49.33	51.89	67.07	800
790		11.19	22.4	22.62	50.0	50.13	1:54.78	4:10.94	9:23.21	790	15.1	15.34	54.3	54.42	790	6:37.54	1:00:57.65	790	44.5	44.69	2:03.01	790	1.98	4.68	6.89	14.55	15.90	48.79	51.04	66.59	790
780	11.0	11.24	22.5	22.74	50.3	50.43	1:55.20	4:12.48	9:27.77	780	15.2	15.46	54.5	54.67	780	6:41.08	1:02:01.11	780	44.8	44.94	2:03.59	780	1.97	4.65	6.86	14.48	15.75	48.25	50.20	66.11	780
770		11.29	22.6	22.86	50.6	50.73	1:55.62	4:14.06	9:32.43	770	15.3	15.58	54.8	54.94	770	6:44.71	1:03:06.66	770	45.1	45.20	2:04.19	770	1.96	4.63	6.82	14.41	15.59	47.72	49.37	65.63	770
760	11.1	11.35	22.8	22.99	50.9	51.04	1:56.05	4:15.68	9:37.21	760	15.5	15.71	55.1	55.21	760	6:48.43	1:04:14.38	760	45.3	45.46	2:04.80	760	1.95	4.61	6.79	14.33	15.43	47.19	48.55	65.15	760
750		11.41	22.9	23.11	51.2	51.35	1:56.48	4:17.33	9:42.10	750	15.6	15.84	55.3	55.48	750	6:52.24	1:05:24.35	750	45.6	45.73	2:05.42	750	1.94	4.58	6.75	14.26	15.28	46.66	47.75	64.68	750
740	11.2	11.46	23.0	23.24	51.5	51.67	1:56.93	4:19.01	9:47.10	740	15.7	15.97	55.6	55.76	740																

2016 - 2019 Athletics Performance Evaluation Tables – Boys (17 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track										Hurdles					Steeple Chase & Walk				Relays					Field								
	100m		200m		400m		800m	1500m	3000m		110mH		400mH			2000mSC	10 kmW		4 x 100m		Medley		HJ	PV	LJ	TJ	SP	DT	HT	JT			
500	13.0	13.22	27.0	27.26	1:01.5	1:01.63	2:10.24	5:11.53	12:28.08	500	19.9	20.18	1:04.2	1:04.29	500	9:03.23	1:51:41.07	500	54.3	54.45	2:25.33	500	1.69	4.00	5.90	12.45	11.71	34.73	30.70	53.34	500		
490	13.1	13.31	27.2	27.47	1:02.0	1:02.16	2:10.92	5:14.31	12:36.84	490	20.2	20.41	1:04.6	1:04.73	490	9:10.23	1:54:29.45	490	54.8	54.90	2:26.33	490	1.68	3.98	5.86	12.38	11.58	34.30	30.13	52.91	490		
480	13.2	13.40	27.4	27.68	1:02.6	1:02.69	2:11.60	5:17.14	12:45.79	480	20.4	20.64	1:05.0	1:05.18	480	9:17.39	1:57:23.91	480	55.2	55.35	2:27.35	480	1.67	3.96	5.83	12.31	11.45	33.88	29.58	52.48	480		
470	13.3	13.49	27.7	27.90	1:03.1	1:03.24	2:12.30	5:20.02	12:54.94	470	20.6	20.88	1:05.5	1:05.64	470	9:24.72	2:00:24.70	470	55.7	55.81	2:28.38	470	1.66	3.93	5.80	12.24	11.32	33.45	29.03	52.05	470		
460	13.4	13.59	27.9	28.12	1:03.7	1:03.79	2:13.01	5:22.96	13:04.30	460	20.9	21.12	1:06.0	1:06.10	460	9:32.23	2:03:32.07	460	:56.1	56.27	2:29.43	460		3.91	5.76	12.17	11.20	33.04	28.49	51.63	460		
450	13.5	13.69	28.1	28.35	1:04.2	1:04.35	2:13.73	5:25.96	13:13.87	450	21.1	21.37	1:06.4	1:06.58	450	9:39.92	2:06:46.30	450	:56.6	56.75	2:30.50	450	1.65	3.89	5.73	12.10	11.07	32.62	27.95	51.20	450		
440	13.6	13.79	28.3	28.58	1:04.8	1:04.93	2:14.46	5:29.02	13:23.66	440	21.4	21.63	1:06.9	1:07.06	440	9:47.78	2:10:07.67	440	:57.1	57.24	2:31.58	440	1.64	3.87	5.70	12.03	10.94	32.21	27.43	50.78	440		
430	13.7	13.89	28.6	28.81	1:05.4	1:05.52	2:15.20	5:32.13	13:33.66	430	21.6	21.89	1:07.4	1:07.55	430	9:55.84	2:13:36.48	430	:57.6	57.73	2:32.69	430	1.63	3.84	5.66	11.96	10.82	31.81	26.91	50.36	430		
420	13.8	13.99	28.8	29.05	1:06.0	1:06.12	2:15.96	5:35.31	13:43.90	420	21.9	22.15	1:07.9	1:08.04	420	10:04.09	2:17:13.03	420	:58.1	58.24	2:33.82	420	1.62	3.82	5.63	11.89	10.70	31.40	26.41	49.95	420		
410	13.9	14.09	29.1	29.29	1:06.6	1:06.73	2:16.72	5:38.55	13:54.36	410	22.2	22.43	1:08.4	1:08.55	410	10:12.53	2:20:57.65	410	:58.6	58.75	2:34.96	410	1.61	3.80	5.60	11.82	10.57	31.00	25.90	49.53	410		
400	14.0	14.20	29.3	29.54	1:07.2	1:07.35	2:17.50	5:41.86	14:05.06	400	22.5	22.70	1:08.9	1:09.07	400	10:21.18	2:24:50.68	400	:59.1	59.27	2:36.12	400	1.60	3.78	5.56	11.75	10.45	30.61	25.41	49.12	400		
390	14.1	14.31	29.6	29.79	1:07.8	1:07.98	2:18.29	5:45.22	14:16.01	390	22.7	22.99	1:09.5	1:09.59	390	10:30.03	2:28:52.48	390	:59.7	59.81	2:37.31	390	1.59	3.75	5.53	11.68	10.33	30.22	24.93	48.70	390		
380	14.2	14.42	29.8	30.04	1:08.5	1:08.63	2:19.09	5:48.66	14:27.20	380	23.0	23.28	1:10.0	1:10.12	380	10:39.10	2:33:03.42	380	1:00.2	60.35	2:38.51	380	1.58	3.73	5.50	11.61	10.21	29.83	24.45	48.30	380		
370	14.3	14.53	30.1	30.30	1:09.1	1:09.28	2:19.91	5:52.16	14:38.64	370	23.3	23.58	1:10.5	1:10.67	370	10:48.38	2:37:23.89	370	1:00.8	60.90	2:39.74	370	1.57	3.71	5.47	11.54	10.09	29.44	23.98	47.89	370		
360	14.4	14.64	30.3	30.57	1:09.8	1:09.95	2:20.73	5:55.73	14:50.35	360	23.6	23.88	1:11.1	1:11.22	360	10:57.89	2:41:54.29	360	1:01.3	61.47	2:40.99	360	1.56	3.69	5.43	11.47	9.98	29.06	23.52	47.48	360		
350	14.5	14.76	30.6	30.84	1:10.5	1:10.64	2:21.57	5:59.37	15:02.32	350	23.9	24.19	1:11.6	1:11.78	350	11:07.63	2:46:35.07	350	1:01.9	62.04	2:42.26	350	1.55	3.67	5.40	11.40	9.86	28.68	23.06	47.08	350		
340	14.6	14.87	30.9	31.11	1:11.2	1:11.33	2:22.43	6:03.08	15:14.57	340	24.3	24.51	1:12.2	1:12.35	340	11:17.60	2:51:26.65	340	1:02.5	62.63	2:43.55	340	1.54	3.64	5.37	11.33	9.74	28.31	22.61	46.68	340		
330	14.8	14.99	31.2	31.39	1:11.9	1:12.04	2:23.29	6:06.86	15:27.10	330	24.6	24.83	1:12.8	1:12.93	330	11:27.82	2:56:29.53	330	1:03.1	63.22	2:44.86	330	1.53	3.62	5.34	11.27	9.63	27.94	22.17	46.28	330		
320	14.9	15.12	31.4	31.68	1:12.6	1:12.77	2:24.17	6:10.72	15:39.92	320	24.9	25.16	1:13.4	1:13.52	320	11:38.29	3:01:44.19	320	1:03.7	63.83	2:46.19	320	1.52	3.60	5.30	11.20	9.52	27.57	21.74	45.88	320		
310	15.0	15.24	31.7	31.97	1:13.4	1:13.50	2:25.06	6:14.66	15:53.03	310	25.3	25.50	1:14.0	1:14.12	310	11:49.01	3:07:11.14	310	1:04.3	64.45	2:47.55	310	1.51	3.58	5.27	11.13	9.40	27.21	21.31	45.48	310		
300	15.1	15.36	32.0	32.26	1:14.1	1:14.25	2:25.96	6:18.67	16:06.44	300	25.6	25.85	1:14.6	1:14.73	300	11:59.99	3:12:50.94	300	1:04.9	65.08	2:48.93	300		3.56	5.24	11.06	9.29	26.85	20.89	45.09	300		
290	15.3	15.49	32.3	32.56	1:14.9	1:15.02	2:26.88	6:22.76	16:20.16	290	26.0	26.20	1:15.2	1:15.35	290	12:11.24	3:18:44.15	290	1:05.6	65.72	2:50.34	290	1.50	3.53	5.21	10.99	9.18	26.49	20.48	44.70	290		
280	15.4	15.62	32.6	32.87	1:15.7	1:15.80	2:27.82	6:26.93	16:34.20	280	26.3	26.57	1:15.8	1:15.99	280	12:22.77	3:24:51.36	280	1:06.2	66.38	2:51.77	280	1.49	3.51	5.18	10.93	9.07	26.14	20.07	44.31	280		
270	15.5	15.75	32.9	33.18	1:16.5	1:16.59	2:28.76	6:31.18	16:48.56	270	26.7	26.94	1:16.5	1:16.63	270	12:34.58	3:31:13.22	270	1:06.9	67.04	2:53.22	270	1.48	3.49	5.14	10.86	8.96	25.79	19.67	43.92	270		
260	15.7	15.89	33.3	33.50	1:17.3	1:17.40	2:29.72	6:35.52	17:03.26	260	27.1	27.32	1:17.1	1:17.28	260	12:46.69	3:37:50.37	260	1:07.6	67.72	2:54.70	260	1.47	3.47	5.11	10.79	8.85	25.45	19.28	43.54	260		
250	15.8	16.03	33.6	33.82	1:18.1	1:18.23	2:30.70	6:39.94	17:18.30</																								

2016 – 2019 Athletics Performance Evaluation Tables – Boys (16 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track								Hurdles					Steeple Chase & Walk				Relays				Field									
	100m		200m		400m		800m		1500m	3000m	110mH			400mH		2000mSC		10 kmW	4 x 100m			Medley	HJ	PV	LJ	TJ	SP	DT	HT		JT
1000		10.44		20.91	45.4	45.58	1:48.90	3:47.56	8:13.75	1000		13.51	50.4	50.50	1000	5:44.74	46:13.11	1000	40.6	40.72	1:53.65	1000	2.14	5.11	7.46	15.72	20.37	63.62	77.44	75.12	1000
990	10.2	10.46	20.7	20.96	45.6	45.77	1:49.17	3:48.55	8:16.58	990	13.3	13.59	50.5	50.67	990	5:46.91	46:47.11	990	40.7	40.88	1:54.04	990		5.09	7.43	15.66	20.11	62.72	75.82	74.42	990
980		10.49		21.02	45.8	45.97	1:49.46	3:49.57	8:19.47	980	13.4	13.66	50.7	50.84	980	5:49.14	47:22.12	980	40.9	41.04	1:54.43	980	2.13	5.06	7.40	15.60	19.85	61.81	74.17	73.72	980
970		10.51	20.8	21.08	46.0	46.16	1:49.74	3:50.60	8:22.43	970	13.5	13.74	50.9	51.02	970	5:51.41	47:58.17	970	41.1	41.21	1:54.82	970	2.12	5.04	7.36	15.53	19.58	60.88	72.51	72.99	970
960		10.54	20.9	21.14	46.2	46.37	1:50.04	3:51.66	8:25.46	960	13.6	13.82	51.1	51.20	960	5:53.74	48:35.29	960	41.2	41.39	1:55.23	960	2.11	5.01	7.33	15.47	19.30	59.94	70.83	72.25	960
950	10.3	10.57	21.0	21.21	46.4	46.57	1:50.34	3:52.74	8:28.56	950		13.90	51.2	51.38	950	5:56.13	49:13.51	950	41.4	41.56	1:55.64	950	2.10	4.98	7.30	15.41	19.03	58.97	69.14	71.49	950
940		10.61		21.29	46.6	46.78	1:50.64	3:53.85	8:31.72	940	13.7	13.99	51.4	51.57	940	5:58.57	49:52.87	940	41.6	41.74	1:56.07	940	2.09	4.95	7.26	15.35	18.74	58.00	67.44	70.72	940
930		10.64	21.1	21.37	46.9	47.00	1:50.95	3:54.97	8:34.96	930	13.8	14.07	51.6	51.76	930	6:01.06	50:33.38	930	41.8	41.93	1:56.50	930	2.08	4.93	7.23	15.28	18.45	57.01	65.73	69.93	930
920	10.4	10.68	21.2	21.45	47.1	47.22	1:51.27	3:56.12	8:38.27	920	13.9	14.16	51.8	51.96	920	6:03.61	51:15.09	920	42.0	42.11	1:56.94	920	2.07	4.90	7.19	15.22	18.16	56.01	64.01	69.12	920
910		10.72	21.3	21.54	47.3	47.44	1:51.59	3:57.29	8:41.65	910	14.0	14.25	52.0	52.16	910	6:06.22	51:58.02	910	42.2	42.31	1:57.38	910	2.06	4.87	7.16	15.16	17.87	55.00	62.29	68.31	910
900	10.5	10.76	21.4	21.63	47.5	47.67	1:51.92	3:58.49	8:45.10	900	14.1	14.34	52.2	52.36	900	6:08.89	52:42.22	900	42.4	42.50	1:57.84	900	2.05	4.84	7.12	15.09	17.57	53.98	60.57	67.48	900
890		10.80	21.5	21.73	47.8	47.90	1:52.25	3:59.71	8:48.64	890	14.2	14.43	52.4	52.57	890	6:11.62	53:27.80	890	42.6	42.70	1:58.31	890	2.04	4.82	7.09	15.02	17.40	53.42	59.63	67.02	890
880	10.6	10.85	21.6	21.82	48.0	48.14	1:52.60	4:00.96	8:52.26	880	14.3	14.53	52.6	52.78	880	6:14.43	54:14.90	880	42.8	42.90	1:58.78	880	2.03	4.79	7.05	14.94	17.24	52.85	58.69	66.55	880
870		10.89	21.7	21.92	48.3	48.39	1:52.95	4:02.24	8:55.98	870	14.4	14.63	52.9	52.99	870	6:17.30	55:03.55	870	43.0	43.11	1:59.27	870	2.02	4.77	7.02	14.87	17.07	52.29	57.76	66.09	870
860		10.94	21.8	22.03	48.5	48.64	1:53.30	4:03.56	8:59.78	860	14.5	14.73	53.1	53.22	860	6:20.25	55:53.82	860	43.2	43.32	1:59.77	860	2.01	4.75	6.98	14.80	16.91	51.74	56.84	65.63	860
850	10.7	10.98	21.9	22.13	48.8	48.89	1:53.67	4:04.90	9:03.69	850	14.6	14.83	53.3	53.44	850	6:23.28	56:45.74	850	43.4	43.54	2:00.27	850	2.00	4.72	6.95	14.73	16.75	51.19	55.94	65.18	850
840		11.03	22.0	22.24	49.0	49.15	1:54.04	4:06.27	9:07.68	840	14.7	14.94	53.5	53.67	840	6:26.38	57:39.37	840	43.6	43.76	2:00.79	840	1.99	4.70	6.91	14.65	16.59	50.64	55.04	64.72	840
830	10.8	11.08	22.1	22.35	49.3	49.42	1:54.42	4:07.67	9:11.78	830	14.8	15.04	53.8	53.91	830	6:29.56	58:34.77	830	43.9	43.99	2:01.32	830	1.98	4.68	6.88	14.58	16.43	50.09	54.16	64.26	830
820		11.13	22.2	22.46	49.6	49.69	1:54.80	4:09.10	9:15.97	820	14.9	15.15	54.0	54.15	820	6:32.82	59:32.00	820	44.1	44.22	2:01.86	820	1.97	4.65	6.85	14.51	16.27	49.55	53.29	63.81	820
810	10.9	11.18	22.3	22.57	49.8	49.97	1:55.20	4:10.57	9:20.27	810	15.0	15.27	54.3	54.39	810	6:36.15	1:00:31.11	810	44.3	44.46	2:02.41	810	1.96	4.63	6.81	14.43	16.11	49.01	52.42	63.35	810
800		11.23	22.5	22.69	50.1	50.26	1:55.60	4:12.06	9:24.67	800	15.1	15.38	54.5	54.64	800	6:39.58	1:01:32.17	800	44.6	44.70	2:02.98	800	1.95	4.61	6.78	14.36	15.95	48.48	51.57	62.90	800
790	11.0	11.28	22.6	22.81	50.4	50.55	1:56.01	4:13.59	9:29.17	790	15.3	15.50	54.8	54.90	790	6:43.08	1:02:35.24	790	44.8	44.95	2:03.55	790	1.94	4.58	6.74	14.29	15.79	47.94	50.73	62.45	790
780	11.1	11.34	22.7	22.93	50.7	50.85	1:56.42	4:15.16	9:33.78	780	15.4	15.62	55.0	55.16	780	6:46.67	1:03:40.39	780	45.1	45.21	2:04.14	780	1.93	4.56	6.71	14.22	15.63	47.42	49.89	62.00	780
770		11.39	22.8	23.05	51.0	51.15	1:56.85	4:16.75	9:38.49	770	15.5	15.75	55.3	55.43	770	6:50.35	1:04:47.70	770	45.3	45.46	2:04.74	770	1.92	4.54	6.67	14.14	15.48	46.89	49.07	61.55	770
760	11.2	11.45	22.9	23.18	51.3	51.46	1:57.28	4:18.39	9:43.32	760	15.6	15.87	55.6	55.70	760	6:54.12	1:05:57.23	760	45.6	45.73	2:05.35	760	1.91	4.51	6.64	14.07	15.32	46.37	48.26	61.11	760
750		11.50	23.1	23.31	51.6	51.78	1:57.72	4:20.05	9:48.26	750	15.8	16.00	55.8	55.97	750	6:57.98	1:07:09.06	750	45.9	46.00	2:05.97	750	1.90	4.49	6.61	14.00	15.17	45.86	47.46	60.66	750
740	11.3	11.56	23.2	23.44	52.0	52.10	1:58.17	4:21.75	9:53.32	740	15.9	16.14	56.1	56.266																	

