

ATHLETICS

PERFORMANCE EVALUATION TABLES



THE OFFICIAL SCORING TABLES
FOR SOUTH AFRICAN SCHOOLS ATHLETICS

PAGE LAY-OUT

PAGE	TOPIC
2	A.P.E. Tables Index
3	Introduction to the A.P.E. Tables
5	Secondary/High School Boys 19 years
6	Secondary/High School Boys 17 years
7	Secondary/High School Boys 16 years
8	Secondary/High School Boys 15 years
9	Secondary/High School Boys 14 years
10	Primary School Boys 13 years
11	Primary School Boys 12 years
12	Primary School Boys 10 – 11 years
13	Primary School Boys 6 – 9 years
15	Secondary/High School Girls 19 years
16	Secondary/High School Girls 17 years
17	Secondary/High School Girls 16 years
18	Secondary/High School Girls 15 years
19	Secondary/High School Girls 14 years
20	Primary School Girls 13 years
21	Primary School Girls 12 years
22	Primary School Girls 10 – 11 years
23	Primary School Girls 6 – 9 years

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

1. INTRODUCTION

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.

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.

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.

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.

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
- 2.5. To determine standards for honorary colours at schools

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

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

- 3.1.1. The age of the athlete
- 3.1.2. The event the athlete participated in
- 3.1.3. The performance of the athlete in an event.

- 3.2. Page to the relevant age group and gender e.g. Boys 15.
- 3.3. Scroll across the page to the event the athlete participated in e.g. Long Jump
- 3.4. Performances will be listed in vertical columns reading from top to bottom.
- 3.5. Scroll down the collumn to the relevant performance and read the number directly to the left of the performance.
- 3.6. Hand times as well as electronic times appear in the tables. Electronic times are always slower than hand times.
- 3.7. When a specific performance does not appear in the tables, the points appearing opposite the next lower performance should be allocated.

4. THE AVERAGE PERFORMANCE VALUES

- 4.1. 1000 points reflects the SA Schools Record in 2011 (See notes)
- 4.2. 951 points + - The athlete has the potential to represent South Africa
- 4.3. 901 – 950 points – The average winning performance at National Level
- 4.4. 851 – 900 points – The average winning performance at Provincial Level
- 4.5. 751 - 850 points – The average winning performance at inter-school meetings
- 4.6. 1 – 750 points – The average performance at entry level athletics

Note 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

Note 2:

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.

5. MORE DETAILED VERSION OF THE APE TABLES

This version of the A.P.E. Tables reflects points from 500 to 1000 points in increments of 10 (ten) points.

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.



A.P.E. TABLES FOR BOYS

Boys 19 (Junior Men)

	Track									Hurdles				Steeple Chase & Walk			Relays			Field															
	100m	200m	400m	800m	1500m	3000m	5000m	10000m		110mH	400mH		3000mSC	20 kmW	10 kmW		4 x 100m	4 x 400m	Medley		HJ	PV	LJ	TJ	SP	DT	HT	JT							
1000		10.44	20.4	20.63	46.2	46.32	1:47.27	3:44.55	8:02.43	14:21.52	29:49.08	1000	13.5	13.76	50.3	50.42	1000	8:57.06	1:33:30.69	45:18.24	1000	41.4	41.59	3:11.24	1:52.21	1000		4.90	7.86	15.97	18.28	57.94	62.58	72.36	1000
990	10.2	10.47		20.71	46.4	46.51	1:47.54	3:45.52	8:05.19	14:26.79	30:00.02	990	13.6	13.83	50.5	50.59	990	9:04.55	1:34:39.48	45:51.56	990	41.6	41.75	3:12.00	1:52.58	990	2.22	4.89	7.85	15.94	18.24	57.76	62.30	72.21	990
980		10.51	20.5	20.78	46.6	46.71	1:47.82	3:46.53	8:08.02	14:32.18	30:11.21	980	13.7	13.91	50.6	50.77	980	9:12.29	1:35:50.31	46:25.88	980	41.8	41.92	3:12.78	1:52.97	980	2.21	4.88	7.83	15.90	18.14	57.42	61.74	71.93	980
970		10.54	20.6	20.87	46.8	46.91	1:48.11	3:47.55	8:10.91	14:37.70	30:22.67	970		13.99	50.8	50.94	970	9:20.26	1:37:03.26	47:01.22	970	42.0	42.10	3:13.57	1:53.36	970	2.20	4.86	7.81	15.85	17.99	56.90	60.91	71.51	970
960	10.3	10.58	20.7	20.95	47.0	47.12	1:48.40	3:48.59	8:13.87	14:43.34	30:34.39	960	13.8	14.07	51.0	51.12	960	9:28.49	1:38:18.36	47:37.61	960	42.1	42.27	3:14.38	1:53.76	960		4.84	7.77	15.79	17.80	56.22	59.83	70.95	960
950		10.62	20.8	21.03	47.2	47.33	1:48.69	3:49.66	8:16.90	14:49.11	30:46.38	950	13.9	14.16	51.2	51.31	950	9:36.98	1:39:35.70	48:15.07	950	42.3	42.45	3:15.21	1:54.17	950	2.19	4.82	7.74	15.71	17.56	55.38	58.50	70.26	950
940	10.4	10.66	20.9	21.12	47.4	47.54	1:48.99	3:50.75	8:19.99	14:55.02	30:58.64	940	14.0	14.24	51.4	51.49	940	9:45.73	1:40:55.31	48:53.65	940	42.5	42.64	3:16.06	1:54.59	940	2.18	4.79	7.69	15.62	17.27	54.39	56.94	69.43	940
930		10.70	21.0	21.21	47.6	47.76	1:49.30	3:51.86	8:23.15	15:01.06	31:11.18	930	14.1	14.33	51.5	51.68	930	9:54.76	1:42:17.28	49:33.36	930	42.7	42.82	3:16.92	1:55.01	930	2.17	4.76	7.64	15.52	16.95	53.26	55.17	68.49	930
920		10.74	21.1	21.30	47.8	47.98	1:49.61	3:52.99	8:26.38	15:07.23	31:24.01	920	14.2	14.42	51.7	51.88	920	10:04.07	1:43:41.66	50:14.24	920	42.9	43.02	3:17.80	1:55.45	920	2.16	4.72	7.58	15.40	16.59	51.99	53.22	67.42	920
910	10.5	10.78		21.39	48.1	48.21	1:49.93	3:54.15	8:29.69	15:13.55	31:37.12	910	14.3	14.51	51.9	52.08	910	10:13.67	1:45:08.53	50:56.33	910	43.1	43.21	3:18.70	1:55.89	910	2.15	4.68	7.52	15.27	16.19	50.60	51.11	66.24	910
900		10.82	21.2	21.48	48.3	48.44	1:50.25	3:55.33	8:33.06	15:20.00	31:50.52	900	14.4	14.60	52.1	52.28	900	10:23.58	1:46:37.96	51:39.65	900	43.3	43.41	3:19.61	1:56.34	900	2.14	4.64	7.45	15.13	15.76	49.10	48.86	64.95	900
890	10.6	10.86	21.3	21.58	48.5	48.68	1:50.58	3:56.54	8:36.51	15:26.61	32:04.25	890	14.5	14.69	52.3	52.49	890	10:33.82	1:48:10.19	52:24.33	890	43.5	43.61	3:20.54	1:56.80	890		4.63	7.43	15.09	15.61	48.59	48.10	64.50	890
880		10.91	21.4	21.67	48.8	48.92	1:50.92	3:57.77	8:40.06	15:33.39	32:18.32	880	14.6	14.79	52.6	52.70	880	10:44.41	1:49:45.47	53:10.50	880	43.7	43.82	3:21.50	1:57.27	880	2.13	4.62	7.41	15.06	15.46	48.07	47.34	64.06	880
870	10.7	10.95	21.5	21.77	49.0	49.17	1:51.26	3:59.04	8:43.69	15:40.34	32:32.76	870	14.7	14.89	52.8	52.91	870	10:55.38	1:51:23.91	53:58.19	870	43.9	44.03	3:22.48	1:57.75	870		4.61	7.40	15.02	15.31	47.57	46.59	63.62	870
860		11.00	21.6	21.87	49.3	49.42	1:51.61	4:00.33	8:47.41	15:47.47	32:47.57	860	14.8	14.99	53.0	53.13	860	11:06.74	1:53:05.61	54:47.46	860	44.1	44.25	3:23.48	1:58.24	860	2.12	4.60	7.38	14.98	15.16	47.06	45.85	63.17	860
850	10.8	11.04	21.7	21.98	49.5	49.68	1:51.97	4:01.65	8:51.22	15:54.78	33:02.74	850	14.9	15.10	53.2	53.36	850	11:18.49	1:54:50.66	55:38.35	850	44.3	44.47	3:24.50	1:58.74	850		4.58	7.36	14.95	15.02	46.56	45.12	62.73	850
840		11.09	21.8	22.08	49.8	49.95	1:52.34	4:03.00	8:55.13	16:02.27	33:18.30	840	15.0	15.21	53.4	53.59	840	11:30.66	1:56:39.17	56:30.92	840	44.6	44.70	3:25.55	1:59.25	840	2.11	4.57	7.34	14.91	14.87	46.06	44.40	62.29	840
830	10.9	11.14	22.0	22.19	50.1	50.22	1:52.71	4:04.39	8:59.13	16:09.95	33:34.24	830	15.1	15.32	53.7	53.82	830	11:43.26	1:58:31.26	57:25.23	830	44.8	44.93	3:26.62	1:59.78	830		4.56	7.32	14.87	14.73	45.56	43.69	61.85	830
820		11.19	22.1	22.30	50.4	50.50	1:53.09	4:05.80	9:03.22	16:17.81	33:50.58	820	15.2	15.43	53.9	54.06	820	11:56.30	2:00:27.04	58:21.32	820	45.0	45.17	3:27.71	2:00.31	820	2.10	4.55	7.31	14.84	14.59	45.07	42.98	61.42	820
810	11.0	11.24	22.2	22.42	50.6	50.78	1:53.48	4:07.25	9:07.42	16:25.87	34:07.32	810	15.3	15.54	54.2	54.31	810	12:09.80	2:02:26.64	59:19.26	810	45.3	45.41	3:28.82	2:00.86	810		4.54	7.29	14.80	14.44	44.58	42.29	60.98	810
800		11.29	22.3	22.53	50.9	51.07	1:53.87	4:08.72	9:11.72	16:34.13	34:24.46	800	15.4	15.66	54.4	54.56	800	12:23.78	2:04:30.18	1:00:19.11	800	45.5	45.66	3:29.96	2:01.41	800	2.09	4.53	7.27	14.76	14.30	44.09	41.60	60.54	800
790	11.1	11.34	22.4	22.65	51.2	51.36	1:54.28	4:10.23	9:16.12	16:42.59	34:42.03	790	15.5	15.78	54.7	54.81	790	12:38.25	2:06:37.79	1:01:20.94	790	45.8	45.91	3:31.13	2:01.98	790		4.52	7.25	14.73	14.16	43.61	40.92	60.11	790
780		11.40	22.5	22.77	51.5	51.67	1:54.69	4:11.78	9:20.62	16:51.25	35:00.02	780	15.7	15.91	54.9	55.08	780	12:53.23	2:08:49.61	1:02:24.80	780	46.0	46.17	3:32.32	2:02.56	780	2.08	4.51	7.23	14.69	14.02	43.13	40.25	59.68	780
770	11.2	11.45	22.7	22.89	51.8	51.98	1:55.11	4:13.35	9:25.23	17:00.12	35:18.44	770	15.8	16.03	55.2	55.34	770	13:08.75	2:11:05.78	1:03:30.77	770	46.3	46.44	3:33.53	2:03.15	770		4.49	7.22	14.66	13.88	42.65	39.58	59.25	770
760		11.51	22.8	23.02	52.2	52.29	1:55.53	4:14.96	9:29.95	17:09.21	35:37.30	760	15.9	16.16	55.5	55.61	760	13:24.81	2:13:26.45	1:04:38.93	760	46.6	46.71	3:34.77	2:03.75	760	2.07	4.48	7.20	14.62	13.74	42.18	38.93	58.82	760
750	11.3	11.57	22.9	23.15	52.5	52.61	1:55.97	4:16.61	9:34.77	17:18.51	35:56.62	750	16.1	16.29	55.7	55.89	750	13:41.45	2:15:51.78	1:05:49.33	750	46.8	46.98	3:36.03	2:04.37	750		4.47	7.18	14.58	13.60	41.71	38.28	58.39	750
740		11.63	23.0	23.28	52.8	52.94	1:56.41	4:18.28	9:39.71	17:28.03	36:16.40	740	16.2	16.43	56.0	56.17	740	13:58.69	2:18:21.93	1:07:02.08	740	47.1	47.26	3:37.33	2:05.00	740	2.06	4.46	7.16	14.55	13.47	41.24	37.64	57.96	740
730	11.4	11.68	23.2	23.41	53.1	53.28	1:56.86	4:20.00	9:44.77	17:37.78	36:36.64	730	16.3	16.57	56.3	56.46	730	14:16.54	2:20:57.07	1:08:17.23	730	47.4	47.55	3:38.64	2:05.63	730		4.45	7.14	14.51	13.33	40.78	37.01	57.54	730
720	11.5	11.75	23.3	23.55	53.5	53.62	1:57.32	4:21.75	9:49.94	17:47.76	36:57.37	720	16.5	16.71	56.6	56.75	720	14:35.03	2:23:37.36	1:09:34.89	720	47.7	47.84	3:39.99	2:06.29	720	2.05	4.44	7.13	14.47	13.19	40.32	36.39	57.11	720
710		11.81	23.4	23.68	53.8	53.97	1:57.79	4:23.53	9:55.23	17:57.98	37:18.59	710	16.6	16.85	56.9	57.05	710	14:54.19	2:26:23.00	1:10:55.14	710	48.0	48.14	3:41.36	2:06.95	710		4.43	7.11	14.44	13.06	39.86	35.77	56.69	710
700	11.6	11.87	23.6	23.83	54.2	54.32	1:58.26	4:25.36	10:00.64	18:08.44	37:40.30	700	16.8	17.00	57.2	57.35	700	15:14.04	2:29:14.17	1:12:18.07	700	48.3	48.44	3:42.76	2:07.63	700	2.04	4.42	7.09	14.40	12.93	39.41	35.17	56.27	700
690	11.7	11.93	23.7	23.97	54.6	54.69	1:58.74	4:27.22	10:06.17	18:19.14	38:02.53	690	16.9	17.15	57.5	57.66	690	15:34.62	2:32:11.08	1:13:43.78	690	48.6	48.75	3:44.18	2:08.32	690		4.41	7.07	14.36	12.79	38.96	34.57	55.85	690
680		12.00	23.9	24.12	54.9	55.06	1:59.24	4:29.12	10:11.84	18:30.09	38:25.28	680	17.1	17.31	57.8	57.98	680	15:55.94	2:35:13.93	1:15:12.36															

Boys 17 (Youth Boys)

	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	10.3	10.55	20.6	20.86	46.7	46.85	1:49.88	3:50.01	8:14.18	1000	13.1	13.38	50.7	50.81	1000	5:44.41	48:17.57	1000	42.3	42.39	1:53.90	1000	2.17		7.65	15.52	19.49	61.89	63.20	79.33	1000
990		10.59	20.7	20.94	46.9	47.05	1:50.16	3:51.02	8:17.01	990	13.2	13.45	50.8	50.98	990	5:46.58	48:53.09	990	42.4	42.56	1:54.29	990		4.70	7.64	15.50	19.43	61.71	62.91	79.17	990
980		10.62	20.8	21.02	47.1	47.25	1:50.44	3:52.04	8:19.91	980	13.3	13.53	51.0	51.15	980	5:48.80	49:29.67	980	42.6	42.74	1:54.68	980	2.16	4.69	7.62	15.46	19.33	61.34	62.35	78.86	980
970	10.4	10.66		21.10	47.3	47.45	1:50.73	3:53.09	8:22.87	970		13.61	51.2	51.33	970	5:51.08	50:07.34	970	42.8	42.91	1:55.08	970	2.15	4.67	7.60	15.41	19.17	60.79	61.51	78.40	970
960		10.70	20.9	21.18	47.5	47.66	1:51.03	3:54.16	8:25.90	960	13.4	13.69	51.4	51.51	960	5:53.41	50:46.13	960	43.0	43.09	1:55.48	960		4.65	7.57	15.35	18.97	60.06	60.42	77.79	960
950		10.74	21.0	21.27	47.7	47.87	1:51.33	3:55.25	8:29.00	950	13.5	13.77	51.6	51.70	950	5:55.79	51:26.07	950	43.1	43.27	1:55.90	950	2.14	4.63	7.53	15.27	18.71	59.16	59.07	77.03	950
940	10.5	10.78	21.1	21.35	48.0	48.09	1:51.64	3:56.37	8:32.17	940	13.6	13.85	51.7	51.89	940	5:58.23	52:07.18	940	43.3	43.46	1:56.32	940	2.13	4.60	7.48	15.19	18.41	58.10	57.50	76.13	940
930		10.82	21.2	21.44	48.2	48.31	1:51.95	3:57.50	8:35.41	930	13.7	13.93	51.9	52.08	930	6:00.72	52:49.52	930	43.5	43.65	1:56.75	930	2.12	4.57	7.43	15.08	18.06	56.89	55.72	75.09	930
920	10.6	10.86	21.3	21.53	48.4	48.54	1:52.27	3:58.67	8:38.72	920	13.8	14.02	52.1	52.28	920	6:03.27	53:33.09	920	43.7	43.85	1:57.19	920	2.11	4.54	7.38	14.97	17.68	55.54	53.75	73.92	920
910		10.90	21.4	21.63	48.6	48.77	1:52.60	3:59.85	8:42.10	910	13.9	14.11	52.3	52.48	910	6:05.87	54:17.96	910	43.9	44.05	1:57.64	910	2.10	4.50	7.32	14.85	17.25	54.06	51.62	72.62	910
900		10.94	21.5	21.72	48.9	49.00	1:52.93	4:01.06	8:45.56	900	14.0	14.20	52.5	52.68	900	6:08.54	55:04.14	900	44.1	44.25	1:58.10	900	2.09	4.46	7.25	14.71	16.79	52.46	49.34	71.21	900
890	10.7	10.98	21.6	21.82	49.1	49.24	1:53.27	4:02.30	8:49.10	890		14.29	52.7	52.89	890	6:11.27	55:51.77	890	44.3	44.46	1:58.57	890		4.45	7.23	14.67	16.63	51.91	48.57	70.72	890
880		11.03	21.7	21.91	49.4	49.49	1:53.61	4:03.56	8:52.73	880	14.1	14.39	53.0	53.10	880	6:14.07	56:40.98	880	44.5	44.67	1:59.04	880	2.08	4.44	7.21	14.64	16.47	51.36	47.81	70.23	880
870	10.8	11.07	21.8	22.01	49.6	49.74	1:53.97	4:04.86	8:56.45	870	14.2	14.48	53.2	53.32	870	6:16.94	57:31.82	870	44.7	44.89	1:59.53	870		4.43	7.20	14.60	16.32	50.81	47.05	69.75	870
860		11.12	21.9	22.12	49.9	49.99	1:54.32	4:06.18	9:00.26	860	14.3	14.58	53.4	53.54	860	6:19.89	58:24.34	860	45.0	45.11	2:00.03	860	2.07	4.42	7.18	14.57	16.16	50.27	46.31	69.26	860
850	10.9	11.17	22.0	22.22	50.1	50.26	1:54.69	4:07.53	9:04.16	850	14.4	14.69	53.6	53.77	850	6:22.91	59:18.59	850	45.2	45.33	2:00.54	850		4.41	7.16	14.53	16.01	49.74	45.57	68.78	850
840		11.21	22.1	22.33	50.4	50.52	1:55.07	4:08.92	9:08.16	840	14.5	14.79	53.9	54.00	840	6:26.01	1:00:14.63	840	45.4	45.57	2:01.06	840	2.06	4.40	7.14	14.50	15.85	49.20	44.84	68.30	840
830	11.0	11.26	22.2	22.44	50.7	50.80	1:55.45	4:10.34	9:12.26	830	14.7	14.90	54.1	54.24	830	6:29.19	1:01:12.52	830	45.7	45.80	2:01.59	830		4.38	7.13	14.46	15.70	48.67	44.12	67.81	830
820		11.31	22.3	22.55	50.9	51.08	1:55.84	4:11.79	9:16.46	820	14.8	15.01	54.3	54.48	820	6:32.44	1:02:12.31	820	45.9	46.05	2:02.13	820	2.05	4.37	7.11	14.43	15.54	48.15	43.41	67.34	820
810	11.1	11.36	22.4	22.67	51.2	51.37	1:56.24	4:13.27	9:20.76	810	14.9	15.12	54.6	54.73	810	6:35.78	1:03:14.07	810	46.2	46.29	2:02.68	810		4.36	7.09	14.39	15.39	47.62	42.70	66.86	810
800		11.42	22.5	22.78	51.5	51.66	1:56.64	4:14.78	9:25.16	800	15.0	15.23	54.8	54.98	800	6:39.20	1:04:17.87	800	46.4	46.55	2:03.25	800	2.04	4.35	7.07	14.35	15.24	47.10	42.01	66.38	800
790	11.2	11.47	22.7	22.90	51.8	51.96	1:57.05	4:16.33	9:29.67	790	15.1	15.35	55.1	55.23	790	6:42.70	1:05:23.78	790	46.7	46.80	2:03.83	790		4.34	7.06	14.32	15.09	46.59	41.32	65.90	790
780		11.52	22.8	23.02	52.1	52.26	1:57.47	4:17.91	9:34.28	780	15.2	15.47	55.4	55.50	780	6:46.29	1:06:31.85	780	46.9	47.07	2:04.41	780	2.03	4.33	7.04	14.28	14.94	46.08	40.64	65.43	780
770	11.3	11.58	22.9	23.15	52.4	52.58	1:57.90	4:19.52	9:39.00	770	15.4	15.59	55.6	55.76	770	6:49.96	1:07:42.18	770	47.2	47.34	2:05.01	770		4.32	7.02	14.25	14.79	45.57	39.97	64.96	770
760	11.4	11.64	23.0	23.28	52.8	52.89	1:58.34	4:21.17	9:43.83	760	15.5	15.72	55.9	56.04	760	6:53.73	1:08:54.83	760	47.5	47.61	2:05.63	760	2.02	4.31	7.00	14.21	14.65	45.06	39.31	64.49	760
750		11.69	23.2	23.40	53.1	53.22	1:58.79	4:22.85	9:48.78	750	15.6	15.85	56.2	56.32	750	6:57.58	1:10:09.88	750	47.8	47.89	2:06.25	750		4.30	6.99	14.18	14.50	44.56	38.66	64.02	750
740	11.5	11.75	23.3	23.54	53.4	53.55	1:59.24	4:24.57	9:53.84	740	15.7	15.98	56.5	56.60	740	7:01.53	1:11:27.42	740	48.0	48.18	2:06.89	740	2.01	4.29	6.97	14.14	14.35	44.06	38.01	63.55	740
730		11.81	23.4	23.67	53.8	53.89	1:59.70	4:26.33	9:59.01	730	15.9	16.11	56.7	56.89	730	7:05.58	1:12:47.54	730	48.3	48.47	2:07.54	730		4.28	6.95	14.11	14.21	43.56	37.38	63.08	730
720	11.6	11.88	23.6	23.81	54.1	54.24	2:00.17	4:28.12	10:04.31	720	16.0	16.25	57.0	57.18	720	7:09.72	1:14:10.32	720	48.6	48.77	2:08.20	720	2.00	4.27	6.94	14.07	14.06	43.07	36.75	62.61	720
710	11.7	11.94	23.7	23.95	54.5	54.59	2:00.65	4:29.95	10:09.73	710	16.2	16.39	57.3	57.48	710	7:13.96	1:15:35.86	710	48.9	49.07	2:08.87	710		4.26	6.92	14.04	13.92	42.59	36.13	62.15	710
700		12.00	23.9	24.09	54.8	54.95	2:01.14	4:31.82	10:15.27	700	16.3	16.54	57.7	57.79	700	7:18.30	1:17:04.26	700	49.2	49.38	2:09.56	700	1.99	4.24	6.90	14.00	13.78	42.10	35.51	61.69	700
690	11.8	12.07	24.0	24.24	55.2	55.32	2:01.63	4:33.73	10:20.94	690	16.4	16.68	58.0	58.10	690	7:22.74	1:18:35.62	690	49.6	49.70	2:10.26	690		4.23	6.88	13.97	13.63	41.62	34.91	61.23	690
680	11.9	12.13	24.2	24.39	55.6	55.70	2:02.14	4:35.67	10:26.74	680	16.6	16.83	58.3	58.42	680	7:27.29	1:20:10.05	680	49.9	50.02	2:10.97	680	1.98	4.22	6.87	13.93	13.49	41.14	34.31	60.77	680
670		12.20	24.3	24.54	55.9	56.08	2:02.65	4:37.66	10:32.67	670	16.7	16.99	58.6	58.75	670	7:31.95	1:21:47.66	670	50.2	50.35	2:11.70	670		4.21	6.85	13.89	13.35	40.67	33.72	60.31	670
660	12.0	12.27	24.5	24.69	56.3	56.47	2:03.17	4:39.68	10:38.74	660	16.9	17.15	58.9	59.08	660	7:36.72	1:23:28.57	660	50.5	50.69	2:12.44	660	1.97	4.20	6.83	13.86	13.22	40.20	33.14	59.86	660
650	12.1	12.34	24.6	24.85	56.7	56.87	2:03.70	4:41.75	10:44.94	650	17.1	17.31	59.3	59.41	650	7:41.60	1:25:12.89	650	50.9	51.03	2:13.19	650		4.19	6.81	13.82	13.08	39.73	32.57	59.40	650
640		12.41	24.8	25.01	57.1	57.27	2:04.24	4:43.86	10:51.29	640	17.2	17.47	59.6	59.76	640	7:46.60	1:27:00.76	640	51.2	51.38	2:13.96	640	1.96	4.18	6.80	13.79	12.94	39.27	32.00	58.95	640
630	12.2	12.48	24.9	25.17	57.6	57.69	2:04.79	4:46.01	10:57.77	630	17.4	17.64	1:00.0	1:00.10	630	7:51.71	1:28:52.30	630	51.6	51.73	2:14.74	630		4.17	6.78	13.75	12.80	38.81	31.44	58.50	630
620	12.3	12.56	25.1	25.34	58.0	58.11	2:05.35	4																							

