

SENIOR WOMEN

POINTS	1200	1100	1000	900	800	700	600	500	400	300	200	100	1
60	7.26	7.35	7.44	7.55	7.67	7.80	7.95	8.07	8.21	8.40	9.63	10.87	12.09
100	11.17	11.33	11.50	11.68	11.89	12.12	12.39	12.56	12.78	13.05	14.66	16.28	17.89
200	22.85	23.18	23.54	23.94	24.38	24.88	25.45	25.75	26.42	27.15	31.75	36.40	40.95
400	51.61	52.39	53.23	54.14	55.15	56.28	57.55	59.03	60.79	62.98	72.68	82.35	91.95
800	2.00.66	2.02.38	2.04.25	2.06.30	2.08.58	2.11.12	2.14.00	2.16.40	2.19.32	2.23.00	2.45.25	3.07.75	3.29.80
1500	4.06.50	4.10.64	4.15.10	4.20.00	4.25.35	4.31.25	4.38.00	4.42.85	4.48.70	4.56.00	5.37.20	6.18.80	6.59.75
3000	9.00.12	9.11.90	9.24.40	9.37.50	9.51.60	10.06.70	10.23.00	10.41.00	11.01.20	11.24.50	12.18.00	13.11.50	14.04.50
5000	15.18.00	15.40.80	16.05.00	16.30.50	16.58.00	17.27.60	18.00.00	18.35.50	19.16.00	20.03.50	21.59.00	23.55.00	25.49.00
10000	32.08.00	33.01.50	33.57.50	34.56.50	35.59.40	37.07.00	38.20.00	39.40.00	41.09.00	42.52.00	46.32.00	50.14.00	53.53.00
2000SC	6.17.30	6.27.35	6.38.10	6.49.60	7.02.00	7.15.40	7.30.00	7.46.50	8.05.20	8.27.50	9.27.50	10.27.50	11.27.00
3000SC	9.38.29	9.57.75	10.17.80	10.39.00	11.09.75	11.34.25	11.50.00	12.17.00	12.47.00	13.20.50	14.25.00	15.30.00	16.34.50
60H	8.12	8.33	8.57	8.82	9.09	9.40	9.75	10.14	10.61	11.19	12.86	14.53	16.19
100H	12.95	13.35	13.79	14.26	14.78	15.35	16.00	16.75	17.63	18.71	22.15	25.58	28.95
400H	56.13	57.29	58.55	59.91	61.42	63.10	65.00	67.17	69.78	73.00	87.00	1.41.00	1.54.90
FIELD													
HJ	1.90	1.87	1.83	1.79	1.75	1.70	1.65	1.61	1.57	1.51	1.23	0.94	0.65
PV	4.44	4.21	3.97	3.72	3.47	3.22	2.95	2.68	2.40	2.10	1.74	1.37	1.00
LJ	6.63	6.46	6.28	6.08	5.88	5.65	5.40	5.24	5.04	4.80	3.81	2.82	1.84
TJ	13.92	13.44	12.93	12.40	11.84	11.24	10.60	9.90	9.13	8.25	6.50	4.75	3.01
SP	17.58	16.33	15.08	13.81	12.55	11.28	10.00	8.72	7.42	6.10	4.73	3.36	2.01
DT	59.69	55.30	50.88	46.45	42.00	37.50	33.00	28.50	23.94	19.35	14.55	9.80	5.05
HT	69.06	63.50	57.95	52.40	46.90	41.45	36.00	30.65	25.30	20.00	15.00	10.00	5.05
JT	58.67	54.78	50.85	46.85	42.80	38.70	34.50	30.20	25.80	21.20	15.80	10.40	5.05
PEN	4400	4155	3905	3645	3375	3095	2800	2492	2162	1800	1260	715	180
HEP	5966	5635	5293	4940	4575	4198	3800	3380	2935	2500	1720	980	255
4x100	44.85	45.48	46.17	46.92	47.76	48.69	49.75	50.79	52.03	53.60	64.05	74.50	84.90
4x200	1.38.76	1.40.20	1.41.77	1.43.50	1.45.40	1.47.55	1.50.00	1.52.85	1.56.30	2.00.70	2.23.90	2.47.00	3.09.80
4x300	2.35.00	2.38.02	2.41.30	2.44.85	2.48.75	2.53.10	2.58.00	3.03.65	3.10.35	3.18.65	3.47.50	4.16.20	4.44.80