2016 – 2019 Athletics Performance Evaluation Tables – Boys (16 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track								Hurdles					Steeple Chase & Walk			Relays				Field										
	100m		200m		400m		800m	1500m	3000m		110mH		400mH			2000mSC	10 kmW		4 x 100m		Medley		HJ	PV	LJ	TJ	SP	DT	HT	JT	
500	13.1	13.33	27.3	27.49	1:02.0	1:02.14	2:11.63	5:14.83	12:36.00	500	20.2	20.39	1:04.7	1:04.86	500	9:10.80	1:54:39.87	500	54.6	54.77	2:25.98	500	1.66	3.92	5.77	12.22	11.63	34.13	30.51	50.03	500
490	13.2	13.42	27.5	27.70	1:02.5	1:02.67	2:12.31	5:17.64	12:44.85	490	20.4	20.63	1:05.2	1:05.31	490	9:17.90	1:57:32.74	490	55.1	55.22	2:26.98	490	1.65	3.90	5.73	12.15	11.50	33.71	29.95	49.62	490
480	13.3	13.51	27.7	27.92	1:03.1	1:03.21	2:13.01	5:20.50	12:53.90	480	20.6	20.86	1:05.6	1:05.76	480	9:25.16	2:00:31.85	480	55.5	55.67	2:28.00	480	1.64	3.88	5.70	12.08	11.37	33.29	29.39	49.22	480
470	13.4	13.61	27.9	28.14	1:03.6	1:03.76	2:13.71	5:23.41	13:03.15	470	20.9	21.10	1:06.1	1:06.22	470	9:32.59	2:03:37.47	470	56.0	56.14	2:29.04	470	1.63	3.85	5.67	12.02	11.24	32.88	28.85	48.82	470
460	13.5	13.70	28.1	28.36	1:04.2	1:04.32	2:14.43	5:26.38	13:12.60	460	21.1	21.35	1:06.5	1:06.69	460	9:40.21	2:06:49.84	460	56.5	56.61	2:30.09	460	1.62	3.83	5.64	11.95	11.12	32.47	28.31	48.42	460
450	13.6	13.80	28.4	28.59	1:04.8	1:04.89	2:15.16	5:29.41	13:22.28	450	21.4	21.60	1:07.0	1:07.17	450	9:48.00	2:10:09.25	450	56.9	57.09	2:31.16	450	1.61	3.81	5.60	11.88	10.99	32.06	27.78	48.02	450
440	13.7	13.90	28.6	28.82	1:05.3	1:05.47	2:15.89	5:32.50	13:32.16	440	21.6	21.86	1:07.5	1:07.65	440	9:55.97	2:13:35.99	440	57.4	57.58	2:32.26	440	1.60	3.79	5.57	11.81	10.87	31.66	27.26	47.63	440
430	13.8	14.00	28.8	29.05	1:05.9	1:06.06	2:16.64	5:35.65	13:42.28	430	21.9	22.12	1:08.0	1:08.15	430	10:04.14	2:17:10.37	430	57.9	58.07	2:33.37	430		3.77	5.54	11.74	10.74	31.26	26.75	47.24	430
420	13.9	14.11	29.1	29.29	1:06.5	1:06.66	2:17.41	5:38.86	13:52.62	420	22.1	22.39	1:08.5	1:08.65	420	10:12.50	2:20:52.70	420	58.4	58.58	2:34.50	420	1.59	3.74	5.51	11.67	10.62	30.86	26.24	46.84	420
410	14.0	14.21	29.3	29.54	1:07.1	1:07.28	2:18.18	5:42.14	14:03.19	410	22.4	22.66	1:09.0	1:09.16	410	10:21.07	2:24:43.31	410	59.0	59.10	2:35.65	410	1.58	3.72	5.47	11.60	10.50	30.47	25.75	46.45	410
400	14.1	14.32	29.5	29.78	1:07.8	1:07.90	2:18.97	5:45.48	14:14.01	400	22.7	22.94	1:09.5	1:09.68	400	10:29.83	2:28:42.56	400	59.5	59.63	2:36.82	400	1.57	3.70	5.44	11.53	10.38	30.08	25.26	46.07	400
390	14.2	14.43	29.8	30.04	1:08.4	1:08.54	2:19.76	5:48.88	14:25.07	390	23.0	23.23	1:10.1	1:10.21	390	10:38.81	2:32:50.82	390	1:00.0	60.16	2:38.01	390	1.56	3.68	5.41	11.47	10.26	29.69	24.77	45.68	390
380	14.3	14.54	30.1	30.30	1:09.1	1:09.19	2:20.58	5:52.35	14:36.38	380	23.3	23.52	1:10.6	1:10.75	380	10:48.00	2:37:08.45	380	1:00.6	60.71	2:39.22	380	1.55	3.66	5.38	11.40	10.14	29.31	24.30	45.30	380
370	14.4	14.65	30.3	30.56	1:09.7	1:09.86	2:21.40	5:55.89	14:47.94	370	23.6	23.82	1:11.2	1:11.29	370	10:57.42	2:41:35.86	370	1:01.1	61.27	2:40.45	370	1.54	3.63	5.35	11.33	10.02	28.93	23.83	44.91	370
360	14.5	14.76	30.6	30.83	1:10.4	1:10.53	2:22.23	5:59.50	14:59.78	360	23.9	24.13	1:11.7	1:11.85	360	11:07.06	2:46:13.48	360	1:01.7	61.83	2:41.70	360	1.53	3.61	5.31	11.26	9.91	28.56	23.37	44.53	360
350	14.6	14.88	30.9	31.10	1:11.1	1:11.22	2:23.08	6:03.18	15:11.88	350	24.2	24.45	1:12.3	1:12.42	350	11:16.93	2:51:01.75	350	1:02.3	62.41	2:42.98	350	1.52	3.59	5.28	11.20	9.79	28.19	22.92	44.16	350
340	14.8	15.00	31.1	31.37	1:11.8	1:11.92	2:23.94	6:06.93	15:24.25	340	24.5	24.77	1:12.9	1:12.99	340	11:27.05	2:56:01.12	340	1:02.9	63.00	2:44.27	340	1.51	3.57	5.25	11.13	9.68	27.82	22.47	43.78	340
330	14.9	15.12	31.4	31.66	1:12.5	1:12.64	2:24.82	6:10.75	15:36.91	330	24.9	25.09	1:13.4	1:13.58	330	11:37.41	3:01:12.07	330	1:03.5	63.60	2:45.59	330	1.50	3.55	5.22	11.06	9.56	27.46	22.04	43.40	330
320	15.0	15.24	31.7	31.94	1:13.2	1:13.37	2:25.70	6:14.65	15:49.87	320	25.2	25.43	1:14.0	1:14.17	320	11:48.02	3:06:35.12	320	1:04.1	64.21	2:46.93	320	1.49	3.53	5.19	10.99	9.45	27.10	21.60	43.03	320
310	15.1	15.37	32.0	32.24	1:14.0	1:14.11	2:26.61	6:18.62	16:03.11	310	25.5	25.77	1:14.6	1:14.78	310	11:58.89	3:12:10.80	310	1:04.7	64.83	2:48.30	310		3.50	5.16	10.93	9.34	26.74	21.18	42.66	310
300	15.3	15.49	32.3	32.53	1:14.7	1:14.87	2:27.52	6:22.68	16:16.67	300	25.9	26.12	1:15.3	1:15.40	300	12:10.02	3:17:59.67	300	1:05.3	65.46	2:49.68	300	1.48	3.48	5.12	10.86	9.23	26.39	20.76	42.29	300
290	15.4	15.62	32.6	32.84	1:15.5	1:15.64	2:28.45	6:26.81	16:30.53	290	26.2	26.48	1:15.9	1:16.02	290	12:21.43	3:24:02.30	290	1:06.0	66.11	2:51.09	290	1.47	3.46	5.09	10.79	9.11	26.04	20.35	41.92	290
280	15.5	15.75	32.9	33.15	1:16.3	1:16.42	2:29.39	6:31.03	16:44.72	280	26.6	26.85	1:16.5	1:16.66	280	12:33.12	3:30:19.31	280	1:06.6	66.77	2:52.53	280	1.46	3.44	5.06	10.73	9.01	25.69	19.95	41.56	280
270	15.7	15.89	33.2	33.46	1:17.1	1:17.23	2:30.35	6:35.32	16:59.24	270	27.0	27.22	1:17.2	1:17.31	270	12:45.10	3:36:51.36	270	1:07.3	67.44	2:53.99	270	1.45	3.42	5.03	10.66	8.90	25.35	19.55	41.20	270
260	15.8	16.02	33.5	33.78	1:17.9	1:18.04	2:31.32	6:39.71	17:14.09	260	27.4	27.60	1:17.8	1:17.97	260	12:57.37	3:43:39.10	260	1:08.0	68.12	2:55.48	260	1.44	3.40	5.00	10.60	8.79	25.01	19.16	40.83	260
250	15.9	16.16	33.9	34.11	1:18.7	1:18.88	2:32.30	6:44.17	17:29.29	250																					

2016 - 2019 Athletics Performance Evaluation Tables – Boys (15 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track								Hurdles				Relays			Steeple Chase &			Field										
	100m		200m		400m		800m		1500m	3000m	100mH		300mH			4 x 100m	1500mSC		5000	HJ	PV	LJ	TJ	SP	DT	HT		JT	
1000		10.53		21.10	45.9	45.90	1:50.05	3:49.99	8:19.04	1000		12.60	36.7	36.85	40.8	40.96	1000	4:19.45	22:51.65	1000	2.09	4.99	7.27	15.39	19.64	66.35	65.03	80.56	1000
990		10.56	20.9	21.15	46.1	46.10	1:50.33	3:51.00	8:21.90	990	12.4	12.67	36.8	36.98	41.0	41.12	990	4:21.09	23:08.46	990	2.08	4.96	7.24	15.33	19.39	65.42	63.67	79.82	990
980	10.3	10.58		21.21	46.2	46.20	1:50.62	3:52.02	8:24.83	980	12.5	12.74	37.0	37.10	41.1	41.29	980	4:22.76	23:25.78	980		4.94	7.21	15.28	19.13	64.47	62.29	79.06	980
970		10.61	21.0	21.27	46.4	46.40	1:50.91	3:53.07	8:27.82	970		12.81	37.1	37.23	41.3	41.46	970	4:24.48	23:43.61	970	2.07	4.91	7.18	15.22	18.87	63.50	60.89	78.28	970
960		10.64	21.1	21.34	46.6	46.60	1:51.21	3:54.14	8:30.88	960	12.6	12.89	37.2	37.36	41.5	41.63	960	4:26.23	24:01.97	960	2.06	4.88	7.14	15.16	18.61	62.51	59.48	77.48	960
950	10.4	10.67		21.41	46.9	46.90	1:51.51	3:55.23	8:34.01	950	12.7	12.96	37.4	37.50	41.7	41.81	950	4:28.02	24:20.88	950	2.05	4.86	7.11	15.09	18.34	61.51	58.06	76.67	950
940		10.71	21.2	21.48	47.1	47.10	1:51.82	3:56.35	8:37.21	940	12.8	13.04	37.5	37.63	41.8	41.99	940	4:29.86	24:40.34	940	2.04	4.83	7.08	15.03	18.07	60.49	56.63	75.84	940
930		10.74	21.3	21.56	47.3	47.30	1:52.13	3:57.48	8:40.48	930	12.9	13.12	37.6	37.77	42.0	42.17	930	4:31.74	25:00.38	930	2.03	4.80	7.04	14.97	17.79	59.46	55.19	74.99	930
920	10.5	10.78	21.4	21.65	47.5	47.50	1:52.45	3:58.65	8:43.82	920		13.20	37.8	37.92	42.2	42.36	920	4:33.66	25:21.01	920	2.02	4.78	7.01	14.91	17.51	58.42	53.75	74.13	920
910		10.82	21.5	21.74	47.7	47.70	1:52.78	3:59.83	8:47.24	910	13.0	13.28	37.9	38.06	42.4	42.55	910	4:35.62	25:42.25	910	2.01	4.75	6.98	14.84	17.22	57.37	52.31	73.26	910
900	10.6	10.86	21.6	21.83	48.0	48.00	1:53.11	4:01.04	8:50.73	900	13.1	13.37	38.1	38.21	42.6	42.75	900	4:37.63	26:04.11	900	2.00	4.72	6.94	14.78	16.94	56.30	50.87	72.37	900
890		10.90	21.7	21.93	48.2	48.20	1:53.45	4:02.28	8:54.30	890	13.2	13.46	38.2	38.36	42.8	42.95	890	4:39.69	26:26.66	890	1.99	4.70	6.91	14.71	16.78	55.71	50.07	71.87	890
880	10.7	10.95	21.8	22.03	48.4	48.40	1:53.79	4:03.54	8:57.97	880	13.3	13.55	38.4	38.52	43.0	43.15	880	4:41.80	26:49.95	880	1.98	4.67	6.87	14.64	16.62	55.13	49.28	71.38	880
870		10.99	21.9	22.13	48.7	48.70	1:54.15	4:04.83	9:01.72	870	13.4	13.64	38.5	38.67	43.2	43.36	870	4:43.96	27:14.02	870	1.97	4.65	6.84	14.57	16.46	54.54	48.51	70.88	870
860		11.04	22.0	22.23	48.9	48.90	1:54.51	4:06.16	9:05.57	860	13.5	13.73	38.7	38.83	43.4	43.58	860	4:46.18	27:38.88	860	1.96	4.63	6.81	14.49	16.30	53.96	47.74	70.39	860
850	10.8	11.08	22.1	22.34	49.2	49.20	1:54.87	4:07.51	9:09.52	850	13.6	13.83	38.9	39.00	43.7	43.80	850	4:48.46	28:04.56	850	1.95	4.61	6.77	14.42	16.15	53.39	46.98	69.90	850
840		11.13	22.2	22.44	49.5	49.50	1:55.25	4:08.90	9:13.56	840	13.7	13.93	39.0	39.17	43.9	44.02	840	4:50.79	28:31.09	840	1.94	4.58	6.74	14.35	15.99	52.81	46.22	69.41	840
830	10.9	11.18	22.3	22.55	49.7	49.70	1:55.63	4:10.32	9:17.69	830	13.8	14.03	39.2	39.34	44.1	44.25	830	4:53.18	28:58.49	830	1.93	4.56	6.71	14.28	15.83	52.24	45.48	68.92	830
820		11.23	22.4	22.67	50.0	50.00	1:56.02	4:11.77	9:21.93	820	13.9	14.13	39.4	39.51	44.3	44.48	820	4:55.64	29:26.80	820	1.92	4.54	6.67	14.21	15.68	51.68	44.75	68.43	820
810	11.0	11.28	22.5	22.78	50.3	50.30	1:56.42	4:13.25	9:26.27	810	14.0	14.23	39.6	39.69	44.6	44.72	810	4:58.15	29:56.03	810	1.91	4.52	6.64	14.14	15.53	51.12	44.02	67.94	810
800	11.1	11.33	22.7	22.90	50.6	50.60	1:56.83	4:14.76	9:30.72	800	14.1	14.34	39.7	39.88	44.8	44.97	800	5:00.72	30:26.24	800	1.90	4.49	6.61	14.07	15.37	50.56	43.30	67.46	800
790		11.39	22.8	23.02	50.9	50.90	1:57.24	4:16.31	9:35.27	790	14.2	14.45	39.9	40.06	45.1	45.22	790	5:03.36	30:57.43	790	1.89	4.47	6.57	14.00	15.22	50.01	42.60	66.98	790
780	11.2	11.44	22.9	23.14	51.2	51.20	1:57.66	4:17.89	9:39.93	780	14.3	14.57	40.1	40.25	45.3	45.47	780	5:06.07	31:29.66	780	1.88	4.45	6.54	13.93	15.07	49.46	41.90	66.49	780
770		11.50	23.0	23.27	51.5	51.50	1:58.09	4:19.50	9:44.70	770	14.4	14.68	40.3	40.45	45.6	45.73	770	5:08.83	32:02.95	770		4.42	6.51	13.85	14.92	48.91	41.21	66.01	770
760	11.3	11.55	23.2	23.39	51.8	51.80	1:58.53	4:21.15	9:49.58	760	14.6	14.80	40.5	40.65	45.9	46.00	760	5:11.67	32:37.34	760	1.87	4.40	6.47	13.78	14.77	48.37	40.53	65.53	760
750		11.61	23.3	23.52	52.1	52.10	1:58.97	4:22.83	9:54.57	750	14.7	14.92	40.7	40.85	46.1	46.27	750	5:14.58	33:12.87	750	1.86	4.38	6.44	13.71	14.62	47.83	39.85	65.06	750
740	11.4	11.67	23.4	23.66	52.4	52.40	1:59.43	4:24.55	9:59.68	740	14.8	15.05	40.9	41.05	46.4	46.54	740	5:17.55	33:49.57	740	1.85	4.36	6.41	13.64	14.48	47.29	39.19	64.58	740
730	11.5	11.73	23.6	23.79	52.8	52.80	1:59.89	4:26.31	10:04.91	730	14.9	15.17	41.1	41.26	46.7	46.83	730	5:20.60	34:27.50	730	1.84	4.33	6.37	13.57	14.33	46.76	38.53	64.11	730
720		11.79	23.7	23.93	53.1	53.10	2:00.36	4:28.10	10:10.26	720	15.1	15.30	41.3	41.48	47.0	47.11	720	5:23.72	35:06.69	720	1.83	4.31	6.34	13.50	14.18	46.23	37.88	63.63	720
710	11.6	11.85	23.8	24.07	53.5	53.50	2:																						