Boys 16

	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		10.65	20.8	21.04	47.1	47.27	1:51.44	3:53.28	8:21.18	1000	13.60	52.9	53.08	1000	5:48.41	50:00.83	1000	42.8	42.95	1:55.24	1000	2.14	4.51	7.51	15.27	18.70	56.19	50.29	75.17	1000	
990	10.4	10.68	20.9	21.12	47.3	47.46	1:51.73	3:54.29	8:24.05	990	13.4	13.67	53.1	53.25	990	5:50.61	50:37.62	990	43.0	43.12	1:55.62	990		4.50	7.50	15.25	18.65	56.02	50.07	75.03	990
980		10.72		21.20	47.5	47.66	1:52.02	3:55.33	8:26.99	980	13.5	13.75	53.3	53.44	980	5:52.85	51:15.50	980	43.2	43.30	1:56.02	980	2.13	4.49	7.48	15.21	18.55	55.68	49.62	74.73	980
970	10.5	10.76	21.0	21.28	47.7	47.87	1:52.31	3:56.40	8:29.99	970	13.6	13.83	53.5	53.62	970	5:55.16	51:54.52	970	43.3	43.47	1:56.42	970	2.12	4.47	7.46	15.16	18.40	55.18	48.95	74.29	970
960		10.80	21.1	21.37	47.9	48.08	1:52.61	3:57.48	8:33.06	960	13.7	13.91	53.7	53.81	960	5:57.51	52:34.69	960	43.5	43.66	1:56.83	960	2.11	4.46	7.43	15.10	18.20	54.52	48.08	73.71	960
950		10.83	21.2	21.45	48.2	48.29	1:52.92	3:58.59	8:36.21	950		13.99	53.9	54.00	950	5:59.92	53:16.05	950	43.7	43.84	1:57.25	950		4.43	7.39	15.02	17.95	53.71	47.01	72.99	950
940	10.6	10.87	21.3	21.54	48.4	48.51	1:53.23	3:59.72	8:39.42	940	13.8	14.07	54.1	54.20	940	6:02.39	53:58.63	940	43.9	44.03	1:57.68	940	2.10	4.41	7.35	14.94	17.66	52.75	45.76	72.14	940
930		10.91	21.4	21.63	48.6	48.73	1:53.55	4:00.87	8:42.71	930	13.9	14.16	54.3	54.40	930	6:04.91	54:42.47	930	44.1	44.23	1:58.12	930	2.09	4.38	7.30	14.84	17.33	51.65	44.34	71.15	930
920	10.7	10.96	21.5	21.72	48.8	48.96	1:53.87	4:02.05	8:46.06	920	14.0	14.25	54.5	54.61	920	6:07.49	55:27.60	920	44.3	44.42	1:58.56	920	2.08	4.35	7.25	14.73	16.96	50.42	42.77	70.04	920
910		11.00	21.6	21.82	49.1	49.19	1:54.20	4:03.25	8:49.49	910	14.1	14.34	54.7	54.82	910	6:10.12	56:14.06	910	44.5	44.62	1:59.02	910	2.07	4.31	7.19	14.60	16.55	49.08	41.07	68.82	910
900		11.04	21.7	21.91	49.3	49.43	1:54.54	4:04.48	8:53.00	900	14.2	14.43	54.9	55.03	900	6:12.82	57:01.89	900	44.7	44.83	1:59.48	900		4.27	7.12	14.47	16.11	47.62	39.27	67.48	900
890	10.8	11.08	21.8	22.01	49.5	49.67	1:54.88	4:05.73	8:56.59	890	14.3	14.52	55.1	55.25	890	6:15.58	57:51.22	890	44.9	45.04	1:59.95	890	2.06	4.26	7.10	14.44	15.96	47.12	38.65	67.02	890
880		11.13	21.9	22.11	49.8	49.92	1:55.23	4:07.02	9:00.27	880	14.4	14.62	55.3	55.47	880	6:18.42	58:42.18	880	45.1	45.25	2:00.43	880		4.25	7.09	14.40	15.81	46.63	38.05	66.55	880
870	10.9	11.17	22.0	22.21	50.0	50.17	1:55.59	4:08.33	9:04.04	870	14.5	14.72	55.6	55.70	870	6:21.32	59:34.83	870	45.3	45.47	2:00.93	870	2.05	4.24	7.07	14.37	15.66	46.13	37.44	66.09	870
860		11.22	22.1	22.31	50.3	50.43	1:55.95	4:09.67	9:07.90	860	14.6	14.82	55.8	55.93	860	6:24.30	1:00:29.22	860	45.6	45.70	2:01.43	860		4.23	7.05	14.33	15.51	45.64	36.85	65.63	860
850	11.0	11.27	22.2	22.42	50.6	50.70	1:56.33	4:11.05	9:11.87	850	14.7	14.92	56.0	56.17	850	6:27.36	1:01:25.40	850	45.8	45.93	2:01.95	850	2.04	4.22	7.03	14.30	15.36	45.15	36.26	65.18	850
840		11.32	22.3	22.53	50.8	50.97	1:56.71	4:12.45	9:15.92	840	14.8	15.03	56.3	56.41	840	6:30.49	1:02:23.44	840	46.0	46.16	2:02.47	840		4.21	7.02	14.26	15.21	44.67	35.68	64.72	840
830	11.1	11.37	22.4	22.64	51.1	51.24	1:57.09	4:13.89	9:20.08	830	14.9	15.14	56.5	56.66	830	6:33.71	1:03:23.39	830	46.3	46.40	2:03.01	830	2.03	4.20	7.00	14.23	15.06	44.19	35.11	64.26	830
820		11.42	22.5	22.75	51.4	51.53	1:57.49	4:15.36	9:24.34	820	15.0	15.25	56.8	56.91	820	6:37.00	1:04:25.32	820	46.5	46.65	2:03.56	820		4.19	6.98	14.19	14.91	43.71	34.54	63.81	820
810	11.2	11.47	22.6	22.86	51.7	51.82	1:57.89	4:16.86	9:28.70	810	15.1	15.36	57.0	57.17	810	6:40.37	1:05:29.28	810	46.8	46.90	2:04.12	810	2.02	4.18	6.97	14.16	14.77	43.24	33.98	63.35	810
800		11.52	22.7	22.98	52.0	52.11	1:58.30	4:18.39	9:33.16	800	15.2	15.48	57.3	57.43	800	6:43.83	1:06:35.36	800	47.0	47.16	2:04.69	800		4.17	6.95	14.12	14.62	42.76	33.43	62.90	800
790	11.3	11.58	22.9	23.10	52.3	52.41	1:58.72	4:19.96	9:37.73	790	15.4	15.60	57.6	57.70	790	6:47.38	1:07:43.61	790	47.3	47.42	2:05.27	790	2.01	4.16	6.93	14.09	14.48	42.30	32.88	62.45	790
780	11.4	11.63	23.0	23.23	52.6	52.72	1:59.15	4:21.57	9:42.41	780	15.5	15.72	57.8	57.97	780	6:51.01	1:08:54.11	780	47.5	47.68	2:05.87	780		4.15	6.91	14.05	14.34	41.83	32.34	62.00	780
770		11.69	23.1	23.35	52.9	53.04	1:59.58	4:23.20	9:47.20	770	15.6	15.85	58.1	58.25	770	6:54.72	1:10:06.94	770	47.8	47.96	2:06.48	770	2.00	4.14	6.90	14.02	14.19	41.37	31.81	61.55	770
760	11.5	11.74	23.2	23.48	53.2	53.36	2:00.03	4:24.87	9:52.10	760	15.7	15.97	58.4	58.54	760	6:58.53	1:11:22.18	760	48.1	48.23	2:07.09	760		4.13	6.88	13.98	14.05	40.91	31.28	61.11	760
750		11.80	23.4	23.61	53.6	53.69	2:00.48	4:26.58	9:57.11	750	15.9	16.10	58.7	58.83	750	7:02.43	1:12:39.91	750	48.4	48.52	2:07.73	750	1.99	4.12	6.86	13.95	13.91	40.45	30.76	60.66	750
740	11.6	11.86	23.5	23.74	53.9	54.02	2:00.94	4:28.33	10:02.24	740	16.0	16.24	59.0	59.12	740	7:06.43	1:14:00.21	740	48.7	48.81	2:08.37	740		4.11	6.85	13.91	13.77	40.00	30.25	60.22	740
730		11.92	23.6	23.88	54.2	54.36	2:01.41	4:30.11	10:07.49	730	16.1	16.37	59.3	59.43	730	7:10.52	1:15:23.18	730	49.0	49.10	2:09.03	730	1.98	4.09	6.83	13.88	13.63	39.55	29.74	59.78	730
720	11.7	11.98	23.8	24.02	54.6	54.71	2:01.88	4:31.93	10:12.87	720	16.3	16.51	59.6	59.73	720	7:14.71	1:16:48.92	720	49.3	49.41	2:09.69	720		4.08	6.81	13.84	13.49	39.10	29.24	59.34	720
710	11.8	12.05	23.9	24.16	54.9	55.07	2:02.37	4:33.78	10:18.36	710	16.4	16.66	59.9	1:00.05	710	7:19.00	1:18:17.51	710	49.6	49.71	2:10.38	710	1.97	4.07	6.79	13.81	13.35	38.66	28.75	58.90	710
700		12.11	24.1	24.30	55.3	55.43	2:02.86	4:35.68	10:23.98	700	16.6	16.80	1:00.2	1:00.37	700	7:23.39	1:19:49.06	700	49.9	50.03	2:11.07	700		4.06	6.78	13.77	13.22	38.22	28.26	58.46	700
690	11.9	12.18	24.2	24.45	55.7	55.81	2:03.37	4:37.61	10:29.73	690	16.7	16.95	1:00.6	1:00.70	690	7:27.89	1:21:23.68	690	50.2	50.35	2:11.78	690	1.96	4.05	6.76	13.74	13.08	37.79	27.78	58.02	690
680	12.0	12.24	24.4	24.60	56.0	56.18	2:03.88	4:39.58	10:35.61	680	16.9	17.11	1:00.9	1:01.03	680	7:32.49	1:23:01.47	680	50.5	50.68	2:12.50	680		4.04	6.74	13.70	12.95	37.35	27.30	57.59	680
670		12.31	24.5	24.75	56.4	56.57	2:04.40	4:41.60	10:41.63	670	17.0	17.26	1:01.2	1:01.37	670	7:37.20	1:24:42.56	670	50.9	51.01	2:13.24	670	1.95	4.03	6.73	13.67	12.81	36.92	26.84	57.15	670
660	12.1	12.38	24.7	24.91	56.8	56.96	2:04.93	4:43.65	10:47.78	660	17.2	17.42	1:01.6	1:01.71	660	7:42.03	1:26:27.06	660	51.2	51.35	2:13.99	660		4.02	6.71	13.63	12.68	36.50	26.37	56.72	660
650	12.2	12.45	24.8	25.07	57.2	57.37	2:05.46	4:45.75	10:54.07	650	17.3	17.59	1:01.9	1:02.06	650	7:46.96	1:28:15.10	650	51.6	51.70	2:14.75	650	1.94	4.01	6.69	13.60	12.55	36.07	25.92	56.29	650
640	12.3	12.52	25.0	25.23	57.6	57.78	2:06.01	4:47.89	11:00.51	640	17.5	17.75	1:02.3	1:02.42	640	7:52.02	1:30:06.81	640	51.9	52.05	2:15.53	640		4.00	6.67	13.56	12.41	35.65	25.47	55.86	640
630		12.60	25.2	25.39	58.1	58.19	2:06.57	4:50.07	11:07.09	630	17.7	17.92	1:02.6	1:02.79	630	7:57.19	1:32:02.33	630	52.3	52.41	2:16.32	630	1.93	3.99	6.66	13.53	12.28	35.23	25.02	55.43	630
620	12.4	12.67	25.3	25.56	58.5</																										

Boys 15

	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						
1000	10.5	10.76		21.29	47.7	47.27	1:53.22	3:57.01	8:29.21	1000	12.6	12.87	38.3	38.44	43.5	43.64	1000	4:13.28	24:03.53	1000	2.10	4.31	7.34	14.98	20.52	66.32	73.74	72.35	1000
990		10.80	21.1	21.37	47.9	47.46	1:53.50	3:58.04	8:32.12	990	12.7	12.94	38.4	38.57	43.7	43.81	990	4:14.88	24:21.23	990		4.30	7.33	14.96	20.46	66.12	73.41	72.21	990
980		10.84	21.2	21.45	48.1	47.66	1:53.80	3:59.10	8:35.11	980		13.02	38.6	38.71	43.9	43.99	980	4:16.52	24:39.45	980	2.09	4.29	7.32	14.93	20.35	65.73	72.76	71.93	980
970	10.6	10.87	21.3	21.54	48.3	47.87	1:54.10	4:00.18	8:38.16	970	12.8	13.09	38.7	38.84	44.0	44.17	970	4:18.19	24:58.22	970	2.08	4.27	7.29	14.88	20.19	65.13	71.78	71.50	970
960		10.91	21.4	21.62	48.5	48.08	1:54.40	4:01.28	8:41.28	960	12.9	13.17	38.8	38.98	44.2	44.36	960	4:19.90	25:17.54	960	2.07	4.26	7.26	14.82	19.97	64.36	70.50	70.94	960
950	10.7	10.95	21.5	21.71	48.7	48.29	1:54.71	4:02.40	8:44.48	950	13.0	13.24	39.0	39.12	44.4	44.55	950	4:21.65	25:37.44	950		4.24	7.23	14.74	19.70	63.40	68.93	70.25	950
940		10.99	21.6	21.80	48.9	48.51	1:55.03	4:03.55	8:47.74	940	13.1	13.32	39.1	39.26	44.6	44.74	940	4:23.44	25:57.92	940	2.06	4.21	7.18	14.66	19.39	62.26	67.10	69.43	940
930		11.03		21.89	49.2	48.73	1:55.35	4:04.73	8:51.08	930		13.40	39.3	39.41	44.8	44.94	930	4:25.28	26:19.01	930	2.05	4.18	7.14	14.56	19.02	60.96	65.02	68.48	930
920	10.8	11.07	21.7	21.98	49.4	48.96	1:55.68	4:05.92	8:54.49	920	13.2	13.49	39.4	39.55	45.0	45.14	920	4:27.15	26:40.72	920	2.04	4.15	7.08	14.45	18.61	59.51	62.72	67.41	920
910		11.12	21.8	22.07	49.6	49.19	1:56.02	4:07.14	8:57.98	910	13.3	13.57	39.6	39.71	45.2	45.34	910	4:29.07	27:03.07	910	2.03	4.12	7.02	14.33	18.17	57.93	60.23	66.23	910
900	10.9	11.16	21.9	22.17	49.9	49.43	1:56.36	4:08.39	9:01.54	900	13.4	13.66	39.7	39.86	45.4	45.55	900	4:31.03	27:26.08	900		4.08	6.96	14.20	17.68	56.21	57.58	64.95	900
890		11.20	22.0	22.27	50.1	49.67	1:56.71	4:09.66	9:05.19	890	13.5	13.75	39.9	40.02	45.6	45.76	890	4:33.04	27:49.81	890	2.02	4.07	6.94	14.17	17.51	55.62	56.68	64.50	890
880	11.0	11.25	22.1	22.37	50.4	49.92	1:57.06	4:10.97	9:08.92	880	13.6	13.84	40.0	40.18	45.8	45.98	880	4:35.10	28:14.32	880		4.06	6.93	14.13	17.35	55.03	55.79	64.06	880
870		11.30	22.2	22.47	50.6	50.17	1:57.43	4:12.30	9:12.76	870	13.7	13.93	40.2	40.34	46.1	46.20	870	4:37.21	28:39.65	870	2.01	4.05	6.91	14.10	17.18	54.45	54.91	63.61	870
860	11.1	11.34	22.3	22.58	50.9	50.43	1:57.80	4:13.67	9:16.68	860	13.8	14.03	40.4	40.51	46.3	46.43	860	4:39.38	29:05.81	860		4.04	6.89	14.06	17.02	53.87	54.03	63.17	860
850		11.39	22.4	22.68	51.2	50.70	1:58.18	4:15.06	9:20.71	850	13.9	14.13	40.5	40.68	46.5	46.67	850	4:41.60	29:32.84	850	2.00	4.03	6.88	14.03	16.85	53.30	53.17	62.73	850
840	11.2	11.44	22.6	22.79	51.4	50.97	1:58.56	4:16.49	9:24.83	840	14.0	14.23	40.7	40.86	46.8	46.91	840	4:43.88	30:00.76	840		4.02	6.86	13.99	16.69	52.72	52.32	62.29	840
830		11.49	22.7	22.90	51.7	51.24	1:58.95	4:17.95	9:29.05	830	14.1	14.33	40.9	41.04	47.0	47.15	830	4:46.21	30:29.60	830	1.99	4.01	6.84	13.96	16.53	52.16	51.48	61.85	830
820	11.3	11.54	22.8	23.02	52.0	51.53	1:59.36	4:19.44	9:33.38	820	14.2	14.44	41.1	41.22	47.3	47.40	820	4:48.61	30:59.39	820		4.00	6.83	13.93	16.37	51.59	50.65	61.41	820
810		11.59	22.9	23.14	52.3	51.82	1:59.77	4:20.97	9:37.81	810	14.3	14.54	41.3	41.41	47.5	47.65	810	4:51.06	31:30.16	810	1.98	3.99	6.81	13.89	16.21	51.03	49.83	60.98	810
800	11.4	11.65	23.0	23.26	52.6	52.11	2:00.18	4:22.53	9:42.34	800	14.4	14.65	41.5	41.60	47.8	47.91	800	4:53.58	32:01.94	800		3.98	6.79	13.86	16.05	50.47	49.02	60.54	800
790		11.70	23.1	23.38	52.9	52.41	2:00.61	4:24.12	9:46.99	790	14.5	14.77	41.7	41.79	48.0	48.18	790	4:56.15	32:34.77	790	1.97	3.97	6.78	13.82	15.89	49.92	48.22	60.11	790
780	11.5	11.76	23.3	23.50	53.2	52.72	2:01.04	4:25.75	9:51.74	780	14.6	14.88	41.9	41.99	48.3	48.45	780	4:58.79	33:08.69	780		3.96	6.76	13.79	15.73	49.37	47.43	59.67	780
770		11.81	23.4	23.63	53.5	53.04	2:01.48	4:27.41	9:56.61	770	14.8	15.00	42.1	42.19	48.6	48.73	770	5:01.49	33:43.72	770	1.96	3.95	6.74	13.75	15.58	48.83	46.64	59.24	770
760	11.6	11.87	23.5	23.76	53.9	53.36	2:01.93	4:29.11	10:01.58	760	14.9	15.12	42.3	42.40	48.9	49.01	760	5:04.26	34:19.92	760		3.94	6.72	13.72	15.42	48.28	45.87	58.81	760
750	11.7	11.93	23.7	23.89	54.2	53.69	2:02.39	4:30.85	10:06.68	750	15.0	15.24	42.5	42.61	49.2	49.30	750	5:07.10	34:57.31	750	1.95	3.93	6.71	13.69	15.27	47.75	45.11	58.38	750
740		11.99	23.8	24.02	54.5	54.02	2:02.86	4:32.62	10:11.89	740	15.1	15.37	42.7	42.83	49.5	49.59	740	5:10.00	35:35.94	740		3.92	6.69	13.65	15.11	47.21	44.36	57.96	740
730	11.8	12.05	23.9	24.16	54.9	54.36	2:03.34	4:34.43	10:17.23	730	15.3	15.50	42.9	43.04	49.8	49.89	730	5:12.98	36:15.85	730	1.94	3.91	6.67	13.62	14.96	46.68	43.61	57.53	730
720		12.11	24.1	24.30	55.2	54.71	2:03.82	4:36.27	10:22.69	720	15.4	15.63	43.1	43.27	50.1	50.20	720	5:16.02	36:57.09	720		3.90	6.66	13.58	14.81	46.16	42.88	57.11	720
710	11.9	12.18	24.2	24.45	55.6	55.07	2:04.31	4:38.16	10:28.27	710	15.5	15.77	43.4	43.50	50.4	50.51	710	5:19.14	37:39.71	710	1.93	3.89	6.64	13.55	14.66	45.63	42.16	56.68	710
700	12.0	12.24	24.4	24.59	55.9	55.43	2:04.81	4:40.08	10:33.98	700	15.7	15.91	43.6	43.73	50.7	50.83	700	5:22.33	38:23.75	700		3.88	6.62	13.52	14.51	45.11	41.44	56.26	700
690		12.31	24.5	24.74	56.3	55.81	2:05.33	4:42.05	10:39.82	690	15.8	16.05	43.8	43.96	51.0	51.16	690	5:25.60	39:09.26	690	1.92	3.87	6.61	13.48	14.36	44.60	40.73	55.84	690
680	12.1	12.38	24.7	24.89	56.7	56.18	2:05.84	4:44.05	10:45.80	680	16.0	16.19	44.1	44.20	51.3	51.49	680	5:28.95	39:56.31	680		3.86	6.59	13.45	14.21	44.09	40.04	55.42	680
670	12.2	12.44	24.8	25.05	57.1	56.57	2:06.37	4:46.10	10:51.91	670	16.1	16.34	44.3	44.45	51.7	51.83	670	5:32.37	40:44.93	670	1.91	3.85	6.57	13.41	14.06	43.58	39.35	55.01	670
660	12.3	12.51	25.0	25.20	57.5	56.96	2:06.91	4:48.19	10:58.16	660	16.3	16.49	44.6	44.70	52.0	52.17	660	5:35.88	41:35.20	660		3.84	6.56	13.38	13.91	43.08	38.67	54.59	660
650		12.59	25.1	25.37	57.9	57.37	2:07.46	4:50.32	11:04.55	650	16.4	16.65	44.8	44.95	52.4	52.53	650	5:39.47	42:27.18	650	1.90	3.83	6.54	13.34	13.77	42.58	38.00	54.18	650
640	12.4	12.66	25.3	25.53	58.3	57.78	2:08.01	4:52.49	11:11.09	640	16.6	16.81	45.1	45.21	52.7	52.89	640	5:43.14	43:20.91	640		3.82	6.52	13.31	13.62	42.08	37.34	53.76	640
630	12.5	12.73	25.5	25.70	58.7	58.19	2:08.58	4:54.71	11:17.77	630	16.7	16.97	45.3	45.48	53.1	53.25	630	5:46.91	44:16.48	630	1.89	3.81	6.51	13.28	13.48	41.59	36.69	53.35	630
620		12.81	25.6	25.87	59.2	58.62	2:09.16	4:56.97	11:24.61	620	16.9	17.13	45.6	45.75	53.5	53.62	620	5:50.76	45:13.95	620		3.80	6.49	13.24	13.34	41.10	36.05	52.94	620
610	12.6	12.88	25.8	26.04	59.6	59.06	2:09.74	4:59.28	11:31.60	610	17.1	17.30	45.9	46.02	53.9	54.01	610	5:54.70	46:13.39	610	1.88	3.80	6.47	13.21	13.20	40.61	35.41	52.53	610
600	12.7	12.96	26.0	26.22	1:00.1	59.50	2:10.34	5:01.63	11:38.75	600	17.2	17.48	46.2	46.30	54.3	54.39	600	5:58.73	47:14.88	600		3.79	6.46	13.17	13.06	40.13	34.79	52.13	600
590	12.8																												

