

## 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

<b>4x300</b>	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
<b>4x400</b>	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
<b>3x800</b>	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
<b>60H-U20</b>	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
<b>110H</b>	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
<b>SP 6K</b>	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
<b>DT 1.75K</b>	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
<b>HT 6K</b>	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
<b>HEP</b>	6200	5810	5408	4998	4578	4145	3700	3235	2750	2235	1565	895	230
<b>DEC</b>	8250	7705	7150	6580	6000	5410	4800	4170	3515	2825	1960	1095	230

### UNDER-17 MEN

<b>60H-U17</b>	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
<b>100H</b>	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
<b>400H</b>	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
<b>1500SC</b>	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
<b>SP 5K</b>	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
<b>DT 1.5K</b>	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
<b>HT 5K</b>	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
<b>JT700g</b>	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
<b>HEP</b>	6400	6000	5593	5178	4750	4305	3850	3375	2875	2345	1630	915	200
<b>OCT</b>	6975	6525	6070	5600	5120	4630	4120	3595	3045	2470	1720	965	220
<b>DEC</b>	8750	8185	7605	7015	6410	5790	5150	4485	3790	3060	2110	1165	225

### UNDER-15 BOYS

<b>60H-U15</b>	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
<b>80H</b>	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
<b>SP 4k</b>	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
<b>DT 1.25k</b>	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
<b>HT 4k</b>	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
<b>JT 600g</b>	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
<b>PEN</b>	4750	4430	4108	3778	3442	3100	2750	2388	2015	1625	1150	675	205

**UNDER-13 BOYS**

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