2016 - 2019 Athletics Performance Evaluation Tables – Boys (15 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track								Hurdles				Relays			Steeple Chase & Walk				Field									
	100m		200m		400m		800m	1500m	3000m		100mH		300mH		4 x 100m			1500mSC	5000 mW		HJ	PV	LJ	TJ	SP	DT	HT	JT	
500	13.2	13.45	27.5	27.74	1:02.60	1:02.60	2:13.03	5:18.20	12:44.11	500	18.8	19.02	47.2	47.33	55.0	55.10	500	6:54.54	56:42.95	500	1.62	3.82	5.62	11.97	11.21	35.60	25.62	53.65	500
490	13.3	13.55	27.7	27.96	1:03.10	1:03.10	2:13.72	5:21.03	12:53.05	490	19.0	19.23	47.5	47.66	55.4	55.54	490	6:59.88	58:08.45	490	1.61	3.80	5.59	11.90	11.09	35.16	25.15	53.22	490
480	13.4	13.64	27.9	28.17	1:03.60	1:03.60	2:14.42	5:23.92	13:02.19	480	19.2	19.45	47.8	47.99	55.9	56.00	480	7:05.34	59:37.05	480	1.60	3.78	5.56	11.84	10.96	34.72	24.68	52.79	480
470	13.5	13.73	28.2	28.40	1:04.20	1:04.20	2:15.13	5:26.87	13:11.54	470	19.4	19.67	48.2	48.33	56.3	56.47	470	7:10.94	1:01:08.86	470	1.59	3.76	5.53	11.77	10.84	34.29	24.23	52.36	470
460	13.6	13.83	28.4	28.62	1:04.80	1:04.80	2:15.86	5:29.87	13:21.10	460	19.7	19.90	48.5	48.67	56.8	56.94	460	7:16.67	1:02:44.01	460	1.58	3.74	5.49	11.70	10.72	33.86	23.78	51.93	460
450	13.7	13.93	28.6	28.85	1:05.30	1:05.30	2:16.59	5:32.93	13:30.88	450	19.9	20.14	48.9	49.02	57.3	57.42	450	7:22.53	1:04:22.64	450		3.72	5.46	11.63	10.60	33.44	23.33	51.50	450
440	13.8	14.03	28.8	29.08	1:05.90	1:05.90	2:17.34	5:36.06	13:40.87	440	20.1	20.38	49.2	49.37	57.8	57.92	440	7:28.54	1:06:04.90	440	1.57	3.69	5.43	11.57	10.48	33.02	22.89	51.08	440
430	13.9	14.13	29.1	29.32	1:06.50	1:06.50	2:18.10	5:39.24	13:51.09	430	20.4	20.62	49.6	49.73	58.3	58.42	430	7:34.68	1:07:50.94	430	1.56	3.67	5.40	11.50	10.36	32.60	22.46	50.66	430
420	14.0	14.24	29.3	29.56	1:07.10	1:07.10	2:18.87	5:42.49	14:01.55	420	20.6	20.87	50.0	50.10	58.8	58.93	420	7:40.98	1:09:40.91	420	1.55	3.65	5.37	11.43	10.24	32.19	22.04	50.24	420
410	14.1	14.34	29.6	29.81	1:07.70	1:07.70	2:19.65	5:45.80	14:12.23	410	20.9	21.13	50.3	50.47	59.3	59.45	410	7:47.42	1:11:34.98	410	1.54	3.63	5.34	11.36	10.12	31.78	21.62	49.82	410
400	14.2	14.45	29.8	30.06	1:08.40	1:08.40	2:20.44	5:49.17	14:23.16	400	21.2	21.39	50.7	50.85	59.8	59.98	400	7:54.02	1:13:33.31	400	1.53	3.61	5.30	11.30	10.01	31.37	21.21	49.40	400
390	14.3	14.56	30.1	30.32	1:09.00	1:09.00	2:21.25	5:52.61	14:34.34	390	21.4	21.66	51.1	51.23	1:00.4	60.52	390	8:00.77	1:15:36.11	390	1.52	3.59	5.27	11.23	9.89	30.97	20.80	48.99	390
380	14.4	14.67	30.3	30.58	1:09.70	1:09.70	2:22.07	5:56.12	14:45.77	380	21.7	21.93	51.5	51.63	1:00.9	61.07	380	8:07.69	1:17:43.54	380	1.51	3.57	5.24	11.16	9.78	30.57	20.41	48.58	380
370	14.6	14.79	30.6	30.84	1:10.40	1:10.40	2:22.90	5:59.70	14:57.46	370	22.0	22.21	51.9	52.03	1:01.5	61.63	370	8:14.78	1:19:55.81	370	1.50	3.54	5.21	11.10	9.66	30.18	20.01	48.17	370
360	14.7	14.90	30.9	31.11	1:11.00	1:11.00	2:23.75	6:03.34	15:09.42	360	22.3	22.50	52.3	52.43	1:02.1	62.20	360	8:22.03	1:22:13.13	360	1.49	3.52	5.18	11.03	9.55	29.79	19.63	47.76	360
350	14.8	15.02	31.2	31.39	1:11.70	1:11.70	2:24.60	6:07.06	15:21.65	350	22.6	22.79	52.7	52.85	1:02.6	62.78	350	8:29.47	1:24:35.71	350	1.48	3.50	5.15	10.97	9.44	29.40	19.25	47.35	350
340	14.9	15.14	31.4	31.66	1:12.40	1:12.40	2:25.47	6:10.85	15:34.16	340	22.9	23.09	53.1	53.27	1:03.2	63.37	340	8:37.08	1:27:03.78	340		3.48	5.12	10.90	9.33	29.02	18.87	46.95	340
330	15.0	15.26	31.7	31.95	1:13.20	1:13.20	2:26.36	6:14.71	15:46.96	330	23.2	23.40	53.6	53.69	1:03.8	63.97	330	8:44.87	1:29:37.59	330	1.47	3.46	5.09	10.83	9.22	28.64	18.50	46.55	330
320	15.1	15.38	32.0	32.24	1:13.90	1:13.90	2:27.25	6:18.65	16:00.05	320	23.5	23.71	54.0	54.13	1:04.4	64.59	320	8:52.86	1:32:17.38	320	1.46	3.44	5.06	10.77	9.11	28.26	18.14	46.15	320
310	15.3	15.51	32.3	32.53	1:14.60	1:14.60	2:28.16	6:22.67	16:13.44	310	23.8	24.03	54.4	54.57	1:05.1	65.21	310	9:01.04	1:35:03.41	310	1.45	3.42	5.03	10.70	9.00	27.89	17.79	45.75	310
300	15.4	15.64	32.6	32.83	1:15.40	1:15.40	2:29.09	6:26.77	16:27.14	300	24.1	24.35	54.9	55.02	1:05.7	65.85	300	9:09.42	1:37:55.97	300	1.44	3.40	4.99	10.64	8.89	27.52	17.44	45.35	300
290	15.5	15.77	32.9	33.14	1:16.20	1:16.20	2:30.03	6:30.95	16:41.16	290	24.4	24.69	55.3	55.48	1:06.4	66.50	290	9:18.01	1:40:55.34	290	1.43	3.38	4.96	10.57	8.79	27.16	17.09	44.96	290
280	15.7	15.90	33.2	33.45	1:17.00	1:17.00	2:30.98	6:35.21	16:55.49	280	24.8	25.03	55.8	55.94	1:07.0	67.16	280	9:26.80	1:44:01.82	280	1.42	3.36	4.93	10.51	8.68	26.79	16.75	44.57	280
270	15.8	16.03	33.5	33.77	1:17.80	1:17.80	2:31.95	6:39.55	17:10.17	270	25.1	25.38	56.3	56.42	1:07.7	67.84	270	9:35.82	1:47:15.73	270	1.41	3.33	4.90	10.44	8.58	26.44	16.42	44.18	270
260	15.9	16.17	33.9	34.09	1:18.60	1:18.60	2:32.93	6:43.98	17:25.18	260	25.5	25.74	56.8	56.90	1:08.4	68.52	260	9:45.06	1:50:37.41	260		3.31	4.87	10.38	8.47	26.08	16.09	43.79	260
250	16.1	16.31	34.2	34.42	1:19.50	1:19.50	2:33.92	6:48.50	17:40.54	250	25.9	26.10	57.2	57.39	1:09.1	69.22	250	9:54.52	1:54:07.21	250	1.40	3.29	4.84	10.31	8.37	25.73	15.77	43.41	250
240	16.2	16.45	34.5	34.76	1:20.30	1:20.30	2:34.94	6:53.10	17:56.26	240	26.2	26.48	57.7	57.89	1:09.8	1:09.93	240	10:04.22	1:57:45.49	240	1.39	3.27	4.81	10.25	8.27	25.38	15.45	43.02	240
230	16.4	16.60	34.9	35.10	1:21.20	1:21.20	2:35.96	6:57.80	18:12.35	230	26.6	26.86	58.3	58.39	1:10.5	1:10.66	230	10:14.16	2:01:32.65	230	1.38	3.25	4.78	10.19	8.17	25.04	15.14	42.64	230
220	16.5	16.																											

2016 – 2019 Athletics Performance Evaluation Tables – Boys (14 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track								Hurdles						Relays		Walk		Field									
	100m	200m		400m	800m	1500m	3000m		100mH	100mH*	300mH	4 x 100m		3000 mW	HJ	PV	LJ	SP	DT	HT	JT							
1000	10.63	21.30	46.3	46.44	1:51.25	3:52.48	8:24.45	1000	11.41	12.6	12.83	36.4	36.69	41.1	41.21	14:01.50	1000	2.04	4.85	7.06	19.47	65.16	62.98	78.73	1000			
990	10.66	21.1	21.36	46.5	46.64	1:51.53	3:53.50	8:27.34	990	11.2	11.47	12.90	36.6	36.81	41.2	41.37	14:11.81	990	2.03	4.82	7.03	19.23	64.25	61.67	78.01	990		
980	10.4	10.68	21.41	46.7	46.83	1:51.82	3:54.53	8:30.30	980	11.3	11.54	12.7	12.98	36.7	36.94	41.4	41.54	14:22.44	980	2.02	4.80	7.00	18.97	63.31	60.33	77.26	980	
970	10.71	21.2	21.48	46.9	47.04	1:52.12	3:55.59	8:33.32	970	11.60	12.8	13.05	36.8	37.07	41.6	41.71	14:33.38	970	2.01	4.78	6.97	18.72	62.36	58.98	76.50	970		
960	10.74	21.3	21.54	47.1	47.24	1:52.42	3:56.67	8:36.41	960	11.4	11.67	12.9	13.13	37.0	37.20	41.7	41.88	14:44.64	960	4.75	6.94	18.46	61.39	57.61	75.72	960		
950	10.5	10.77	21.4	21.62	47.3	47.45	1:52.72	3:57.78	8:39.58	950	11.5	11.74	13.21	37.1	37.33	41.9	42.06	14:56.24	950	2.00	4.72	6.91	18.19	60.41	56.23	74.93	950	
940	10.81	21.69	47.5	47.67	1:53.03	3:58.91	8:42.81	940	11.81	13.0	13.28	37.2	37.47	42.1	42.24	15:08.18	940	1.99	4.70	6.87	17.92	59.41	54.85	74.12	940			
930	10.84	21.5	21.77	47.8	47.89	1:53.35	4:00.06	8:46.12	930	11.6	11.88	13.1	13.37	37.4	37.61	42.3	42.43	15:20.47	930	1.98	4.67	6.84	17.64	58.40	53.46	73.29	930	
920	10.6	10.88	21.6	21.86	48.0	48.11	1:53.68	4:01.23	8:49.50	920	11.7	11.96	13.2	13.45	37.5	37.75	42.5	42.62	15:33.13	920	1.97	4.64	6.81	17.36	57.37	52.06	72.45	920
910	10.92	21.7	21.95	48.2	48.34	1:54.00	4:02.43	8:52.95	910	11.8	12.03	13.3	13.53	37.7	37.89	42.7	42.81	15:46.16	910	1.96	4.62	6.77	17.08	56.34	50.66	71.60	910	
900	10.7	10.96	21.8	22.04	48.4	48.57	1:54.34	4:03.65	8:56.48	900	12.11	13.4	13.62	37.8	38.04	42.9	43.01	15:59.57	900	1.95	4.59	6.74	16.80	55.29	49.27	70.73	900	
890	11.00	21.9	22.14	48.7	48.81	1:54.68	4:04.90	9:00.09	890	11.9	12.19	13.5	13.71	38.0	38.19	43.1	43.21	16:13.40	890	1.94	4.57	6.71	16.64	54.71	48.50	70.24	890	
880	10.8	11.05	22.0	22.24	48.9	49.05	1:55.03	4:06.18	9:03.80	880	12.0	12.27	13.6	13.80	38.1	38.34	43.3	43.42	16:27.69	880	1.93	4.55	6.67	16.48	54.14	47.73	69.76	880
870	11.09	22.1	22.34	49.2	49.30	1:55.39	4:07.49	9:07.59	870	12.1	12.35	13.89	38.3	38.50	43.5	43.63	16:42.46	870	1.92	4.52	6.64	16.32	53.56	46.98	69.27	870		
860	10.9	11.14	22.2	22.44	49.4	49.55	1:55.75	4:08.82	9:11.48	860	12.2	12.44	13.7	13.99	38.4	38.66	43.7	43.84	16:57.71	860	1.91	4.50	6.61	16.17	52.99	46.23	68.79	860
850	11.19	22.3	22.55	49.7	49.81	1:56.12	4:10.19	9:15.47	850	12.3	12.52	13.8	14.09	38.6	38.83	43.9	44.06	17:13.47	850	1.90	4.48	6.58	16.01	52.43	45.50	68.31	850	
840	11.23	22.4	22.66	49.9	50.08	1:56.50	4:11.59	9:19.55	840	12.4	12.61	13.9	14.19	38.8	38.99	44.1	44.29	17:29.74	840	1.89	4.46	6.54	15.86	51.87	44.77	67.83	840	
830	11.0	11.28	22.5	22.77	50.2	50.35	1:56.89	4:13.03	9:23.74	830	12.5	12.70	14.0	14.29	38.9	39.16	44.4	44.52	17:46.55	830	1.88	4.43	6.51	15.70	51.31	44.05	67.36	830
820	11.1	11.33	22.6	22.88	50.5	50.63	1:57.28	4:14.49	9:28.02	820	12.6	12.80	14.2	14.39	39.1	39.34	44.6	44.76	18:03.92	820	4.41	6.48	15.55	50.75	43.34	66.88	820	
810	11.39	22.8	23.00	50.8	50.92	1:57.69	4:15.99	9:32.41	810	12.7	12.89	14.3	14.50	39.3	39.52	44.9	45.00	18:21.85	810	1.87	4.39	6.45	15.40	50.20	42.64	66.40	810	
800	11.2	11.44	22.9	23.12	51.1	51.21	1:58.10	4:17.52	9:36.90	800	12.8	12.99	14.4	14.61	39.5	39.70	45.1	45.24	18:40.38	800	1.86	4.37	6.41	15.25	49.65	41.94	65.93	800
790	11.49	23.0	23.24	51.4	51.50	1:58.52	4:19.08	9:41.50	790	12.9	13.09	14.5	14.72	39.6	39.88	45.4	45.49	18:59.52	790	1.85	4.35	6.38	15.10	49.11	41.26	65.46	790	
780	11.3	11.55	23.1	23.36	51.7	51.81	1:58.94	4:20.68	9:46.21	780	13.0	13.19	14.6	14.84	39.8	40.07	45.6	45.75	19:19.29	780	1.84	4.32	6.35	14.95	48.57	40.58	64.99	780
770	11.60	23.3	23.49	52.0	52.11	1:59.38	4:22.31	9:51.03	770	13.1	13.30	14.7	14.96	40.0	40.27	45.9	46.01	19:39.71	770	1.83	4.30	6.32	14.80	48.03	39.91	64.52	770	
760	11.4	11.66	23.4	23.62	52.3	52.43	1:59.82	4:23.98	9:55.96	760	13.2	13.41	14.8	15.08	40.2	40.46	46.1	46.28	20:00.81	760	1.82	4.28	6.29	14.65	47.50	39.25	64.05	760
750	11.72	23.5	23.75	52.6	52.75	2:00.27	4:25.68	10:01.01	750	13.3	13.52	15.0	15.20	40.4	40.67	46.4	46.55	20:22.61	750	1.81	4.26	6.25	14.50	46.97	38.60	63.58	750	
740	11.5	11.78	23.6	23.88	52.9	53.08	2:00.73	4:27.42	10:06.18	740	13.4	13.63	15.1	15.33	40.6	40.87	46.7	46.83	20:45.13	740	1.80	4.24	6.22	14.36	46.44	37.95	63.12	740
730	11.6	11.84	23.8	24.02	53.3	53.42	2:01.19	4:29.19	10:11.46	730	13.5	13.74	15.2	15.46	40.8	41.08	47.0	47.11	21:08.40	730	1.79	4.21	6.19	14.21	45.92	37.32	62.65	730
720	11.90	23.9	24.16	53.6	53.76	2:01.67	4:31.00	10:16.87	720	13.6	13.86	15.3	15.59	41.1	41.29	47.3	47.40	21:32.44	720	1.78	4.19	6.16	14.07	45.40	36.69	62.19	720	
710	11.7	11.96	24.1	24.30	54.0	54.11	2:02.15	4:32.85	10:22.40	710	13.7	13.98	15.5	15.72	41.3	41.51	47.6	47.70	21:57.28	710	1.77	4.17	6.12	13.92	44.89	36.07	61.73	710
700	11.8	12.02	24.2	24.45	54.3	54.47	2:02.65	4:34.74	10:28.06	700	13.9	14.10	15.6	15.86	41.5	41.73	47.9	48.00	22:22.95	700	1.76	4.15	6.09	13.78	44.38	35.46	61.27	700
690	12.09	24.4	24.60	54.7	54.83	2:03.15	4:36.67	10:33.84	690	14.0	14.23	15.8	16.00	41.7	41.96	48.2	48.31	22:49.49	690	1.75	4.13	6.06	13.64	43.87	34.85	60.81	690	
680	11.9	12.15	24.5	24.75	55.1	55.21	2:03.66	4:38.63	10:39.76	680	14.1	14.36	15.9	16.15	41.9	42.19	48.5	48.62	23:16.91	680	1.74	4.11	6.03	13.50	43.37	34.26	60.36	680
670	12.0	12.22	24.7	24.90	55.5	55.59	2:04.18	4:40.64	10:45.82	670	14.2	14.49	16.1	16.29	42.2	42.42	48.8	48.94	23:45.26	670	4.08	6.00	13.36	42.87	33.67	59.90	670	
660	12.29	24.8	25.06	55.8	55.97	2:04.71	4:42.69	10:52.01	660	14.4	14.62	16.2	16.45	42.4	42.66	49.1	49.26	24:14.56	660	1.73	4.06	5.96	13.22	42.37	33.09	59.45	660	
650	12.1	12.36	25.0	25.22	56.2	56.37	2:05.25	4:44.78	10:58.34	650	14.5	14.76	16.4	16.60	42.7	42.90	49.5	49.60	24:44.86	650	1.72	4.04	5.93	13.08	41.88	32.52	59.00	650
640	12.2	12.43	25.1	25.38	56.6	56.77	2:05.79	4:46.91	11:04.82	640	14.7	14.90	16.5	16.76	42.9	43.15	49.8	49.94	25:16.18	640	1.71	4.02	5.90	12.94	41.39	31.95	58.55	640
630	12.50	25.3	25.55	57.0	57.18	2:06.35	4:49.09	11:11.44	630	14.8	15.04	16.7	16.92	43.2	43.40	50.1	50.28	25:48.58	630	1.70	4.00	5.87	12.81	40.91	31.39	58.10	630	
620	12.3	12.58	25.5	25.71	57.5	57.60	2:06.91	4:51.31	11:18.21	620	14.9	15.19	16.8	17.08	43.4	43.66	50.5	50.63	26:22.08	620	1.69	3.98	5.84	12.67	40.43	30.84	57.65	620
610	12.4	12.65	25.7	25.89	57.9	58.03	2:07.49	4:53.57	11:25.14	610	15.1	15.34	17.0	17.25	43.7	43.92	50.9	50.99	26:56.73	610	1.68	3.95	5.81	12.54	39.95	30.30	57.21	610
600	12.5	12.73	25.8	26.06	58.3	58.46	2:08.07	4:55.88	11:32.22	600	15.3	15.49	17.2	17.42	43.9	44.19	51.2	51.36	27:32.57	600	1.67	3.93	5.77	12.40	39.48	29.77	56.77	600
590	12.6	12.81	26.0	26.24	58.8	58.91	2:08.67	4:58.23	11:39.46	590	15.4	15.65	17.4	17.60	44.2	44.46	51.6	51.73	28:09.65	590	1.66	3.91	5.74	12.27	39.01	29.24	56.33</	