Boys 14

	Track						Hurdles				Relays		Walk		Field											
	100m		200m		400m		800m	1500m	3000m	100mH	300mH			4 x 100m	3000 mW	HJ	PV	LJ	SP	DT	HT	JT				
1000		10.94	21.4	21.63	48.4	48.56	1:55.30	4:01.35	8:38.52	1000		13.19	38.3	38.51	44.4	44.51	16:23.07	1000	2.05	4.09	7.13	19.74	59.79	62.17	62.17	1000
990	10.7	10.97	21.5	21.71	48.6	48.76	1:55.59	4:02.40	8:41.50	990	13.0	13.26	38.4	38.64	44.5	44.69	16:35.12	990	2.04	4.09	7.12	19.69	59.61	61.89	62.05	990
980		11.01		21.79	48.8	48.96	1:55.89	4:03.48	8:44.54	980	13.1	13.34	38.5	38.77	44.7	44.87	16:47.53	980		4.08	7.11	19.58	59.25	61.33	61.80	980
970	10.8	11.05	21.6	21.88	49.0	49.18	1:56.20	4:04.58	8:47.64	970	13.2	13.42	38.7	38.91	44.9	45.05	17:00.31	970	2.03	4.07	7.08	19.42	58.72	60.51	61.44	970
960		11.09	21.7	21.96	49.3	49.39	1:56.51	4:05.70	8:50.82	960		13.49	38.8	39.05	45.1	45.24	17:13.47	960	2.02	4.05	7.05	19.21	58.01	59.43	60.96	960
950		11.13	21.8	22.05	49.5	49.61	1:56.82	4:06.84	8:54.08	950	13.3	13.57	38.9	39.19	45.3	45.44	17:27.02	950		4.03	7.02	18.95	57.15	58.11	60.36	950
940	10.9	11.17	21.9	22.14	49.7	49.84	1:57.15	4:08.01	8:57.40	940	13.4	13.66	39.1	39.33	45.5	45.63	17:40.97	940	2.01	4.01	6.98	18.65	56.13	56.56	59.66	940
930		11.21	22.0	22.23	49.9	50.06	1:57.48	4:09.21	9:00.80	930	13.5	13.74	39.2	39.48	45.7	45.83	17:55.34	930	2.00	3.98	6.93	18.30	54.96	54.81	58.84	930
920	11.0	11.25	22.1	22.33	50.2	50.30	1:57.81	4:10.43	9:04.27	920	13.6	13.82	39.4	39.62	45.9	46.04	18:10.12	920	1.99	3.95	6.88	17.91	53.65	52.87	57.93	920
910		11.30	22.2	22.42	50.4	50.54	1:58.15	4:11.67	9:07.82	910	13.7	13.91	39.5	39.78	46.1	46.25	18:25.34	910	1.98	3.92	6.82	17.48	52.22	50.77	56.91	910
900		11.34	22.3	22.52	50.6	50.78	1:58.50	4:12.94	9:11.45	900	13.8	14.00	39.7	39.93	46.3	46.46	18:41.01	900		3.88	6.76	17.01	50.67	48.54	55.81	900
890	11.1	11.38	22.4	22.62	50.9	51.03	1:58.85	4:14.24	9:15.16	890		14.09	39.8	40.09	46.5	46.68	18:57.17	890	1.97	3.87	6.74	16.85	50.14	47.78	55.42	890
880		11.43	22.5	22.72	51.1	51.28	1:59.22	4:15.56	9:18.97	880	13.9	14.18	40.0	40.25	46.8	46.90	19:13.86	880		3.86	6.73	16.69	49.61	47.03	55.04	880
870	11.2	11.48	22.6	22.83	51.4	51.54	1:59.59	4:16.92	9:22.87	870	14.0	14.28	40.2	40.41	47.0	47.13	19:31.11	870	1.96	3.85	6.71	16.53	49.09	46.28	54.66	870
860		11.53	22.7	22.93	51.7	51.81	1:59.96	4:18.31	9:26.87	860	14.1	14.38	40.3	40.58	47.2	47.36	19:48.93	860		3.84	6.69	16.37	48.56	45.55	54.28	860
850	11.3	11.57	22.8	23.04	51.9	52.08	2:00.35	4:19.73	9:30.97	850	14.2	14.48	40.5	40.75	47.5	47.60	20:07.34	850	1.95	3.83	6.68	16.21	48.04	44.82	53.90	850
840		11.62	22.9	23.15	52.2	52.36	2:00.74	4:21.19	9:35.17	840	14.3	14.58	40.7	40.93	47.7	47.84	20:26.35	840		3.82	6.66	16.06	47.53	44.11	53.52	840
830	11.4	11.68	23.0	23.27	52.5	52.64	2:01.14	4:22.67	9:39.47	830	14.4	14.69	40.9	41.11	48.0	48.09	20:45.99	830	1.94	3.81	6.65	15.90	47.02	43.40	53.15	830
820		11.73	23.1	23.38	52.8	52.93	2:01.55	4:24.19	9:43.87	820	14.6	14.79	41.1	41.29	48.2	48.35	21:06.28	820		3.81	6.63	15.75	46.51	42.70	52.77	820
810	11.5	11.78	23.3	23.50	53.1	53.23	2:01.97	4:25.75	9:48.38	810	14.7	14.91	41.2	41.48	48.5	48.60	21:27.23	810	1.93	3.80	6.61	15.59	46.00	42.01	52.39	810
800	11.6	11.83	23.4	23.62	53.4	53.54	2:02.39	4:27.34	9:53.00	800	14.8	15.02	41.4	41.67	48.7	48.87	21:48.88	800		3.79	6.60	15.44	45.50	41.32	52.02	800
790		11.89	23.5	23.75	53.7	53.85	2:02.83	4:28.96	9:57.73	790	14.9	15.13	41.6	41.87	49.0	49.14	22:11.24	790	1.92	3.78	6.58	15.29	45.00	40.65	51.65	790
780	11.7	11.95	23.6	23.87	54.0	54.16	2:03.27	4:30.62	10:02.57	780	15.0	15.25	41.8	42.06	49.3	49.42	22:34.33	780		3.77	6.56	15.14	44.51	39.98	51.28	780
770		12.00	23.8	24.00	54.4	54.49	2:03.72	4:32.31	10:07.52	770	15.1	15.37	42.0	42.27	49.6	49.70	22:58.19	770	1.91	3.76	6.55	14.98	44.02	39.32	50.91	770
760	11.8	12.06	23.9	24.13	54.7	54.82	2:04.18	4:34.04	10:12.59	760	15.3	15.50	42.2	42.47	49.8	49.99	23:22.84	760		3.75	6.53	14.83	43.53	38.67	50.54	760
750		12.12	24.0	24.27	55.0	55.15	2:04.64	4:35.81	10:17.78	750	15.4	15.62	42.4	42.69	50.1	50.28	23:48.30	750	1.90	3.74	6.52	14.69	43.04	38.03	50.17	750
740	11.9	12.18	24.2	24.40	55.4	55.50	2:05.12	4:37.61	10:23.09	740	15.5	15.75	42.7	42.90	50.4	50.58	24:14.61	740		3.73	6.50	14.54	42.56	37.39	49.80	740
730	12.0	12.25	24.3	24.54	55.7	55.85	2:05.60	4:39.45	10:28.52	730	15.6	15.89	42.9	43.12	50.7	50.89	24:41.79	730	1.89	3.72	6.48	14.39	42.08	36.77	49.43	730
720		12.31	24.5	24.69	56.1	56.21	2:06.10	4:41.34	10:34.08	720	15.8	16.02	43.1	43.34	51.1	51.20	25:09.88	720		3.71	6.47	14.24	41.61	36.15	49.07	720
710	12.1	12.37	24.6	24.83	56.4	56.57	2:06.60	4:43.26	10:39.77	710	15.9	16.16	43.3	43.57	51.4	51.52	25:38.90	710	1.88	3.70	6.45	14.10	41.14	35.54	48.71	710
700	12.2	12.44	24.7	24.98	56.8	56.95	2:07.11	4:45.22	10:45.58	700	16.1	16.30	43.6	43.80	51.7	51.85	26:08.89	700		3.69	6.43	13.96	40.67	34.93	48.34	700
690		12.51	24.9	25.13	57.2	57.33	2:07.63	4:47.22	10:51.53	690	16.2	16.45	43.8	44.04	52.0	52.18	26:39.89	690		3.68	6.42	13.81	40.20	34.34	47.98	690
680	12.3	12.58	25.1	25.29	57.6	57.72	2:08.16	4:49.26	10:57.62	680	16.4	16.60	44.0	44.28	52.4	52.52	27:11.93	680	1.87	3.67	6.40	13.67	39.74	33.75	47.62	680
670	12.4	12.65	25.2	25.44	58.0	58.12	2:08.70	4:51.34	11:03.84	670	16.5	16.75	44.3	44.53	52.7	52.86	27:45.04	670		3.66	6.39	13.53	39.29	33.17	47.26	670
660	12.5	12.72	25.4	25.60	58.4	58.52	2:09.25	4:53.47	11:10.21	660	16.7	16.90	44.5	44.78	53.1	53.22	28:19.28	660	1.86	3.66	6.37	13.39	38.83	32.60	46.91	660
650		12.79	25.5	25.77	58.8	58.93	2:09.80	4:55.64	11:16.71	650	16.8	17.06	44.8	45.03	53.4	53.58	28:54.67	650		3.65	6.35	13.25	38.38	32.04	46.55	650
640	12.6	12.86	25.7	25.93	59.2	59.35	2:10.37	4:57.85	11:23.37	640	17.0	17.22	45.1	45.29	53.8	53.94	29:31.27	640	1.85	3.64	6.34	13.11	37.93	31.48	46.20	640
630	12.7	12.94	25.9	26.10	59.6	59.78	2:10.95	5:00.11	11:30.18	630	17.2	17.39	45.3	45.56	54.2	54.32	30:09.11	630		3.63	6.32	12.97	37.49	30.93	45.84	630
620	12.8	13.01	26.0	26.27	1:00.1	1:00.22	2:11.53	5:02.41	11:37.14	620	17.3	17.56	45.6	45.83	54.6	54.70	30:48.25	620	1.84	3.62	6.30	12.83	37.05	30.39	45.49	620
610		13.09	26.2	26.45	1:00.5	1:00.67	2:12.13	5:04.76	11:44.26	610	17.5	17.73	45.9	46.10	54.9	55.08	31:28.73	610		3.61	6.29	12.70	36.61	29.85	45.14	610
600	12.9	13.17	26.4	26.63	1:01.0	1:01.12	2:12.73	5:07.16	11:51.53	600	17.7	17.91	46.1	46.38	55.3	55.48	32:10.60	600	1.83	3.60	6.27	12.56	36.18	29.33	44.79	600
590	13.0	13.25	26.6	26.81	1:01.5	1:01.59	2:13.35	5:09.60	11:58.98	590	17.9	18.09	46.4	46.66	55.7	55.88	32:53.92	590		3.59	6.26	12.43	35.75	28.81	44.44	590
580	13.1	13.33	26.8	27.00	1:01.9	1:02.06	2:13.98	5:12.10	12:06.58	580	18.0	18.28	46.7	46.95	56.2	56.29	33:38.75	580	1.82	3.58	6.24	12.29	35.32	28.29	44.10	580
570	13.2	13.42	27.0	27.19	1:02.4	1:02.54	2:14.61	5:14.64	12:14.36	570	18.2	18.47	47.0	47.25	56.6	56.71	34:25.13	570		3.57	6.22	12.16	34.90	27.79	43.75	570
560	13.3	13.50	27.1	27.38	1:02.9	1:03.04	2:15.26	5:17.23	12:22.32	560	18.4	18.66	47.3	47.55	57.0	57.14	35:13.13	560	1.81	3.56	6.21	12.03	34.48	27.29	43.41	560
550		13.59	27.3	27.58	1:03.4	1:03.54	2:15.92	5:19.88	12:30.45	550	18.6	18.86	47.6	47.85	57.4	57.58	36:02.82									

Boys 13

	Track					Hurdles				Relays		Walk	Field											
	100m	200m	800m	1500m	3000m	80mH	200mH	4 x 100m		1500 mW	HJ	PV	LJ	SP	DT	HT	JT							
1000		11.00	21.8	22.05	1:57.71	4:06.41	8:49.42	1000	10.9	11.16	26.5	26.71	45.5	45.60	7:13.60	1000	1.82		6.12	18.96	53.25	50.95	52.66	1000
990		11.03	21.9	22.13	1:58.01	4:07.49	8:52.46	990		11.22		26.80	45.6	45.78	7:18.92	990		3.81	6.11	18.91	53.09	50.72	52.55	990
980	10.8	11.07	22.0	22.22	1:58.32	4:08.59	8:55.56	980	11.0	11.28	26.6	26.89	45.8	45.97	7:24.39	980	1.81	3.81	6.10	18.81	52.77	50.27	52.35	980
970		11.11	22.1	22.30	1:58.63	4:09.71	8:58.73	970	11.1	11.35	26.7	26.98	46.0	46.16	7:30.03	970	1.80	3.79	6.08	18.66	52.30	49.59	52.04	970
960	10.9	11.15		22.39	1:58.94	4:10.86	9:01.98	960		11.41	26.8	27.08	46.2	46.35	7:35.83	960		3.78	6.05	18.45	51.67	48.71	51.63	960
950		11.19	22.2	22.48	1:59.27	4:12.03	9:05.30	950	11.2	11.48	26.9	27.17	46.4	46.55	7:41.81	950	1.79	3.76	6.02	18.21	50.90	47.62	51.13	950
940		11.23	22.3	22.57	1:59.60	4:13.22	9:08.70	940	11.3	11.55	27.0	27.27	46.6	46.75	7:47.96	940	1.78	3.74	5.99	17.91	49.99	46.36	50.53	940
930	11.0	11.27	22.4	22.67	1:59.93	4:14.44	9:12.17	930	11.4	11.62	27.1	27.37	46.8	46.96	7:54.29	930		3.71	5.95	17.58	48.95	44.92	49.84	930
920		11.31	22.5	22.76	2:00.28	4:15.68	9:15.71	920		11.69	27.2	27.48	47.0	47.17	8:00.82	920	1.77	3.68	5.90	17.20	47.79	43.33	49.06	920
910	11.1	11.36	22.6	22.86	2:00.63	4:16.95	9:19.34	910	11.5	11.76	27.3	27.58	47.2	47.38	8:07.53	910	1.76	3.65	5.85	16.79	46.51	41.61	48.21	910
900		11.40	22.7	22.96	2:00.98	4:18.25	9:23.04	900	11.6	11.84	27.5	27.69	47.5	47.60	8:14.44	900		3.62	5.80	16.34	45.13	39.78	47.27	900
890	11.2	11.45	22.8	23.06	2:01.34	4:19.57	9:26.83	890	11.7	11.92	27.6	27.80	47.7	47.82	8:21.57	890	1.75	3.61	5.79	16.18	44.66	39.16	46.94	890
880		11.49	22.9	23.17	2:01.71	4:20.93	9:30.72	880		12.00	27.7	27.91	47.9	48.05	8:28.93	880		3.60	5.77	16.03	44.19	38.54	46.62	880
870	11.3	11.54	23.0	23.27	2:02.09	4:22.32	9:34.70	870	11.8	12.08	27.8	28.03	48.1	48.28	8:36.54	870	1.74	3.59	5.76	15.88	43.72	37.93	46.30	870
860		11.59	23.1	23.38	2:02.47	4:23.73	9:38.78	860	11.9	12.16	27.9	28.14	48.4	48.52	8:44.40	860		3.58	5.74	15.73	43.26	37.33	45.98	860
850	11.4	11.64	23.3	23.49	2:02.87	4:25.19	9:42.97	850	12.0	12.24	28.0	28.26	48.6	48.77	8:52.52	850	1.73	3.58	5.73	15.57	42.79	36.74	45.65	850
840		11.69	23.4	23.60	2:03.27	4:26.67	9:47.26	840	12.1	12.33	28.1	28.38	48.9	49.02	9:00.90	840		3.57	5.72	15.42	42.33	36.15	45.33	840
830	11.5	11.74	23.5	23.72	2:03.68	4:28.19	9:51.65	830	12.2	12.42	28.3	28.51	49.1	49.27	9:09.56	830		3.56	5.70	15.27	41.88	35.57	45.01	830
820		11.79	23.6	23.84	2:04.10	4:29.74	9:56.14	820	12.3	12.51	28.4	28.64	49.4	49.53	9:18.51	820	1.72	3.55	5.69	15.13	41.43	34.99	44.70	820
810	11.6	11.84	23.7	23.96	2:04.52	4:31.33	10:00.75	810	12.4	12.61	28.5	28.76	49.7	49.80	9:27.75	810		3.54	5.67	14.98	40.98	34.43	44.38	810
800		11.90	23.8	24.08	2:04.96	4:32.95	10:05.46	800	12.5	12.70	28.7	28.90	49.9	50.07	9:37.30	800	1.71	3.53	5.66	14.83	40.53	33.87	44.06	800
790	11.7	11.95	24.0	24.21	2:05.40	4:34.61	10:10.29	790	12.6	12.80	28.8	29.03	50.2	50.35	9:47.16	790		3.52	5.65	14.68	40.08	33.31	43.75	790
780		12.01	24.1	24.34	2:05.85	4:36.30	10:15.23	780	12.7	12.90	28.9	29.17	50.5	50.63	9:57.35	780		3.52	5.63	14.54	39.64	32.77	43.43	780
770	11.8	12.07	24.2	24.47	2:06.31	4:38.03	10:20.29	770	12.8	13.00	29.1	29.31	50.8	50.92	10:07.87	770	1.70	3.51	5.62	14.39	39.20	32.23	43.12	770
760	11.9	12.13	24.4	24.60	2:06.78	4:39.79	10:25.47	760	12.9	13.11	29.2	29.45	51.1	51.22	10:18.75	760		3.50	5.60	14.25	38.77	31.69	42.80	760
750		12.19	24.5	24.74	2:07.25	4:41.60	10:30.77	750	13.0	13.21	29.4	29.60	51.4	51.52	10:29.98	750	1.69	3.49	5.59	14.11	38.34	31.17	42.49	750
740	12.0	12.25	24.6	24.88	2:07.74	4:43.44	10:36.19	740	13.1	13.32	29.5	29.75	51.7	51.82	10:41.58	740		3.48	5.58	13.96	37.91	30.65	42.18	740
730		12.31	24.8	25.02	2:08.23	4:45.32	10:41.73	730	13.2	13.44	29.7	29.90	52.0	52.14	10:53.57	730	1.68	3.47	5.56	13.82	37.48	30.13	41.87	730
720	12.1	12.37	24.9	25.17	2:08.74	4:47.24	10:47.41	720	13.3	13.55	29.8	30.06	52.3	52.46	11:05.96	720		3.46	5.55	13.68	37.06	29.62	41.56	720
710	12.2	12.44	25.1	25.32	2:09.25	4:49.20	10:53.21	710	13.4	13.67	30.0	30.22	52.6	52.79	11:18.76	710		3.45	5.53	13.54	36.64	29.12	41.25	710
700		12.51	25.2	25.47	2:09.77	4:51.20	10:59.15	700	13.5	13.79	30.1	30.38	53.0	53.12	11:31.99	700	1.67	3.45	5.52	13.40	36.22	28.63	40.95	700
690	12.3	12.57	25.4	25.62	2:10.30	4:53.25	11:05.23	690	13.7	13.91	30.3	30.54	53.3	53.46	11:45.66	690		3.44	5.51	13.27	35.81	28.14	40.64	690
680	12.4	12.64	25.5	25.78	2:10.84	4:55.33	11:11.44	680	13.8	14.04	30.5	30.71	53.7	53.81	11:59.79	680	1.66	3.43	5.49	13.13	35.40	27.66	40.34	680
670		12.71	25.7	25.94	2:11.39	4:57.46	11:17.79	670	13.9	14.16	30.6	30.88	54.0	54.16	12:14.40	670		3.42	5.48	12.99	34.99	27.19	40.03	670
660	12.5	12.78	25.9	26.10	2:11.95	4:59.63	11:24.29	660	14.1	14.30	30.8	31.05	54.4	54.52	12:29.50	660	1.65	3.41	5.46	12.86	34.59	26.72	39.73	660
650	12.6	12.86	26.0	26.27	2:12.52	5:01.84	11:30.94	650	14.2	14.43	31.0	31.23	54.8	54.89	12:45.11	650		3.40	5.45	12.72	34.19	26.25	39.43	650
640	12.7	12.93	26.2	26.44	2:13.10	5:04.10	11:37.73	640	14.3	14.57	31.2	31.41	55.1	55.27	13:01.25	640		3.39	5.44	12.59	33.79	25.80	39.13	640
630		13.01	26.4	26.61	2:13.69	5:06.41	11:44.68	630	14.5	14.71	31.4	31.59	55.5	55.65	13:17.94	630	1.64	3.38	5.42	12.46	33.39	25.35	38.83	630
620	12.8	13.08	26.6	26.79	2:14.28	5:08.76	11:51.79	620	14.6	14.85	31.5	31.78	55.9	56.04	13:35.20	620		3.38	5.41	12.33	33.00	24.90	38.53	620
610	12.9	13.16	26.7	26.97	2:14.89	5:11.16	11:59.06	610	14.8	15.00	31.7	31.97	56.3	56.44	13:53.06	610	1.63	3.37	5.39	12.20	32.61	24.47	38.23	610
600	13.0	13.24	26.9	27.15	2:15.51	5:13.61	12:06.49	600	14.9	15.15	31.9	32.16	56.7	56.84	14:11.52	600		3.36	5.38	12.07	32.22	24.03	37.94	600
590	13.1	13.32	27.1	27.34	2:16.14	5:16.10	12:14.09	590	15.1	15.30	32.1	32.36	57.1	57.25	14:30.63	590		3.35	5.37	11.94	31.84	23.61	37.64	590
580	13.2	13.41	27.3	27.53	2:16.78	5:18.65	12:21.86	580	15.2	15.46	32.3	32.56	57.5	57.68	14:50.40	580	1.62	3.34	5.35	11.81	31.46	23.19	37.35	580
570		13.49	27.5	27.72	2:17.43	5:21.25	12:29.80	570	15.4	15.62	32.5	32.77	58.0	58.11	15:10.86	570		3.33	5.34	11.68	31.09	22.77	37.06	570
560	13.3	13.58	27.7	27.92	2:18.09	5:23.89	12:37.92	560	15.5	15.78	32.7	32.97	58.4	58.54	15:32.03	560	1.61	3.32	5.33	11.55	30.71	22.37	36.77	560
550	13.4	13.66	27.9	28.12	2:18.76	5:26.59	12:46.22	550	15.7	15.95	32.9	33.19	58.8	58.99	15:53.95	550		3.32	5.31	11.43	30.34	21.96	36.48	550
540	13.5	13.75	28.1	28.32	2:19.44	5:29.35	12:54.71	540	15.9	16.12	33.2	33.40	59.3	59.44	16:16.63	540	1.60	3.31	5.30	11.30	29.97	21.57	36.19	540
530	13.6	13.84	28.3	28.53	2:20.14	5:32.16	13:03.40	530	16.1	16.29	33.4	33.62	59.8	59.91	16:40.12	530		3.30	5.28	11.18	29.61	21.18	35.90	530
520	13.7	13.93	28.5	28.74	2:20.84	5:35.02	13:12.27	520	16.2	16.47	33.6	33.84	60.2	60.38	17:04.44	520		3.29	5.27	11.06	29.25	20.79	35.61	520
510	13.8	14.03	28.7	28.96	2:21.56	5:37.94	13:21.35	510	16.4	16.65	33.8	34.07	60.7	60.86	17:29.63									