4x400	3.32.21	3.35.40	3.38.35	3.42.60	3.46.75	3.51.35	3.56.60	4.02.65	4.09.90	4.18.95	5.02.50	5.46.50	6.29.50
3x800	6.29.03	6.34.75	6.40.90	6.47.60	6.54.90	7.03.00	7.12.00	7.22.40	7.34.50	7.49.50	8.48.00	9.46.50	10.44.50

UNDER-20 WOMEN													
U20	1200	1100	1000	900	800	700	600	500	400	300	200	100	1
1500SC	4.30.00	4.37.50	4.45.50	4.54.15	5.03.50	5.13.70	5.25.00	5.37.60	5.52.25	6.09.90	6.59.90	7.50.00	8.39.70
UNDER-17 WOMEN													
300	36.56	37.18	37.85	38.59	39.40	40.31	41.35	42.56	44.01	45.84	53.90	61.95	69.95
60H-U17	7.95	8.14	8.34	8.57	8.81	9.09	9.40	9.75	10.18	10.70	12.55	14.40	16.24
80H	10.17	10.41	10.68	10.97	11.29	11.65	12.06	12.53	13.10	13.80	17.04	20.26	23.48
300H	39.41	40.26	41.17	42.17	43.26	44.49	45.88	47.50	49.42	51.84	62.90	74.00	84.90
SP (3k)	21.00	19.52	18.05	16.56	15.06	13.54	12.00	10.45	8.87	7.26	5.50	3.75	2.02
HT (3k)	80.00	74.20	68.35	62.50	56.55	50.55	44.50	38.35	32.15	25.80	18.85	11.90	5.05
JT (500g)	65.00	60.68	56.30	51.85	47.30	42.70	38.00	33.20	28.30	23.15	17.10	11.05	5.05
PEN	4600	4340	4070	3795	3508	3212	2900	2575	2225	1850	1290	735	175
HEP	6450	6090	5718	5333	4935	4520	4090	3630	3145	2620	1830	1040	250
UNDER-15 GIRLS													
60H-U15	7.82	8.01	8.22	8.44	8.69	8.97	9.29	9.65	10.07	10.60	12.46	14.33	16.19
75H	9.57	9.80	10.05	10.32	10.63	10.97	11.36	11.81	12.34	13.02	16.14	19.26	22.38
PEN	4800	4535	4265	3982	3690	3388	3070	2733	2372	1982	1380	780	180
UNDER-13 GIRLS													
75							9.40	9.56	9.75	10.00	11.42	12.84	14.24
150							18.47	18.79	19.19	19.70	22.80	25.90	28.98
600							1.38.00	1.40.18	1.42.82	1.46.20	2.04.20	2.22.15	2.39.75
1200							3.35.00	3.39.75	3.45.40	3.52.50	4.30.00	5.07.50	5.44.75
60H-U13							9.05	9.36	9.73	10.20	12.54	14.87	17.18
70H							10.20	10.55	10.97	11.51	14.68	17.85	20.98
SP (2.72k)							15.50	13.65	11.73	9.70	7.14	4.56	2.02
DT (0.75k)							45.05	39.00	32.80	26.50	19.30	12.15	5.05
JT (400g)							48.50	42.45	36.20	29.60	21.40	13.20	5.05
PEN							3500	3138	2748	2320	1605	890	180

SENIOR MEN													
POINTS	1200	1100	1000	900	800	700	600	500	400	300	200	100	1
60	6.61	6.71	6.82	6.94	7.07	7.23	7.40	7.62	7.89	8.23	9.69	11.14	12.59
100	10.07	10.23	10.41	10.60	10.82	11.07	11.35	11.63	11.97	12.40	15.28	18.14	20.98
200	20.34	20.71	21.12	21.56	22.06	22.61	23.25	23.90	24.70	25.70	31.49	37.25	42.97
300	32.46	33.06	33.71	34.42	35.21	36.10	37.10	38.27	39.66	41.42	50.60	59.80	1.08.95
400	45.29	46.16	47.09	48.11	49.23	50.48	51.90	53.54	55.48	57.92	68.60	79.30	1.29.90