2016 – 2019 Athletics Performance Evaluation Tables – Boys (14 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track								Hurdles						Relays		Walk		Field									
	100m		200m		400m		800m	1500m	3000m		100mH		100mH*		300mH		4 x 100m		3000 mW		HJ	PV	LJ	SP	DT	HT	JT	
500	13.3	13.58	27.8	28.01	1:03.2	1:03.31	2:14.47	5:21.64	12:52.39	500	17.0	17.22	19.1	19.37	46.9	47.12	55.3	55.43	34:47.68	500	1.58	3.72	5.46	11.12	34.96	24.81	52.43	500
490	13.4	13.67	28.0	28.23	1:03.7	1:03.85	2:15.17	5:24.51	13:01.43	490	17.2	17.42	19.3	19.59	47.2	47.45	55.7	55.88	35:40.14	490	1.57	3.70	5.43	10.99	34.53	24.36	52.01	490
480	13.5	13.76	28.2	28.45	1:04.3	1:04.40	2:15.88	5:27.43	13:10.67	480	17.4	17.62	19.6	19.81	47.5	47.78	56.2	56.34	36:34.49	480	1.56	3.68	5.40	10.87	34.10	23.91	51.59	480
470	13.6	13.86	28.4	28.67	1:04.8	1:04.96	2:16.60	5:30.41	13:20.12	470	17.6	17.82	19.8	20.04	47.9	48.11	56.7	56.81	37:30.82	470	1.55	3.65	5.37	10.75	33.68	23.46	51.17	470
460	13.7	13.96	28.7	28.90	1:05.4	1:05.53	2:17.33	5:33.44	13:29.78	460	17.8	18.03	20.0	20.28	48.2	48.45	:57.1	57.29	38:29.19	460	1.54	3.63	5.34	10.63	33.25	23.03	50.75	460
450	13.8	14.06	28.9	29.13	1:06.0	1:06.11	2:18.08	5:36.54	13:39.66	450	18.0	18.24	20.3	20.52	48.6	48.80	:57.6	57.77	39:29.70	450		3.61	5.31	10.51	32.84	22.60	50.34	450
440	13.9	14.16	29.1	29.36	1:06.6	1:06.70	2:18.83	5:39.70	13:49.77	440	18.2	18.46	20.5	20.76	48.9	49.15	:58.1	58.27	40:32.44	440	1.53	3.59	5.27	10.39	32.43	22.17	49.92	440
430	14.0	14.26	29.4	29.60	1:07.2	1:07.31	2:19.60	5:42.91	14:00.10	430	18.4	18.68	20.8	21.01	49.3	49.51	:58.6	58.77	41:37.49	430	1.52	3.57	5.24	10.27	32.02	21.76	49.51	430
420	14.1	14.37	29.6	29.85	1:07.8	1:07.92	2:20.38	5:46.20	14:10.66	420	18.7	18.91	21.0	21.26	49.6	49.87	:59.1	59.28	42:44.96	420	1.51	3.55	5.21	10.15	31.61	21.34	49.10	420
410	14.2	14.48	29.9	30.10	1:08.4	1:08.55	2:21.17	5:49.54	14:21.47	410	18.9	19.14	21.3	21.53	50.0	50.24	:59.7	59.81	43:54.94	410	1.50	3.53	5.18	10.04	31.21	20.94	48.69	410
400	14.4	14.59	30.1	30.35	1:09.1	1:09.19	2:21.97	5:52.95	14:32.51	400	19.1	19.38	21.6	21.79	50.4	50.62	1:00.2	60.34	45:07.54	400	1.49	3.51	5.15	9.92	30.81	20.54	48.28	400
390	14.5	14.70	30.4	30.61	1:09.7	1:09.84	2:22.79	5:56.43	14:43.81	390	19.4	19.62	21.8	22.07	50.8	51.01	1:00.7	60.88	46:22.87	390	1.48	3.49	5.12	9.81	30.42	20.15	47.88	390
380	14.6	14.81	30.6	30.87	1:10.4	1:10.50	2:23.61	5:59.98	14:55.37	380	19.6	19.87	22.1	22.34	51.2	51.40	1:01.3	61.44	47:41.05	380	1.47	3.47	5.09	9.69	30.02	19.76	47.48	380
370	14.7	14.92	30.9	31.14	1:11.0	1:11.17	2:24.46	6:03.59	15:07.19	370	19.9	20.12	22.4	22.63	51.6	51.79	1:01.9	62.00	49:02.19	370		3.45	5.06	9.58	29.64	19.38	47.08	370
360	14.8	15.04	31.2	31.41	1:11.7	1:11.86	2:25.31	6:07.28	15:19.28	360	20.1	20.38	22.7	22.92	52.0	52.20	1:02.4	62.57	50:26.44	360	1.46	3.43	5.03	9.47	29.25	19.01	46.68	360
350	14.9	15.16	31.5	31.69	1:12.4	1:12.56	2:26.18	6:11.03	15:31.64	350	20.4	20.64	23.0	23.22	52.4	52.61	1:03.0	63.16	51:53.91	350	1.45	3.41	5.00	9.36	28.87	18.64	46.28	350
340	15.0	15.28	31.7	31.97	1:13.1	1:13.28	2:27.06	6:14.87	15:44.28	340	20.7	20.91	23.3	23.52	52.8	53.03	1:03.6	63.75	53:24.75	340	1.44	3.38	4.97	9.25	28.50	18.28	45.89	340
330	15.2	15.40	32.0	32.26	1:13.9	1:14.01	2:27.95	6:18.77	15:57.22	330	21.0	21.19	23.6	23.83	53.2	53.45	1:04.2	64.36	54:59.11	330	1.43	3.36	4.94	9.14	28.12	17.92	45.49	330
320	15.3	15.53	32.3	32.55	1:14.6	1:14.75	2:28.85	6:22.75	16:10.45	320	21.2	21.47	23.9	24.15	53.6	53.89	1:04.8	64.98	56:37.14	320	1.42	3.34	4.91	9.03	27.75	17.57	45.10	320
310	15.4	15.65	32.6	32.85	1:15.4	1:15.51	2:29.78	6:26.82	16:23.99	310	21.5	21.76	24.2	24.48	54.1	54.33	1:05.5	65.61	58:19.00	310	1.41	3.32	4.88	8.93	27.39	17.23	44.71	310
300	15.5	15.78	32.9	33.15	1:16.1	1:16.28	2:30.71	6:30.96	16:37.83	300	21.8	22.06	24.6	24.81	54.5	54.78	1:06.1	66.25	1:00:04.86	300	1.40	3.30	4.85	8.82	27.03	16.89	44.33	300
290	15.7	15.91	33.2	33.46	1:16.9	1:17.07	2:31.66	6:35.18	16:52.00	290	22.1	22.36	24.9	25.15	55.0	55.23	1:06.8	1:06.90	1:01:54.90	290		3.28	4.82	8.71	26.67	16.55	43.94	290
280	15.8	16.05	33.5	33.77	1:17.7	1:17.87	2:32.62	6:39.49	17:06.50	280	22.4	22.67	25.3	25.50	55.5	55.69	1:07.4	1:07.57	1:03:49.31	280	1.39	3.26	4.79	8.61	26.31	16.22	43.56	280
270	15.9	16.18	33.9	34.09	1:18.5	1:18.68	2:33.60	6:43.88	17:21.33	270	22.7	22.99	25.6	25.85	55.9	56.17	1:08.1	1:08.25	1:05:48.27	270	1.38	3.24	4.76	8.51	25.96	15.90	43.18	270
260	16.1	16.32	34.2	34.42	1:19.4	1:19.52	2:34.59	6:48.35	17:36.50	260	23.1	23.31	26.0	26.22	56.4	56.65	1:08.8	1:08.94	1:07:52.00	260	1.37	3.22	4.73	8.40	25.61	15.58	42.80	260
250	16.2	16.46	34.5	34.75	1:20.2	1:20.37	2:35.60	6:52.92	17:52.03	250	23.4	23.64	26.4	26.59	56.9	57.13	1:09.5	1:09.64	1:10:00.71	250	1.36	3.20	4.70	8.30	25.27	15.27	42.42	250
240	16.4	16.60	34.9	35.09	1:21.1	1:21.23	2:36.62	6:57.57	18:07.92	240	23.7	23.98	26.7	26.97	57.4	57.63	1:10.2	1:10.36	1:12:14.63	240	1.35	3.18	4.67	8.20	24.93	14.96	42.05	240
230	16.5	16.75	35.2	35.43	1:22.0	1:22.11	2:37.66	7:02.32	18:24.18	230	24.1	24.33	27.1	27.36	57.9	58.13	1:10.9	1:11.09	1:14:33.99	230		3.16	4.64	8.10	24.59	14.66	41.68	230
220	16.7	16.90	35.5	35.78	1:22.9	1:23.01	2:38.71	7:07.16	18:40.82	220	24.4	24.68	27.5	27.76	58.4	58.65	1:11.7	1:11.83	1:16:59.04	220	1.34	3.14	4.62	8.00	24.26	14.36	41.30	220
210	16.8	17.05	35.9	36.14	1:23.8	1:23.93	2:39.78	7:12.10	18:57.86	210	24.8	25.04	27.9	28.17	58.9	59.17	1:12.5	1										

2016 – 2019 Athletics Performance Evaluation Tables – Girls (19 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track										Hurdles				Steeple & Walk				Relays				Field												
	100m		200m		400m			800m	1500m	3000m	5000m	10000m	100mH		400mH			3000m SC	10 km W		4 x 100m		4 x 400m	Medley	HJ		PV	LJ	TJ	SP		DT	HT	JT	
1000		11.10	22.5	22.79	51.5	51.67	1000	2:00.50	4:03.85	8:56.18	15:05.83	31:23.27	1000	13.1	13.37	55.9	56.07	1000	9:35.06	48:13.94	1000	44.3	44.42	3:36.85	2:08.90	1000	1.96		6.59	13.38	16.48	55.02	62.00	64.33	1000
990	10.9	11.15	22.7	22.90	51.8	51.94	990	2:01.12	4:05.10	9:00.76	15:13.57	31:51.13	990	13.2	13.46	56.3	56.49	990	9:40.24	49:09.05	990	44.5	44.59	3:37.72	2:09.41	990	1.95	4.18	6.56	13.33	16.10	53.90	60.34	63.22	990
980		11.19	22.8	23.01	52.1	52.22	980	2:01.76	4:06.39	9:05.46	15:21.51	32:19.90	980	13.3	13.56	56.8	56.92	980	9:45.56	50:06.18	980	44.6	44.77	3:38.60	2:09.93	980	1.94	4.16	6.53	13.27	15.70	52.70	58.57	62.02	980
970	11.0	11.25	22.9	23.12	52.4	52.51	970	2:02.41	4:07.70	9:10.28	15:29.65	32:49.59	970	13.4	13.65	57.2	57.35	970	9:51.02	51:05.42	970	44.8	44.96	3:39.50	2:10.47	970	1.93	4.14	6.50	13.22	15.27	51.43	56.71	60.75	970
960		11.30	23.0	23.24	52.7	52.81	960	2:03.07	4:09.04	9:15.22	15:38.00	33:20.25	960	13.5	13.75	57.7	57.80	960	9:56.63	52:06.85	960	45.0	45.15	3:40.42	2:11.02	960	1.92	4.12	6.47	13.16	14.82	50.10	54.77	59.41	960
950	11.1	11.35	23.1	23.36	53.0	53.11	950	2:03.75	4:10.41	9:20.29	15:46.57	33:51.89	950	13.6	13.85	58.1	58.26	950	10:02.38	53:10.54	950	45.2	45.34	3:41.36	2:11.57	950		4.10	6.44	13.11	14.35	48.70	52.76	58.00	950
940		11.40	23.2	23.48	53.3	53.42	940	2:04.44	4:11.81	9:25.49	15:55.35	34:24.56	940	13.7	13.96	58.6	58.73	940	10:08.28	54:16.59	940	45.4	45.53	3:42.32	2:12.14	940	1.91	4.07	6.41	13.05	13.87	47.25	50.70	56.53	940
930	11.2	11.46	23.4	23.60	53.6	53.73	930	2:05.15	4:13.24	9:30.82	16:04.36	34:58.29	930	13.8	14.07	59.1	59.21	930	10:14.33	55:25.08	930	45.6	45.73	3:43.30	2:12.73	930	1.90	4.05	6.38	12.99	13.37	45.76	48.59	55.01	930
920		11.51	23.5	23.73	53.9	54.06	920	2:05.87	4:14.70	9:36.29	16:13.60	35:33.11	920	13.9	14.17	59.6	59.70	920	10:20.54	56:36.12	920	45.8	45.94	3:44.30	2:13.32	920	1.89	4.03	6.35	12.94	12.86	44.23	46.45	53.44	920
910	11.3	11.57	23.6	23.86	54.2	54.38	910	2:06.61	4:16.20	9:41.90	16:23.06	36:09.05	910	14.0	14.29	1:00.1	1:00.20	910	10:26.91	57:49.81	910	46.0	46.15	3:45.31	2:13.92	910	1.88	4.00	6.31	12.88	12.35	42.66	44.29	51.83	910
900		11.63	23.8	23.99	54.6	54.72	900	2:07.36	4:17.72	9:47.64	16:32.77	36:46.16	900	14.2	14.40	1:00.6	1:00.72	900	10:33.44	59:06.25	900	46.2	46.36	3:46.35	2:14.54	900	1.87	3.98	6.28	12.82	11.83	41.08	42.13	50.19	900
890	11.4	11.69	23.9	24.12	54.9	55.06	890	2:08.13	4:19.28	9:53.54	16:42.74	37:24.47	890	14.3	14.52	1:01.1	1:01.25	890	10:40.15	1:00:25.70	890	46.4	46.58	3:47.41	2:15.17	890	1.86	3.96	6.25	12.76	11.59	40.37	41.17	49.45	890
880	11.5	11.75	24.0	24.26	55.3	55.42	880	2:08.92	4:20.88	9:59.61	16:52.99	38:04.03	880	14.4	14.64	1:01.7	1:01.79	880	10:47.06	1:01:48.44	880	46.7	46.80	3:48.49	2:15.81	880	1.85	3.94	6.22	12.70	11.36	39.66	40.22	48.72	880
870		11.81	24.2	24.40	55.6	55.78	870	2:09.73	4:22.51	10:05.85	17:03.53	38:44.87	870	14.5	14.76	1:02.2	1:02.35	870	10:54.17	1:03:14.60	870	46.9	47.03	3:49.60	2:16.47	870	1.84	3.92	6.19	12.63	11.14	38.97	39.29	47.99	870
860	11.6	11.88	24.3	24.55	56.0	56.15	860	2:10.56	4:24.19	10:12.27	17:14.38	39:27.04	860	14.6	14.89	1:02.8	1:02.92	860	11:01.48	1:04:44.35	860	47.1	47.26	3:50.74	2:17.15	860	1.83	3.90	6.16	12.57	10.92	38.28	38.38	47.27	860
850	11.7	11.94	24.5	24.70	56.4	56.52	850	2:11.40	4:25.90	10:18.87	17:25.53	40:10.58	850	14.8	15.02	1:03.4	1:03.51	850	11:09.01	1:06:17.84	850	47.4	47.50	3:51.90	2:17.84	850		3.88	6.13	12.51	10.70	37.60	37.48	46.56	850
840		12.01	24.6	24.85	56.8	56.91	840	2:12.27	4:27.66	10:25.66	17:36.99	40:55.55	840	14.9	15.15	1:04.0	1:04.12	840	11:16.75	1:07:55.23	840	47.6	47.74	3:53.08	2:18.54	840	1.82	3.86	6.10	12.45	10.48	36.93	36.60	45.85	840
830	11.8	12.08	24.8	25.00	57.2	57.31	830	2:13.16	4:29.46	10:32.63	17:48.78	41:41.99	830	15.0	15.29	1:04.6	1:04.74	830	11:24.72	1:09:36.71	830	47.8	47.99	3:54.30	2:19.26	830	1.81	3.85	6.07	12.39	10.26	36.26	35.73	45.15	830
820	11.9	12.15	24.9	25.16	57.6	57.71	820	2:14.07	4:31.30	10:39.80	18:00.90	42:29.96	820	15.2	15.43	1:05.2	1:05.38	820	11:32.91	1:11:22.46	820	48.1	48.24	3:55.53	2:20.00	820	1.80	3.83	6.04	12.32	10.05	35.60	34.88	44.45	820
810	12.0	12.22	25.1	25.32	58.0	58.13	810	2:15.00	4:33.18	10:47.18	18:13.35	43:19.50	810	15.3	15.57	1:05.9	1:06.03	810	11:41.34	1:13:12.66	810	48.4	48.50	3:56.80	2:20.75	810	1.79	3.81	6.01	12.26	9.85	34.96	34.04	43.76	810
800		12.29	25.2	25.49	58.4	58.56	800	2:15.95	4:35.11	10:54.75	18:26.15	44:10.68	800	15.5	15.72	1:06.6	1:06.70	800	11:50.00	1:15:07.54	800	48.6	48.76	3:58.09	2:21.52	800	1.78	3.79							

2016 – 2019 Athletics Performance Evaluation Tables – Girls (19 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track										Hurdles				Steeple & Walk		Relays					Field													
	100m		200m		400m		800m		1500m	3000m	5000m	10000m		100mH		400mH		3000m		10 km W	4 x 100m		4 x	Medley	HJ		PV	LJ	TJ	SP	DT		HT	JT	
500	15.1	15.35	32.3	32.51	1:16.7	1:16.87	500	2:56.73	5:57.62	16:50.96	28:27.93	1:29:11.68	500	22.1	22.34	1:37.1	1:37.28	500	18:42.84	3:16:53.67	500	59.6	59.75	4:51.72	2:53.40	500		3.22	5.09	10.38	4.82	18.66	14.85	25.68	500
490	15.2	15.49	32.6	32.83	1:17.6	1:17.71	490	2:58.59	6:01.38	17:08.62	28:57.77	1:31:40.04	490	22.4	22.66	1:38.6	1:38.75	490	19:03.55	3:24:36.36	490	1:00.10	1:00.24	4:54.10	2:54.81	490	1.51	3.21	5.06	10.33	4.70	18.25	14.42	25.20	490
480	15.4	15.63	32.9	33.15	1:18.4	1:18.57	480	3:00.48	6:05.22	17:26.78	29:28.46	1:34:13.94	480	22.7	22.98	1:40.1	1:40.27	480	19:24.87	3:32:42.36	480	1:00.60	1:00.73	4:56.51	2:56.24	480	1.50	3.19	5.03	10.27	4.59	17.85	14.00	24.73	480
470	15.5	15.77	33.2	33.48	1:19.3	1:19.44	470	3:02.42	6:09.14	17:45.46	30:00.02	1:36:53.62	470	23.1	23.31	1:41.7	1:41.82	470	19:46.81	3:41:12.99	470	1:01.10	1:01.23	4:58.98	2:57.71	470	1.49	3.17	5.00	10.21	4.47	17.46	13.59	24.26	470
460	15.7	15.92	33.6	33.82	1:20.2	1:20.34	460	3:04.40	6:13.14	18:04.68	30:32.47	1:39:39.32	460	23.4	23.65	1:43.3	1:43.41	460	20:09.40	3:50:09.67	460	1:01.60	1:01.75	5:01.48	2:59.20	460	1.48	3.15	4.97	10.15	4.36	17.07	13.20	23.81	460
450	15.8	16.06	33.9	34.16	1:21.1	1:21.25	450	3:06.42	6:17.23	18:24.44	31:05.86	1:42:31.31	450	23.8	24.00	1:44.9	1:45.05	450	20:32.66	3:59:33.90	450	1:02.10	1:02.27	5:04.04	3:00.72	450	1.47	3.13	4.94	10.09	4.25	16.69	12.81	23.35	450
440	16.0	16.21	34.3	34.52	1:22.0	1:22.19	440	3:08.49	6:21.41	18:44.76	31:40.20	1:45:29.84	440	24.1	24.36	1:46.6	1:46.72	440	20:56.61	4:09:27.26	440	1:02.70	1:02.81	5:06.64	3:02.27	440	1.46	3.11	4.91	10.03	4.14	16.31	12.43	22.91	440
430	16.1	16.37	34.6	34.87	1:23.0	1:23.14	430	3:10.59	6:25.68	19:05.67	32:15.52	1:48:35.20	430	24.5	24.72	1:48.3	1:48.44	430	21:21.27	4:19:51.45	430	1:03.20	1:03.35	5:09.30	3:03.84	430		3.10	4.89	9.97	4.04	15.95	12.06	22.47	430
420	16.3	16.52	35.0	35.24	1:24.0	1:24.12	420	3:12.75	6:30.03	19:27.19	32:51.87	1:51:47.69	420	24.9	25.10	1:50.1	1:50.21	420	21:46.67	4:30:48.27	420	1:03.80	1:03.90	5:12.00	3:05.45	420	1.45	3.08	4.86	9.92	3.93	15.59	11.70	22.04	420
410	16.4	16.68	35.4	35.61	1:25.0	1:25.11	410	3:14.95	6:34.48	19:49.32	33:29.27	1:55:07.62	410	25.2	25.48	1:51.9	1:52.03	410	22:12.83	4:42:19.65	410	1:04.30	1:04.47	5:14.75	3:07.09	410	1.44	3.06	4.83	9.86	3.83	15.23	11.35	21.61	410
400	16.6	16.85	35.8	35.99	1:26.0	1:26.13	400	3:17.19	6:39.03	20:12.10	34:07.75	1:58:35.30	400	25.6	25.88	1:53.7	1:53.89	400	22:39.78	4:54:27.63	400	1:04.90	1:05.04	5:17.56	3:08.75	400	1.43	3.04	4.80	9.80	3.73	14.88	11.01	21.19	400
390	16.8	17.01	36.1	36.38	1:27.0	1:27.17	390	3:19.49	6:43.67	20:35.54	34:47.35	2:02:11.09	390	26.0	26.28	1:55.7	1:55.80	390	23:07.54	5:07:14.39	390	1:05.50	1:05.63	5:20.42	3:10.45	390	1.42	3.02	4.77	9.74	3.63	14.54	10.67	20.77	390
380	16.9	17.18	36.5	36.78	1:28.1	1:28.23	380	3:21.83	6:48.41	20:59.67	35:28.10	2:05:55.33	380	26.5	26.70	1:57.6	1:57.76	380	23:36.14	5:20:42.25	380	1:06.10	1:06.22	5:23.33	3:12.18	380	1.41	3.01	4.74	9.68	3.54	14.20	10.35	20.37	380
370	17.1	17.36	36.9	37.18	1:29.2	1:29.32	370	3:24.22	6:53.25	21:24.50	36:10.05	2:09:48.40	370	26.9	27.12	1:59.6	1:59.77	370	24:05.61	5:34:53.67	370	1:06.70	1:06.83	5:26.29	3:13.94	370		2.99	4.72	9.63	3.44	13.87	10.03	19.96	370
360	17.3	17.53	37.4	37.59	1:30.3	1:30.43	360	3:26.66	6:58.20	21:50.06	36:53.23	2:13:50.70	360	27.3	27.56	2:01.7	2:01.84	360	24:35.98	5:49:51.31	360	1:07.30	1:07.45	5:29.31	3:15.74	360	1.40	2.97	4.69	9.57	3.35	13.55	9.72	19.57	360
350	17.5	17.71	37.8	38.02	1:31.4	1:31.56	350	3:29.16	7:03.25	22:16.37	37:37.69	2:18:02.63	350	27.8	28.01	2:03.8	2:03.96	350	25:07.28	6:05:37.95	350	1:07.90	1:08.08	5:32.39	3:17.57	350	1.39	2.95	4.66	9.51	3.26	13.23	9.42	19.18	350
340	17.7	17.89	38.2	38.45	1:32.6	1:32.72	340	3:31.71	7:08.41	22:43.46	38:23.46	2:22:24.63	340	28.2	28.47	2:06.0	2:06.14	340	25:39.54	6:22:16.62	340	1:08.60	1:08.72	5:35.52	3:19.43	340	1.38	2.94	4.63	9.45	3.18	12.92	9.13	18.79	340
330	17.8	18.08	38.6	38.88	1:33.8	1:33.90	330	3:34.32	7:13.68	23:11.36	:39:10.59	2:26:57.14	330	28.7	28.94	2:08.2	2:08.38	330	26:12.79	6:39:50.49	330	1:09.20	1:09.37	5:38.72	3:21.33	330	1.37	2.92	4.60	9.40	3.09	12.61	8.85	18.41	330
320	18.0	18.27	39.1	39.33	1:35.0	1:35.11	320	3:36.98	7:19.07	23:40.09	:39:59.12	2:31:40.65	320	29.2	29.42	2:10.5	2:10.68	320	26:47.08	6:58:22.99	320	1:09.90	1:10.04	5:41.97	3:23.26	320	1.36	2.90	4.58	9.34	3.01	12.31	8.57	18.04	320
310	18.2	18.46	39.5	39.79	1:36.2	1:36.35	310	3:39.70	7:24.57	24:09.67	:40:49.10	2:36:35.66	310	29.7	29.91	2:12.9	2:13.04	310	27:22.43	7:17:57.77	310	1:10.60	1:10.72	5:45.28	3:25.23	310		2.88	4.55	9.28	2.93	12.02	8.30	17.67	310
300	18.4	18.66	40.0	40.26	1:37.5	1:37.61	300	3:42.47	7:30.19	24:40.15	:41:40.59	2:41:42.69																							