Boys 12

	Track						Hurdles				Relays		Walk		Field						
	100m		150m		1200m		75mH		150mH		4 x 100m		1500 mW		HJ	LJ	SP	DT	HT	JT	
1000	11.0	11.27		18.10	3:24.67	1000	11.3	11.55	20.8	21.07	46.8	46.97	7:36.25	1000		5.80	15.17	44.94	39.61	43.91	1000
990		11.30	17.9	18.17	3:25.40	990		11.62	20.9	21.14	47.0	47.16	7:41.84	990	1.73	5.79	15.13	44.80	39.43	43.82	990
980		11.34	18.0	18.23	3:26.15	980	11.4	11.68	21.0	21.22	47.2	47.35	7:47.60	980		5.78	15.05	44.53	39.08	43.65	980
970	11.1	11.38		18.30	3:26.91	970	11.5	11.75		21.29	47.4	47.55	7:53.54	970	1.72	5.76	14.92	44.13	38.56	43.39	970
960		11.42	18.1	18.37	3:27.68	960		11.82	21.1	21.37	47.6	47.75	7:59.64	960		5.74	14.76	43.60	37.87	43.05	960
950	11.2	11.46	18.2	18.44	3:28.47	950	11.6	11.89	21.2	21.44	47.8	47.95	8:05.93	950	1.71	5.71	14.56	42.95	37.03	42.63	950
940		11.50		18.51	3:29.28	940	11.7	11.96	21.3	21.52	48.0	48.16	8:12.41	940	1.70	5.68	14.33	42.18	36.04	42.14	940
930	11.3	11.55	18.3	18.58	3:30.10	930	11.8	12.03		21.60	48.2	48.37	8:19.07	930		5.64	14.06	41.31	34.92	41.56	930
920		11.59	18.4	18.66	3:30.94	920		12.11	21.4	21.68	48.4	48.58	8:25.93	920	1.69	5.60	13.76	40.32	33.69	40.91	920
910		11.63	18.5	18.73	3:31.80	910	11.9	12.18	21.5	21.77	48.7	48.81	8:33.00	910	1.68	5.55	13.43	39.25	32.35	40.20	910
900	11.4	11.68	18.6	18.81	3:32.67	900	0.0	12.26	21.6	21.85	48.9	49.03	8:40.27	900		5.50	13.07	38.08	30.93	39.41	900
890		11.73		18.89	3:33.56	890	12.1	12.34	21.7	21.94	49.1	49.26	8:47.77	890	1.67	5.49	12.95	37.68	30.44	39.14	890
880	11.5	11.77	18.7	18.97	3:34.47	880	12.2	12.42	21.8	22.02	49.4	49.49	8:55.52	880		5.47	12.82	37.29	29.96	38.87	880
870		11.82	18.8	19.05	3:35.40	870	12.3	12.51	21.9	22.11	49.6	49.73	9:03.52	870	1.66	5.46	12.70	36.89	29.49	38.60	870
860	11.6	11.87	18.9	19.14	3:36.35	860		12.59	22.0	22.21	49.8	49.98	9:11.79	860		5.45	12.58	36.50	29.02	38.34	860
850		11.92	19.0	19.22	3:37.33	850	12.4	12.68	22.1	22.30	50.1	50.23	9:20.34	850		5.43	12.46	36.11	28.56	38.07	850
840	11.7	11.97	19.1	19.31	3:38.32	840	12.5	12.77	22.2	22.40	50.3	50.49	9:29.16	840	1.65	5.42	12.34	35.72	28.10	37.80	840
830		12.03	19.2	19.40	3:39.34	830	12.6	12.86	22.3	22.50	50.6	50.75	9:38.27	830		5.41	12.22	35.34	27.65	37.54	830
820	11.8	12.08		19.49	3:40.37	820	12.7	12.96	22.4	22.60	50.9	51.02	9:47.69	820	1.64	5.39	12.10	34.96	27.21	37.27	820
810	11.9	12.13	19.3	19.58	3:41.43	810	12.8	13.05	22.5	22.70	51.2	51.29	9:57.42	810		5.38	11.98	34.58	26.77	37.01	810
800		12.19	19.4	19.68	3:42.51	800	12.9	13.15	22.6	22.80	51.4	51.57	10:07.46	800		5.37	11.86	34.20	26.33	36.74	800
790	12.0	12.25	19.5	19.78	3:43.62	790	13.0	13.25	22.7	22.91	51.7	51.86	10:17.84	790	1.63	5.35	11.75	33.82	25.90	36.48	790
780		12.30	19.6	19.88	3:44.74	780	13.1	13.36	22.8	23.02	52.0	52.15	10:28.56	780		5.34	11.63	33.45	25.47	36.22	780
770	12.1	12.36	19.7	19.98	3:45.89	770	13.2	13.46	22.9	23.13	52.3	52.45	10:39.63	770	1.62	5.33	11.51	33.08	25.05	35.95	770
760	12.2	12.42	19.8	20.08	3:47.06	760	13.3	13.57	23.0	23.24	52.6	52.75	10:51.07	760		5.31	11.40	32.72	24.64	35.69	760
750		12.49	20.0	20.19	3:48.26	750	13.4	13.68	23.1	23.36	52.9	53.06	11:02.89	750		5.30	11.28	32.35	24.23	35.43	750
740	12.3	12.55	20.1	20.30	3:49.48	740	13.6	13.80	23.2	23.48	53.2	53.38	11:15.10	740	1.61	5.29	11.17	31.99	23.83	35.17	740
730		12.61	20.2	20.41	3:50.72	730	13.7	13.91	23.4	23.60	53.6	53.70	11:27.71	730		5.27	11.06	31.63	23.43	34.91	730
720	12.4	12.68	20.3	20.52	3:51.99	720	13.8	14.03	23.5	23.72	53.9	54.04	11:40.75	720	1.60	5.26	10.95	31.27	23.03	34.66	720
710	12.5	12.75	20.4	20.63	3:53.28	710	13.9	14.15	23.6	23.84	54.2	54.37	11:54.22	710		5.25	10.83	30.92	22.64	34.40	710
700		12.81	20.5	20.75	3:54.60	700	14.0	14.28	23.7	23.97	54.6	54.72	12:08.14	700		5.23	10.72	30.57	22.26	34.14	700
690	12.6	12.88	20.6	20.87	3:55.95	690	14.2	14.40	23.9	24.10	54.9	55.07	12:22.52	690	1.59	5.22	10.61	30.22	21.88	33.89	690
680	12.7	12.95	20.8	20.99	3:57.32	680	14.3	14.53	24.0	24.23	55.3	55.42	12:37.39	680		5.21	10.50	29.87	21.51	33.64	680
670	12.8	13.02	20.9	21.11	3:58.71	670	14.4	14.67	24.1	24.37	55.6	55.79	12:52.76	670	1.58	5.20	10.39	29.53	21.14	33.38	670
660		13.10	21.0	21.24	4:00.13	660	14.6	14.80	24.3	24.50	56.0	56.16	13:08.65	660		5.18	10.29	29.19	20.77	33.13	660
650	12.9	13.17	21.1	21.37	4:01.58	650	14.7	14.94	24.4	24.64	56.4	56.54	13:25.08	650		5.17	10.18	28.85	20.41	32.88	650
640	13.0	13.25	21.3	21.50	4:03.06	640	14.8	15.08	24.5	24.78	56.8	56.93	13:42.06	640	1.57	5.16	10.07	28.51	20.06	32.63	640
630	13.1	13.33	21.4	21.63	4:04.57	630	15.0	15.23	24.7	24.93	57.2	57.32	13:59.62	630		5.14	9.97	28.18	19.71	32.38	630
620	13.2	13.40	21.5	21.77	4:06.10	620	15.1	15.38	24.8	25.08	57.6	57.72	14:17.79	620	1.56	5.13	9.86	27.85	19.36	32.13	620
610		13.49	21.7	21.90	4:07.66	610	15.3	15.53	25.0	25.23	58.0	58.13	14:36.58	610		5.12	9.76	27.52	19.02	31.88	610
600	13.3	13.57	21.8	22.05	4:09.25	600	15.4	15.68	25.1	25.38	58.4	58.55	14:56.01	600		5.10	9.65	27.19	18.69	31.63	600
590	13.4	13.65	22.0	22.19	4:10.87	590	15.6	15.84	25.3	25.54	58.8	58.97	15:16.11	590	1.55	5.09	9.55	26.87	18.35	31.39	590
580	13.5	13.73	22.1	22.33	4:12.52	580	15.8	16.00	25.5	25.69	59.3	59.41	15:36.92	580		5.08	9.45	26.55	18.03	31.14	580
570	13.6	13.82	22.2	22.48	4:14.20	570	15.9	16.17	25.6	25.86	59.7	59.85	15:58.44	570	1.54	5.06	9.34	26.23	17.71	30.90	570
560	13.7	13.91	22.4	22.63	4:15.91	560	16.1	16.34	25.8	26.02	60.2	60.30	16:20.72	560		5.05	9.24	25.92	17.39	30.66	560
550	13.8	14.00	22.6	22.79	4:17.66	550	16.3	16.51	25.9	26.19	60.6	60.76	16:43.78	550		5.04	9.14	25.60	17.08	30.41	550
540		14.09	22.7	22.95	4:19.43	540	16.4	16.69	26.1	26.36	61.1	61.23	17:07.65	540	1.53	5.02	9.04	25.29	16.77	30.17	540
530	13.9	14.18	22.9	23.11	4:21.24	530	16.6	16.87	26.3	26.53	61.6	61.71	17:32.37	530		5.01	8.94	24.99	16.46	29.93	530
520	14.0	14.28	23.0	23.27	4:23.08	520	16.8	17.05	26.5	26.71	62.1	62.19	17:57.96	520	1.52	5.00	8.85	24.68	16.16	29.69	520
510	14.1	14.37	23.2	23.43	4:24.95	510	17.0	17.24	26.6	26.89	62.5	62.69	18:24.47	510		4.98	8.75	24.38	15.87	29.46	510
500	14.2	14.47	23.4	23.60	4:26.85	500	17.2	17.44	26.8	27.07	63.1	63.19	18:51.92	500		4.97	8.65	24.08	15.58	29.22	500
	100m	150m	1200m				75mH	150mH	4 x 100m	1500 mW				HJ	LJ	SP	DT	HT	JT		

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

Boys 10 & 11

Boys 11															
	Track			Hurdles		Relays		Field							
	80m	100m	1200m	75mH	4 x 100m	HJ	LJ	SP							
1000		9.85		11.61	3:30.38	1000	11.3	11.55	48.5	48.67	1000		5.41	14.19	1000
990	9.6	9.88	11.4	11.65	3:31.13	990		11.62	48.7	48.86	990	1.63	5.41	14.15	990
980		9.91		11.69	3:31.89	980	11.4	11.68	48.9	49.06	980		5.39	14.07	980
970		9.94		11.73	3:32.67	970	11.5	11.75	49.1	49.26	970	1.62	5.37	13.96	970
960	9.7	9.98	11.5	11.77	3:33.47	960		11.82	49.3	49.47	960	1.61	5.35	13.81	960
950		10.01		11.82	3:34.29	950	11.6	11.89	49.5	49.68	950		5.33	13.62	950
940		10.05	11.6	11.86	3:35.11	940	11.7	11.96	49.8	49.90	940	1.60	5.30	13.40	940
930	9.8	10.08		11.90	3:35.96	930	11.8	12.03	50.0	50.11	930	1.59	5.26	13.15	930
920		10.12	11.7	11.95	3:36.82	920		12.11	50.2	50.34	920		5.22	12.87	920
910	9.9	10.15		11.99	3:37.70	910	11.9	12.18	50.4	50.57	910	1.58	5.18	12.56	910
900		10.19	11.8	12.04	3:38.60	900	0.0	12.26	50.7	50.80	900		5.13	12.22	900
890		10.23		12.09	3:39.52	890	12.1	12.34	50.9	51.04	890	1.57	5.12	12.11	890
880	10.0	10.27	11.9	12.14	3:40.45	880	12.2	12.42	51.1	51.28	880		5.11	11.99	880
870		10.31		12.19	3:41.41	870	12.3	12.51	51.4	51.53	870	1.56	5.09	11.88	870
860	10.1	10.35	12.0	12.24	3:42.39	860		12.59	51.6	51.78	860		5.08	11.77	860
850		10.39		12.29	3:43.39	850	12.4	12.68	51.9	52.05	850		5.07	11.65	850
840		10.43	12.1	12.34	3:44.41	840	12.5	12.77	52.2	52.31	840	1.55	5.06	11.54	840
830	10.2	10.47		12.40	3:45.45	830	12.6	12.86	52.4	52.58	830		5.04	11.43	830
820		10.52	12.2	12.45	3:46.52	820	12.7	12.96	52.7	52.86	820		5.03	11.32	820
810	10.3	10.56		12.51	3:47.61	810	12.8	13.05	53.0	53.15	810	1.54	5.02	11.21	810
800		10.61	12.3	12.57	3:48.72	800	12.9	13.15	53.3	53.44	800		5.01	11.10	800
790	10.4	10.65		12.62	3:49.85	790	13.0	13.25	53.6	53.73	790	1.53	4.99	10.99	790
780		10.70	12.4	12.68	3:51.01	780	13.1	13.36	53.9	54.03	780		4.98	10.88	780
770	10.5	10.75	12.5	12.74	3:52.19	770	13.2	13.46	54.2	54.34	770		4.97	10.77	770
760		10.80		12.81	3:53.39	760	13.3	13.57	54.5	54.66	760	1.52	4.96	10.66	760
750	10.6	10.85	12.6	12.87	3:54.62	750	13.4	13.68	54.8	54.98	750		4.94	10.55	750
740		10.90	12.7	12.94	3:55.88	740	13.6	13.80	55.2	55.31	740		4.93	10.45	740
730	10.7	10.95		13.00	3:57.15	730	13.7	13.91	55.5	55.64	730	1.51	4.92	10.34	730
720		11.01	12.8	13.07	3:58.46	720	13.8	14.03	55.8	55.99	720		4.91	10.24	720
710	10.8	11.06	12.9	13.14	3:59.79	710	13.9	14.15	56.2	56.33	710	1.50	4.89	10.13	710
700		11.12		13.21	4:01.14	700	14.0	14.28	56.6	56.69	700		4.88	10.03	700
690	10.9	11.17	13.0	13.28	4:02.52	690	14.2	14.40	56.9	57.05	690		4.87	9.93	690
680	11.0	11.23	13.1	13.35	4:03.93	680	14.3	14.53	57.3	57.42	680	1.49	4.86	9.82	680
670		11.29	13.2	13.43	4:05.37	670	14.4	14.67	57.7	57.80	670		4.85	9.72	670
660	11.1	11.35		13.50	4:06.83	660	14.6	14.80	58.0	58.19	660		4.83	9.62	660
650		11.41	13.3	13.58	4:08.32	650	14.7	14.94	58.4	58.58	650	1.48	4.82	9.52	650
640	11.2	11.47	13.4	13.66	4:09.84	640	14.8	15.08	58.8	58.98	640		4.81	9.42	640
630	11.3	11.53	13.5	13.74	4:11.39	630	15.0	15.23	59.2	59.39	630	1.47	4.80	9.32	630
620		11.60	13.6	13.82	4:12.96	620	15.1	15.38	59.7	59.81	620		4.78	9.22	620
610	11.4	11.66		13.90	4:14.57	610	15.3	15.53	60.1	60.23	610		4.77	9.12	610
600	11.5	11.73	13.7	13.98	4:16.20	600	15.4	15.68	60.5	60.66	600	1.46	4.76	9.03	600
590		11.80	13.8	14.07	4:17.87	590	15.6	15.84	61.0	61.10	590		4.75	8.93	590
580	11.6	11.87	13.9	14.16	4:19.56	580	15.8	16.00	61.4	61.55	580		4.73	8.83	580
570	11.7	11.94	14.0	14.25	4:21.29	570	15.9	16.17	61.9	62.01	570	1.45	4.72	8.74	570
560		12.01	14.1	14.34	4:23.05	560	16.1	16.34	62.3	62.48	560		4.71	8.64	560
550	11.8	12.08	14.2	14.43	4:24.84	550	16.3	16.51	62.8	62.95	550	1.44	4.70	8.55	550
540	11.9	12.15	14.3	14.52	4:26.66	540	16.4	16.69	63.3	63.44	540		4.69	8.46	540
530	12.0	12.23	14.4	14.62	4:28.52	530	16.6	16.87	63.8	63.93	530		4.67	8.36	530
520		12.30	14.5	14.72	4:30.41	520	16.8	17.05	1:04.3	1:04.44	520	1.43	4.66	8.27	520
510	12.1	12.38	14.6	14.81	4:32.34	510	17.0	17.24	1:04.8	1:04.95	510		4.65	8.18	510
500	12.2	12.46	14.7	14.91	4:34.30	500	17.2	17.44	1:05.3	1:05.47	500		4.64	8.09	500
80m	100m	1200m		75mH	4 x 100m		HJ	LJ	SP						

Boys 10															
	Track			Hurdles		Relays		Field							
	80m	100m	1200m	75mH	4 x 100m	HJ	LJ	SP							
1000		10.22	11.8	12.05	3:37.10	1000	11.3	11.58	50.6	50.77	1000	1.50	4.94	13.36	1000
990		10.25		12.09	3:37.88	990	11.4	11.64	50.8	50.97	990		4.93	13.33	990
980	10.0	10.28		12.13	3:38.67	980		11.71	51.0	51.18	980	1.49	4.92	13.25	980
970		10.32	11.9	12.17	3:39.47	970	11.5	11.78	51.2	51.39	970		4.90	13.15	970
960		10.35		12.21	3:40.30	960	11.6	11.85	51.5	51.60	960	1.48	4.88	13.01	960
950	10.1	10.38	12.0	12.26	3:41.14	950		11.92	51.7	51.82	950		4.86	12.83	950
940		10.42		12.30	3:41.99	940	11.7	11.99	51.9	52.05	940	1.47	4.83	12.62	940
930	10.2	10.46	12.1	12.35	3:42.87	930	11.8	12.06	52.1	52.28	930	1.46	4.80	12.39	930
920		10.49		12.39	3:43.76	920	11.9	12.14	52.4	52.51	920		4.76	12.12	920
910		10.53	12.2	12.44	3:44.66	910	12.0	12.21	52.6	52.75	910	1.45	4.72	11.83	910
900	10.3	10.57		12.49	3:45.59	900		12.29	52.9	52.99	900		4.68	11.51	900
890		10.61	12.3	12.54	3:46.53	890	12.1	12.37	53.1	53.24	890	1.44	4.67	11.40	890
880	10.4	10.65		12.59	3:47.50	880	12.2	12.45	53.4	53.49	880		4.66	11.30	880
870		10.69	12.4	12.64	3:48.49	870	12.3	12.54	53.6	53.75	870		4.65	11.19	870
860		10.73		12.69	3:49.50	860	12.4	12.62	53.9	54.02	860	1.43	4.63	11.08	860
850	10.5	10.77	12.5	12.75	3:50.53	850	12.5	12.71	54.1	54.29	850		4.62	10.98	850
840		10.82		12.80	3:51.58	840	12.6	12.80	54.4	54.57	840		4.61	10.87	840
830	10.6	10.86	12.6	12.86	3:52.66	830		12.89	54.7	54.85	830	1.42	4.60	10.76	830
820		10.91		12.92	3:53.76	820	12.7	12.99	55.0	55.14	820		4.59	10.66	820
810	10.7	10.96	12.7	12.97	3:54.88	810	12.8	13.08	55.3	55.44	810		4.58	10.55	810
800		11.00	12.8	13.03	3:56.03	800	12.9	13.18	55.6	55.74	800	1.41	4.57	10.45	800
790	10.8	11.05		13.10	3:57.20	790	13.0	13.29	55.9	56.05	790		4.56	10.35	790
780		11.10	12.9	13.16	3:58.39	780	13.1	13.39	56.2	56.36	780	1.40	4.54	10.25	780
770	10.9	11.15	13.0	13.22	3:59.61	770	13.3	13.50	56.5	56.69	770		4.53	10.14	770
760		11.20		13.29	4:00.86	760	13.4	13.60	56.9	57.01	760		4.52	10.04	760
750	11.0	11.25	13.1	13.35	4:02.12	750	13.5	13.72	57.2	57.35	750	1.39	4.51	9.94	750
740		11.31	13.2	13.42	4:03.42	740	13.6	13.83	57.6	57.69	740		4.50	9.84	740
730	11.1	11.36		13.49	4:04.74	730	13.7	13.95	57.9	58.04	730		4.49	9.74	730
720		11.42	13.3	13.56	4:06.08	720	13.8	14.07	58.3	58.40	720	1.38	4.48	9.64	720
710	11.2	11.47	13.4	13.63	4:07.46	710	13.9	14.19	58.6	58.76	710				

Boys 6, 7, 8 & 9

Boys 9								Boys 8					Boys 7					Boys 6						
		60m		80m		4 x 80m				60m		80m				60m		80m						
1000		8.12	10.4	10.68	42.3	44.60	1000	1000		8.54		11.24	1000	1000	8.8	9.07		11.92	1000	1000	9.69		12.74	
990		8.14		10.71	42.4	44.80	990	990	8.3	8.57	11.0	11.28	990	990		9.09	11.7	11.96	990	990		9.72	12.5	12.78
980	7.9	8.17		10.75	42.6	45.00	980	980		8.59		11.31	980	980		9.12		11.99	980	980		9.74		12.82
970		8.19	10.5	10.78	42.8	45.10	970	970		8.62	11.1	11.35	970	970		9.15		12.03	970	970	9.5	9.77	12.6	12.86
960		8.22		10.82	43.0	45.30	960	960		8.65		11.39	960	960	8.9	9.18	11.8	12.07	960	960		9.80		12.91
950		8.24	10.6	10.86	43.1	45.50	950	950	8.4	8.68		11.43	950	950		9.21		12.11	950	950		9.84	12.7	12.95
940	8.0	8.27		10.89	43.3	45.70	940	940		8.70	11.2	11.47	940	940		9.24	11.9	12.16	940	940	9.6	9.87		12.99
930		8.30		10.93	43.5	45.90	930	930		8.73		11.51	930	930	9.0	9.27		12.20	930	930		9.90	12.8	13.04
920		8.32	10.7	10.97	43.7	46.10	920	920	8.5	8.76	11.3	11.55	920	920		9.30	12.0	12.24	920	920		9.93		13.09
910		8.35		11.01	43.9	46.30	910	910		8.79		11.59	910	910		9.33		12.29	910	910	9.7	9.97		13.13
900	8.1	8.38	10.8	11.05	44.1	46.60	900	900		8.82		11.63	900	900	9.1	9.36		12.33	900	900		10.00	12.9	13.18
890		8.41		11.09	44.3	46.80	890	890		8.85	11.4	11.67	890	890		9.39	12.1	12.38	890	890		10.03		13.23
880		8.44		11.13	44.5	47.00	880	880	8.6	8.88		11.72	880	880		9.43		12.42	880	880	9.8	10.07	13.0	13.28
870	8.2	8.47	10.9	11.18	44.7	47.20	870	870		8.91	11.5	11.76	870	870	9.2	9.46	12.2	12.47	870	870		10.11		13.33
860		8.50		11.22	45.0	47.50	860	860		8.95		11.81	860	860		9.49		12.52	860	860		10.14	13.1	13.38
850		8.53	11.0	11.26	45.2	47.70	850	850	8.7	8.98	11.6	11.86	850	850		9.53	12.3	12.57	850	850	9.9	10.18	13.2	13.44
840	8.3	8.56		11.31	45.4	47.90	840	840		9.01		11.90	840	840	9.3	9.57		12.62	840	840		10.22		13.49
830		8.60	11.1	11.36	45.7	48.20	830	830		9.05	11.7	11.95	830	830		9.60	12.4	12.67	830	830	10.0	10.26	13.3	13.55
820		8.63		11.40	45.9	48.40	820	820	8.8	9.08		12.00	820	820		9.64		12.73	820	820		10.30		13.60
810	8.4	8.67	11.2	11.45	46.1	48.70	810	810		9.12	11.8	12.05	810	810	9.4	9.68	12.5	12.78	810	810		10.34	13.4	13.66
800		8.70		11.50	46.4	49.00	800	800	8.9	9.16		12.11	800	800		9.72	12.6	12.83	800	800	10.1	10.38		13.72
790		8.74	11.3	11.55	46.7	49.20	790	790		9.19	11.9	12.16	790	790	9.5	9.76		12.89	790	790		10.43	13.5	13.78
780	8.5	8.77		11.60	46.9	49.50	780	780		9.23		12.21	780	780		9.80	12.7	12.95	780	780	10.2	10.47	13.6	13.84
770		8.81	11.4	11.66	47.2	49.80	770	770	9.0	9.27	12.0	12.27	770	770		9.84		13.01	770	770		10.51		13.90
760	8.6	8.85		11.71	47.5	50.10	760	760		9.31		12.33	760	760	9.6	9.88	12.8	13.07	760	760	10.3	10.56	13.7	13.97
750		8.89	11.5	11.77	47.7	50.40	750	750	9.1	9.35	12.1	12.38	750	750		9.93	12.9	13.13	750	750		10.60	13.8	14.03
740		8.93		11.82	48.0	50.70	740	740		9.39	12.2	12.44	740	740	9.7	9.97		13.19	740	740	10.4	10.65		14.10
730	8.7	8.97	11.6	11.88	48.3	51.00	730	730		9.44		12.50	730	730		10.01	13.0	13.25	730	730		10.70	13.9	14.17
720		9.01	11.7	11.94	48.6	51.30	720	720	9.2	9.48	12.3	12.56	720	720	9.8	10.06		13.32	720	720	10.5	10.75	14.0	14.24
710	8.8	9.05		11.99	48.9	51.60	710	710		9.52	12.4	12.62	710	710		10.11	13.1	13.38	710	710		10.80		14.31
700		9.09	11.8	12.05	49.2	52.00	700	700	9.3	9.57		12.69	700	700	9.9	10.15	13.2	13.45	700	700	10.6	10.85	14.1	14.38
690		9.13		12.12	49.5	52.30	690	690		9.61	12.5	12.75	690	690		10.20	13.3	13.52	690	690		10.90	14.2	14.45
680	8.9	9.18	11.9	12.18	49.9	52.60	680	680	9.4	9.66		12.82	680	680	10.0	10.25		13.59	680	680	10.7	10.95	14.3	14.53
670		9.22	12.0	12.24	50.2	53.00	670	670		9.71	12.6	12.88	670	670		10.30	13.4	13.66	670	670		11.01		14.60
660	9.0	9.27		12.31	50.5	53.30	660	660	9.5	9.76	12.7	12.95	660	660	10.1	10.35	13.5	13.73	660	660	10.8	11.06	14.4	14.68
650		9.31	12.1	12.37	50.9	53.70	650	650		9.80	12.8	13.02	650	650		10.40		13.81	650	650		11.12	14.5	14.76
640	9.1	9.36	12.2	12.44	51.2	54.10	640	640	9.6	9.85		13.09	640	640	10.2	10.46	13.6	13.88	640	640	10.9	11.17	14.6	14.84
630		9.41		12.51	51.6	54.40	630	630		9.90	12.9	13.16	630	630		10.51	13.7	13.96	630	630	11.0	11.23	14.7	14.92
620	9.2	9.46	12.3	12.58	51.9	54.80	620	620	9.7	9.96	13.0	13.24	620	620	10.3	10.57	13.8	14.03	620	620		11.29	14.8	15.00
610		9.51	12.4	12.65	52.3	55.20	610	610		10.01	13.1	13.31	610	610		10.62	13.9	14.11	610	610	11.1	11.35		15.09
600	9.3	9.56	12.5	12.72	52.7	55.60	600	600	9.8	10.06		13.39	600	600	10.4	10.68		14.19	600	600		11.41	14.9	15.17
590		9.61		12.79	53.1	56.00	590	590		10.12	13.2	13.46	590	590	10.5	10.73	14.0	14.28	590	590	11.2	11.47	15.0	15.26
580	9.4	9.66	12.6	12.87	53.4	56.40	580	580	9.9	10.17	13.3	13.54	580	580		10.79	14.1	14.36	580	580	11.3	11.53	15.1	15.35
570		9.72	12.7	12.94	53.8	56.90	570	570		10.23	13.4	13.62	570	570	10.6	10.85	14.2	14.44	570	570		11.60	15.2	15.44
560	9.5	9.77	12.8	13.02	54.3	57.30	560	560	10.0	10.28	13.5	13.70	560	560		10.91	14.3	14.53	560	560	11.4	11.66	15.3	15.53
550		9.83		13.10	54.7	57.70	550	550	10.1	10.34		13.79	550	550	10.7	10.98	14.4	14.62	550	550	11.5	11.73	15.4	15.62
540	9.6	9.88	12.9	13.18	55.1	58.20	540	540		10.40	13.6	13.87	540	540	10.8	11.04	14.5	14.71	540	540		11.79	15.5	15.72
530	9.7	9.94	13.0	13.26	55.5	58.60	530	530	10.2	10.46	13.7	13.96	530	530		11.10	14.6	14.80	530	530	11.6	11.86	15.6	15.82
520		10.00	13.1	13.34	56.0	59.10	520	520		10.52	13.8	14.04	520	520	10.9	11.17		14.89	520	520	11.7	11.93	15.7	15.92
510	9.8	10.06	13.2	13.43	56.4	59.60	510	510	10.3	10.58	13.9	14.13	510	510	11.0	11.23	14.7	14.98	510	510		12.00	15.8	16.02
500		10.12	13.3	13.51	56.8	60.00	500	500	10.4	10.65	14.0	14.22	500	500		11.30	14.8	15.08	500	500	11.8	12.07	15.9	16.12
		60m		80m		4 x 80m				60m		80m				60m		80m						