800	1.45.60	1.47.64	1.49.82	1.52.23	1.54.90	1.57.85	2.01.25	2.04.95	2.09.40	2.15.00	2.45.00	3.15.00	3.44.85
1500	3.36.10	3.41.00	3.46.25	3.51.95	3.58.20	4.05.15	4.13.00	4.19.75	4.27.80	4.38.00	5.29.00	6.20.00	7.10.50
Mile	3.53.10	3.58.50	4.04.35	4.10.70	4.17.65	4.25.30	4.34.00	4.41.65	4.50.75	5.02.00	5.53.20	6.44.90	7.35.50
3000	7.50.99	8.03.65	8.17.00	8.31.20	8.46.50	9.02.85	9.21.00	9.40.80	10.03.50	10.30.00	11.35.00	12.40.00	13.44.50
5000	13.17.42	13.39.20	14.02.25	14.27.00	14.53.80	15.23.00	15.55.00	16.31.00	17.12.50	18.01.50	20.17.00	22.33.50	24.48.00
10000	27.52.73	28.42.00	29.34.00	30.29.50	31.29.25	32.34.00	33.45.00	35.04.00	36.34.00	38.20.00	43.00.00	47.40.00	52.18.00
2000SC	5.26.00	5.36.10	5.47.00	5.58.60	6.11.20	6.24.80	6.40.00	6.57.00	7.16.80	7.40.20	8.50.00	9.59.80	11.09.00
3000SC	8.25.01	8.41.65	8.59.00	9.17.50	9.37.20	9.58.40	10.21.25	10.46.30	11.14.50	11.47.00	13.01.50	14.15.50	15.29.00
60H	7.71	7.96	8.22	8.52	8.84	9.19	9.60	10.06	10.61	11.29	14.05	16.84	19.58
110H	13.48	13.89	14.34	14.83	15.36	15.95	16.62	17.39	18.30	19.42	23.93	28.46	32.97
400H	49.47	51.06	52.79	54.66	56.70	58.97	61.50	64.43	67.88	72.10	88.00	104.00	119.90
HJ	2.27	2.21	2.14	2.06	1.98	1.90	1.80	1.73	1.64	1.53	1.21	0.88	0.56
PV	5.59	5.23	4.86	4.49	4.12	3.74	3.35	3.00	2.64	2.25	1.77	1.29	0.81
LJ	8.03	7.76	7.47	7.16	6.84	6.5	6.12	5.85	5.53	5.15	3.95	2.75	1.56
TJ	16.71	16.08	15.41	14.71	13.98	13.19	12.35	11.44	10.43	9.30	7.00	4.70	2.42
SP	20.19	18.42	16.70	15.01	13.38	11.78	10.25	8.77	7.37	6.04	5.03	4.01	3.01
DT	63.50	57.60	51.80	46.10	40.60	35.20	30.00	25.00	20.20	15.68	12.12	8.56	5.05
HT	74.00	66.45	59.15	52.10	45.30	38.75	32.50	26.60	21.10	16.00	12.35	8.65	5.05
JT	81.00	73.95	67.00	60.10	53.30	46.60	40.00	33.60	27.25	21.15	15.75	10.40	5.05
HEP	6000	5625	5240	4845	4445	4028	3600	3150	2685	2190	1530	870	215
DEC	7862	7330	6785	6230	5665	5090	4500	3895	3270	2615	1820	1025	235
4x100	40.40	41.10	41.86	42.69	43.61	44.64	45.80	47.44	49.38	51.80	61.20	70.60	79.95
4x200	1.25.00	1.27.33	1.29.87	1.32.65	1.35.70	1.39.13	1.43.00	1.47.55	1.52.95	1.59.70	2.21.50	2.43.30	3.04.85

4x300	2.22.60	2.25.30	2.28.20	2.31.35	2.34.80	2.38.65	2.43.00	2.48.05	2.53.95	3.01.30	3.31.60	4.01.90	4.31.80
4x400	3.08.93	3.12.55	3.16.45	3.20.70	3.25.40	3.30.60	3.36.50	3.43.30	3.51.45	4.01.50	4.48.50	5.35.40	6.21.60
3x800	5.35.30	5.41.90	5.49.05	5.56.80	6.05.20	6.14.50	6.25.00	6.37.00	6.51.00	7.08.20	8.15.50	9.22.80	10.29.60
UNDER-20 MEN													