2016 – 2019 Athletics Performance Evaluation Tables – Girls (17 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track							Hurdles				Walk		Relays		Field													
	100m		200m		400m			800m	1500m	3000m	100mH			400mH		5000 m W		4 x 100m		HJ		PV	LJ		TJ	SP	DT	HT	JT
1000	11.0	11.26	22.9	23.11	52.3	52.40	1000	2:00.68	4:04.79	8:58.26	1000	13.0	13.21	56.6	56.77	22:43.38	1000	44.9	45.01	1000		4.07	6.35	12.88	18.01	52.14	63.39	57.10	1000
990		11.31	23.0	23.22	52.5	52.68	990	2:01.30	4:06.05	9:02.86	990	13.1	13.30	57.0	57.19	23:09.34	990	45.0	45.19	990	1.91	4.05	6.32	12.83	17.59	51.08	61.69	56.11	990
980	11.1	11.36	23.1	23.34	52.8	52.97	980	2:01.94	4:07.34	9:07.57	980	13.2	13.40	57.5	57.62	23:36.26	980	45.2	45.37	980	1.90	4.03	6.30	12.78	17.15	49.95	59.88	55.05	980
970		11.41	23.2	23.45	53.1	53.26	970	2:02.59	4:08.66	9:12.41	970	13.3	13.49	57.9	58.06	24:04.17	970	45.4	45.56	970	1.89	4.01	6.27	12.72	16.68	48.74	57.98	53.92	970
960	11.2	11.46	23.3	23.57	53.4	53.56	960	2:03.25	4:10.01	9:17.38	960	13.4	13.59	58.4	58.51	24:33.10	960	45.6	45.75	960	1.88	3.98	6.24	12.67	16.19	47.48	56.00	52.73	960
950		11.52	23.4	23.69	53.7	53.87	950	2:03.93	4:11.38	9:22.47	950	13.5	13.69	58.8	58.98	25:03.11	950	45.8	45.94	950	1.87	3.96	6.21	12.62	15.68	46.15	53.94	51.48	950
940	11.3	11.57	23.6	23.81	54.0	54.18	940	2:04.63	4:12.79	9:27.69	940	13.6	13.79	59.3	59.45	25:34.23	940	46.0	46.14	940		3.94	6.18	12.56	15.15	44.78	51.83	50.17	940
930		11.63	23.7	23.94	54.4	54.50	930	2:05.33	4:14.22	9:33.04	930	13.7	13.90	59.8	59.94	26:06.49	930	46.2	46.35	930	1.86	3.92	6.14	12.51	14.60	43.37	49.68	48.82	930
920	11.4	11.68	23.8	24.07	54.7	54.83	920	2:06.06	4:15.69	9:38.53	920	13.8	14.01	1:00.3	1:00.44	26:39.96	920	46.4	46.55	920	1.85	3.90	6.11	12.45	14.05	41.91	47.49	47.43	920
910	11.5	11.74	24.0	24.20	55.0	55.16	910	2:06.80	4:17.19	9:44.15	910	13.9	14.12	1:00.8	1:00.95	27:14.68	910	46.6	46.76	910	1.84	3.87	6.08	12.40	13.49	40.43	45.29	46.00	910
900		11.80	24.1	24.33	55.4	55.50	900	2:07.55	4:18.72	9:49.92	900	14.0	14.23	1:01.3	1:01.47	27:50.69	900	46.8	46.98	900	1.83	3.85	6.05	12.34	12.92	38.93	43.07	44.55	900
890	11.6	11.86	24.2	24.47	55.7	55.85	890	2:08.32	4:20.29	9:55.84	890	14.1	14.35	1:01.9	1:02.01	28:28.12	890	47.1	47.20	890	1.82	3.83	6.02	12.28	12.66	38.25	42.09	43.89	890
880		11.92	24.4	24.61	56.1	56.21	880	2:09.11	4:21.89	10:01.93	880	14.2	14.46	1:02.4	1:02.56	29:07.10	880	47.3	47.43	880	1.81	3.81	5.99	12.22	12.41	37.59	41.12	43.24	880
870	11.7	11.99	24.5	24.75	56.4	56.57	870	2:09.92	4:23.53	10:08.20	870	14.3	14.59	1:03.0	1:03.12	29:47.69	870	47.5	47.66	870	1.80	3.79	5.96	12.16	12.17	36.93	40.17	42.60	870
860	11.8	12.05	24.7	24.90	56.8	56.95	860	2:10.75	4:25.21	10:14.64	860	14.5	14.71	1:03.6	1:03.70	30:29.97	860	47.8	47.89	860		3.78	5.93	12.10	11.92	36.28	39.24	41.96	860
850		12.12	24.8	25.05	57.2	57.33	850	2:11.60	4:26.94	10:21.27	850	14.6	14.84	1:04.2	1:04.30	31:14.02	850	48.0	48.13	850	1.79	3.76	5.90	12.04	11.68	35.63	38.32	41.32	850
840	11.9	12.18	25.0	25.20	57.6	57.72	840	2:12.47	4:28.70	10:28.08	840	14.7	14.97	1:04.8	1:04.91	31:59.90	840	48.2	48.38	840	1.78	3.74	5.87	11.98	11.45	35.00	37.42	40.69	840
830	12.0	12.25	25.1	25.36	58.0	58.13	830	2:13.36	4:30.51	10:35.09	830	14.9	15.11	1:05.4	1:05.54	32:47.71	830	48.5	48.63	830	1.77	3.72	5.85	11.92	11.21	34.37	36.53	40.07	830
820	12.1	12.33	25.3	25.52	58.4	58.54	820	2:14.27	4:32.35	10:42.29	820	15.0	15.24	1:06.0	1:06.18	33:37.53	820	48.7	48.89	820	1.76	3.70	5.82	11.86	10.98	33.74	35.66	39.45	820
810		12.40	25.4	25.68	58.8	58.96	810	2:15.20	4:34.24	10:49.69	810	15.1	15.39	1:06.7	1:06.85	34:29.45	810	49.0	49.15	810	1.75	3.68	5.79	11.80	10.75	33.13	34.80	38.84	810
800	12.2	12.47	25.6	25.85	59.3	59.39	800	2:16.16	4:36.18	10:57.29	800	15.3	15.53	1:07.4	1:07.52	35:23.57	800	49.3	49.42	800	1.74	3.66	5.76	11.74	10.53	32.52	33.96	38.24	800
790	12.3	12.55	25.8	26.02	59.7	59.83	790	2:17.13	4:38.16	11:05.11	790	15.4	15.68	1:08.1	1:08.22	36:19.99	790	49.6	49.69	790	1.73	3.65	5.73	11.69	10.31	31.92	33.13	37.64	790
780	12.4	12.62	26.0	26.20	1:00.1	1:00.28	780	2:18.13	4:40.18	11:13.14	780	15.6	15.83	1:08.8	1:08.94	37:18.82	780	49.8	49.97	780		3.63	5.70	11.63	10.09	31.33	32.32	37.04	780
770		12.70	26.1	26.38	1:00.6	1:00.75	770	2:19.15	4:42.25	11:21.40	770	15.8	15.99	1:09.5	1:09.67	38:20.17	770	50.1	50.26	770	1.72	3.61	5.67	11.57	9.88	30.74	31.53	36.45	770
760	12.5	12.78	26.3	26.56	1:01.1	1:01.22	760	2:20.19	4:44.37	11:29.88	760	15.9	16.15	1:10.3	1:10.42	39:24.16	760	50.4	50.55	760	1.71	3.59	5.64	11.51	9.67	30.17	30.75	35.87	760
750	12.6	12.87	26.5	26.75	1:01.6	1:01.70	750	2:21.26	4:46.53	11:38.60	750	16.1	16.32	1:11.1	1:11.20	40:30.93	750	50.7	50.85	750	1.70	3.57	5.61	11.45	9.46	29.60	29.98	35.29	750
740	12.7	12.95	26.7	26.94	1:02.1	1:02.20	740	2:22.35	4:48.74	11:47.55	740	16.2	16.49	1:11.8	1:11.99	41:40.59	740	51.0	51.15	740	1.69	3.55	5.58	11.39	9.26	29.03	29.23	34.72	740
730	12.8	13.04	26.9	27.14	1:02.6	1:02.70	730	2:23.47	4:51.00	11:56.75	730	16.4	16.66	1:12.7	1:12.80	42:53.30	730	51.3	51.46	730	1.68	3.54	5.56	11.33	9.06	28.48	28.49	34.16	730
720	12.9	13.12	27.1	27.34	1:03.1	1:03.22	720	2:24.61	4:53.32	12:06.21	720	16.6	16.84	1:13.5	1:13.63	44:09.20	720	51.6	51.78	720	1.67	3.52	5.53	11.27	8.86	27.93	27.77	33.60	720
710																													

2016 – 2019 Athletics Performance Evaluation Tables – Girls (17 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track										Hurdles				Walk		Relays		Field										
	100m		200m		400m			800m	1500m	3000m	100mH		400mH		5000 m W			4 x 100m			HJ	PV	LJ	TJ	SP	DT	HT	JT	
500	15.3	15.58	32.7	32.97	1:17.8	1:17.97	500	2:56.99	5:59.01	16:54.88	500	21.8	22.08	1:38.3	1:38.48	1:32:45.59	500	1:00.40	1:00.55	500	1.48	3.12	4.90	10.00	5.27	17.69	15.18	22.79	500
490	15.5	15.72	33.1	33.30	1:18.7	1:18.82	490	2:58.85	6:02.78	17:12.61	490	22.2	22.39	1:39.8	1:39.97	1:36:23.57	490	1:00.90	1:01.04	490		3.10	4.87	9.94	5.14	17.30	14.74	22.37	490
480	15.6	15.86	33.4	33.62	1:19.5	1:19.69	480	3:00.75	6:06.63	17:30.85	480	22.5	22.71	1:41.4	1:41.50	1:40:12.53	480	1:01.40	1:01.54	480	1.47	3.08	4.85	9.88	5.01	16.92	14.31	21.95	480
470	15.8	16.00	33.7	33.96	1:20.4	1:20.58	470	3:02.69	6:10.57	17:49.60	470	22.8	23.04	1:42.9	1:43.08	1:44:13.10	470	1:01.90	1:02.05	470	1.46	3.07	4.82	9.83	4.89	16.54	13.90	21.54	470
460	15.9	16.15	34.1	34.30	1:21.3	1:21.48	460	3:04.67	6:14.59	18:08.88	460	23.1	23.37	1:44.5	1:44.69	1:48:25.94	460	1:02.40	1:02.57	460	1.45	3.05	4.79	9.77	4.76	16.18	13.49	21.13	460
450	16.1	16.30	34.4	34.65	1:22.3	1:22.41	450	3:06.70	6:18.70	18:28.72	450	23.5	23.72	1:46.2	1:46.34	1:52:51.75	450	1:03.00	1:03.11	450	1.44	3.03	4.76	9.71	4.64	15.82	13.10	20.73	450
440	16.2	16.45	34.8	35.00	1:23.2	1:23.36	440	3:08.77	6:22.89	18:49.13	440	23.8	24.07	1:47.9	1:48.04	1:57:31.29	440	1:03.50	1:03.65	440	1.43	3.01	4.73	9.66	4.52	15.46	12.71	20.33	440
430	16.4	16.61	35.1	35.37	1:24.2	1:24.33	430	3:10.88	6:27.17	19:10.12	430	24.2	24.43	1:49.6	1:49.78	2:02:25.36	430	1:04.10	1:04.20	430		3.00	4.71	9.60	4.41	15.11	12.33	19.94	430
420	16.5	16.77	35.5	35.74	1:25.2	1:25.31	420	3:13.03	6:31.55	19:31.72	420	24.6	24.80	1:51.4	1:51.57	2:07:34.80	420	1:04.60	1:04.76	420	1.42	2.98	4.68	9.54	4.29	14.77	11.96	19.56	420
410	16.7	16.93	35.9	36.12	1:26.2	1:26.32	410	3:15.24	6:36.01	19:53.94	410	24.9	25.18	1:53.3	1:53.41	2:13:00.52	410	1:05.20	1:05.33	410	1.41	2.96	4.65	9.49	4.18	14.43	11.60	19.18	410
400	16.9	17.09	36.3	36.50	1:27.2	1:27.36	400	3:17.49	6:40.58	20:16.80	400	25.3	25.57	1:55.2	1:55.29	2:18:43.48	400	1:05.80	1:05.91	400	1.40	2.94	4.62	9.43	4.08	14.10	11.25	18.81	400
390	17.0	17.26	36.7	36.90	1:28.3	1:28.41	390	3:19.78	6:45.24	20:40.33	390	25.7	25.97	1:57.1	1:57.23	2:24:44.71	390	1:06.40	1:06.50	390	1.39	2.93	4.60	9.38	3.97	13.78	10.91	18.44	390
380	17.2	17.43	37.1	37.30	1:29.3	1:29.49	380	3:22.13	6:49.99	21:04.55	380	26.1	26.38	1:59.1	1:59.21	2:31:05.30	380	1:07.00	1:07.11	380	1.38	2.91	4.57	9.32	3.86	13.46	10.58	18.08	380
370	17.4	17.61	37.5	37.71	1:30.5	1:30.59	370	3:24.53	6:54.86	21:29.48	370	26.6	26.80	2:01.1	2:01.25	2:37:46.42	370	1:07.60	1:07.72	370		2.89	4.54	9.27	3.76	13.15	10.26	17.72	370
360	17.5	17.79	37.9	38.13	1:31.6	1:31.72	360	3:26.97	6:59.82	21:55.14	360	27.0	27.23	2:03.2	2:03.35	2:44:49.31	360	1:08.20	1:08.35	360	1.37	2.87	4.52	9.21	3.66	12.84	9.94	17.37	360
350	17.7	17.97	38.3	38.55	1:32.7	1:32.87	350	3:29.47	7:04.89	22:21.56	350	27.4	27.68	2:05.4	2:05.49	2:52:15.29	350	1:08.80	1:08.99	350	1.36	2.86	4.49	9.16	3.57	12.54	9.64	17.02	350
340	17.9	18.15	38.8	38.99	1:33.9	1:34.04	340	3:32.03	7:10.07	22:48.75	340	27.9	28.13	2:07.6	2:07.70	3:00:05.77	340	1:09.50	1:09.64	340	1.35	2.84	4.46	9.10	3.47	12.25	9.34	16.68	340
330	18.1	18.34	39.2	39.44	1:35.1	1:35.24	330	3:34.64	7:15.36	23:16.76	330	28.4	28.59	2:09.8	2:09.97	3:08:22.27	330	1:10.20	1:10.30	330	1.34	2.82	4.43	9.05	3.38	11.96	9.05	16.34	330
320	18.3	18.54	39.7	39.89	1:36.3	1:36.47	320	3:37.30	7:20.77	23:45.60	320	28.8	29.07	2:12.2	2:12.30	3:17:06.39	320	1:10.80	1:10.98	320		2.80	4.41	8.99	3.29	11.67	8.76	16.01	320
310	18.5	18.73	40.1	40.35	1:37.6	1:37.72	310	3:40.02	7:26.29	24:15.30	310	29.3	29.56	2:14.5	2:14.69	3:26:19.84	310	1:11.50	1:11.67	310	1.33	2.79	4.38	8.94	3.20	11.39	8.49	15.69	310
300	18.7	18.93	40.6	40.83	1:38.9	1:39.01	300	3:42.81	7:31.93	24:45.89	300	29.8	30.06	2:17.0	2:17.14	3:36:04.46	300	1:12.20	1:12.37	300	1.32	2.77	4.35	8.88	3.11	11.12	8.22	15.37	300
290	18.9	19.14	41.1	41.31	1:40.2	1:40.32	290	3:45.65	7:37.70	25:17.40	290	30.3	30.58	2:19.5	2:19.67	3:46:22.21	290	1:12.90	1:13.08	290	1.31	2.75	4.33	8.83	3.02	10.85	7.96	15.05	290
280	19.1	19.35	41.6	41.80	1:41.5	1:41.66	280	3:48.55	7:43.59	25:49.87	280	30.9	31.11	2:22.1	2:22.26	3:57:15.18	280	1:13.70	1:13.81	280	1.30	2.74	4.30	8.77	2.94	10.59	7.70	14.74	280
270	19.3	19.56	42.1	42.31	1:42.9	1:43.03	270	3:51.52	7:49.60	26:23.32	270	31.4	31.65	2:24.8	2:24.92	4:08:45.61	270	1:14.40	1:14.55	270	1.29	2.72	4.27	8.72	2.86	10.33	7.46	14.43	270
260	19.5	19.78	42.6	42.82	1:44.3	1:44.42	260	3:54.55	7:55.75	26:57.79	260	32.0	32.21	2:27.5	2:27.66	4:20:55.90	260	1:15.20	1:15.30	260		2.70	4.25	8.66	2.78	10.08	7.22	14.13	260
250	19.8	20.00	43.1	43.34	1:45.7	1:45.86	250	3:57.64	8:02.03	27:33.31	250	32.5	32.78	2:30.3	2:30.47	4:33:48.59	250	1:15.90	1:16.07	250	1.28	2.69	4.22	8.61	2.70	9.83	6.98	13.84	250
240	20.0	20.22	43.6	43.88	1:47.2	1:47.32	240	4:00.81	8:08.45	28:09.92	240	33.1	33.36	2:33.2	2:33.36	4:47:26.42	240	1:16.70	1:16.85	240	1.27	2.67	4.20	8.56	2.63	9.59	6.76	13.55	240
230	20.2	20.45	44.2	44.43	1:48.7	1:48.81	230	4:04.04	8:15.00	28:47.66	230	33.7	33.97	2:36.2	2:36.33	5:01:52.33	230	1:17.50	1:17.65	230	1.26	2.65	4.17	8.50	2.55	9.35	6.53	13.26	230
220	20.4	20.69	44.7	44.98	1:50.2	1:50.34	220	4:07.34	8:21.70	29:26.57	220	34.3																	