Technical Standards: N/A



A.P.E. TABLES FOR GIRLS

Girls 19 (Junior Women)

	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	11.2	11.49	23.0	23.25	53.1	53.26	1000	2:00.51	4:11.89	9:26.16	16:15.90	32:06.13	1000	13.6	13.81	58.1	58.22	1000	10:35.16	51:30.08	1000	45.7	45.79	3:23.41	2:09.54	1000	1.88		6.45	12.98	16.33	53.57	54.23	59.21	1000
990		11.53	23.1	23.37	53.4	53.55	990	2:01.13	4:13.19	9:31.00	16:24.23	32:34.62	990	13.7	13.90	58.5	58.65	990	10:40.89	52:28.92	990	45.8	45.98	3:24.22	2:10.05	990		3.89	6.44	12.96	15.98	52.55	52.87	58.25	990
980	11.3	11.58	23.2	23.48	53.7	53.84	980	2:01.77	4:14.51	9:35.96	16:32.78	33:04.04	980	13.8	14.00	58.9	59.09	980	10:46.77	53:29.93	980	46.0	46.16	3:25.05	2:10.58	980	1.87	3.88	6.42	12.93	15.60	51.44	51.39	57.20	980
970		11.63	23.4	23.60	54.0	54.14	970	2:02.42	4:15.87	9:41.05	16:41.56	33:34.41	970	13.9	14.10	59.4	59.54	970	10:52.80	54:33.19	970	46.2	46.35	3:25.90	2:11.12	970		3.87	6.40	12.89	15.18	50.23	49.81	56.06	970
960	11.4	11.68	23.5	23.71	54.3	54.44	960	2:03.08	4:17.25	9:46.27	16:50.56	34:05.76	960	14.0	14.20	59.9	1:00.01	960	10:58.99	55:38.77	960	46.4	46.55	3:26.76	2:11.67	960	1.86	3.85	6.38	12.83	14.74	48.95	48.13	54.84	960
950		11.73	23.6	23.83	54.6	54.75	950	2:03.76	4:18.67	9:51.62	16:59.79	34:38.13	950	14.1	14.31	1:00.3	1:00.48	950	11:05.34	56:46.78	950	46.6	46.75	3:27.64	2:12.23	950	1.85	3.83	6.34	12.77	14.28	47.58	46.37	53.54	950
940	11.5	11.78	23.7	23.96	54.9	55.07	940	2:04.45	4:20.12	9:57.11	17:09.25	35:11.54	940	14.2	14.41	1:00.8	1:00.97	940	11:11.86	57:57.30	940	46.8	46.95	3:28.54	2:12.80	940	1.84	3.81	6.31	12.70	13.79	46.16	44.54	52.17	940
930		11.83	23.8	24.08	55.3	55.39	930	2:05.16	4:21.59	10:02.74	17:18.95	35:46.03	930	14.3	14.52	1:01.3	1:01.47	930	11:18.54	59:10.44	930	47.0	47.16	3:29.46	2:13.39	930		3.78	6.27	12.61	13.29	44.67	42.65	50.74	930
920	11.6	11.88	24.0	24.21	55.6	55.72	920	2:05.88	4:23.10	10:08.52	17:28.90	36:21.64	920	14.4	14.64	1:01.8	1:01.98	920	11:25.40	1:00:26.30	920	47.2	47.37	3:30.39	2:13.98	920	1.83	3.76	6.22	12.52	12.77	43.14	40.73	49.26	920
910	11.7	11.94	24.1	24.35	55.9	56.06	910	2:06.62	4:24.65	10:14.43	17:39.10	36:58.41	910	14.5	14.75	1:02.4	1:02.50	910	11:32.43	1:01:44.98	910	47.4	47.58	3:31.35	2:14.59	910	1.82	3.72	6.17	12.41	12.24	41.56	38.77	47.72	910
900		11.99	24.2	24.48	56.3	56.41	900	2:07.37	4:26.22	10:20.50	17:49.56	37:36.36	900	14.6	14.87	1:02.9	1:03.04	900	11:39.65	1:03:06.60	900	47.7	47.80	3:32.32	2:15.21	900	1.81	3.69	6.11	12.30	11.70	39.95	36.80	46.15	900
890	11.8	12.05	24.4	24.62	56.6	56.76	890	2:08.14	4:27.83	10:26.73	18:00.30	38:15.54	890	14.8	14.99	1:03.4	1:03.59	890	11:47.06	1:04:31.43	890	47.9	48.02	3:33.31	2:15.84	890	1.80	3.67	6.08	12.24	11.47	39.26	35.96	45.47	890
880		12.10	24.5	24.76	57.0	57.13	880	2:08.93	4:29.48	10:33.14	18:11.34	38:56.00	880	14.9	15.11	1:04.0	1:04.15	880	11:54.69	1:05:59.78	880	48.1	48.25	3:34.33	2:16.49	880	1.79	3.65	6.05	12.18	11.25	38.58	35.13	44.80	880
870	11.9	12.16	24.7	24.90	57.4	57.50	870	2:09.74	4:31.17	10:39.73	18:22.70	39:37.77	870	15.0	15.24	1:04.6	1:04.73	870	12:02.55	1:07:31.79	870	48.3	48.49	3:35.37	2:17.15	870		3.64	6.02	12.12	11.02	37.90	34.32	44.13	870
860		12.22	24.8	25.05	57.7	57.88	860	2:10.57	4:32.90	10:46.51	18:34.39	40:20.90	860	15.1	15.37	1:05.2	1:05.33	860	12:10.63	1:09:07.62	860	48.6	48.73	3:36.44	2:17.83	860	1.78	3.62	5.99	12.06	10.80	37.23	33.52	43.47	860
850	12.0	12.28	25.0	25.20	58.1	58.27	850	2:11.42	4:34.67	10:53.48	18:46.40	41:05.44	850	15.3	15.51	1:05.8	1:05.94	850	12:18.94	1:10:47.44	850	48.8	48.97	3:37.52	2:18.52	850	1.77	3.60	5.96	12.00	10.58	36.57	32.74	42.81	850
840	12.1	12.35	25.1	25.36	58.5	58.67	840	2:12.28	4:36.49	11:00.64	18:58.75	41:51.43	840	15.4	15.64	1:06.4	1:06.57	840	12:27.49	1:12:31.44	840	49.1	49.22	3:38.64	2:19.23	840	1.76	3.58	5.93	11.94	10.37	35.91	31.96	42.16	840
830		12.41	25.3	25.51	58.9	59.08	830	2:13.17	4:38.35	11:08.01	19:11.45	42:38.93	830	15.5	15.79	1:07.1	1:07.21	830	12:36.29	1:14:19.79	830	49.3	49.48	3:39.77	2:19.96	830	1.75	3.57	5.90	11.88	10.16	35.27	31.21	41.51	830
820	12.2	12.48	25.4	25.67	59.4	59.50	820	2:14.08	4:40.25	11:15.58	19:24.50	43:27.98	820	15.7	15.93	1:07.7	1:07.87	820	12:45.34	1:16:12.70	820	49.6	49.74	3:40.93	2:20.70	820	1.74	3.55	5.87	11.83	9.95	34.63	30.46	40.87	820
810	12.3	12.54	25.6	25.84	59.8	59.93	810	2:15.01	4:42.19	11:23.36	19:37.92	44:18.65	810	15.8	16.08	1:08.4	1:08.55	810	12:54.64	1:18:10.38	810	49.9	50.01	3:42.12	2:21.45	810	1.73	3.53	5.84	11.77	9.74	34.00	29.73	40.24	810
800		12.61	25.8	26.01	1:00.2	1:00.36	800	2:15.96	4:44.18	11:31.36	19:51.71	45:10.99	800	16.0	16.23	1:09.1	1:09.25	800	13:04.22	1:20:13.04	800	50.1	50.28	3:43.33	2:22.22	800	1.72	3.51	5.82	11.71	9.54	33.37	29.01	39.61	800
790	12.4	12.68	25.9	26.18	1:00.7	1:00.81	790	2:16.94	4:46.22	11:39.59	20:05.88	46:05.06	790	16.1	16.39	1:09.8	1:09.96	790	13:14.06	1:22:20.92	790	50.4	50.56	3:44.57	2:23.01	790		3.49	5.79	11.65	9.34	32.76	28.31	38.99	790
780	12.5	12.75	26.1	26.36	1:01.1	1:01.27	780	2:17.93	4:48.30	11:48.04	20:20.45	47:00.92	780	16.3	16.55	1:10.6	1:10.70	780	13:24.18	1:24:34.25	780	50.7	50.84	3:45.84	2:23.82	780	1.71	3.48	5.76	11.59	9.14	32.15	27.61	38.38	780
770	12.6	12.83	26.3	26.54	1:01.6	1:01.74	770	2:18.95	4:50.43	11:56.72	20:35.41	47:58.64	770	16.5	16.71	1:11.3	1:11.45	770	13:34.59	1:26:53.31	770	51.0	51.13	3:47.13	2:24.64	770	1.70	3.46	5.73	11.53	8.95	31.55	26.93	37.77	770
760		12.90	26.5	26.72	1:02.1	1:02.22	760	2:20.00	4:52.61	12:05.64	20:50.79	48:58.29	760	16.6	16.88	1:12.1	1:12.22	760	13:45.29	1:29:18.35	760	51.3	51.43	3:48.45	2:25.48	760	1.69	3.44	5.70	11.47	8.76	30.96	26.27	37.16	760
750	12.7	12.98	26.7	26.91	1:02.6	1:02.71	750	2:21.06	4:54.84	12:14.81	21:06.60	49:59.93	750	16.8	17.05	1:12.9	1:13.01	750	13:56.30	1:31:49.67	750	51.6	51.73	3:49.79	2:26.34	750	1.68	3.42	5.67	11.41	8.57	30.37	25.61	36.56	750
740	12.8	13.05	26.9	27.11	1:03.1	1:03.22	740	2:22.15	4:57.11	12:24.23	21:22.83	51:03.64	740	17.0	17.23	1:13.7	1:13.83	740	14:07.62	1:34:27.56	740	51.9	52.04	3:51.16	2:27.21	740	1.67	3.41	5.64	11.35	8.39	29.79	24.97	35.97	740
730	12.9	13.13	27.1	27.30	1:03.6	1:03.73	730	2:23.26	4:59.44	12:33.91	21:39.52	52:09.50	730	17.2	17.41	1:14.5	1:14.66	730	14:19.25	1:37:12.35	730	52.2	52.36	3:52.56	2:28.10	730	1.66	3.39	5.61	11.29	8.20	29.22	24.34	35.39	730
720	13.0	13.21	27.3	27.50	1:04.1	1:04.26	720	2:24.40	5:01.82	12:43.85	21:56.66	53:17.57	720	17.4	17.60	1:15.4	1:15.51	720	14:31.22	1:40:04.37	720	52.5	52.68	3:53.99	2:29.01	720	1.65	3.37	5.58	11.24	8.02	28.66	23.72	34.81	720
710		13.30	27.5	27.71	1:04.7	1:04.79	710	2:25.56	5:04.25	12:54.07	22:14.27	54:27.96	710	17.5	17.79	1:16.3	1:16.39	710	14:43.52	1:43:03.98	710	52.9	53.01	3:55.45	2:29.94	710		3.35	5.55	11.18	7.85	28.11	23.12	34.23	710
700	13.1	13.38	27.7	27.92	1:05.2	1:05.34	700	2:26.75	5:06.73	13:04.57	22:32.37	55:40.75	700	17.7	17.98	1:17.2	1:17.29	700	14:56.17	1:46:11.55	700	53.2	53.34	3:56.94	2:30.89	700	1.64	3.34	5.52	11.12	7.68	27.56	22.52	33.67	700
690	13.2	13.47	27.9	28.13	1:05.8	1:05.90	690	2:27.97	5:09.27	13:15.36	22:50.96	56:56.02	690	17.9	18.18	1:18.1	1:18.21	690	15:09.17	1:49:27.48	690	53.5	53.68	3:58.46	2:31.86	690	1.63	3.32	5.49	11.06	7.50	27.02	21.94	33.11	690
680	13.3	13.55	28.1	28.35	1:06.3	1:06.48	680	2:29.21	5:11.87	13:26.44	23:10.07	58:13.86	680	18.1	18.39	1:19.0	1:19.16																		

Girls 17 (Youth Girls)

	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	11.4	11.68	23.4	23.65	54.0	54.17	1000	2:01.63	4:17.67	9:39.16	1000	13.1	13.38	58.6	58.75	22:53.05	1000	46.3	46.46	1000	1.83	3.74	6.24	12.54	15.39	49.18	48.60	54.69	1000
990		11.73	23.5	23.77	54.3	54.46	990	2:02.26	4:19.00	9:44.11	990	13.2	13.47	59.0	59.19	23:19.19	990	46.5	46.64	990		3.73	6.23	12.52	15.06	48.24	47.38	53.80	990
980	11.5	11.77	23.6	23.88	54.6	54.75	980	2:02.90	4:20.35	9:49.19	980	13.3	13.57	59.5	59.63	23:46.30	980	46.7	46.83	980	1.82	3.72	6.21	12.49	14.70	47.22	46.06	52.83	980
970		11.82	23.8	24.00	54.9	55.06	970	2:03.55	4:21.74	9:54.39	970	13.4	13.66	1:00.0	1:00.09	24:14.41	970	46.9	47.02	970	1.81	3.71	6.19	12.45	14.30	46.12	44.64	51.78	970
960	11.6	11.87	23.9	24.12	55.2	55.37	960	2:04.22	4:23.16	9:59.73	960	13.5	13.76	1:00.4	1:00.56	24:43.55	960	47.1	47.22	960		3.69	6.17	12.40	13.89	44.93	43.13	50.65	960
950		11.92	24.0	24.24	55.5	55.68	950	2:04.90	4:24.61	10:05.21	950	13.6	13.86	1:00.9	1:01.04	25:13.77	950	47.3	47.42	950	1.80	3.68	6.14	12.34	13.45	43.69	41.55	49.45	950
940	11.7	11.97	24.1	24.37	55.9	56.01	940	2:05.60	4:26.09	10:10.83	940	13.7	13.97	1:01.4	1:01.53	25:45.11	940	47.5	47.63	940	1.79	3.65	6.10	12.26	12.99	42.37	39.91	48.19	940
930		12.03	24.3	24.50	56.2	56.34	930	2:06.32	4:27.60	10:16.59	930	13.8	14.08	1:01.9	1:02.04	26:17.61	930	47.7	47.84	930		3.63	6.06	12.18	12.52	41.01	38.22	46.87	930
920	11.8	12.08	24.4	24.63	56.5	56.67	920	2:07.05	4:29.14	10:22.49	920	13.9	14.18	1:02.4	1:02.55	26:51.31	920	47.9	48.05	920	1.78	3.60	6.02	12.09	12.03	39.60	36.50	45.50	920
910	11.9	12.13	24.5	24.76	56.9	57.02	910	2:07.79	4:30.72	10:28.54	910	14.1	14.30	1:02.9	1:03.08	27:26.27	910	48.1	48.27	910	1.77	3.57	5.96	11.99	11.53	38.15	34.74	44.08	910
900		12.19	24.7	24.90	57.2	57.37	900	2:08.55	4:32.33	10:34.75	900	14.2	14.41	1:03.5	1:03.62	28:02.54	900	48.4	48.49	900	1.76	3.54	5.91	11.88	11.03	36.68	32.98	42.63	900
890	12.0	12.25	24.8	25.04	57.6	57.73	890	2:09.33	4:33.98	10:41.12	890	14.3	14.53	1:04.0	1:04.17	28:40.24	890	48.6	48.72	890	1.75	3.52	5.88	11.82	10.81	36.04	32.23	42.00	890
880		12.31	24.9	25.18	58.0	58.10	880	2:10.12	4:35.67	10:47.68	880	14.4	14.65	1:04.6	1:04.74	29:19.49	880	48.8	48.95	880	1.74	3.51	5.85	11.77	10.60	35.41	31.49	41.38	880
870	12.1	12.37	25.1	25.33	58.3	58.48	870	2:10.94	4:37.39	10:54.42	870	14.5	14.77	1:05.2	1:05.33	30:00.37	870	49.0	49.19	870		3.49	5.82	11.71	10.39	34.79	30.76	40.76	870
860		12.43	25.2	25.48	58.7	58.86	860	2:11.78	4:39.17	11:01.35	860	14.7	14.90	1:05.8	1:05.93	30:42.95	860	49.3	49.43	860	1.73	3.47	5.80	11.65	10.18	34.18	30.04	40.15	860
850	12.2	12.49	25.4	25.63	59.1	59.26	850	2:12.63	4:40.98	11:08.48	850	14.8	15.03	1:06.4	1:06.55	31:27.31	850	49.5	49.68	850	1.72	3.45	5.77	11.59	9.97	33.57	29.34	39.54	850
840	12.3	12.55	25.6	25.79	59.5	59.67	840	2:13.51	4:42.84	11:15.81	840	14.9	15.16	1:07.0	1:07.18	32:13.52	840	49.8	49.93	840	1.71	3.44	5.74	11.54	9.77	32.97	28.65	38.94	840
830		12.62	25.7	25.95	59.9	1:00.08	830	2:14.41	4:44.74	11:23.35	830	15.1	15.30	1:07.7	1:07.83	33:01.67	830	50.1	50.19	830	1.70	3.42	5.71	11.48	9.57	32.38	27.97	38.34	830
820	12.4	12.68	25.9	26.12	1:00.4	1:00.51	820	2:15.32	4:46.68	11:31.10	820	15.2	15.44	1:08.4	1:08.50	33:51.84	820	50.3	50.46	820	1.69	3.40	5.68	11.42	9.37	31.79	27.30	37.75	820
810	12.5	12.75	26.0	26.28	1:00.8	1:00.95	810	2:16.26	4:48.67	11:39.06	810	15.3	15.58	1:09.0	1:09.18	34:44.13	810	50.6	50.73	810		3.39	5.65	11.36	9.18	31.21	26.64	37.17	810
800	12.6	12.82	26.2	26.46	1:01.3	1:01.39	800	2:17.22	4:50.71	11:47.24	800	15.5	15.73	1:09.7	1:09.89	35:38.63	800	50.9	51.01	800	1.68	3.37	5.62	11.31	8.99	30.64	26.00	36.59	800
790		12.89	26.4	26.63	1:01.7	1:01.85	790	2:18.21	4:52.79	11:55.65	790	15.6	15.88	1:10.5	1:10.61	36:35.45	790	51.1	51.29	790	1.67	3.35	5.60	11.25	8.80	30.07	25.37	36.01	790
780	12.7	12.97	26.6	26.81	1:02.2	1:02.32	780	2:19.21	4:54.92	12:04.30	780	15.8	16.03	1:11.2	1:11.35	37:34.70	780	51.4	51.58	780	1.66	3.34	5.57	11.19	8.62	29.52	24.75	35.45	780
770	12.8	13.04	26.8	26.99	1:02.7	1:02.79	770	2:20.24	4:57.10	12:13.18	770	16.0	16.19	1:12.0	1:12.11	38:36.48	770	51.7	51.87	770	1.65	3.32	5.54	11.14	8.43	28.97	24.14	34.88	770
760	12.9	13.12	26.9	27.18	1:03.1	1:03.28	760	2:21.29	4:59.32	12:22.31	760	16.1	16.36	1:12.7	1:12.89	39:40.93	760	52.0	52.17	760	1.64	3.30	5.51	11.08	8.25	28.42	23.54	34.32	760
750		13.19	27.1	27.37	1:03.6	1:03.78	750	2:22.37	5:01.60	12:31.68	750	16.3	16.52	1:13.5	1:13.69	40:48.17	750	52.3	52.48	750	1.63	3.28	5.48	11.02	8.08	27.88	22.95	33.77	750
740	13.0	13.27	27.3	27.57	1:04.2	1:04.29	740	2:23.47	5:03.93	12:41.32	740	16.5	16.70	1:14.4	1:14.51	41:58.33	740	52.7	52.79	740		3.27	5.45	10.97	7.90	27.35	22.38	33.23	740
730	13.1	13.35	27.5	27.77	1:04.7	1:04.82	730	2:24.59	5:06.31	12:51.22	730	16.6	16.87	1:15.2	1:15.35	43:11.55	730	53.0	53.11	730	1.62	3.25	5.43	10.91	7.73	26.83	21.81	32.69	730
720	13.2	13.43	27.7	27.98	1:05.2	1:05.35	720	2:25.74	5:08.75	13:01.40	720	16.8	17.05	1:16.1	1:16.21	44:27.99	720	53.3	53.44	720	1.61	3.23	5.40	10.85	7.56	26.31	21.26	32.15	720
710	13.3	13.52	27.9	28.18	1:05.8	1:05.90	710	2:26.91	5:11.23	13:11.85	710	17.0	17.24	1:17.0	1:17.09	45:47.79	710	53.6	53.77	710	1.60	3.22	5.37	10.80	7.39	25.80	20.72	31.62	710
700	13.4	13.60	28.2	28.40	1:06.3	1:06.45	700	2:28.11	5:13.77	13:22.59	700	17.2	17.42	1:17.9	1:18.00	47:11.14	700	54.0	54.11	700	1.59	3.20	5.34	10.74	7.23	25.30	20.19	31.10	700
690		13.69	28.4	28.62	1:06.9	1:07.03	690	2:29.34	5:16.37	13:33.62	690	17.4	17.62	1:18.8	1:18.93	48:38.20	690	54.3	54.46	690	1.58	3.18	5.31	10.68	7.07	24.81	19.67	30.58	690
680	13.5	13.78	28.6	28.84	1:07.5	1:07.61	680	2:30.59	5:19.03	13:44.96	680	17.6	17.82	1:19.7	1:19.89	50:09.16	680	54.7	54.81	680		3.17	5.29	10.63	6.91	24.32	19.15	30.07	680
670	13.6	13.87	28.8	29.07	1:08.1	1:08.21	670	2:31.87	5:21.74	13:56.61	670	17.8	18.02	1:20.7	1:20.87	51:44.22	670	55.0	55.17	670	1.57	3.15	5.26	10.57	6.76	23.84	18.65	29.56	670
660	13.7	13.96	29.1	29.30	1:08.7	1:08.82	660	2:33.18	5:24.51	14:08.58	660	18.0	18.23	1:21.7	1:21.87	53:23.58	660	55.4	55.54	660	1.56	3.13	5.23	10.51	6.60	23.36	18.16	29.06	660
650	13.8	14.06	29.3	29.54	1:09.3	1:09.44	650	2:34.52	5:27.34	14:20.88	650	18.2	18.44	1:22.8	1:22.90	55:07.46	650	55.8	55.92	650	1.55	3.12	5.20	10.46	6.45	22.89	17.68	28.56	650
640	13.9	14.15	29.5	29.78	1:09.9	1:10.08	640	2:35.88	5:30.24	14:33.51	640	18.4	18.66	1:23.8	1:23.96	56:56.11	640	56.2	56.30	640	1.54	3.10	5.17	10.40	6.31	22.43	17.22	28.07	640
630	14.0	14.25	29.8	30.03	1:10.6	1:10.73	630	2:37.28	5:33.19	14:46.50	630	18.6	18.89	1:24.9	1:25.04	58:49.76	630	56.5	56.69	630	1.53	3.08	5.15	10.34	6.16	21.98	16.76	27.59	630
620	14.1	14.35	30.0	30.28	1:11.3	1:11.39	620	2:38.70	5:36.21	14:59.84	620	18.9	19.12	1:26.0	1:26.15	1:00:48.67	620	56.9	57.09	620		3.07	5.12	10.29	6.02	21.53	16.31	27.11	620
610	14.2	14.45	30.3	30.54	1:11.9	1:12.07	610	2:40.16	5:39.29	15:13.55	610	19.1	19.35	1:27.1	1:27.29	1:02:53.12	610	57.4	57.49	610	1.52	3.05	5.09	10.23	5.88	21.09	15.86	26.64	610
600	14.3	14.56	30.6	30.80	1:12.6	1:12.77	600	2:41.65	5:42.44	15:27.64	600	19.4	19.59	1:28.3															