	1200	1100	1000	900	800	700	600	500	400	300	200	100	1
60H-U20	7.42	7.67	7.94	8.24	8.57	8.93	9.35	9.82	10.39	11.10	13.90	16.70	19.48
110H	12.75	13.19	13.67	14.20	14.77	15.40	16.12	16.94	17.91	19.10	23.55	28.05	32.47
SP 6K	22.00	20.18	18.40	16.61	14.85	13.12	11.40	9.70	8.05	6.42	4.95	3.47	2.02
DT 1.75K	70.00	63.50	57.10	50.85	44.75	38.80	33.00	27.45	22.10	17.05	13.05	9.00	5.03
HT 6K	84.00	76.85	69.75	62.70	55.70	48.80	42.00	35.35	28.80	22.35	16.55	10.80	5.03
HEP	6200	5810	5408	4998	4578	4145	3700	3235	2750	2235	1565	895	230
DEC	8250	7705	7150	6580	6000	5410	4800	4170	3515	2825	1960	1095	230
UNDER-17 MEN													
60H-U17	7.20	7.44	7.71	8.01	8.33	8.69	9.10	9.57	10.14	10.84	13.74	16.62	19.48
100H	11.66	12.03	12.43	12.87	13.35	13.88	14.49	15.19	16.02	17.06	21.70	26.35	30.97
400H	48.50	49.99	51.60	53.34	55.24	57.36	59.75	62.50	65.75	69.75	84.80	99.90	1.54.90
1500SC	3.52.50	4.01.20	4.10.50	4.20.30	4.30.90	4.42.40	4.55.00	5.09.10	5.25.10	5.44.00	6.29.50	7.14.80	7.59.70
SP 5K	23.00	21.21	19.42	17.62	15.84	14.07	12.30	10.53	8.77	7.03	5.35	3.68	2.02
DT 1.5K	75.00	68.20	61.50	54.95	48.50	42.20	36.00	30.05	24.25	18.75	14.15	9.60	5.03
HT 5K	96.00	87.10	78.30	69.70	61.20	53.00	45.00	37.20	29.70	22.55	16.70	10.85	5.03
JT700g	92.00	83.70	75.45	67.40	59.40	51.60	44.00	36.60	29.40	22.50	16.65	10.85	5.03
HEP	6400	6000	5593	5178	4750	4305	3850	3375	2875	2345	1630	915	200
OCT	6975	6525	6070	5600	5120	4630	4120	3595	3045	2470	1720	965	220
DEC	8750	8185	7605	7015	6410	5790	5150	4485	3790	3060	2110	1165	225
UNDER-15 BOYS													
60H-U15	7.05	7.29	7.56	7.85	8.18	8.54	8.95	9.42	9.99	10.71	13.68	16.65	19.58
80H	9.13	9.43	9.76	10.12	10.51	10.95	11.45	12.02	12.70	13.56	17.20	20.85	24.47
SP 4k	25.00	22.45	20.88	19.28	17.66	16.00	13.50	11.57	9.65	7.73	5.82	3.91	2.02
DT 1.25k	79.60	73.10	66.60	60.15	53.75	47.35	41.00	34.70	28.50	22.35	16.55	10.80	5.03
HT 4k	105.00	95.00	85.10	75.50	66.10	56.90	48.00	39.50	31.30	23.50	17.35	11.15	5.04
JT 600g	95.00	86.50	78.20	69.95	61.85	53.85	46.00	38.40	30.90	23.70	17.45	11.25	5.04
PEN	4750	4430	4108	3778	3442	3100	2750	2388	2015	1625	1150	675	205

UNDER-13 BOYS													
60H-U13							8.00	8.60	9.31	10.20	13.22	16.28	19.28
75H							10.54	11.03	11.61	12.35	16.25	20.10	23.98
SP 3.25k							15.00	13.63	12.14	10.50	7.68	4.84	2.02
DT 1k							48.00	41.70	35.20	28.50	20.65	12.80	5.04
HT 3k							58.00	50.65	43.00	35.00	25.00	15.00	5.05
JT 400g							60.00	53.10	45.85	38.00	27.00	16.00	5.06
PEN							2600	2105	1785	1600	1090	690	165