2016 – 2019 Athletics Performance Evaluation Tables – Girls (16 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track							Hurdles				Walk		Relays		Field													
	100m		200m		400m			800m	1500m	3000m	100mH			400mH		5000 m W	4 x 100m		HJ	PV	LJ	TJ	SP		DT	HT	JT		
1000	11.1	11.35	23.0	23.28	52.0	52.30	1000	2:00.97	4:05.65	9:00.15	1000	13.2	13.41	57.0	57.17	22:47.34	1000	45.2	45.34	1000		3.99	6.21	12.58	17.51	50.68	62.67	56.11	1000
990		11.39	23.2	23.39	52.3	52.50	990	2:01.59	4:06.92	9:04.76	990	13.3	13.50	57.5	57.60	23:13.37	990	45.4	45.53	990	1.89	3.97	6.18	12.53	17.11	49.65	60.99	55.14	990
980	11.2	11.45	23.3	23.51	52.6	52.80	980	2:02.23	4:08.21	9:09.50	980	13.4	13.59	57.9	58.03	23:40.37	980	45.6	45.71	980	1.88	3.95	6.15	12.48	16.68	48.54	59.20	54.09	980
970		11.50	23.4	23.62	52.9	53.10	970	2:02.88	4:09.53	9:14.35	970	13.5	13.69	58.3	58.48	24:08.36	970	45.8	45.90	970	1.87	3.93	6.12	12.42	16.22	47.37	57.32	52.98	970
960	11.3	11.55	23.5	23.74	53.2	53.40	960	2:03.54	4:10.88	9:19.33	960	13.6	13.79	58.8	58.93	24:37.38	960	46.0	46.09	960	1.86	3.91	6.09	12.37	15.74	46.14	55.36	51.81	960
950		11.60	23.6	23.86	53.5	53.70	950	2:04.22	4:12.27	9:24.44	950	13.7	13.89	59.3	59.40	25:07.47	950	46.1	46.29	950	1.85	3.89	6.06	12.32	15.25	44.86	53.33	50.58	950
940	11.4	11.66	23.7	23.99	53.8	54.00	940	2:04.92	4:13.68	9:29.68	940	13.8	14.00	59.7	59.88	25:38.68	940	46.3	46.49	940		3.87	6.03	12.27	14.73	43.52	51.25	49.30	940
930		11.71	23.9	24.11	54.1	54.40	930	2:05.63	4:15.12	9:35.05	930	13.9	14.10	1:00.2	1:00.37	26:11.04	930	46.6	46.69	930	1.84	3.85	6.00	12.21	14.21	42.15	49.12	47.98	930
920	11.5	11.77	24.0	24.24	54.4	54.70	920	2:06.35	4:16.59	9:40.56	920	14.0	14.21	1:00.7	1:00.87	26:44.61	920	46.8	46.90	920	1.83	3.83	5.97	12.16	13.67	40.74	46.96	46.61	920
910	11.6	11.83	24.1	24.38	54.8	55.00	910	2:07.09	4:18.09	9:46.20	910	14.1	14.33	1:01.2	1:01.38	27:19.42	910	47.0	47.11	910	1.82	3.80	5.94	12.11	13.12	39.30	44.77	45.21	910
900		11.89	24.3	24.51	55.1	55.40	900	2:07.85	4:19.63	9:51.99	900	14.2	14.44	1:01.8	1:01.91	27:55.54	900	47.2	47.33	900	1.81	3.78	5.91	12.05	12.57	37.84	42.59	43.77	900
890	11.7	11.95	24.4	24.65	55.4	55.70	890	2:08.62	4:21.20	9:57.93	890	14.3	14.56	1:02.3	1:02.45	28:33.08	890	47.4	47.55	890	1.80	3.76	5.88	11.99	12.32	37.18	41.61	43.13	890
880		12.01	24.5	24.79	55.8	56.10	880	2:09.42	4:22.81	10:04.05	880	14.4	14.68	1:02.9	1:03.00	29:12.17	880	47.6	47.78	880	1.79	3.74	5.85	11.93	12.07	36.53	40.66	42.49	880
870	11.8	12.08	24.7	24.93	56.2	56.40	870	2:10.23	4:24.46	10:10.33	870	14.6	14.80	1:03.4	1:03.57	29:52.88	870	47.9	48.01	870		3.73	5.82	11.88	11.83	35.89	39.72	41.86	870
860	11.9	12.14	24.8	25.08	56.5	56.80	860	2:11.06	4:26.15	10:16.80	860	14.7	14.93	1:04.0	1:04.16	30:35.29	860	48.1	48.25	860	1.78	3.71	5.80	11.82	11.60	35.26	38.79	41.23	860
850		12.21	25.0	25.23	56.9	57.20	850	2:11.91	4:27.88	10:23.45	850	14.8	15.06	1:04.6	1:04.76	31:19.46	850	48.4	48.49	850	1.77	3.69	5.77	11.76	11.36	34.63	37.89	40.61	850
840	12.0	12.28	25.1	25.39	57.3	57.60	840	2:12.78	4:29.65	10:30.29	840	15.0	15.19	1:05.2	1:05.37	32:05.48	840	48.6	48.74	840	1.76	3.67	5.74	11.70	11.13	34.01	36.99	39.99	840
830	12.1	12.35	25.3	25.54	57.7	58.00	830	2:13.67	4:31.46	10:37.31	830	15.1	15.33	1:05.9	1:06.01	32:53.42	830	48.9	48.99	830	1.75	3.65	5.71	11.64	10.91	33.40	36.12	39.38	830
820	12.2	12.42	25.5	25.71	58.1	58.40	820	2:14.59	4:33.31	10:44.54	820	15.2	15.47	1:06.5	1:06.66	33:43.38	820	49.1	49.25	820	1.74	3.63	5.68	11.58	10.68	32.80	35.25	38.77	820
810		12.49	25.6	25.87	58.5	58.80	810	2:15.52	4:35.21	10:51.97	810	15.4	15.61	1:07.2	1:07.32	34:35.45	810	49.4	49.51	810	1.73	3.62	5.65	11.53	10.46	32.20	34.41	38.17	810
800	12.3	12.57	25.8	26.04	59.0	59.30	800	2:16.48	4:37.15	10:59.60	800	15.5	15.76	1:07.9	1:08.01	35:29.73	800	49.6	49.79	800	1.72	3.60	5.62	11.47	10.24	31.61	33.57	37.57	800
790	12.4	12.64	26.0	26.21	59.4	59.70	790	2:17.45	4:39.13	11:07.44	790	15.7	15.91	1:08.6	1:08.71	36:26.32	790	49.9	50.06	790		3.58	5.60	11.41	10.03	31.02	32.76	36.98	790
780	12.5	12.72	26.2	26.39	59.8	1:00.1	780	2:18.45	4:41.17	11:15.50	780	15.8	16.07	1:09.3	1:09.43	37:25.32	780	50.2	50.34	780	1.71	3.56	5.57	11.35	9.82	30.45	31.96	36.40	780
770		12.80	26.3	26.57	1:00.31	1:00.6	770	2:19.48	4:43.24	11:23.79	770	16.0	16.23	1:10.0	1:10.17	38:26.85	770	50.5	50.63	770	1.70	3.54	5.54	11.30	9.61	29.88	31.17	35.82	770
760	12.6	12.88	26.5	26.76	1:00.78	1:01.1	760	2:20.52	4:45.37	11:32.30	760	16.2	16.39	1:10.8	1:10.93	39:31.03	760	50.8	50.92	760	1.69	3.53	5.51	11.24	9.40	29.32	30.40	35.25	760
750	12.7	12.96	26.7	26.95	1:01.26	1:01.6	750	2:21.59	4:47.54	11:41.05	750	16.3	16.56	1:11.6	1:11.71	40:37.98	750	51.1	51.22	750	1.68	3.51	5.48	11.18	9.20	28.76	29.64	34.68	750
740	12.8	13.05	26.9	27.14	1:01.75	1:02.1	740	2:22.69	4:49.76	11:50.03	740	16.5	16.73	1:12.4	1:12.50	41:47.85	740	51.4	51.53	740	1.67	3.49	5.45	11.12	9.00	28.22	28.90	34.12	740
730	12.9	13.14	27.1	27.34	1:02.25	1:02.6	730	2:23.80	4:52.03	11:59.27	730	16.7	16.91	1:13.2	1:13.32	43:00.77	730	51.7	51.84	730	1.66	3.47	5.43	11.06	8.81	27.68	28.17	33.57	730
720	13.0	13.22	27.3	27.54	1:02.76	1:03.1	720	2:24.95	4:54.35	12:08.76	720	16.8	17.09	1:14.0	1:14.16	44:16.89	720	52.0	52.16	720	1.65	3.45	5.40	11.01	8.62	27.14	27.45	33.02	720
710	13.13.																												

2016 – 2019 Athletics Performance Evaluation Tables – Girls (16 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track							Hurdles				Walk		Relays		Field													
	100m		200m		400m			800m	1500m	3000m	100mH			400mH		5000 m W	4 x 100m		HJ		PV	LJ	TJ	SP	DT		HT	JT	
500	15.5	15.70	33.0	33.22	1:17.41	1:17.8	500	2:57.41	6:00.27	16:58.44	500	22.2	22.40	1:39.0	1:39.18	1:33:01.75	500	1:00.90	1:01.00	500	1.47	3.06	4.79	9.76	5.13	17.19	15.01	22.40	500
490	15.6	15.84	33.3	33.54	1:18.25	1:18.7	490	2:59.27	6:04.06	17:16.24	490	22.5	22.72	1:40.5	1:40.69	1:36:40.36	490	1:01.40	1:01.50	490	1.46	3.04	4.76	9.71	5.00	16.81	14.57	21.98	490
480	15.7	15.98	33.6	33.87	1:19.11	1:19.5	480	3:01.18	6:07.92	17:34.53	480	22.8	23.05	1:42.1	1:42.23	1:40:29.99	480	1:01.90	1:02.00	480	1.45	3.03	4.73	9.65	4.87	16.44	14.15	21.57	480
470	15.9	16.12	34.0	34.21	1:20.00	1:20.4	470	3:03.12	6:11.87	17:53.35	470	23.1	23.38	1:43.7	1:43.81	1:44:31.25	470	1:02.40	1:02.52	470	1.44	3.01	4.71	9.59	4.75	16.08	13.74	21.16	470
460	16.0	16.27	34.3	34.55	1:20.90	1:21.3	460	3:05.11	6:15.91	18:12.71	460	23.5	23.72	1:45.3	1:45.44	1:48:44.83	460	1:02.90	1:03.04	460	1.43	2.99	4.68	9.54	4.63	15.72	13.34	20.76	460
450	16.2	16.42	34.7	34.91	1:21.82	1:22.3	450	3:07.14	6:20.03	18:32.61	450	23.8	24.07	1:47.0	1:47.10	1:53:11.41	450	1:03.40	1:03.58	450		2.98	4.65	9.48	4.52	15.37	12.95	20.37	450
440	16.3	16.58	35.0	35.26	1:22.76	1:23.2	440	3:09.21	6:24.24	18:53.09	440	24.2	24.43	1:48.7	1:48.81	1:57:51.76	440	1:04.00	1:04.12	440	1.42	2.96	4.62	9.43	4.40	15.03	12.56	19.98	440
430	16.5	16.73	35.4	35.63	1:23.72	1:24.2	430	3:11.33	6:28.53	19:14.16	430	24.6	24.79	1:50.4	1:50.57	2:02:46.68	430	1:04.50	1:04.67	430	1.41	2.94	4.60	9.37	4.29	14.69	12.19	19.60	430
420	16.7	16.89	35.8	36.00	1:24.70	1:25.2	420	3:13.49	6:32.92	19:35.83	420	24.9	25.17	1:52.2	1:52.37	2:07:57.02	420	1:05.10	1:05.24	420	1.40	2.92	4.57	9.32	4.18	14.36	11.83	19.22	420
410	16.8	17.06	36.1	36.38	1:25.70	1:26.2	410	3:15.70	6:37.41	19:58.13	410	25.3	25.55	1:54.1	1:54.22	2:13:23.68	410	1:05.70	1:05.82	410	1.39	2.91	4.54	9.27	4.07	14.03	11.47	18.85	410
400	17.0	17.22	36.5	36.77	1:26.73	1:27.2	400	3:17.95	6:41.98	20:21.07	400	25.7	25.95	1:56.0	1:56.12	2:19:07.64	400	1:06.30	1:06.40	400		2.89	4.52	9.21	3.96	13.71	11.13	18.48	400
390	17.2	17.39	36.9	37.17	1:27.77	1:28.3	390	3:20.25	6:46.66	20:44.69	390	26.1	26.36	1:57.9	1:58.07	2:25:09.92	390	1:06.90	1:07.00	390	1.38	2.87	4.49	9.16	3.86	13.39	10.79	18.12	390
380	17.3	17.57	37.3	37.57	1:28.84	1:29.3	380	3:22.60	6:51.44	21:08.99	380	26.5	26.77	1:59.9	2:00.07	2:31:31.62	380	1:07.50	1:07.61	380	1.37	2.86	4.46	9.10	3.76	13.08	10.46	17.76	380
370	17.5	17.74	37.7	37.99	1:29.94	1:30.5	370	3:25.01	6:56.31	21:34.00	370	27.0	27.20	2:02.0	2:02.12	2:38:13.90	370	1:08.10	1:08.23	370	1.36	2.84	4.44	9.05	3.66	12.78	10.14	17.41	370
360	17.7	17.92	38.2	38.41	1:31.05	1:31.6	360	3:27.46	7:01.30	21:59.75	360	27.4	27.64	2:04.1	2:04.23	2:45:18.02	360	1:08.70	1:08.86	360	1.35	2.82	4.41	8.99	3.56	12.48	9.83	17.07	360
350	17.9	18.11	38.6	38.84	1:32.20	1:32.7	350	3:29.97	7:06.39	22:26.26	350	27.8	28.08	2:06.3	2:06.39	2:52:45.29	350	1:09.40	1:09.50	350	1.34	2.80	4.38	8.94	3.47	12.19	9.53	16.72	350
340	18.1	18.29	39.0	39.28	1:33.36	1:33.9	340	3:32.53	7:11.59	22:53.56	340	28.3	28.54	2:08.5	2:08.62	3:00:37.14	340	1:10.00	1:10.16	340		2.79	4.36	8.89	3.38	11.90	9.23	16.39	340
330	18.2	18.48	39.5	39.73	1:34.56	1:35.1	330	3:35.14	7:16.90	23:21.66	330	28.8	29.02	2:10.8	2:10.90	3:08:55.08	330	1:10.70	1:10.83	330	1.33	2.77	4.33	8.83	3.29	11.62	8.94	16.06	330
320	18.4	18.68	39.9	40.19	1:35.77	1:36.3	320	3:37.81	7:22.32	23:50.60	320	29.3	29.50	2:13.1	2:13.24	3:17:40.72	320	1:11.40	1:11.51	320	1.32	2.75	4.31	8.78	3.20	11.34	8.66	15.73	320
310	18.6	18.88	40.4	40.65	1:37.02	1:37.6	310	3:40.54	7:27.86	24:20.40	310	29.8	30.00	2:15.5	2:15.65	3:26:55.78	310	1:12.10	1:12.20	310	1.31	2.74	4.28	8.73	3.11	11.07	8.39	15.41	310
300	18.8	19.08	40.9	41.13	1:38.29	1:38.9	300	3:43.33	7:33.52	24:51.10	300	30.3	30.51	2:18.0	2:18.13	3:36:42.10	300	1:12.80	1:12.90	300	1.30	2.72	4.25	8.67	3.03	10.81	8.13	15.10	300
290	19.0	19.28	41.4	41.62	1:39.59	1:40.2	290	3:46.18	7:39.31	25:22.73	290	30.8	31.03	2:20.5	2:20.67	3:47:01.64	290	1:13.50	1:13.62	290		2.70	4.23	8.62	2.94	10.55	7.87	14.79	290
280	19.3	19.49	41.9	42.11	1:40.92	1:41.5	280	3:49.09	7:45.22	25:55.31	280	31.3	31.57	2:23.1	2:23.28	3:57:56.51	280	1:14.20	1:14.36	280	1.29	2.69	4.20	8.57	2.86	10.29	7.62	14.48	280
270	19.5	19.71	42.4	42.62	1:42.28	1:42.9	270	3:52.06	7:51.25	26:28.88	270	31.9	32.12	2:25.8	2:25.96	4:09:28.94	270	1:15.00	1:15.10	270	1.28	2.67	4.18	8.51	2.78	10.04	7.37	14.18	270
260	19.7	19.93	42.9	43.14	1:43.67	1:44.3	260	3:55.10	7:57.42	27:03.47	260	32.4	32.68	2:28.6	2:28.72	4:21:41.34	260	1:15.70	1:15.86	260	1.27	2.65	4.15	8.46	2.71	9.79	7.13	13.89	260
250	19.9	20.15	43.4	43.66	1:45.09	1:45.7	250	3:58.20	8:03.72	27:39.11	250	33.0	33.26	2:31.4	2:31.55	4:34:36.28	250	1:16.50	1:16.64	250		2.64	4.12	8.41	2.63	9.55	6.90	13.60	250
240	20.1	20.38	44.0	44.20	1:46.54	1:47.2	240	4:01.37	8:10.16	28:15.85	240	33.6	33.86	2:34.3	2:34.46	4:48:16.49	240	1:17.30	1:17.43	240	1.26	2.62	4.10	8.36	2.56	9.32	6.68	13.31	240
230	20.4	20.61	44.5	44.75	1:48.03	1:48.7	230	4:04.61	8:16.74	28:53.73	230	34.2	34.47	2:37.3	2:37.45	5:02:44.91	230	1:18.10	1:18.23	230	1.25	2.60	4.07	8.30	2.48	9.09	6.46	13.03	230
220	20.6	20.85	45.1	45.32	1:49.55	1:50.2	220	4:07.92	8:23.47	29:32.77	220	34.9	35.09	2:40.4	2:40.53	5:18:04.70	220	1:18.90	1:19.05										