Girls 16

	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		11.81	23.7	23.92	53.7	54.00	1000	2:03.28	4:22.53	9:50.10	1000	13.3	13.57	59.1	59.19	23:02.61	1000	46.8	46.93	1000	1.80	3.61	6.10	12.28	14.83	46.37	44.63	52.03	1000
990	11.6	11.86	23.8	24.03	54.0	54.30	990	2:03.91	4:23.88	9:55.14	990	13.4	13.67	59.5	59.63	23:28.94	990			990		3.60	6.09	12.26	14.51	45.49	43.52	51.19	990
980		11.91	23.9	24.15	54.2	54.60	980	2:04.56	4:25.27	10:00.31	980	13.5	13.76	59.9	1:00.08	23:56.24	980	47.2	47.30	980	1.79	3.59	6.08	12.24	14.16	44.52	42.30	50.26	980
970	11.7	11.96	24.0	24.27	54.5	54.90	970	2:05.22	4:26.68	10:05.61	970	13.6	13.86	1:00.4	1:00.54	24:24.54	970	47.4	47.50	970	1.78	3.58	6.06	12.20	13.79	43.48	41.00	49.26	970
960		12.01	24.2	24.39	54.9	55.20	960	2:05.90	4:28.12	10:11.05	960	13.7	13.96	1:00.9	1:01.02	24:53.89	960	47.6	47.70	960		3.57	6.03	12.15	13.39	42.37	39.61	48.19	960
950	11.8	12.06	24.3	24.52	55.2	55.50	950	2:06.59	4:29.60	10:16.63	950	13.8	14.07	1:01.4	1:01.50	25:24.31	950	47.8	47.90	950	1.77	3.55	6.00	12.09	12.96	41.19	38.16	47.05	950
940		12.11	24.4	24.64	55.5	55.90	940	2:07.30	4:31.11	10:22.36	940	13.9	14.17	1:01.9	1:02.00	25:55.87	940	48.0	48.11	940	1.76	3.53	5.97	12.02	12.52	39.95	36.66	45.85	940
930	11.9	12.16	24.5	24.77	55.8	56.20	930	2:08.03	4:32.65	10:28.22	930	14.0	14.28	1:02.4	1:02.50	26:28.59	930	48.2	48.32	930		3.51	5.93	11.94	12.07	38.67	35.11	44.59	930
920		12.22	24.7	24.91	56.1	56.50	920	2:08.76	4:34.22	10:34.24	920	14.2	14.39	1:02.9	1:03.02	27:02.54	920	48.4	48.54	920	1.75	3.48	5.88	11.85	11.60	37.34	33.52	43.28	920
910	12.0	12.27	24.8	25.04	56.5	56.90	910	2:09.52	4:35.83	10:40.41	910	14.3	14.50	1:03.4	1:03.56	27:37.74	910	48.6	48.76	910	1.74	3.45	5.83	11.75	11.12	35.97	31.91	41.94	910
900		12.33	24.9	25.18	56.8	57.20	900	2:10.29	4:37.47	10:46.73	900	14.4	14.62	1:04.0	1:04.10	28:14.26	900	48.8	48.98	900	1.73	3.42	5.78	11.64	10.63	34.58	30.29	40.55	900
890	12.1	12.39	25.1	25.32	57.2	57.60	890	2:11.08	4:39.15	10:53.22	890	14.5	14.74	1:04.5	1:04.66	28:52.22	890	49.1	49.21	890	1.72	3.40	5.75	11.58	10.42	33.98	29.60	39.96	890
880	12.2	12.45	25.2	25.47	57.6	58.00	880	2:11.89	4:40.87	10:59.90	880	14.6	14.86	1:05.1	1:05.23	29:31.75	880	49.3	49.44	880	1.71	3.39	5.72	11.53	10.21	33.39	28.92	39.36	880
870		12.51	25.4	25.61	57.9	58.30	870	2:12.71	4:42.63	11:06.77	870	14.7	14.99	1:05.7	1:05.82	30:12.91	870	49.5	49.68	870		3.37	5.70	11.47	10.01	32.81	28.25	38.78	870
860	12.3	12.57	25.5	25.77	58.3	58.70	860	2:13.56	4:44.43	11:13.84	860	14.9	15.11	1:06.3	1:06.43	30:55.79	860	49.8	49.93	860	1.70	3.35	5.67	11.42	9.81	32.23	27.59	38.20	860
850	12.4	12.63	25.7	25.92	58.7	59.10	850	2:14.43	4:46.28	11:21.10	850	15.0	15.25	1:06.9	1:07.05	31:40.46	850	50.0	50.18	850	1.69	3.34	5.64	11.36	9.61	31.65	26.95	37.62	850
840		12.70	25.8	26.08	59.1	59.50	840	2:15.32	4:48.17	11:28.57	840	15.1	15.38	1:07.5	1:07.69	32:26.99	840	50.3	50.44	840	1.68	3.32	5.61	11.30	9.42	31.09	26.31	37.05	840
830	12.5	12.76	26.0	26.24	59.5	59.90	830	2:16.23	4:50.11	11:36.25	830	15.3	15.52	1:08.2	1:08.34	33:15.47	830	50.6	50.70	830	1.67	3.30	5.58	11.25	9.22	30.53	25.69	36.48	830
820	12.6	12.83	26.2	26.41	60.0	1:00.4	820	2:17.16	4:52.09	11:44.14	820	15.4	15.66	1:08.9	1:09.01	34:05.99	820	50.8	50.97	820	1.66	3.29	5.56	11.19	9.04	29.98	25.07	35.92	820
810		12.90	26.3	26.58	1:00.38	1:00.8	810	2:18.11	4:54.12	11:52.25	810	15.6	15.81	1:09.6	1:09.71	34:58.64	810	51.1	51.24	810		3.27	5.53	11.13	8.85	29.43	24.47	35.36	810
800	12.7	12.97	26.5	26.75	1:00.82	1:01.3	800	2:19.08	4:56.19	12:00.59	800	15.7	15.96	1:10.3	1:10.41	35:53.53	800	51.4	51.52	800	1.65	3.26	5.50	11.08	8.66	28.89	23.88	34.81	800
790	12.8	13.04	26.7	26.93	1:01.28	1:01.7	790	2:20.08	4:58.31	12:09.16	790	15.9	16.11	1:11.0	1:11.14	36:50.74	790	51.7	51.81	790	1.64	3.24	5.47	11.02	8.48	28.36	23.30	34.26	790
780		13.11	26.9	27.11	1:01.74	1:02.2	780	2:21.10	5:00.48	12:17.97	780	16.0	16.27	1:11.7	1:11.89	37:50.40	780	52.0	52.10	780	1.63	3.22	5.45	10.97	8.30	27.83	22.73	33.72	780
770	12.9	13.19	27.1	27.30	1:02.21	1:02.7	770	2:22.14	5:02.70	12:27.02	770	16.2	16.43	1:12.5	1:12.65	38:52.62	770	52.3	52.40	770	1.62	3.21	5.42	10.91	8.13	27.31	22.17	33.19	770
760	13.0	13.27	27.2	27.49	1:02.70	1:03.1	760	2:23.20	5:04.97	12:36.32	760	16.4	16.60	1:13.3	1:13.44	39:57.52	760	52.6	52.70	760		3.19	5.39	10.86	7.95	26.80	21.62	32.66	760
750	13.1	13.34	27.4	27.68	1:03.19	1:03.6	750	2:24.29	5:07.29	12:45.87	750	16.5	16.76	1:14.1	1:14.24	41:05.22	750	52.9	53.01	750	1.61	3.17	5.36	10.80	7.78	26.29	21.08	32.13	750
740	13.2	13.42	27.6	27.88	1:03.70	1:04.2	740	2:25.41	5:09.67	12:55.69	740	16.7	16.94	1:14.9	1:15.07	42:15.87	740	53.2	53.33	740	1.60	3.16	5.33	10.74	7.62	25.79	20.55	31.61	740
730		13.51	27.8	28.08	1:04.22	1:04.7	730	2:26.55	5:12.09	13:05.78	730	16.9	17.12	1:15.8	1:15.92	43:29.60	730	53.5	53.65	730	1.59	3.14	5.31	10.69	7.45	25.30	20.03	31.10	730
720	13.3	13.59	28.1	28.29	1:04.75	1:05.2	720	2:27.71	5:14.57	13:16.14	720	17.1	17.30	1:16.6	1:16.78	44:46.57	720	53.8	53.98	720	1.58	3.12	5.28	10.63	7.29	24.81	19.53	30.59	720
710	13.4	13.67	28.3	28.50	1:05.29	1:05.8	710	2:28.90	5:17.11	13:26.79	710	17.2	17.49	1:17.5	1:17.68	46:06.93	710	54.2	54.32	710	1.57	3.11	5.25	10.58	7.13	24.33	19.03	30.08	710
700	13.5	13.76	28.5	28.72	1:05.84	1:06.3	700	2:30.12	5:19.70	13:37.74	700	17.4	17.68	1:18.5	1:18.59	47:30.86	700	54.5	54.66	700		3.09	5.22	10.52	6.97	23.86	18.54	29.58	700
690	13.6	13.85	28.7	28.94	1:06.41	1:06.9	690	2:31.36	5:22.34	13:48.98	690	17.6	17.87	1:19.4	1:19.53	48:58.53	690	54.9	55.01	690	1.56	3.08	5.20	10.47	6.82	23.39	18.06	29.09	690
680	13.7	13.94	28.9	29.16	1:06.98	1:07.5	680	2:32.63	5:25.05	14:00.53	680	17.8	18.08	1:20.3	1:20.49	50:30.12	680	55.2	55.37	680	1.55	3.06	5.17	10.41	6.66	22.93	17.59	28.60	680
670	13.8	14.03	29.2	29.39	1:07.58	1:08.1	670	2:33.93	5:27.81	14:12.40	670	18.0	18.28	1:21.3	1:21.48	52:05.84	670	55.6	55.73	670	1.54	3.04	5.14	10.36	6.51	22.47	17.13	28.12	670
660	13.9	14.12	29.4	29.63	1:08.18	1:08.7	660	2:35.25	5:30.64	14:24.59	660	18.3	18.49	1:22.3	1:22.49	53:45.89	660	56.0	56.10	660	1.53	3.03	5.11	10.30	6.37	22.03	16.68	27.65	660
650	14.0	14.22	29.6	29.87	1:08.80	1:09.3	650	2:36.61	5:33.52	14:37.12	650	18.5	18.71	1:23.4	1:23.53	55:30.50	650	56.3	56.48	650	1.52	3.01	5.09	10.25	6.22	21.58	16.24	27.17	650
640	14.1	14.32	29.9	30.11	1:09.43	1:09.9	640	2:37.99	5:36.47	14:50.00	640	18.7	18.93	1:24.4	1:24.59	57:19.90	640	56.7	56.87	640		2.99	5.06	10.19	6.08	21.15	15.81	26.71	640
630	14.2	14.41	30.1	30.36	1:10.07	1:10.6	630	2:39.41	5:39.48	15:03.23	630	18.9	19.16	1:25.5	1:25.68	59:14.34	630	57.1	57.26	630	1.51	2.98	5.03	10.14	5.94	20.72	15.39	26.25	630
620	14.3	14.52	30.4	30.62	1:10.73	1:11.3	620	2:40.85	5:42.56	15:16.82	620	19.2	19.39	1:26.7	1:26.80	1:01:14.08	620	57.5	57.66	620	1.50	2.96	5.01	10.08	5.80	20.30	14.98	25.79	620
610	14.4	14.62	30.6	30.88	1:11.41	1:11.9	610	2:42.33	5:45.70	15:30.79	610	19.4	19.63	1:27.8	1:27.95	1:03:19.40	610	57.9	58.07	610	1.49	2.95	4.98	10.03	5.67	19.88	14.57	25.34	610
600	14.5	14.72	30.9	31.14	1:12.09	1:12.6	600	2:43.83	5:48.91	15:45.15	600	19.6	19.88	1:29.0	1:29.12														

Girls 15

	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	11.7	11.98	24.0	24.25	54.2	54.60	1000	2:05.60	4:29.21	10:05.10	1000	12.6	12.84	41.2	41.35	23:14.94	1000	47.4	47.52	1000			5.93	12.00	14.11	42.74	48.60	48.57	1000
990		12.02	24.1	24.37	54.5	54.90	990	2:06.25	4:30.60	10:10.27	990	12.7	12.93	41.5	41.66	23:41.51	990	47.6	47.71	990	1.75	3.45	5.92	11.98	13.80	41.93	47.38	47.78	990
980	11.8	12.07	24.2	24.49	54.8	55.20	980	2:06.91	4:32.02	10:15.58	980	12.8	13.02	41.8	41.97	24:09.05	980	47.8	47.90	980		3.44	5.91	11.95	13.47	41.04	46.06	46.92	980
970		12.12	24.4	24.61	55.1	55.50	970	2:07.59	4:33.47	10:21.02	970	12.9	13.11	42.2	42.30	24:37.60	970	48.0	48.10	970	1.74	3.43	5.89	11.91	13.11	40.08	44.64	45.99	970
960	11.9	12.17	24.5	24.73	55.4	55.90	960	2:08.28	4:34.95	10:26.59	960	13.0	13.21	42.5	42.63	25:07.21	960	48.2	48.30	960		3.41	5.86	11.86	12.73	39.05	43.13	44.99	960
950		12.22	24.6	24.86	55.7	56.20	950	2:08.98	4:36.46	10:32.32	950	13.1	13.31	42.8	42.96	25:37.91	950	48.4	48.51	950	1.73	3.40	5.84	11.81	12.33	37.97	41.55	43.92	950
940	12.0	12.28	24.7	24.99	56.0	56.50	940	2:09.71	4:38.01	10:38.19	940	13.2	13.41	43.2	43.31	26:09.75	940	48.6	48.72	940	1.72	3.38	5.80	11.74	11.91	36.83	39.91	42.80	940
930		12.33	24.9	25.12	56.3	56.80	930	2:10.44	4:39.59	10:44.20	930	13.3	13.51	43.5	43.66	26:42.76	930	48.8	48.93	930		3.35	5.76	11.66	11.48	35.64	38.22	41.63	930
920	12.1	12.39	25.0	25.25	56.7	57.20	920	2:11.20	4:41.20	10:50.37	920	13.4	13.61	43.9	44.03	27:17.01	920	49.0	49.15	920	1.71	3.33	5.72	11.57	11.03	34.42	36.50	40.41	920
910	12.2	12.44	25.1	25.39	57.0	57.50	910	2:11.96	4:42.85	10:56.70	910	13.5	13.72	44.3	44.40	27:52.52	910	49.2	49.37	910	1.70	3.30	5.67	11.48	10.57	33.16	34.74	39.15	910
900		12.50	25.3	25.53	57.4	57.90	900	2:12.75	4:44.53	11:03.18	900	13.6	13.83	44.6	44.78	28:29.37	900	49.5	49.60	900	1.69	3.27	5.62	11.37	10.11	31.88	32.98	37.86	900
890	12.3	12.56	25.4	25.67	57.7	58.20	890	2:13.55	4:46.25	11:09.84	890	13.7	13.94	45.0	45.17	29:07.67	890	49.7	49.83	890	1.68	3.25	5.59	11.32	9.91	31.33	32.23	37.30	890
880		12.62	25.6	25.82	58.1	58.60	880	2:14.38	4:48.02	11:16.69	880	13.8	14.06	45.4	45.57	29:47.55	880	49.9	50.07	880		3.24	5.57	11.26	9.71	30.78	31.49	36.75	880
870	12.4	12.68	25.7	25.97	58.5	59.00	870	2:15.22	4:49.82	11:23.73	870	13.9	14.18	45.8	45.98	30:29.08	870	50.2	50.31	870	1.67	3.22	5.54	11.21	9.52	30.24	30.76	36.20	870
860	12.5	12.74	25.9	26.12	58.9	59.40	860	2:16.08	4:51.67	11:30.97	860	14.1	14.30	46.3	46.41	31:12.34	860	50.4	50.56	860	1.66	3.21	5.51	11.15	9.33	29.71	30.04	35.66	860
850		12.81	26.0	26.28	59.3	59.80	850	2:16.97	4:53.57	11:38.42	850	14.2	14.42	46.7	46.84	31:57.41	850	50.7	50.82	850	1.65	3.19	5.48	11.10	9.14	29.18	29.34	35.12	850
840	12.6	12.87	26.2	26.44	59.7	1:00.2	840	2:17.87	4:55.51	11:46.08	840	14.3	14.55	47.1	47.29	32:44.35	840	50.9	51.08	840	1.64	3.18	5.46	11.04	8.96	28.66	28.65	34.58	840
830	12.7	12.94	26.4	26.61	1:00.08	1:00.6	830	2:18.80	4:57.49	11:53.96	830	14.4	14.68	47.6	47.74	33:33.27	830	51.2	51.34	830	1.63	3.16	5.43	10.99	8.77	28.14	27.97	34.05	830
820		13.01	26.5	26.78	1:00.51	1:01.1	820	2:19.75	4:59.52	12:02.05	820	14.6	14.82	48.1	48.21	34:24.24	820	51.5	51.61	820		3.14	5.40	10.93	8.59	27.63	27.30	33.53	820
810	12.8	13.08	26.7	26.95	1:00.95	1:01.5	810	2:20.72	5:01.60	12:10.37	810	14.7	14.95	48.6	48.70	35:17.36	810	51.7	51.89	810	1.62	3.13	5.38	10.88	8.42	27.13	26.64	33.01	810
800	12.9	13.15	26.9	27.12	1:01.39	1:01.9	800	2:21.71	5:03.73	12:18.92	800	14.9	15.10	49.1	49.19	36:12.73	800	52.0	52.17	800	1.61	3.11	5.35	10.82	8.24	26.63	26.00	32.50	800
790	13.0	13.22	27.1	27.31	1:01.85	1:02.4	790	2:22.72	5:05.90	12:27.71	790	15.0	15.24	49.6	49.70	37:10.46	790	52.3	52.46	790	1.60	3.10	5.32	10.77	8.07	26.14	25.37	31.99	790
780		13.30	27.2	27.49	1:02.32	1:02.9	780	2:23.76	5:08.13	12:36.74	780	15.1	15.39	50.1	50.22	38:10.65	780	52.6	52.76	780	1.59	3.08	5.29	10.71	7.90	25.65	24.75	31.48	780
770	13.1	13.37	27.4	27.68	1:02.79	1:03.4	770	2:24.82	5:10.41	12:46.02	770	15.3	15.54	50.6	50.75	39:13.42	770	52.9	53.06	770		3.07	5.27	10.66	7.73	25.17	24.14	30.98	770
760	13.2	13.45	27.6	27.87	1:03.28	1:03.9	760	2:25.91	5:12.73	12:55.55	760	15.5	15.70	51.2	51.30	40:18.90	760	53.2	53.37	760	1.58	3.05	5.24	10.60	7.57	24.70	23.54	30.49	760
750	13.3	13.53	27.8	28.07	1:03.78	1:04.4	750	2:27.02	5:15.11	13:05.35	750	15.6	15.86	51.7	51.87	41:27.21	750	53.5	53.68	750	1.57	3.03	5.21	10.55	7.40	24.23	22.95	29.99	750
740	13.4	13.61	28.0	28.27	1:04.29	1:04.9	740	2:28.15	5:17.55	13:15.42	740	15.8	16.02	52.3	52.44	42:38.48	740	53.9	54.00	740	1.56	3.02	5.19	10.49	7.24	23.77	22.38	29.51	740
730		13.69	28.2	28.47	1:04.82	1:05.4	730	2:29.31	5:20.03	13:25.77	730	16.0	16.19	52.9	53.03	43:52.88	730	54.2	54.33	730	1.55	3.00	5.16	10.44	7.09	23.32	21.81	29.03	730
720	13.5	13.78	28.4	28.68	1:05.35	1:05.9	720	2:30.50	5:22.58	13:36.39	720	16.1	16.36	53.5	53.64	45:10.53	720	54.5	54.66	720		2.99	5.13	10.39	6.93	22.87	21.26	28.55	720
710	13.6	13.86	28.7	28.90	1:05.90	1:06.5	710	2:31.71	5:25.18	13:47.32	710	16.3	16.54	54.1	54.26	46:31.61	710	54.9	55.00	710	1.54	2.97	5.11	10.33	6.78	22.43	20.72	28.08	710
700	13.7	13.95	28.9	29.12	1:06.45	1:07.1	700	2:32.95	5:27.83	13:58.54	700	16.5	16.72	54.8	54.90	47:56.28	700	55.2	55.35	700	1.53	2.96	5.08	10.28	6.63	21.99	20.19	27.62	700
690	13.8	14.04	29.1	29.34	1:07.03	1:07.6	690	2:34.22	5:30.55	14:10.07	690	16.7	16.91	55.4	55.56	49:24.73	690	55.6	55.71	690	1.52	2.94	5.05	10.22	6.48	21.56	19.67	27.16	690
680	13.9	14.13	29.3	29.57	1:07.61	1:08.2	680	2:35.51	5:33.32	14:21.91	680	16.9	17.10	56.1	56.23	50:57.14	680	55.9	56.07	680	1.51	2.92	5.03	10.17	6.34	21.13	19.15	26.70	680
670	14.0	14.22	29.6	29.80	1:08.21	1:08.8	670	2:36.84	5:36.15	14:34.08	670	17.1	17.29	56.8	56.92	52:33.72	670	56.3	56.44	670		2.91	5.00	10.12	6.19	20.72	18.65	26.25	670
660	14.1	14.32	29.8	30.04	1:08.82	1:09.5	660	2:38.19	5:39.05	14:46.59	660	17.3	17.49	57.5	57.63	54:14.66	660	56.7	56.81	660	1.50	2.89	4.97	10.06	6.05	20.30	18.16	25.81	660
650	14.2	14.41	30.0	30.28	1:09.44	1:10.1	650	2:39.57	5:42.01	14:59.43	650	17.5	17.70	58.2	58.35	56:00.21	650	57.1	57.20	650	1.49	2.88	4.95	10.01	5.92	19.90	17.68	25.37	650
640	14.3	14.51	30.3	30.53	1:10.08	1:10.7	640	2:40.98	5:45.03	15:12.64	640	17.7	17.91	59.0	59.09	57:50.58	640	57.4	57.59	640	1.48	2.86	4.92	9.95	5.78	19.49	17.22	24.93	640
630	14.4	14.61	30.5	30.79	1:10.73	1:11.4	630	2:42.42	5:48.12	15:26.20	630	17.9	18.13	59.7	59.86	59:46.04	630	57.8	57.99	630	1.47	2.85	4.89	9.90	5.65	19.10	16.76	24.50	630
620	14.5	14.72	30.8	31.04	1:11.39	1:12.1	620	2:43.89	5:51.27	15:40.14	620	18.1	18.35	1:00.5	1:00.64	1:01:46.85	620	58.3	58.39	620		2.83	4.87	9.85	5.52	18.71	16.31	24.08	620
610	14.6	14.82	31.1	31.31	1:12.07	1:12.7	610	2:45.39	5:54.49	15:54.47	610	18.3	18.57	1:01.3	1:01.44	1:03:53.28	610	58.7	58.81	610	1.46	2.82	4.84	9.79	5.39	18.33	15.86	23.66	610
600	14.7	14.93	31.3	31.58	1:12.77	1:13.4	600	2:46.93	5:57.78	16:09.19	600	18.6	18.80	1:02.1	1:02.26	1:06:05.64	600	59.1	59.23	600	1.45	2.80	4.81	9.74	5.26	17.95	15.43	23.24	600
590																													

Girls 14

	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	11.9	12.19	24.4	24.67	54.8	55.40	1000	2:08.80	4:38.15	10:25.20	1000	12.9	13.13	41.8	41.92	23:30.79	1000	48.1	48.28	1000		5.72	13.38	39.01	60.68	47.19	1000
990		12.23	24.5	24.79	55.1	55.70	990	2:09.46	4:39.59	10:30.54	990	13.0	13.22	42.1	42.23	23:57.66	990	48.3	48.47	990	1.70	5.71	13.10	38.27	59.16	46.42	990
980	12.0	12.28	24.7	24.91	55.4	56.00	980	2:10.14	4:41.05	10:36.01	980	13.1	13.31	42.4	42.55	24:25.51	980	48.5	48.66	980		5.70	12.78	37.46	57.51	45.59	980
970		12.34	24.8	25.03	55.7	56.30	970	2:10.84	4:42.55	10:41.63	970	13.2	13.41	42.7	42.87	24:54.39	970	48.7	48.87	970	1.69	5.68	12.44	36.58	55.73	44.68	970
960	12.1	12.39	24.9	25.16	56.0	56.60	960	2:11.54	4:44.08	10:47.40	960	13.3	13.51	43.1	43.21	25:24.33	960	48.9	49.07	960		5.66	12.08	35.64	53.85	43.70	960
950	12.2	12.44	25.0	25.29	56.3	56.90	950	2:12.27	4:45.64	10:53.31	950	13.4	13.60	43.4	43.55	25:55.38	950	49.1	49.28	950	1.68	5.63	11.70	34.65	51.88	42.67	950
940		12.49	25.2	25.42	56.6	57.30	940	2:13.01	4:47.24	10:59.38	940	13.5	13.71	43.8	43.90	26:27.58	940	49.4	49.49	940	1.67	5.60	11.30	33.61	49.83	41.58	940
930	12.3	12.55	25.3	25.55	57.0	57.60	930	2:13.76	4:48.87	11:05.59	930	13.6	13.81	44.1	44.26	27:00.97	930	49.6	49.71	930		5.56	10.89	32.53	47.73	40.44	930
920		12.60	25.4	25.69	57.3	58.00	920	2:14.54	4:50.54	11:11.97	920	13.7	13.92	44.5	44.63	27:35.60	920	49.8	49.93	920	1.66	5.52	10.46	31.41	45.57	39.26	920
910	12.4	12.66	25.6	25.83	57.7	58.30	910	2:15.32	4:52.24	11:18.50	910	13.8	14.03	44.9	45.00	28:11.53	910	50.0	50.16	910	1.65	5.47	10.03	30.26	43.38	38.03	910
900		12.72	25.7	25.97	58.0	58.70	900	2:16.13	4:53.98	11:25.20	900	13.9	14.14	45.3	45.39	28:48.79	900	50.3	50.39	900	1.64	5.42	9.59	29.09	41.18	36.78	900
890	12.5	12.78	25.9	26.12	58.4	59.00	890	2:16.95	4:55.76	11:32.08	890	14.0	14.25	45.6	45.79	29:27.52	890	50.5	50.63	890	1.63	5.39	9.40	28.59	40.24	36.24	890
880	12.6	12.84	26.0	26.27	58.8	59.40	880	2:17.80	4:57.58	11:39.16	880	14.1	14.37	46.1	46.19	30:07.86	880	50.7	50.87	880		5.37	9.22	28.09	39.31	35.70	880
870		12.90	26.2	26.42	59.1	59.80	870	2:18.66	4:59.45	11:46.43	870	14.3	14.49	46.5	46.61	30:49.86	870	51.0	51.11	870	1.62	5.34	9.03	27.60	38.40	35.17	870
860	12.7	12.97	26.3	26.57	59.5	1:00.2	860	2:19.55	5:01.36	11:53.92	860	14.4	14.62	46.9	47.04	31:33.61	860	51.2	51.37	860	1.61	5.32	8.85	27.11	37.51	34.64	860
850	12.8	13.03	26.5	26.73	59.9	1:00.6	850	2:20.45	5:03.32	12:01.61	850	14.5	14.75	47.3	47.48	32:19.19	850	51.5	51.63	850	1.60	5.29	8.67	26.63	36.63	34.12	850
840		13.10	26.7	26.90	1:00.34	1:01.0	840	2:21.38	5:05.32	12:09.53	840	14.6	14.88	47.8	47.93	33:06.67	840	51.7	51.89	840	1.59	5.26	8.50	26.15	35.77	33.60	840
830	12.9	13.17	26.8	27.07	1:00.76	1:01.5	830	2:22.33	5:07.37	12:17.66	830	14.8	15.01	48.3	48.39	33:56.14	830	52.0	52.16	830		5.24	8.32	25.68	34.92	33.08	830
820	13.0	13.24	27.0	27.24	1:01.20	1:01.9	820	2:23.30	5:09.47	12:26.02	820	14.9	15.15	48.7	48.87	34:47.69	820	52.3	52.43	820	1.58	5.21	8.15	25.22	34.09	32.57	820
810		13.31	27.2	27.41	1:01.64	1:02.3	810	2:24.30	5:11.62	12:34.62	810	15.0	15.29	49.2	49.36	35:41.41	810	52.6	52.72	810	1.57	5.18	7.98	24.76	33.27	32.07	810
800	13.1	13.38	27.4	27.59	1:02.09	1:02.8	800	2:25.32	5:13.82	12:43.45	800	15.2	15.43	49.7	49.86	36:37.42	800	52.9	53.00	800	1.56	5.16	7.82	24.30	32.46	31.57	800
790	13.2	13.45	27.5	27.78	1:02.55	1:03.3	790	2:26.36	5:16.06	12:52.53	790	15.3	15.58	50.2	50.38	37:35.80	790	53.2	53.30	790		5.13	7.65	23.86	31.67	31.07	790
780	13.3	13.53	27.7	27.96	1:03.02	1:03.8	780	2:27.42	5:18.36	13:01.86	780	15.5	15.73	50.8	50.90	38:36.67	780	53.5	53.60	780	1.55	5.11	7.49	23.41	30.90	30.58	780
770		13.61	27.9	28.15	1:03.50	1:04.2	770	2:28.51	5:20.72	13:11.45	770	15.7	15.89	51.3	51.45	39:40.16	770	53.8	53.90	770	1.54	5.08	7.33	22.98	30.14	30.10	770
760	13.4	13.69	28.1	28.35	1:04.00	1:04.7	760	2:29.62	5:23.12	13:21.30	760	15.8	16.05	51.9	52.00	40:46.38	760	54.1	54.22	760	1.53	5.05	7.18	22.54	29.39	29.62	760
750	13.5	13.77	28.3	28.55	1:04.50	1:05.3	750	2:30.76	5:25.58	13:31.43	750	16.0	16.21	52.4	52.57	41:55.46	750	54.4	54.54	750	1.52	5.03	7.02	22.12	28.66	29.14	750
740	13.6	13.85	28.5	28.76	1:05.02	1:05.8	740	2:31.93	5:28.09	13:41.83	740	16.1	16.38	53.0	53.16	43:07.55	740	54.7	54.86	740		5.00	6.87	21.70	27.94	28.67	740
730	13.7	13.93	28.7	28.96	1:05.55	1:06.3	730	2:33.12	5:30.66	13:52.52	730	16.3	16.55	53.6	53.76	44:22.79	730	55.1	55.19	730	1.51	4.98	6.72	21.28	27.24	28.20	730
720	13.8	14.02	28.9	29.18	1:06.09	1:06.9	720	2:34.33	5:33.29	14:03.50	720	16.5	16.73	54.2	54.37	45:41.32	720	55.4	55.53	720	1.50	4.95	6.58	20.87	26.55	27.74	720
710	13.9	14.11	29.2	29.40	1:06.64	1:07.4	710	2:35.58	5:35.98	14:14.79	710	16.7	16.91	54.9	55.00	47:03.33	710	55.7	55.88	710	1.49	4.92	6.43	20.47	25.87	27.28	710
700		14.20	29.4	29.62	1:07.21	1:08.0	700	2:36.85	5:38.72	14:26.38	700	16.9	17.10	55.5	55.65	48:28.96	700	56.1	56.23	700	1.48	4.90	6.29	20.07	25.20	26.83	700
690	14.0	14.29	29.6	29.85	1:07.78	1:08.6	690	2:38.15	5:41.52	14:38.29	690	17.0	17.29	56.2	56.31	49:58.41	690	56.5	56.59	690		4.87	6.15	19.68	24.55	26.38	690
680	14.1	14.38	29.8	30.08	1:08.38	1:09.2	680	2:39.47	5:44.39	14:50.53	680	17.2	17.48	56.9	57.00	51:31.88	680	56.8	56.96	680	1.47	4.85	6.01	19.29	23.92	25.94	680
670	14.2	14.47	30.1	30.32	1:08.98	1:09.8	670	2:40.83	5:47.32	15:03.10	670	17.4	17.68	57.6	57.69	53:09.55	670	57.2	57.34	670	1.46	4.82	5.88	18.91	23.29	25.50	670
660	14.3	14.57	30.3	30.56	1:09.60	1:10.4	660	2:42.21	5:50.31	15:16.02	660	17.6	17.89	58.3	58.41	54:51.64	660	57.6	57.72	660	1.45	4.80	5.74	18.53	22.68	25.07	660
650	14.4	14.67	30.6	30.81	1:10.23	1:11.1	650	2:43.63	5:53.37	15:29.30	650	17.9	18.10	59.0	59.15	56:38.38	650	58.0	58.11	650		4.77	5.61	18.16	22.08	24.64	650
640	14.5	14.77	30.8	31.06	1:10.87	1:11.7	640	2:45.08	5:56.49	15:42.94	640	18.1	18.31	59.8	59.90	58:30.01	640	58.4	58.50	640	1.44	4.74	5.48	17.79	21.49	24.22	640
630	14.6	14.87	31.1	31.32	1:11.53	1:12.4	630	2:46.55	5:59.68	15:56.96	630	18.3	18.53	1:00.5	1:00.67	1:00:26.78	630	58.8	58.91	630	1.43	4.72	5.36	17.43	20.92	23.80	630
620	14.7	14.97	31.3	31.58	1:12.20	1:13.1	620	2:48.06	6:02.94	16:11.36	620	18.5	18.76	1:01.3	1:01.46	1:02:28.96	620	59.2	59.32	620	1.42	4.69	5.23	17.08	20.36	23.39	620
610	14.8	15.08	31.6	31.85	1:12.89	1:13.8	610	2:49.60	6:06.27	16:26.16	610	18.7	18.99	1:02.1	1:02.28	1:04:36.83	610	59.6	59.74	610	1.41	4.67	5.11	16.73	19.81	22.98	610
600	14.9	15.19	31.9	32.12	1:13.59	1:14.5	600	2:51.18	6:09.67	16:41.37	600	19.0	19.22	1:03.0	1:03.11	1:06:50.70	600	1:00.00	1:00.17	600		4.64	4.99	16.38	19.27	22.58	600
590	15.1	15.30	32.2	32.40	1:14.31	1:15.2	590	2:52.79	6:13.14	16:57.00	590	19.2	19.47	1:03.8	1:03.97	1:09:10.87	590	1:00.50	1:00.61	590	1.40	4.62	4.88	16.04	18.74	22.18	590
580	15.2	15.41	32.4	32.69	1:15.04	1:15.9	580	2:54.43	6:16.69	17:13.06	580	19.5	19.72	1:04.7	1:04.84	1:11:37.69	580	1:00.90	1:01.06	580	1.39	4.59	4.76	15.71	18.23	21.79	580
570	15.3	15.53	32.7	32.98	1:15.79	1:16.7	570	2:56.11	6:20.31	17:29.57	570	19.7	19.97	1:05.6	1:05.74	1:14:11.51	570	1:01.40									

Girls 13

	Track				Relays		Hurdles		Walk	Field												
	100m	200m	800m	1500m	4 x 100m		75mH	200mH	1500 m W	HJ	LJ	SP	DT	HT	JT							
1000	11.4	11.67	25.0	25.19	2:13.17	4:38.35	49.1	49.24	1000	10.8	11.07	28.0	28.27	7:16.04	1000		5.54	15.40	42.14	13.00	43.73	1000
990		11.72	25.1	25.31	2:13.86	4:39.79	49.3	49.44	990	10.9	11.14	28.2	28.48	7:24.35	990	1.69	5.53	15.07	41.34	56.26	43.02	990
980	11.5	11.76	25.2	25.44	2:14.56	4:41.25	49.5	49.64	980	11.0	11.22	28.5	28.69	7:32.96	980		5.52	14.70	40.46	54.85	42.25	980
970		11.81	25.3	25.56	2:15.28	4:42.75	49.7	49.84	970		11.30	28.7	28.91	7:41.88	970	1.68	5.50	14.31	39.52	53.32	41.40	970
960	11.6	11.86	25.5	25.69	2:16.01	4:44.28	49.9	50.05	960	11.1	11.38	28.9	29.14	7:51.14	960		5.48	13.90	38.50	51.68	40.50	960
950		11.91	25.6	25.82	2:16.76	4:45.85	50.1	50.27	950	11.2	11.47	29.1	29.37	8:00.73	950	1.67	5.45	13.46	37.43	49.93	39.54	950
940	11.7	11.96	25.7	25.96	2:17.52	4:47.44	50.3	50.48	940	11.3	11.55	29.4	29.61	8:10.68	940	1.66	5.42	13.00	36.31	48.11	38.53	940
930		12.02	25.9	26.09	2:18.30	4:49.08	50.6	50.71	930	11.4	11.64	29.6	29.85	8:21.01	930		5.38	12.53	35.14	46.21	37.48	930
920	11.8	12.07	26.0	26.23	2:19.10	4:50.75	50.8	50.93	920	11.5	11.73	29.9	30.10	8:31.71	920	1.65	5.34	12.04	33.93	44.25	36.38	920
910		12.12	26.1	26.37	2:19.92	4:52.45	51.0	51.16	910	11.6	11.83	30.1	30.35	8:42.81	910	1.64	5.30	11.54	32.69	42.25	35.25	910
900	11.9	12.18	26.3	26.52	2:20.75	4:54.19	51.3	51.40	900	11.7	11.92	30.4	30.61	8:54.33	900	1.63	5.25	11.03	31.43	40.22	34.09	900
890	12.0	12.24	26.4	26.67	2:21.60	4:55.97	51.5	51.64	890	11.8	12.02	30.6	30.88	9:06.30	890	1.62	5.22	10.82	30.88	38.18	33.58	890
880		12.30	26.6	26.82	2:22.47	4:57.79	51.7	51.89	880	11.9	12.12	30.9	31.15	9:18.77	880		5.20	10.60	30.35	37.31	33.09	880
870	12.1	12.36	26.7	26.98	2:23.37	4:59.66	52.0	52.14	870	12.0	12.22	31.2	31.43	9:31.75	870	1.61	5.17	10.39	29.81	36.45	32.59	870
860		12.42	26.9	27.14	2:24.28	5:01.57	52.3	52.40	860	12.1	12.32	31.5	31.72	9:45.27	860	1.60	5.15	10.18	29.29	35.61	32.10	860
850	12.2	12.48	27.1	27.30	2:25.22	5:03.53	52.5	52.66	850	12.2	12.43	31.8	32.02	9:59.36	850	1.59	5.12	9.98	28.77	34.78	31.62	850
840	12.3	12.54	27.2	27.47	2:26.18	5:05.54	52.8	52.93	840	12.3	12.54	32.1	32.32	10:14.03	840	1.58	5.10	9.78	28.25	33.96	31.14	840
830		12.61	27.4	27.64	2:27.16	5:07.59	53.1	53.20	830	12.4	12.65	32.4	32.64	10:29.32	830		5.07	9.58	27.74	33.16	30.66	830
820	12.4	12.67	27.6	27.81	2:28.17	5:09.69	53.3	53.49	820	12.5	12.77	32.7	32.96	10:45.26	820	1.57	5.05	9.38	27.24	32.38	30.19	820
810	12.5	12.74	27.8	27.99	2:29.20	5:11.84	53.6	53.77	810	12.6	12.89	33.0	33.29	11:01.86	810	1.56	5.02	9.19	26.75	31.60	29.72	810
800		12.81	27.9	28.18	2:30.25	5:14.04	53.9	54.07	800	12.8	13.01	33.4	33.62	11:19.17	800	1.55	5.00	8.99	26.25	30.85	29.26	800
790	12.6	12.88	28.1	28.36	2:31.32	5:16.29	54.2	54.37	790	12.9	13.14	33.7	33.97	11:37.22	790		4.97	8.81	25.77	30.10	28.80	790
780	12.7	12.96	28.3	28.56	2:32.42	5:18.59	54.5	54.67	780	13.0	13.26	34.1	34.33	11:56.03	780	1.54	4.95	8.62	25.29	29.37	28.34	780
770	12.8	13.03	28.5	28.75	2:33.55	5:20.94	54.8	54.98	770	13.2	13.40	34.5	34.69	12:15.65	770	1.53	4.92	8.44	24.82	28.65	27.89	770
760		13.11	28.7	28.95	2:34.70	5:23.35	55.2	55.30	760	13.3	13.53	34.8	35.07	12:36.12	760	1.52	4.90	8.26	24.35	27.94	27.45	760
750	12.9	13.18	28.9	29.16	2:35.88	5:25.81	55.5	55.63	750	13.4	13.67	35.2	35.45	12:57.47	750	1.51	4.87	8.08	23.89	27.25	27.01	750
740	13.0	13.26	29.1	29.36	2:37.08	5:28.33	55.8	55.96	740	13.6	13.81	35.6	35.85	13:19.75	740		4.85	7.91	23.44	26.57	26.57	740
730	13.1	13.34	29.3	29.58	2:38.31	5:30.90	56.2	56.30	730	13.7	13.96	36.0	36.25	13:43.01	730	1.50	4.82	7.73	22.99	25.91	26.14	730
720	13.2	13.42	29.6	29.80	2:39.57	5:33.53	56.5	56.65	720	13.9	14.10	36.4	36.67	14:07.28	720	1.49	4.80	7.57	22.55	25.25	25.71	720
710	13.3	13.51	29.8	30.02	2:40.86	5:36.22	56.9	57.00	710	14.0	14.26	36.9	37.09	14:32.63	710	1.48	4.77	7.40	22.11	24.61	25.28	710
700		13.59	30.0	30.25	2:42.17	5:38.96	57.2	57.36	700	14.2	14.41	37.3	37.53	14:59.09	700		4.75	7.24	21.68	23.99	24.87	700
690	13.4	13.68	30.2	30.48	2:43.51	5:41.77	57.6	57.73	690	14.3	14.57	37.7	37.98	15:26.74	690	1.47	4.72	7.07	21.26	23.37	24.45	690
680	13.5	13.77	30.5	30.72	2:44.88	5:44.64	58.0	58.10	680	14.5	14.74	38.2	38.44	15:55.63	680	1.46	4.70	6.92	20.84	22.77	24.04	680
670	13.6	13.86	30.7	30.96	2:46.29	5:47.57	58.3	58.48	670	14.7	14.91	38.7	38.91	16:25.82	670	1.45	4.67	6.76	20.42	22.18	23.64	670
660	13.7	13.95	31.0	31.21	2:47.72	5:50.56	58.7	58.87	660	14.8	15.08	39.2	39.39	16:57.37	660	1.44	4.65	6.61	20.02	21.60	23.24	660
650	13.8	14.05	31.2	31.46	2:49.18	5:53.62	59.1	59.27	650	15.0	15.26	39.6	39.89	17:30.36	650		4.62	6.46	19.62	21.03	22.84	650
640	13.9	14.14	31.5	31.72	2:50.68	5:56.74	59.5	59.68	640	15.2	15.44	40.2	40.39	18:04.87	640	1.43	4.60	6.31	19.22	20.47	22.45	640
630	14.0	14.24	31.7	31.98	2:52.21	5:59.94	1:00.00	1:00.09	630	15.4	15.62	40.7	40.92	18:40.96	630	1.42	4.57	6.16	18.83	19.93	22.06	630
620	14.1	14.34	32.0	32.25	2:53.77	6:03.20	1:00.40	1:00.51	620	15.6	15.81	41.2	41.45	19:18.72	620	1.41	4.55	6.02	18.45	19.40	21.68	620
610	14.2	14.44	32.3	32.52	2:55.36	6:06.53	1:00.80	1:00.94	610	15.8	16.01	41.8	42.00	19:58.24	610		4.52	5.88	18.07	18.88	21.30	610
600	14.3	14.54	32.6	32.80	2:56.99	6:09.93	1:01.20	1:01.38	600	16.0	16.21	42.3	42.56	20:39.62	600	1.40	4.50	5.74	17.70	18.37	20.93	600
590	14.4	14.65	32.8	33.09	2:58.65	6:13.41	1:01.70	1:01.83	590	16.2	16.41	42.9	43.14	21:22.94	590	1.39	4.47	5.61	17.33	17.87	20.56	590
580	14.5	14.76	33.1	33.38	3:00.35	6:16.96	1:02.10	1:02.28	580	16.4	16.62	43.5	43.73	22:08.32	580	1.38	4.45	5.48	16.97	17.38	20.19	580
570	14.6	14.87	33.4	33.68	3:02.08	6:20.58	1:02.60	1:02.74	570	16.6	16.84	44.1	44.33	22:55.86	570		4.42	5.35	16.61	16.90	19.83	570
560	14.7	14.98	33.7	33.98	3:03.86	6:24.29	1:03.10	1:03.22	560	16.8	17.06	44.7	44.96	23:45.68	560	1.37	4.40	5.22	16.26	16.44	19.48	560
550	14.9	15.09	34.1	34.29	3:05.66	6:28.07	1:03.60	1:03.70	550	17.0	17.28	45.4	45.59	24:37.91	550	1.36	4.37	5.09	15.92	15.98	19.13	550
540	15.0	15.21	34.4	34.61	3:07.51	6:31.93	1:04.00	1:04.19	540	17.3	17.51	46.0	46.25	25:32.68	540	1.35	4.35	4.97	15.58	15.53	18.78	540
530	15.1	15.33	34.7	34.93	3:09.40	6:35.88	1:04.50	1:04.69	530	17.5	17.75	46.7	46.92	26:30.12	530		4.33	4.85	15.25	15.10	18.44	530
520	15.2	15.45	35.0	35.26	3:11.33	6:39.91	1:05.10	1:05.20	520	17.8	17.99	47.4	47.61	27:30.38	520	1.34	4.30	4.73	14.92	14.67	18.10	520
510	15.3	15.57	35.4	35.60	3:13.30	6:44.02	1:05.60	1:05.72	510	18.0	18.24	48.1	48.31	28:33.63	510	1.33	4.28	4.61	14.60	14.26	17.77	510
500	15.5	15.70	35.7	35.94	3:15.31	6:48.22	1:06.10	1:06.24	500	18.3	18.49	48.8	49.04	29:40.02	500	1.32	4.25	4.50	14.28	13.85	17.44	500

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

Girls 12

	Track				Relays				Hurdles				Walk	Field							
	100m		150m		1200m		4 x 100m		75mH		150mH		1500 m W	HJ	LJ	SP	DT	HT	JT		
1000	11.7	11.97	18.3	18.53	3:31.69	50.3	50.46	1000	11.0	11.22	21.1	21.33	7:23.85	1000	1.61	5.22	14.39	37.51	12.00	39.74	1000
990		12.01	18.4	18.61	3:32.78	50.5	50.66	990		11.29	21.3	21.49	7:32.31	990		5.22	14.08	36.80	51.08	39.10	990
980	11.8	12.06		18.69	3:33.89	50.7	50.87	980	11.1	11.37	21.4	21.65	7:41.07	980	1.60	5.20	13.74	36.02	49.81	38.39	980
970		12.11	18.5	18.78	3:35.03	50.9	51.08	970	11.2	11.45	21.6	21.82	7:50.15	970		5.19	13.37	35.17	48.41	37.63	970
960	11.9	12.16	18.6	18.86	3:36.19	51.2	51.29	960	11.3	11.54	21.7	21.99	7:59.57	960	1.59	5.17	12.99	34.27	46.92	36.81	960
950		12.21	18.7	18.95	3:37.38	51.4	51.51	950	11.4	11.62	21.9	22.16	8:09.34	950		5.14	12.58	33.32	45.34	35.94	950
940	12.0	12.27	18.8	19.04	3:38.60	51.6	51.73	940	11.5	11.71	22.1	22.34	8:19.47	940	1.58	5.11	12.15	32.32	43.68	35.02	940
930		12.32	18.9	19.13	3:39.84	51.8	51.96	930	11.6	11.80	22.3	22.52	8:29.98	930	1.57	5.08	11.71	31.28	41.96	34.06	930
920	12.1	12.38	19.0	19.23	3:41.11	52.1	52.19	920		11.89	22.5	22.71	8:40.87	920		5.04	11.25	30.21	40.18	33.06	920
910	12.2	12.43	19.1	19.32	3:42.41	52.3	52.43	910	11.7	11.98	22.7	22.90	8:52.18	910	1.56	5.00	10.78	29.10	38.37	32.03	910
900		12.49	19.2	19.42	3:43.73	52.5	52.67	900	0.0	12.08	22.9	23.10	9:03.90	900	1.55	4.95	10.31	27.97	36.52	30.98	900
890	12.3	12.55	19.3	19.52	3:45.08	52.8	52.92	890	11.9	12.18	23.1	23.30	9:16.09	890		4.93	10.11	27.49	34.67	30.52	890
880		12.61	19.4	19.62	3:46.47	53.0	53.17	880	12.0	12.28	23.3	23.51	9:28.78	880	1.54	4.90	9.91	27.01	33.87	30.07	880
870	12.4	12.67	19.5	19.73	3:47.89	53.3	53.43	870	12.1	12.38	23.5	23.72	9:41.99	870	1.53	4.88	9.71	26.54	33.10	29.62	870
860	12.5	12.73	19.6	19.83	3:49.35	53.6	53.69	860	12.2	12.49	23.7	23.94	9:55.76	860	1.52	4.85	9.52	26.07	32.33	29.17	860
850		12.80	19.7	19.94	3:50.84	53.8	53.96	850	12.4	12.60	23.9	24.16	10:10.09	850		4.83	9.32	25.61	31.58	28.73	850
840	12.6	12.86	19.8	20.05	3:52.36	54.1	54.24	840	12.5	12.71	24.2	24.39	10:25.03	840	1.51	4.81	9.14	25.15	30.84	28.30	840
830	12.7	12.93	19.9	20.17	3:53.92	54.4	54.52	830	12.6	12.82	24.4	24.63	10:40.60	830	1.50	4.78	8.95	24.70	30.11	27.86	830
820		13.00	20.0	20.28	3:55.52	54.7	54.81	820	12.7	12.94	24.6	24.87	10:56.81	820	1.49	4.76	8.76	24.25	29.40	27.43	820
810	12.8	13.07	20.2	20.40	3:57.15	55.0	55.10	810	12.8	13.06	24.9	25.12	11:13.72	810		4.74	8.58	23.81	28.70	27.01	810
800	12.9	13.14	20.3	20.53	3:58.83	55.3	55.40	800	12.9	13.19	25.1	25.38	11:31.34	800	1.48	4.71	8.40	23.37	28.01	26.59	800
790		13.21	20.4	20.65	4:00.54	55.6	55.71	790	13.1	13.31	25.4	25.64	11:49.70	790	1.47	4.69	8.23	22.94	27.33	26.17	790
780	13.0	13.29	20.5	20.78	4:02.29	55.9	56.02	780	13.2	13.44	25.7	25.91	12:08.86	780	1.46	4.66	8.06	22.51	26.67	25.76	780
770	13.1	13.36	20.7	20.91	4:04.08	56.2	56.34	770	13.3	13.58	25.9	26.18	12:28.83	770		4.64	7.88	22.09	26.01	25.35	770
760	13.2	13.44	20.8	21.04	4:05.91	56.5	56.67	760	13.5	13.71	26.2	26.46	12:49.66	760	1.45	4.62	7.72	21.68	25.37	24.94	760
750	13.3	13.52	20.9	21.18	4:07.78	56.9	57.00	750	13.6	13.85	26.5	26.75	13:11.40	750	1.44	4.59	7.55	21.27	24.74	24.54	750
740		13.60	21.1	21.31	4:09.69	57.2	57.34	740	13.8	14.00	26.8	27.05	13:34.08	740	1.43	4.57	7.39	20.86	24.13	24.14	740
730	13.4	13.68	21.2	21.46	4:11.65	57.6	57.69	730	13.9	14.14	27.1	27.36	13:57.75	730		4.55	7.23	20.46	23.52	23.75	730
720	13.5	13.77	21.4	21.60	4:13.65	57.9	58.05	720	14.1	14.29	27.4	27.67	14:22.46	720	1.42	4.52	7.07	20.07	22.93	23.36	720
710	13.6	13.85	21.5	21.75	4:15.69	58.3	58.41	710	14.2	14.45	27.8	27.99	14:48.26	710	1.41	4.50	6.91	19.68	22.35	22.98	710
700	13.7	13.94	21.7	21.90	4:17.78	58.6	58.78	700	14.4	14.61	28.1	28.32	15:15.20	700	1.40	4.47	6.76	19.30	21.78	22.60	700
690	13.8	14.03	21.8	22.05	4:19.91	59.0	59.15	690	14.5	14.77	28.4	28.66	15:43.34	690		4.45	6.61	18.92	21.22	22.22	690
680	13.9	14.12	22.0	22.21	4:22.09	59.4	59.54	680	14.7	14.94	28.8	29.01	16:12.74	680	1.39	4.43	6.46	18.55	20.67	21.85	680
670	14.0	14.21	22.1	22.37	4:24.32	59.8	59.93	670	14.9	15.11	29.1	29.36	16:43.47	670	1.38	4.40	6.32	18.18	20.14	21.48	670
660	14.1	14.31	22.3	22.53	4:26.60	1:00.20	1:00.33	660	15.0	15.28	29.5	29.73	17:15.59	660	1.37	4.38	6.18	17.82	19.61	21.12	660
650	14.2	14.40	22.5	22.70	4:28.93	1:00.60	1:00.74	650	15.2	15.46	29.9	30.10	17:49.17	650		4.36	6.03	17.46	19.09	20.76	650
640	14.3	14.50	22.6	22.87	4:31.30	1:01.00	1:01.15	640	15.4	15.64	30.2	30.48	18:24.30	640	1.36	4.33	5.90	17.11	18.59	20.40	640
630	14.4	14.60	22.8	23.04	4:33.73	1:01.40	1:01.58	630	15.6	15.83	30.6	30.88	19:01.03	630	1.35	4.31	5.76	16.76	18.10	20.05	630
620	14.5	14.70	23.0	23.22	4:36.21	1:01.90	1:02.01	620	15.8	16.02	31.0	31.28	19:39.47	620		4.29	5.63	16.42	17.61	19.70	620
610	14.6	14.81	23.2	23.40	4:38.74	1:02.30	1:02.45	610	16.0	16.22	31.5	31.69	20:19.70	610	1.34	4.26	5.50	16.08	17.14	19.36	610
600	14.7	14.91	23.3	23.58	4:41.33	1:02.80	1:02.90	600	16.2	16.42	31.9	32.12	21:01.82	600	1.33	4.24	5.37	15.75	16.68	19.02	600
590	14.8	15.02	23.5	23.77	4:43.97	1:03.20	1:03.35	590	16.4	16.63	32.3	32.55	21:45.92	590	1.32	4.22	5.24	15.43	16.22	18.68	590
580	14.9	15.13	23.7	23.96	4:46.67	1:03.70	1:03.82	580	16.6	16.84	32.8	33.00	22:32.11	580		4.19	5.12	15.10	15.78	18.35	580
570	15.0	15.25	23.9	24.16	4:49.43	1:04.20	1:04.29	570	16.8	17.06	33.2	33.46	23:20.50	570	1.31	4.17	5.00	14.79	15.35	18.02	570
560	15.1	15.36	24.1	24.36	4:52.25	1:04.60	1:04.78	560	17.0	17.28	33.7	33.93	24:11.22	560	1.30	4.15	4.88	14.48	14.92	17.70	560
550	15.2	15.48	24.3	24.56	4:55.12	1:05.10	1:05.27	550	17.3	17.51	34.2	34.41	25:04.38	550	1.29	4.12	4.76	14.17	14.51	17.38	550
540	15.4	15.60	24.5	24.77	4:58.06	1:05.60	1:05.77	540	17.5	17.75	34.7	34.90	26:00.13	540		4.10	4.64	13.87	14.11	17.07	540
530	15.5	15.72	24.7	24.98	5:01.06	1:06.10	1:06.29	530	17.7	17.99	35.2	35.41	26:58.60	530	1.28	4.08	4.53	13.57	13.71	16.76	530
520	15.6	15.84	25.0	25.19	5:04.13	1:06.70	1:06.81	520	18.0	18.23	35.7	35.93	27:59.94	520	1.27	4.06	4.42	13.28	13.32	16.45	520
510	15.7	15.97	25.2	25.41	5:07.26	1:07.20	1:07.34	510	18.2	18.48	36.2	36.46	29:04.32	510		4.03	4.31	12.99	12.95	16.15	510
500	15.9	16.10	25.4	25.64	5:10.45	1:07.70	1:07.88	500	18.5	18.74	36.8	37.01	30:11.90	500	1.26	4.01	4.21	12.71	12.58	15.85	500