2016 – 2019 Athletics Performance Evaluation Tables – Girls (15 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track							Hurdles				Walk		Relays		Field													
	100m	200m	400m		800m	1500m	3000m	90mH	300mH	5000 m W		4 x 100m	HJ	PV	LJ	TJ	SP	DT	HT	JT									
1000	11.43	23.2	23.47	53.1	53.21	1000	2:01.39	4:06.94	9:03.00	1000	12.4	12.66	41.2	41.37	22:51.47	1000	45.6	45.70	1000	1.86		6.05	12.23	17.00	49.20	62.00	55.07	1000	
990	11.2	11.48	23.3	23.59	53.4	53.50	990	2:02.02	4:08.21	9:07.63	990	12.5	12.74	41.5	41.68	23:17.59	990	45.7	45.88	990		3.89	6.02	12.18	16.61	48.20	60.34	54.12	990
980	11.53	23.5	23.70	53.7	53.79	980	2:02.66	4:09.51	9:12.39	980	12.6	12.83	41.9	41.99	23:44.67	980	45.9	46.07	980	1.85	3.87	5.99	12.13	16.19	47.13	58.57	53.10	980	
970	11.3	11.58	23.6	23.82	53.9	54.09	970	2:03.31	4:10.84	9:17.27	970	12.7	12.92	42.2	42.32	24:12.74	970	46.1	46.26	970	1.84	3.85	5.97	12.08	15.75	45.99	56.71	52.01	970
960	11.4	11.64	23.7	23.94	54.3	54.39	960	2:03.98	4:12.20	9:22.28	960	12.8	13.02	42.5	42.65	24:41.85	960	46.3	46.45	960	1.83	3.83	5.94	12.03	15.29	44.79	54.77	50.86	960
950	11.69	23.8	24.06	54.6	54.70	950	2:04.66	4:13.59	9:27.41	950	12.9	13.11	42.8	42.98	25:12.03	950	46.5	46.65	950	1.82	3.81	5.91	11.98	14.80	43.55	52.77	49.65	950	
940	11.5	11.75	23.9	24.18	54.9	55.02	940	2:05.36	4:15.01	9:32.68	940	13.0	13.21	43.2	43.33	25:43.33	940	46.7	46.85	940		3.79	5.88	11.93	14.30	42.25	50.70	48.40	940
930	11.80	24.1	24.31	55.2	55.34	930	2:06.07	4:16.45	9:38.08	930	13.1	13.31	43.5	43.68	26:15.80	930	46.9	47.06	930	1.81	3.77	5.85	11.88	13.79	40.92	48.59	47.09	930	
920	11.6	11.86	24.2	24.44	55.5	55.68	920	2:06.80	4:17.93	9:43.62	920	13.2	13.42	43.9	44.05	26:49.46	920	47.1	47.27	920	1.80	3.74	5.82	11.83	13.27	39.55	46.46	45.75	920
910	11.92	24.3	24.57	55.9	56.01	910	2:07.54	4:19.45	9:49.29	910	13.3	13.52	44.3	44.42	27:24.38	910	47.3	47.48	910	1.79	3.72	5.79	11.77	12.74	38.15	44.30	44.37	910	
900	11.7	11.98	24.5	24.71	56.2	56.36	900	2:08.30	4:20.99	9:55.11	900	13.4	13.63	44.7	44.80	28:00.61	900	47.6	47.70	900	1.78	3.70	5.76	11.72	12.20	36.73	42.13	42.97	900
890	11.8	12.04	24.6	24.85	56.6	56.71	890	2:09.08	4:22.57	10:01.08	890	13.5	13.74	45.1	45.19	28:38.26	890	47.8	47.92	890	1.77	3.68	5.73	11.66	11.96	36.09	41.17	42.33	890
880	12.10	24.8	24.99	56.9	57.08	880	2:09.87	4:24.19	10:07.23	880	13.6	13.85	45.5	45.59	29:17.47	880	48.0	48.15	880	1.76	3.66	5.70	11.61	11.72	35.46	40.23	41.71	880	
870	11.9	12.17	24.9	25.14	57.3	57.45	870	2:10.69	4:25.84	10:13.55	870	13.7	13.97	45.9	46.00	29:58.31	870	48.2	48.39	870		3.65	5.68	11.55	11.49	34.84	39.30	41.09	870
860	12.0	12.23	25.0	25.29	57.7	57.83	860	2:11.52	4:27.54	10:20.05	860	13.9	14.09	46.3	46.43	30:40.84	860	48.5	48.62	860	1.75	3.63	5.65	11.49	11.26	34.23	38.38	40.47	860
850	12.30	25.2	25.44	58.1	58.22	850	2:12.37	4:29.28	10:26.74	850	14.0	14.21	46.7	46.86	31:25.15	850	48.7	48.87	850	1.74	3.61	5.62	11.44	11.03	33.62	37.48	39.86	850	
840	12.1	12.37	25.4	25.59	58.5	58.62	840	2:13.25	4:31.06	10:33.61	840	14.1	14.34	47.2	47.31	32:11.30	840	49.0	49.12	840	1.73	3.59	5.59	11.38	10.81	33.02	36.60	39.25	840
830	12.2	12.44	25.5	25.75	58.9	59.03	830	2:14.14	4:32.88	10:40.67	830	14.2	14.47	47.6	47.77	32:59.39	830	49.2	49.37	830	1.72	3.57	5.57	11.32	10.59	32.42	35.73	38.65	830
820	12.51	25.7	25.92	59.3	59.44	820	2:15.06	4:34.74	10:47.94	820	14.4	14.60	48.1	48.24	33:49.51	820	49.5	49.64	820	1.71	3.56	5.54	11.27	10.37	31.84	34.88	38.05	820	
810	12.3	12.59	25.8	26.08	59.7	59.87	810	2:16.00	4:36.65	10:55.40	810	14.5	14.74	48.6	48.72	34:41.73	810	49.8	49.90	810	1.70	3.54	5.51	11.21	10.16	31.26	34.04	37.46	810
800	12.4	12.66	26.0	26.25	1:00.2	1:00.31	800	2:16.96	4:38.60	11:03.07	800	14.6	14.88	49.1	49.21	35:36.18	800	50.0	50.17	800		3.52	5.48	11.15	9.94	30.68	33.22	36.88	800
790	12.5	12.74	26.2	26.43	1:00.6	1:00.76	790	2:17.94	4:40.60	11:10.96	790	14.8	15.02	49.6	49.72	36:32.93	790	50.3	50.45	790	1.69	3.50	5.45	11.10	9.74	30.12	32.41	36.30	790
780	12.6	12.82	26.4	26.61	1:01.1	1:01.22	780	2:18.94	4:42.64	11:19.06	780	14.9	15.17	50.1	50.24	37:32.11	780	50.6	50.74	780	1.68	3.49	5.43	11.04	9.53	29.56	31.62	35.73	780
770	12.90	26.5	26.79	1:01.5	1:01.69	770	2:19.97	4:44.73	11:27.39	770	15.1	15.32	50.6	50.78	38:33.83	770	50.9	51.03	770	1.67	3.47	5.40	10.99	9.33	29.01	30.84	35.16	770	
760	12.7	12.98	26.7	26.98	1:02.0	1:02.17	760	2:21.02	4:46.86	11:35.95	760	15.2	15.47	51.2	51.33	39:38.20	760	51.2	51.32	760	1.66	3.45	5.37	10.93	9.13	28.46	30.07	34.60	760
750	12.8	13.06	26.9	27.17	1:02.5	1:02.66	750	2:22.09	4:49.04	11:44.74	750	15.4	15.63	51.7	51.89	40:45.36	750	51.5	51.62	750	1.65	3.43	5.34	10.87	8.93	27.92	29.33	34.04	750
740	12.9	13.15	27.1	27.36	1:03.0	1:03.16	740	2:23.19	4:51.28	11:53.78	740	15.6	15.79	52.3	52.47	41:55.44	740	51.8	51.93	740	1.64	3.42	5.32	10.82	8.74	27.39	28.59	33.49	740
730	13.0	13.24	27.3	27.56	1:03.5	1:03.67	730	2:24.31	4:53.56	12:03.06	730	15.7	15.96	52.9	53.06	43:08.58	730	52.1	52.25	730		3.40	5.29	10.76	8.55	26.87	27.87	32.95	730
720	13.1	13.32	27.5	27.76	1:04.1	1:04.20	720	2:25.46	4:55.89	12:12.60	720	15.9	16.13	53.5	53.67	44:24.93	720	52.4	52.57	720	1.63	3.38	5.26	10.71	8.36	26.35	27.16	32.41	720
710	13.2	13.42	27.7	27.97	1:04.6	1:04.74	710	2:26.63	4:58.27	12:22.40	710	16.1	16.30	54.1	54.29	45:44.64	710	52.8	52.90	710	1.62	3.36	5.23	10.65	8.18	25.84	26.47	31.87	710
700	13.3	13.51	27.9	28.18	1:05.1	1:05.28	700	2:27.83	5:00.71	12:32.47	700	16.2	16.48	54.8	54.93	47:07.89	700	53.1	53.23	700	1.61	3.34	5.21	10.59	8.00	25.34	25.79	31.35	700
690	13.4	13.60	28.2	28.40	1:05.7	1:05.85	690	2:29.05	5:03.20	12:42.81	690	16.4	16.66	55.4	55.58	48:34.85	690	53.4	53.57	690	1.60	3.33	5.18	10.54	7.82	24.84	25.12	30.82	690
680	13.5	13.70	28.4	28.62	1:06.3	1:06.42	680	2:30.30	5:05.74	12:53.44	680	16.6	16.85	56.1	56.26	50:05.71	680	53.8	53.92	680	1.59	3.31	5.15	10.48	7.65	24.35	24.47	30.31	680
670	13.6	13.80	28.6	28.84	1:06.9	1:07.01	670	2:31.58	5:08.34	13:04.36	670	16.8	17.04	56.8	56.94	51:40.65	670	54.1	54.27	670		3.29	5.12	10.43	7.48	23.87	23.83	29.80	670
660	13.7	13.90	28.8	29.08	1:07.5	1:07.60	660	2:32.88	5:11.00	13:15.59	660	17.0	17.24	57.5	57.65	53:19.90	660	54.5	54.64	660	1.58	3.27	5.10	10.37	7.31	23.39	23.21	29.29	660
650	13.8	14.00	29.1	29.31	1:08.1	1:08.22	650	2:34.22	5:13.71	13:27.11	650	17.2	17.44	58.2	58.38	55:03.67	650	54.9	55.01	650	1.57	3.26	5.07	10.32	7.14	22.92	22.59	28.79	650
640	13.9	14.11	29.3	29.55	1:08.7	1:08.84	640	2:35.58	5:16.48	13:38.96	640	17.4	17.65	59.0	59.12	56:52.19	640	55.2	55.38	640	1.56	3.24	5.04	10.26	6.98	22.46	21.99	28.30	640
630	14.0	14.21	29.6	29.80	1:09.3	1:09.48	630	2:36.97	5:19.32	13:51.14	630	17.6	17.86	59.7	59.88	58:45.71	630	55.6	55.77	630	1.55	3.22	5.02	10.20	6.82	22.01	21.41	27.81	630
620	14.1	14.32	29.8	30.05	1:10.0	1:10.13	620	2:38.39	5:22.21	14:03.64	620	17.8	18.08	1:00.5	1:00.67	1:00:44.48	620	56.0	56.16	620	1.54	3.20	4.99	10.15	6.66	21.56	20.83	27.33	620
610	14.2	14.43	30.1	30.30	1:10.7	1:10.80	610	2:39.85	5:25.17	14:16.50	610	18.1	18.30	1:01.3	1:01.47	1:02:48.79	610	56.4	56.55	610	1.53	3.19	4.96	10.09	6.50	21.12	20.27	26.85	610
600	14.3	14.55	30.3	30.56	1:11.3	1:11.48	600	2:41.33	5:28.18	14:29.71	600	18.3	18.53	1:02.1	1:02.29	1:													

2016 – 2019 Athletics Performance Evaluation Tables – Girls (15 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track							Hurdles				Walk		Relays		Field													
	100m		200m		400m			800m	1500m	3000m	100mH			400mH		5000 m W	4 x 100m			HJ	PV	LJ	TJ		SP	DT	HT	JT	
500	15.6	15.81	33.2	33.49	1:19.0	1:19.18	500	2:58.03	6:02.16	17:03.81	500	20.9	21.15	1:11.6	1:11.77	1:33:18.64	500	1:01.30	1:01.48	500	1.44	3.00	4.67	9.49	4.98	16.69	14.85	21.98	500
490	15.7	15.96	33.6	33.82	1:19.9	1:20.04	490	2:59.90	6:05.96	17:21.70	490	21.2	21.45	1:12.7	1:12.86	1:36:57.91	490	1:01.80	1:01.98	490		2.98	4.64	9.44	4.85	16.32	14.42	21.57	490
480	15.9	16.10	33.9	34.15	1:20.8	1:20.92	480	3:01.81	6:09.85	17:40.09	480	21.5	21.75	1:13.8	1:13.98	1:40:48.23	480	1:02.30	1:02.49	480	1.43	2.96	4.61	9.39	4.73	15.96	14.00	21.17	480
470	16.0	16.25	34.2	34.49	1:21.7	1:21.83	470	3:03.77	6:13.82	17:59.01	470	21.8	22.07	1:15.0	1:15.12	1:44:50.23	470	1:02.90	1:03.00	470	1.42	2.95	4.59	9.33	4.61	15.61	13.59	20.77	470
460	16.2	16.40	34.6	34.84	1:22.6	1:22.75	460	3:05.76	6:17.88	18:18.46	460	22.1	22.39	1:16.2	1:16.30	1:49:04.57	460	1:03.40	1:03.53	460	1.41	2.93	4.56	9.28	4.50	15.26	13.20	20.38	460
450	16.3	16.55	35.0	35.19	1:23.5	1:23.69	450	3:07.80	6:22.02	18:38.48	450	22.5	22.72	1:17.4	1:17.50	1:53:31.96	450	1:03.90	1:04.07	450	1.40	2.91	4.53	9.22	4.38	14.92	12.81	19.99	450
440	16.5	16.70	35.3	35.55	1:24.5	1:24.65	440	3:09.88	6:26.25	18:59.06	440	22.8	23.06	1:18.6	1:18.74	1:58:13.16	440	1:04.50	1:04.62	440	1.39	2.90	4.51	9.17	4.27	14.59	12.43	19.61	440
430	16.6	16.86	35.7	35.92	1:25.5	1:25.63	430	3:12.00	6:30.57	19:20.24	430	23.2	23.40	1:19.9	1:20.01	2:03:08.97	430	1:05.00	1:05.18	430		2.88	4.48	9.12	4.16	14.26	12.06	19.24	430
420	16.8	17.02	36.1	36.30	1:26.5	1:26.64	420	3:14.17	6:34.98	19:42.02	420	23.5	23.76	1:21.2	1:21.32	2:08:20.25	420	1:05.60	1:05.75	420	1.38	2.86	4.45	9.06	4.06	13.94	11.70	18.87	420
410	16.9	17.19	36.4	36.68	1:27.5	1:27.66	410	3:16.38	6:39.49	20:04.44	410	23.9	24.12	1:22.5	1:22.65	2:13:47.90	410	1:06.20	1:06.33	410	1.37	2.84	4.43	9.01	3.95	13.62	11.35	18.50	410
400	17.1	17.35	36.8	37.07	1:28.6	1:28.71	400	3:18.65	6:44.09	20:27.51	400	24.3	24.49	1:23.9	1:24.03	2:19:32.90	400	1:06.80	1:06.92	400	1.36	2.83	4.40	8.96	3.85	13.31	11.01	18.14	400
390	17.3	17.53	37.2	37.47	1:29.6	1:29.78	390	3:20.96	6:48.79	20:51.25	390	24.6	24.88	1:25.3	1:25.44	2:25:36.28	390	1:07.40	1:07.52	390	1.35	2.81	4.38	8.91	3.75	13.00	10.68	17.78	390
380	17.5	17.70	37.6	37.88	1:30.7	1:30.88	380	3:23.32	6:53.59	21:15.68	380	25.0	25.27	1:26.7	1:26.88	2:31:59.13	380	1:08.00	1:08.14	380		2.79	4.35	8.85	3.65	12.70	10.35	17.43	380
370	17.6	17.88	38.1	38.30	1:31.9	1:31.99	370	3:25.73	6:58.50	21:40.82	370	25.4	25.67	1:28.2	1:28.37	2:38:42.63	370	1:08.60	1:08.76	370	1.34	2.78	4.33	8.80	3.55	12.41	10.03	17.09	370
360	17.8	18.06	38.5	38.72	1:33.0	1:33.14	360	3:28.19	7:03.50	22:06.71	360	25.8	26.09	1:29.8	1:29.90	2:45:48.03	360	1:09.30	1:09.40	360	1.33	2.76	4.30	8.75	3.46	12.12	9.73	16.75	360
350	18.0	18.24	38.9	39.16	1:34.2	1:34.30	350	3:30.71	7:08.62	22:33.36	350	26.3	26.51	1:31.3	1:31.46	2:53:16.66	350	1:09.90	1:10.05	350	1.32	2.75	4.27	8.70	3.37	11.83	9.43	16.42	350
340	18.2	18.43	39.4	39.60	1:35.4	1:35.50	340	3:33.27	7:13.85	23:00.79	340	26.7	26.94	1:32.9	1:33.07	3:01:09.94	340	1:10.60	1:10.71	340	1.31	2.73	4.25	8.64	3.28	11.55	9.13	16.09	340
330	18.4	18.62	39.8	40.05	1:36.6	1:36.72	330	3:35.90	7:19.18	23:29.05	330	27.1	27.39	1:34.6	1:34.72	3:09:29.38	330	1:11.20	1:11.38	330		2.71	4.22	8.59	3.19	11.28	8.85	15.76	330
320	18.6	18.82	40.3	40.51	1:37.8	1:37.96	320	3:38.58	7:24.64	23:58.14	320	27.6	27.85	1:36.3	1:36.42	3:18:16.61	320	1:11.90	1:12.07	320	1.30	2.70	4.20	8.54	3.10	11.01	8.57	15.44	320
310	18.8	19.02	40.7	40.98	1:39.1	1:39.24	310	3:41.32	7:30.21	24:28.10	310	28.1	28.31	1:38.0	1:38.16	3:27:33.35	310	1:12.60	1:12.76	310	1.29	2.68	4.17	8.49	3.02	10.75	8.30	15.13	310
300	19.0	19.22	41.2	41.46	1:40.4	1:40.54	300	3:44.12	7:35.90	24:58.96	300	28.6	28.80	1:39.8	1:39.95	3:37:21.44	300	1:13.30	1:13.47	300	1.28	2.66	4.15	8.44	2.94	10.49	8.04	14.82	300
290	19.2	19.43	41.7	41.96	1:41.7	1:41.87	290	3:46.97	7:41.71	25:30.75	290	29.0	29.29	1:41.7	1:41.79	3:47:42.86	290	1:14.10	1:14.20	290		2.65	4.12	8.38	2.86	10.24	7.78	14.52	290
280	19.4	19.64	42.2	42.46	1:43.1	1:43.23	280	3:49.89	7:47.65	26:03.50	280	29.6	29.80	1:43.5	1:43.68	3:58:39.71	280	1:14.80	1:14.94	280	1.27	2.63	4.09	8.33	2.78	9.99	7.53	14.22	280
270	19.6	19.86	42.7	42.97	1:44.5	1:44.62	270	3:52.88	7:53.72	26:37.25	270	30.1	30.31	1:45.5	1:45.62	4:10:14.24	270	1:15.50	1:15.69	270	1.26	2.61	4.07	8.28	2.70	9.75	7.29	13.92	270
260	19.8	20.08	43.2	43.49	1:45.9	1:46.04	260	3:55.92	7:59.92	27:12.02	260	30.6	30.85	1:47.5	1:47.62	4:22:28.86	260	1:16.30	1:16.46	260	1.25	2.60	4.04	8.23	2.63	9.51	7.06	13.63	260
250	20.1	20.30	43.8	44.02	1:47.4	1:47.50	250	3:59.04	8:06.26	27:47.86	250	31.2	31.40	1:49.5	1:49.67	4:35:26.13	250	1:17.10	1:17.24	250	1.24	2.58	4.02	8.18	2.55	9.27	6.83	13.35	250
240	20.3	20.53	44.3	44.56	1:48.8	1:48.98	240	4:02.22	8:12.73	28:24.79	240	31.7	31.96	1:51.6	1:51.77	4:49:08.83	240	1:17.90	1:18.03	240		2.57	3.99	8.13	2.48	9.04	6.61	13.07	240
230	20.5	20.77	44.9	45.12	1:50.4	1:50.50	230	4:05.47	8:19.35	29:02.86	230	32.3	32.53	1:53.8	1:53.94	5:03:39.88	230	1:18.70	1:18.84	230	1.23	2.55	3.97	8.08	2.41	8.82	6.39	12.79	230
220	20.8	21.00	45.4	45.69	1:51.9	1:52.05	220	4:08.80	8:26.11	29:42.11	220	32.9	33.13	1:56.0	1:56.16	5:19:02.45	220	1:19.50	1:19.67	220	1.2								

2016 – 2019 Athletics Performance Evaluation Tables – Girls (14 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track							Hurdles				Walk		Relays			Field										
	100m	200m	400m		800m	1500m	3000m	90mH	300mH	5000 m W		4 x 100m		HJ	LJ	SP	DT	HT	JT								
1000		11.53	23.4	23.66	52.8	53.10	1000	2:02.03	4:08.90	9:07.29	1000	12.7	12.94	41.6	41.73	22:55.79	1000	45.9	46.08	1000	1.83	5.87	16.48	47.70	61.38	54.00	1000
990	11.3	11.58	23.5	23.78	53.1	53.40	990	2:02.66	4:10.18	9:11.97	990	12.8	13.03	41.9	42.04	23:21.99	990	46.1	46.27	990	1.82	5.84	16.10	46.73	59.74	53.06	990
980		11.63	23.7	23.89	53.4	53.70	980	2:03.30	4:11.49	9:16.76	980	12.9	13.12	42.2	42.36	23:49.15	980	46.3	46.45	980		5.82	15.69	45.69	57.99	52.06	980
970	11.4	11.68	23.8	24.01	53.7	53.90	970	2:03.95	4:12.83	9:21.68	970	13.0	13.22	42.5	42.68	24:17.31	970	46.5	46.64	970	1.81	5.79	15.26	44.59	56.15	50.99	970
960		11.73	23.9	24.13	54.0	54.30	960	2:04.63	4:14.20	9:26.73	960	13.1	13.31	42.9	43.02	24:46.51	960	46.7	46.84	960	1.80	5.76	14.81	43.43	54.23	49.86	960
950	11.5	11.79	24.0	24.25	54.3	54.60	950	2:05.31	4:15.60	9:31.91	950	13.2	13.41	43.2	43.36	25:16.79	950	46.9	47.04	950	1.79	5.73	14.34	42.22	52.24	48.68	950
940	11.6	11.84	24.1	24.38	54.6	54.90	940	2:06.01	4:17.03	9:37.21	940	13.3	13.51	43.6	43.71	25:48.19	940	47.1	47.24	940		5.71	13.86	40.96	50.20	47.45	940
930		11.90	24.3	24.51	54.9	55.20	930	2:06.73	4:18.49	9:42.66	930	13.4	13.62	43.9	44.06	26:20.76	930	47.3	47.45	930	1.78	5.68	13.36	39.67	48.11	46.17	930
920	11.7	11.96	24.4	24.64	55.2	55.50	920	2:07.46	4:19.98	9:48.24	920	13.5	13.72	44.3	44.43	26:54.53	920	47.5	47.66	920	1.77	5.65	12.86	38.34	45.99	44.86	920
910		12.02	24.5	24.77	55.6	55.90	910	2:08.21	4:21.50	9:53.96	910	13.6	13.83	44.7	44.81	27:29.56	910	47.7	47.88	910	1.76	5.62	12.34	36.99	43.86	43.51	910
900	11.8	12.08	24.7	24.91	55.9	56.20	900	2:08.97	4:23.06	9:59.82	900	13.7	13.94	45.1	45.19	28:05.90	900	48.0	48.10	900	1.75	5.59	11.82	35.61	41.71	42.13	900
890	11.9	12.14	24.8	25.05	56.3	56.60	890	2:09.75	4:24.65	10:05.84	890	13.8	14.05	45.4	45.58	28:43.67	890	48.2	48.33	890	1.74	5.56	11.59	34.99	40.76	41.51	890
880		12.21	25.0	25.19	56.6	56.90	880	2:10.55	4:26.28	10:12.04	880	13.9	14.17	45.8	45.99	29:23.00	880	48.4	48.56	880	1.73	5.54	11.36	34.38	39.82	40.89	880
870	12.0	12.27	25.1	25.34	57.0	57.30	870	2:11.37	4:27.95	10:18.41	870	14.0	14.29	46.3	46.40	30:03.97	870	48.7	48.79	870		5.51	11.13	33.78	38.90	40.28	870
860	12.1	12.34	25.2	25.49	57.4	57.70	860	2:12.21	4:29.66	10:24.96	860	14.2	14.41	46.7	46.83	30:46.64	860	48.9	49.03	860	1.72	5.48	10.91	33.18	38.00	39.68	860
850		12.40	25.4	25.64	57.8	58.10	850	2:13.07	4:31.41	10:31.70	850	14.3	14.54	47.1	47.27	31:31.08	850	49.1	49.28	850	1.71	5.45	10.69	32.60	37.11	39.08	850
840	12.2	12.47	25.6	25.80	58.2	58.50	840	2:13.95	4:33.21	10:38.62	840	14.4	14.67	47.6	47.72	32:17.38	840	49.4	49.53	840	1.70	5.43	10.47	32.01	36.23	38.48	840
830	12.3	12.54	25.7	25.96	58.6	58.90	830	2:14.84	4:35.04	10:45.74	830	14.6	14.80	48.0	48.18	33:05.62	830	49.6	49.79	830	1.69	5.40	10.26	31.44	35.37	37.89	830
820	12.4	12.62	25.9	26.13	59.0	59.30	820	2:15.77	4:36.92	10:53.06	820	14.7	14.93	48.5	48.66	33:55.89	820	49.9	50.05	820	1.68	5.37	10.05	30.87	34.53	37.31	820
810		12.69	26.1	26.29	59.4	59.70	810	2:16.71	4:38.84	11:00.59	810	14.8	15.07	49.0	49.14	34:48.29	810	50.2	50.32	810		5.35	9.84	30.30	33.70	36.73	810
800	12.5	12.77	26.2	26.47	59.8	1:00.2	800	2:17.67	4:40.81	11:08.32	800	15.0	15.22	49.5	49.64	35:42.90	800	50.5	50.60	800	1.67	5.32	9.64	29.75	32.89	36.16	800
790	12.6	12.85	26.4	26.64	1:00.29	1:00.6	790	2:18.66	4:42.82	11:16.27	790	15.1	15.36	50.0	50.15	36:39.83	790	50.7	50.88	790	1.66	5.29	9.43	29.20	32.09	35.59	790
780	12.7	12.92	26.6	26.82	1:00.74	1:01.1	780	2:19.67	4:44.88	11:24.44	780	15.3	15.51	50.5	50.68	37:39.20	780	51.0	51.16	780	1.65	5.27	9.23	28.66	31.30	35.03	780
770		13.01	26.8	27.01	1:01.21	1:01.5	770	2:20.70	4:46.98	11:32.83	770	15.4	15.67	51.1	51.22	38:41.11	770	51.3	51.45	770	1.64	5.24	9.04	28.12	30.53	34.47	770
760	12.8	13.09	27.0	27.19	1:01.68	1:02.0	760	2:21.75	4:49.14	11:41.46	760	15.6	15.82	51.6	51.77	39:45.69	760	51.6	51.75	760	1.63	5.21	8.85	27.59	29.78	33.92	760
750	12.9	13.17	27.1	27.39	1:02.17	1:02.5	750	2:22.83	4:51.34	11:50.32	750	15.7	15.99	52.2	52.34	40:53.06	750	51.9	52.06	750		5.19	8.66	27.07	29.03	33.38	750
740	13.0	13.26	27.3	27.58	1:02.67	1:03.0	740	2:23.94	4:53.59	11:59.43	740	15.9	16.15	52.8	52.92	42:03.36	740	52.2	52.37	740	1.62	5.16	8.47	26.56	28.31	32.84	740
730	13.1	13.35	27.5	27.78	1:03.18	1:03.5	730	2:25.06	4:55.89	12:08.78	730	16.1	16.32	53.4	53.52	43:16.73	730	52.5	52.69	730	1.61	5.13	8.29	26.05	27.59	32.30	730
720	13.2	13.44	27.7	27.99	1:03.70	1:04.1	720	2:26.22	4:58.24	12:18.40	720	16.3	16.49	54.0	54.13	44:33.31	720	52.9	53.01	720	1.60	5.11	8.10	25.55	26.89	31.77	720
710	13.3	13.53	28.0	28.20	1:04.23	1:04.6	710	2:27.39	5:00.64	12:28.27	710	16.4	16.67	54.6	54.76	45:53.28	710	53.2	53.34	710	1.59	5.08	7.93	25.05	26.21	31.25	710
700	13.4	13.62	28.2	28.41	1:04.77	1:05.1	700	2:28.60	5:03.09	12:38.42	700	16.6	16.86	55.3	55.41	47:16.79	700	53.5	53.68	700	1.58	5.05	7.75	24.57	25.53	30.73	700
690	13.5	13.72	28.4	28.63	1:05.33	1:05.7	690	2:29.83	5:05.60	12:48.85	690	16.8	17.04	55.9	56.07	48:44.03	690	53.9	54.02	690		5.03	7.58	24.08	24.87	30.22	690
680	13.6	13.81	28.6	28.85	1:05.90	1:06.3	680	2:31.08	5:08.17	12:59.56	680	17.0	17.24	56.6	56.74	50:15.17	680	54.2	54.37	680	1.57	5.00	7.41	23.61	24.23	29.71	680
670	13.7	13.91	28.8	29.08	1:06.48	1:06.9	670	2:32.37	5:10.79	13:10.57	670	17.2	17.43	57.3	57.44	51:50.41	670	54.6	54.73	670	1.56	4.97	7.24	23.14	23.60	29.21	670
660	13.8	14.02	29.1	29.31	1:07.08	1:07.5	660	2:33.68	5:13.46	13:21.88	660	17.4	17.63	58.0	58.15	53:29.97	660	55.0	55.09	660	1.55	4.95	7.08	22.68	22.98	28.72	660
650	13.9	14.12	29.3	29.55	1:07.68	1:08.1	650	2:35.02	5:16.20	13:33.50	650	17.6	17.84	58.7	58.88	55:14.07	650	55.3	55.47	650	1.54	4.92	6.92	22.23	22.37	28.23	650
640	14.0	14.22	29.6	29.79	1:08.30	1:08.7	640	2:36.39	5:18.99	13:45.44	640	17.8	18.05	59.5	59.63	57:02.93	640	55.7	55.85	640	1.53	4.89	6.76	21.78	21.78	27.74	640
630	14.1	14.33	29.8	30.04	1:08.94	1:09.3	630	2:37.79	5:21.85	13:57.71	630	18.0	18.27	1:00.3	1:00.40	58:56.80	630	56.1	56.23	630		4.87	6.60	21.34	21.19	27.27	630
620	14.2	14.44	30.1	30.29	1:09.59	1:10.0	620	2:39.22	5:24.77	14:10.32	620	18.3	18.49	1:01.1	1:01.19	1:00:55.95	620	56.5	56.63	620	1.52	4.84	6.45	20.90	20.62	26.79	620
610	14.3	14.55	30.3	30.55	1:10.25	1:10.7	610	2:40.68	5:27.74	14:23.28	610	18.5	18.72	1:01.9	1:02.00	1:03:00.65	610	56.9	57.03	610	1.51	4.81	6.30	20.47	20.07	26.33	610
600	14.4	14.67	30.6	30.81	1:10.93	1:11.3	600	2:42.17	5:30.79	14:36.59	600	18.7	18.95	1:02.7	1:02.83	1:05:11.19	600	57.3	57.44	600	1.50	4.79	6.15	20.05	19.52	25.86	600
590	14.5	14.79	30.8	31.08	1:11.62	1:12.0	590	2:43.70	5:33.89	14:50.27	590	19.0	19.19	1:03.5	1:03.68	1:07:27.89	590	57.7	57.86	590	1.49	4.76	6.01	19.64	18.99	25.41	590
580	14.7	14.91	31.1	31.35	1:12.32	1:12.8	580	2:45.25	5:37.07	15:04.33	580	19.2	19.44	1:04.4	1:04.56	1:09:51.07	580	58.1	58.28	580	1.48	4.74	5.87	19.23	18.47	24.96	580
570	14.8	15.03	31.4	31.63																							

2016 – 2019 Athletics Performance Evaluation Tables – Girls (14 years) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

	Track											Hurdles				Walk		Relays		Field							
	100m		200m		400m			800m	1500m	3000m	90mH		300mH		5000 m W	4 x 100m			HJ	LJ	SP	DT	HT	JT			
500	15.7	15.95	33.5	33.76	1:18.56	1:19.0	500	2:58.96	6:05.03	17:11.91	500	21.4	21.63	1:12.3	1:12.40	1:33:36.26	500	1:01.90	1:01.99	500	1.42	4.53	4.82	16.18	14.70	21.55	500
490	15.8	16.09	33.8	34.09	1:19.42	1:19.9	490	3:00.84	6:08.87	17:29.94	490	21.7	21.93	1:13.4	1:13.50	1:37:16.22	490	1:02.40	1:02.50	490	1.41	4.50	4.70	15.82	14.28	21.15	490
480	16.0	16.23	34.2	34.43	1:20.29	1:20.8	480	3:02.76	6:12.78	17:48.48	480	22.0	22.25	1:14.5	1:14.62	1:41:07.27	480	1:02.90	1:03.01	480	1.40	4.48	4.59	15.48	13.86	20.76	480
470	16.1	16.38	34.5	34.77	1:21.19	1:21.7	470	3:04.73	6:16.79	18:07.55	470	22.3	22.57	1:15.6	1:15.78	1:45:10.03	470	1:03.40	1:03.53	470		4.45	4.47	15.13	13.46	20.37	470
460	16.3	16.53	34.9	35.12	1:22.10	1:22.6	460	3:06.73	6:20.87	18:27.16	460	22.7	22.90	1:16.8	1:16.96	1:49:25.17	460	1:03.90	1:04.07	460	1.39	4.43	4.36	14.80	13.07	19.98	460
450	16.4	16.69	35.2	35.48	1:23.03	1:23.5	450	3:08.78	6:25.05	18:47.33	450	23.0	23.23	1:18.0	1:18.18	1:53:53.40	450	1:04.50	1:04.61	450	1.38	4.40	4.25	14.47	12.68	19.60	450
440	16.6	16.84	35.6	35.84	1:23.99	1:24.5	440	3:10.87	6:29.31	19:08.08	440	23.3	23.58	1:19.3	1:19.43	1:58:35.49	440	1:05.00	1:05.16	440	1.37	4.37	4.14	14.14	12.31	19.23	440
430	16.8	17.00	36.0	36.21	1:24.96	1:25.5	430	3:13.00	6:33.67	19:29.42	430	23.7	23.93	1:20.6	1:20.71	2:03:32.23	430	1:05.60	1:05.73	430	1.36	4.35	4.03	13.82	11.94	18.86	430
420	16.9	17.16	36.4	36.59	1:25.96	1:26.5	420	3:15.18	6:38.11	19:51.38	420	24.1	24.30	1:21.9	1:22.02	2:08:44.49	420	1:06.20	1:06.30	420		4.32	3.93	13.51	11.59	18.50	420
410	17.1	17.33	36.7	36.98	1:26.98	1:27.5	410	3:17.41	6:42.66	20:13.97	410	24.4	24.67	1:23.2	1:23.37	2:14:13.17	410	1:06.70	1:06.89	410	1.35	4.30	3.83	13.20	11.24	18.14	410
400	17.3	17.50	37.1	37.37	1:28.02	1:28.6	400	3:19.68	6:47.30	20:37.22	400	24.8	25.05	1:24.6	1:24.76	2:19:59.26	400	1:07.30	1:07.48	400	1.34	4.27	3.73	12.90	10.90	17.78	400
390	17.4	17.67	37.5	37.78	1:29.08	1:29.6	390	3:22.01	6:52.03	21:01.15	390	25.2	25.44	1:26.0	1:26.18	2:26:03.78	390	1:07.90	1:08.09	390	1.33	4.25	3.63	12.61	10.57	17.44	390
380	17.6	17.85	37.9	38.19	1:30.17	1:30.7	380	3:24.38	6:56.87	21:25.77	380	25.6	25.84	1:27.5	1:27.64	2:32:27.83	380	1:08.60	1:08.71	380	1.32	4.22	3.54	12.31	10.25	17.09	380
370	17.8	18.03	38.4	38.61	1:31.28	1:31.9	370	3:26.80	7:01.81	21:51.12	370	26.0	26.26	1:29.0	1:29.14	2:39:12.60	370	1:09.20	1:09.34	370		4.20	3.44	12.03	9.93	16.76	370
360	18.0	18.21	38.8	39.04	1:32.41	1:33.0	360	3:29.28	7:06.86	22:17.21	360	26.4	26.68	1:30.5	1:30.68	2:46:19.34	360	1:09.80	1:09.98	360	1.31	4.17	3.35	11.75	9.63	16.42	360
350	18.2	18.40	39.2	39.47	1:33.57	1:34.2	350	3:31.81	7:12.02	22:44.07	350	26.9	27.11	1:32.1	1:32.26	2:53:49.38	350	1:10.50	1:10.63	350	1.30	4.15	3.26	11.47	9.33	16.10	350
340	18.3	18.59	39.7	39.92	1:34.75	1:35.4	340	3:34.39	7:17.29	23:11.72	340	27.3	27.56	1:33.7	1:33.88	3:01:44.15	340	1:11.20	1:11.30	340	1.29	4.12	3.18	11.20	9.04	15.77	340
330	18.5	18.78	40.1	40.38	1:35.96	1:36.6	330	3:37.03	7:22.67	23:40.20	330	27.8	28.01	1:35.4	1:35.55	3:10:05.17	330	1:11.80	1:11.98	330	1.28	4.10	3.09	10.94	8.76	15.46	330
320	18.7	18.98	40.6	40.84	1:37.20	1:37.8	320	3:39.72	7:28.16	24:09.52	320	28.2	28.48	1:37.1	1:37.26	3:18:54.05	320	1:12.50	1:12.67	320		4.07	3.01	10.68	8.49	15.14	320
310	18.9	19.18	41.1	41.32	1:38.46	1:39.1	310	3:42.47	7:33.78	24:39.72	310	28.7	28.96	1:38.9	1:39.02	3:28:12.54	310	1:13.20	1:13.37	310	1.27	4.05	2.93	10.42	8.22	14.83	310
300	19.1	19.38	41.6	41.80	1:39.76	1:40.4	300	3:45.29	7:39.51	25:10.83	300	29.2	29.45	1:40.7	1:40.82	3:38:02.49	300	1:14.00	1:14.09	300	1.26	4.02	2.85	10.17	7.96	14.53	300
290	19.4	19.59	42.1	42.29	1:41.08	1:41.7	290	3:48.16	7:45.37	25:42.87	290	29.7	29.95	1:42.5	1:42.68	3:48:25.86	290	1:14.70	1:14.82	290	1.25	4.00	2.77	9.93	7.71	14.23	290
280	19.6	19.81	42.6	42.80	1:42.43	1:43.1	280	3:51.09	7:51.36	26:15.88	280	30.2	30.47	1:44.4	1:44.58	3:59:24.78	280	1:15.40	1:15.57	280		3.97	2.69	9.68	7.46	13.94	280
270	19.8	20.02	43.1	43.31	1:43.80	1:44.5	270	3:54.09	7:57.48	26:49.89	270	30.8	31.00	1:46.4	1:46.54	4:11:01.50	270	1:16.20	1:16.32	270	1.24	3.95	2.62	9.45	7.22	13.65	270
260	20.0	20.25	43.6	43.84	1:45.22	1:45.9	260	3:57.16	8:03.73	27:24.94	260	31.3	31.55	1:48.4	1:48.55	4:23:18.43	260	1:17.00	1:17.10	260	1.23	3.93	2.54	9.22	6.99	13.37	260
250	20.2	20.47	44.1	44.38	1:46.66	1:47.4	250	4:00.29	8:10.11	28:01.06	250	31.9	32.11	1:50.5	1:50.62	4:36:18.15	250	1:17.70	1:17.88	250	1.22	3.90	2.47	8.99	6.76	13.09	250
240	20.5	20.70	44.7	44.93	1:48.13	1:48.8	240	4:03.49	8:16.64	28:38.28	240	32.4	32.68	1:52.6	1:52.75	4:50:03.43	240	1:18.50	1:18.69	240		3.88	2.40	8.77	6.54	12.81	240
230	20.7	20.94	45.2	45.48	1:49.64	1:50.4	230	4:06.76	8:23.31	29:16.66	230	33.0	33.27	1:54.8	1:54.93	5:04:37.23	230	1:19.40	1:19.50	230	1.21	3.85	2.34	8.55	6.33	12.54	230
220	20.9	21.18	45.8	46.06	1:51.18	1:51.9	220	4:10.10	8:30.12	29:56.22	220	33.6	33.88	1:57.0	1:57.17	5:20:02.70	220	1:20.20	1:20.34	220	1.20	3.83	2.27	8.34	6.12	12.28	220
210	21.2	21.42	46.4	46.64	1:52.75	1:53.5	210	4:13.51	8:37.08	30:37.00	210	34.3	34.50	1:59.3	1:59.48	5:36:23.24	210	1:21.00	1:21.18	210	1.19	3.80	2.21	8.13	5.92	12.01	210
200	21.4	21.67	47.0	47.23	1:54.36	1:55.1	200	4:17.00	8:44.20	31:19.06	200	34.9	35.14	2:01.7	2:01.86	5:53:42.47	200	1:21.90	1:22.05	200		3.78	2.14	7.93	5.72	11.76	200
190	21.7	21.93	47.6	47.84	1:56.01																						