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

Girls 10 & 11

Girls 11														
	Track			Relays		Hurdles		Field						
	80m	100m	1200m	4 x 100m	70mH	HJ	LJ	SP						
1000		9.74		12.34	3:44.96	51.8	51.98		11.00	1000	1.51	4.83	11.28	1000
990	9.5	9.77	12.1	12.39	3:46.12	52.1	52.19	10.8	11.08	990		4.83	11.04	990
980		9.81	12.2	12.44	3:47.30	52.3	52.40	10.9	11.16	980	1.50	4.81	10.77	980
970		9.85		12.49	3:48.51	52.5	52.62	11.0	11.24	970		4.80	10.49	970
960	9.6	9.89	12.3	12.54	3:49.75	52.7	52.84	11.1	11.32	960	1.49	4.78	10.18	960
950		9.93		12.60	3:51.02	52.9	53.06		11.40	950		4.76	9.86	950
940	9.7	9.97	12.4	12.65	3:52.31	53.2	53.29	11.2	11.49	940	1.48	4.73	9.52	940
930		10.01		12.71	3:53.63	53.4	53.53	11.3	11.57	930	1.47	4.70	9.18	930
920	9.8	10.05	12.5	12.76	3:54.98	53.6	53.77	11.4	11.66	920		4.66	8.82	920
910		10.10		12.82	3:56.35	53.9	54.01	11.5	11.76	910	1.46	4.62	8.45	910
900		10.14	12.6	12.88	3:57.76	54.1	54.26	11.6	11.85	900	1.45	4.58	8.08	900
890	9.9	10.18	12.7	12.94	3:59.20	54.4	54.51	11.7	11.95	890		4.56	7.92	890
880		10.23		13.00	4:00.67	54.6	54.77	11.8	12.05	880	1.44	4.54	7.77	880
870	10.0	10.28	12.8	13.07	4:02.18	54.9	55.04	11.9	12.15	870	1.43	4.51	7.61	870
860		10.33	12.9	13.13	4:03.73	55.2	55.31	12.0	12.25	860	1.42	4.49	7.46	860
850	10.1	10.37		13.20	4:05.31	55.4	55.59	12.1	12.36	850		4.47	7.31	850
840		10.42	13.0	13.26	4:06.93	55.7	55.87	12.2	12.47	840	1.41	4.45	7.16	840
830	10.2	10.48	13.1	13.33	4:08.59	56.0	56.16	12.3	12.58	830	1.40	4.43	7.02	830
820		10.53		13.40	4:10.29	56.3	56.46	12.5	12.69	820		4.40	6.87	820
810	10.3	10.58	13.2	13.47	4:12.03	56.6	56.76	12.6	12.81	810	1.39	4.38	6.73	810
800	10.4	10.64	13.3	13.55	4:13.80	56.9	57.07	12.7	12.93	800	1.38	4.36	6.59	800
790		10.69	13.4	13.62	4:15.62	57.3	57.39	12.8	13.06	790		4.34	6.45	790
780	10.5	10.75		13.70	4:17.48	57.6	57.71	12.9	13.19	780	1.37	4.32	6.32	780
770		10.81	13.5	13.78	4:19.38	57.9	58.04	13.1	13.32	770	1.36	4.29	6.18	770
760	10.6	10.87	13.6	13.86	4:21.33	58.2	58.38	13.2	13.45	760		4.27	6.05	760
750		10.93	13.7	13.94	4:23.32	58.6	58.72	13.3	13.59	750	1.35	4.25	5.92	750
740	10.7	10.99	13.8	14.02	4:25.35	58.9	59.08	13.5	13.73	740	1.34	4.23	5.79	740
730	10.8	11.05	13.9	14.11	4:27.43	59.3	59.43	13.6	13.87	730	1.33	4.21	5.67	730
720		11.12		14.19	4:29.55	59.7	59.80	13.8	14.02	720		4.18	5.54	720
710	10.9	11.18	14.0	14.28	4:31.72	1:00.00	1:00.17	13.9	14.17	710	1.32	4.16	5.42	710
700	11.0	11.25	14.1	14.37	4:33.94	1:00.40	1:00.55	14.1	14.33	700	1.31	4.14	5.30	700
690		11.32	14.2	14.47	4:36.21	1:00.80	1:00.94	14.2	14.49	690		4.12	5.18	690
680	11.1	11.39	14.3	14.56	4:38.53	1:01.20	1:01.34	14.4	14.65	680	1.30	4.10	5.07	680
670	11.2	11.46	14.4	14.66	4:40.90	1:01.60	1:01.74	14.6	14.82	670	1.29	4.07	4.95	670
660	11.3	11.53	14.5	14.75	4:43.32	1:02.00	1:02.15	14.8	14.99	660		4.05	4.84	660
650		11.60	14.6	14.85	4:45.79	1:02.40	1:02.57	14.9	15.17	650	1.28	4.03	4.73	650
640	11.4	11.68	14.7	14.95	4:48.31	1:02.90	1:03.00	15.1	15.35	640	1.27	4.01	4.62	640
630	11.5	11.75	14.8	15.06	4:50.89	1:03.30	1:03.43	15.3	15.53	630		3.99	4.52	630
620	11.6	11.83	14.9	15.16	4:53.53	1:03.70	1:03.88	15.5	15.72	620	1.26	3.97	4.41	620
610	11.7	11.91	15.0	15.27	4:56.22	1:04.20	1:04.33	15.7	15.91	610	1.25	3.94	4.31	610
600		11.99	15.1	15.38	4:58.97	1:04.70	1:04.79	15.9	16.11	600		3.92	4.21	600
590	11.8	12.07	15.3	15.49	5:01.78	1:05.10	1:05.27	16.1	16.31	590	1.24	3.90	4.11	590
580	11.9	12.16	15.4	15.61	5:04.65	1:05.60	1:05.75	16.3	16.52	580	1.23	3.88	4.01	580
570	12.0	12.24	15.5	15.72	5:07.58	1:06.10	1:06.23	16.5	16.74	570	1.22	3.86	3.92	570
560	12.1	12.33	15.6	15.84	5:10.57	1:06.60	1:06.73	16.7	16.96	560		3.84	3.82	560
550	12.2	12.42	15.7	15.96	5:13.63	1:07.10	1:07.24	16.9	17.18	550	1.21	3.82	3.73	550
540	12.3	12.51	15.8	16.08	5:16.75	1:07.60	1:07.76	17.2	17.41	540	1.20	3.79	3.64	540
530	12.4	12.60	16.0	16.21	5:19.94	1:08.10	1:08.29	17.4	17.64	530		3.77	3.55	530
520		12.69	16.1	16.34	5:23.20	1:08.70	1:08.82	17.6	17.89	520	1.19	3.75	3.47	520
510	12.5	12.79	16.2	16.47	5:26.52	1:09.20	1:09.37	17.9	18.13	510	1.18	3.73	3.38	510
500	12.6	12.89	16.4	16.60	5:29.92	1:09.80	1:09.93	18.1	18.39	500		3.71	3.30	500

Girls 10														
	Track			Relays		Hurdles		Field						
	80m	100m	1200m	4 x 100m	70mH	HJ	LJ	SP						
1000		10.09	12.5	12.79	4:01.56	53.7	53.87	11.3	11.52	1000		4.36	9.86	1000
990		10.13	12.6	12.84	4:02.80	53.9	54.09		11.60	990	1.37	4.35	9.65	990
980	9.9	10.17		12.89	4:04.07	54.2	54.30	11.4	11.68	980		4.34	9.41	980
970		10.21	12.7	12.95	4:05.37	54.4	54.53	11.5	11.77	970	1.36	4.33	9.16	970
960	10.0	10.25		13.00	4:06.70	54.6	54.76	11.6	11.85	960		4.31	8.90	960
950		10.29	12.8	13.06	4:08.06	54.9	54.99	11.7	11.94	950	1.35	4.29	8.62	950
940		10.33		13.11	4:09.45	55.1	55.23	11.8	12.03	940		4.26	8.32	940
930	10.1	10.38	12.9	13.17	4:10.86	55.3	55.47	11.9	12.12	930	1.34	4.24	8.02	930
920		10.42		13.23	4:12.31	55.6	55.72	12.0	12.22	920		4.20	7.71	920
910	10.2	10.46	13.0	13.29	4:13.79	55.8	55.97	12.1	12.31	910	1.33	4.17	7.39	910
900		10.51	13.1	13.35	4:15.30	56.1	56.23	12.2	12.41	900	1.32	4.13	7.06	900
890	10.3	10.56		13.41	4:16.84	56.4	56.49	12.3	12.51	890		4.11	6.93	890
880		10.60	13.2	13.48	4:18.43	56.6	56.76	12.4	12.61	880	1.31	4.09	6.79	880
870	10.4	10.65	13.3	13.54	4:20.05	56.9	57.04	12.5	12.72	870	1.30	4.07	6.65	870
860		10.70		13.61	4:21.71	57.2	57.32	12.6	12.83	860		4.05	6.52	860
850	10.5	10.75	13.4	13.68	4:23.41	57.5	57.61	12.7	12.94	850	1.29	4.03	6.39	850
840		10.81	13.5	13.75	4:25.15	57.8	57.90	12.8	13.06	840		4.01	6.26	840
830	10.6	10.86	13.6	13.82	4:26.93	58.1	58.20	12.9	13.17	830	1.28	3.99	6.13	830
820		10.91		13.89	4:28.75	58.4	58.51	13.1	13.29	820	1.27	3.97	6.00	820
810	10.7	10.97	13.7	13.97	4:30.62	58.7	58.83	13.2	13.42	810		3.95	5.88	810
800		11.02	13.8	14.04	4:32.53	59.0	59.15	13.3	13.55	800	1.26	3.93	5.76	800
790	10.8	11.08	13.9	14.12	4:34.48	59.3	59.47	13.4	13.68	790	1.25	3.91	5.64	790
780	10.9	11.14		14.20	4:36.48	59.7	59.81	13.6	13.81	780		3.89	5.52	780
770		11.20	14.0	14.28	4:38.52	1:00.00	1:00.15	13.7	13.95	770	1.24	3.87	5.40	770
760	11.0	11.26	14.1	14.36	4:40.61	1:00.40	1:00.50	13.8	14.09	760	1.23	3.85	5.29	760
750		11.33	14.2	14.45	4:42.74	1:00.70	1:00.86	14.0	14.23	750		3.83	5.17	750
740	11.1	11.39	14.3	14.53	4:44.93	1:01.10	1:01.22	14.1	14.38	740	1.22	3.81	5.06	740
730	11.2	11.45	14.4	14.62	4:47.16	1:01.50	1:01.59	14.3	14.53	730		3.79	4.95	730
720		11.52	14.5	14.71	4:49.44	1:01.80	1:01.97	14.4	14.68	720	1.21	3.77	4.84	720
710	11.3	11.59	14.6	14.80	4:51.77	1:02.20	1:02.36	14.6	14.84	710	1.20	3.75	4.74	710
700	11.4	11.66	14.7	14.90	4:54.15	1:02.60	1:02.75	14.8	15.01	700		3.73	4.63	700
690	11.5	11.73	14.8	14.99	4:56.59	1:03.00	1:03.15	14.9	15.17	690	1.19	3.71	4.53	690
680		11.80	14.9	15.09	4:59.08	1:03.40	1:03.56	15.1	15.34	680	1.18	3.69	4.43	680
670	11.6	11.87	15.0	15.19	5:01.62	1:03.80								

Girls 6, 7, 8 & 9

Girls 9							
	Track			Relays			
	60m		80m	4 x 80m			
1000		7.90		10.53	44.1	44.20	1000
990		7.93	10.3	10.57	44.2	44.38	990
980		7.96		10.61	44.4	44.56	980
970	7.7	7.99	10.4	10.66	44.6	44.74	970
960		8.02		10.70	44.8	44.93	960
950		8.05		10.74	45.0	45.12	950
940	7.8	8.08	10.5	10.79	45.2	45.32	940
930		8.11		10.83	45.4	45.52	930
920		8.14	10.6	10.88	45.6	45.72	920
910	7.9	8.18		10.92	45.8	45.93	910
900		8.21	10.7	10.97	46.0	46.14	900
890		8.24		11.02	46.2	46.36	890
880	8.0	8.28	10.8	11.07	46.4	46.58	880
870		8.32		11.12	46.7	46.80	870
860		8.35	10.9	11.17	46.9	47.03	860
850	8.1	8.39		11.22	47.1	47.27	850
840		8.43	11.0	11.28	47.4	47.51	840
830	8.2	8.47	11.1	11.33	47.6	47.76	830
820		8.51		11.39	47.9	48.01	820
810		8.55	11.2	11.45	48.1	48.27	810
800	8.3	8.59		11.51	48.4	48.53	800
790		8.63	11.3	11.57	48.7	48.80	790
780	8.4	8.68	11.4	11.63	48.9	49.08	780
770		8.72		11.69	49.2	49.36	770
760	8.5	8.77	11.5	11.76	49.5	49.64	760
750		8.81		11.82	49.8	49.94	750
740	8.6	8.86	11.6	11.89	50.1	50.23	740
730		8.91	11.7	11.96	50.4	50.54	730
720	8.7	8.96	11.8	12.03	50.7	50.85	720
710		9.01		12.10	51.0	51.17	710
700	8.8	9.06	11.9	12.17	51.4	51.49	700
690		9.11	12.0	12.24	51.7	51.82	690
680	8.9	9.16	12.1	12.32	52.0	52.16	680
670		9.22		12.39	52.4	52.50	670
660	9.0	9.27	12.2	12.47	52.7	52.85	660
650		9.33	12.3	12.55	53.1	53.21	650
640	9.1	9.38	12.4	12.63	53.4	53.57	640
630	9.2	9.44	12.5	12.71	53.8	53.94	630
620		9.50		12.80	54.2	54.32	620
610	9.3	9.56	12.6	12.88	54.6	54.71	610
600		9.62	12.7	12.97	55.0	55.10	600
590	9.4	9.68	12.8	13.06	55.4	55.50	590
580	9.5	9.75	12.9	13.15	55.8	55.91	580
570		9.81	13.0	13.24	56.2	56.32	570
560	9.6	9.88	13.1	13.34	56.6	56.75	560
550	9.7	9.95	13.2	13.43	57.0	57.18	550
540		10.02	13.3	13.53	57.5	57.62	540
530	9.8	10.08	13.4	13.63	57.9	58.07	530
520	9.9	10.16	13.5	13.73	58.4	58.53	520
510	10.0	10.23	13.6	13.84	58.9	58.99	510
500		10.30	13.7	13.94	59.3	59.47	500
		60m		80m	4 x 80m		

Girls 8					
	Track				
	60m		80m		
1000		8.31	10.8	11.07	1000
990		8.34		11.11	990
980	8.1	8.37	10.9	11.16	980
970		8.40		11.20	970
960		8.43		11.24	960
950	8.2	8.46	11.0	11.29	950
940		8.49		11.34	940
930		8.53	11.1	11.38	930
920	8.3	8.56		11.43	920
910		8.59	11.2	11.48	910
900		8.63		11.53	900
890	8.4	8.67	11.3	11.58	890
880		8.70		11.63	880
870		8.74	11.4	11.69	870
860	8.5	8.78	11.5	11.74	860
850		8.82		11.80	850
840	8.6	8.86	11.6	11.85	840
830		8.90		11.91	830
820		8.94	11.7	11.97	820
810	8.7	8.99	11.8	12.03	810
800		9.03		12.09	800
790	8.8	9.07	11.9	12.16	790
780		9.12		12.22	780
770	8.9	9.17	12.0	12.29	770
760		9.21	12.1	12.36	760
750	9.0	9.26	12.2	12.42	750
740		9.31		12.49	740
730	9.1	9.36	12.3	12.57	730
720		9.41	12.4	12.64	720
710	9.2	9.47		12.71	710
700		9.52	12.5	12.79	700
690	9.3	9.57	12.6	12.87	690
680		9.63	12.7	12.95	680
670	9.4	9.69	12.8	13.03	670
660	9.5	9.74	12.9	13.11	660
650		9.80		13.19	650
640	9.6	9.86	13.0	13.28	640
630		9.92	13.1	13.36	630
620	9.7	9.99	13.2	13.45	620
610	9.8	10.05	13.3	13.54	610
600		10.11	13.4	13.63	600
590	9.9	10.18	13.5	13.73	590
580	10.0	10.25	13.6	13.82	580
570		10.32	13.7	13.92	570
560	10.1	10.38	13.8	14.02	560
550	10.2	10.46	13.9	14.12	550
540	10.3	10.53	14.0	14.22	540
530		10.60	14.1	14.33	530
520	10.4	10.68	14.2	14.43	520
510	10.5	10.75	14.3	14.54	510
500	10.6	10.83	14.4	14.65	500
		60m	80m		

Girls 7					
	Track				
	60m		80m		
1000	8.5	8.78		11.71	1000
990		8.81	11.5	11.75	990
980		8.84		11.80	980
970	8.6	8.87		11.84	970
960		8.91	11.6	11.89	960
950		8.94		11.94	950
940	8.7	8.97	11.7	11.98	940
930		9.01		12.03	930
920		9.05	11.8	12.09	920
910	8.8	9.08	11.9	12.14	910
900		9.12		12.19	900
890	8.9	9.16	12.0	12.24	890
880		9.20		12.30	880
870		9.24	12.1	12.36	870
860	9.0	9.28		12.41	860
850		9.32	12.2	12.47	850
840	9.1	9.36	12.3	12.53	840
830		9.41		12.59	830
820	9.2	9.45	12.4	12.66	820
810		9.50		12.72	810
800		9.54	12.5	12.79	800
790	9.3	9.59	12.6	12.85	790
780		9.64	12.7	12.92	780
770	9.4	9.69		12.99	770
760		9.74	12.8	13.06	760
750	9.5	9.79	12.9	13.14	750
740	9.6	9.84		13.21	740
730		9.89	13.0	13.29	730
720	9.7	9.95	13.1	13.36	720
710		10.00	13.2	13.44	710
700	9.8	10.06	13.3	13.52	700
690		10.12		13.60	690
680	9.9	10.18	13.4	13.69	680
670	10.0	10.24	13.5	13.77	670
660		10.30	13.6	13.86	660
650	10.1	10.36	13.7	13.95	650
640		10.42	13.8	14.04	640
630	10.2	10.49	13.9	14.13	630
620	10.3	10.55	14.0	14.22	620
610		10.62	14.1	14.32	610
600	10.4	10.69	14.2	14.42	600
590	10.5	10.76	14.3	14.51	590
580	10.6	10.83	14.4	14.61	580
570		10.90	14.5	14.72	570
560	10.7	10.97	14.6	14.82	560
550	10.8	11.05	14.7	14.93	550
540	10.9	11.13	14.8	15.04	540
530		11.20	14.9	15.15	530
520	11.0	11.28	15.0	15.26	520
510	11.1	11.36	15.1	15.38	510
500	11.2	11.44	15.3	15.49	500
		60m	80m		

Girls 6					
	Track				
	60m		80m		
1000	9.1	9.36	12.2	12.48	1000
990		9.40		12.53	990
980		9.43	12.3	12.58	980
970	9.2	9.47		12.63	970
960		9.50	12.4	12.68	960
950		9.54		12.73	950
940	9.3	9.57	12.5	12.78	940
930		9.61		12.83	930
920	9.4	9.65	12.6	12.89	920
910		9.69	12.7	12.94	910
900		9.73		13.00	900
890	9.5	9.77	12.8	13.06	890
880		9.81		13.12	880
870	9.6	9.86	12.9	13.18	870
860		9.90	13.0	13.24	860
850		9.94		13.30	850
840	9.7	9.99	13.1	13.37	840
830		10.03	13.2	13.43	830
820	9.8	10.08		13.50	820
810		10.13	13.3	13.57	810
800	9.9	10.18	13.4	13.64	800
790		10.23		13.71	790
780	10.0	10.28	13.5	13.78	780
770		10.33	13.6	13.86	770
760	10.1	10.39	13.7	13.93	760
750	10.2	10.44		14.01	750
740		10.50	13.8	14.09	740
730	10.3	10.56	13.9	14.17	730
720		10.61	14.0	14.25	720
710	10.4	10.67	14.1	14.33	710
700	10.5	10.73	14.2	14.42	700
690		10.79	14.3	14.51	690
680	10.6	10.86		14.60	680
670		10.92	14.4	14.69	670
660	10.7	10.99	14.5	14.78	660
650	10.8	11.05	14.6	14.87	650
640		11.12	14.7	14.97	640
630	10.9	11.19	14.8	15.07	630
620	11.0	11.26	14.9	15.17	620
610	11.1	11.33	15.0	15.27	610
600		11.40	15.1	15.37	600
590	11.2	11.48	15.2	15.48	590
580	11.3	11.55	15.3	15.59	580
570	11.4	11.63	15.5	15.7	

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