

# 2024 - 2027 HIGH SCHOOLS ATHLETICS PERFORMANCE EVALUATION (APE) TABLES

ATHLETICS SOUTH AFRICA (ASA)

IN ASSOCIATION WITH

SOUTH AFRICAN SCHOOLS ATHLETICS (SASA)

CAPACITATING SCHOOLS ATHLETICS



## Boys

**Boys Under 20 (19 in year of competition) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development**

Boys under 20 (19 in year of competition)																																		
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	10.23	20.62	46.0	46.11	1:47.10	3:42.68	8:03.48	13:59.99	29:30.28	1000	13.2	13.48	50.2	50.33	1000	8:40.05	1:40:05.84	43:05.71	1000	40.1	40.27	3:08.34	1:55.59	1000	2.19	5.27	7.78	15.78	19.50	60.00	70.01	73.09	1000	
990	10.25	20.4	20.66	46.1	46.27	1:47.29	3:43.83	8:06.71	14:06.86	29:51.62	990	13.3	13.56	50.5	50.67	990	8:45.01	1:41:19.47	43:34.72	990	40.3	40.41	3:08.87	1:55.66	990	2.18	5.24	7.73	15.73	19.27	58.97	68.06	72.50	990
980	10.0	10.28	20.70	46.3	46.44	1:47.49	3:45.00	8:10.02	14:13.90	30:13.59	980	13.4	13.64	50.9	51.02	980	8:50.11	1:42:35.29	44:04.56	980	40.4	40.55	3:09.41	1:55.74	980	2.17	5.20	7.69	15.67	19.03	57.93	66.10	71.89	980
970	10.30	20.5	20.74	46.5	46.61	1:47.69	3:46.20	8:13.41	14:21.12	30:36.20	970	13.5	13.72	51.2	51.37	970	8:55.34	1:43:53.37	44:35.26	970	40.5	40.69	3:09.96	1:55.82	970	2.16	5.16	7.64	15.61	18.79	56.87	64.16	71.28	970
960	10.32	20.79	46.7	46.79	1:47.89	3:47.42	8:16.88	14:28.53	30:59.49	960	13.6	13.89	52.0	52.10	960	9:06.22	1:46:36.55	45:39.32	960	40.8	40.98	3:11.10	1:55.98	960	2.14	5.09	7.55	15.50	18.30	54.74	60.29	70.02	960	
950	10.35	20.6	20.84	46.8	46.96	1:48.10	3:48.67	8:20.43	14:36.12	31:23.45	950	13.7	13.97	52.3	52.48	950	9:11.88	1:48:01.77	46:12.72	950	41.0	41.13	3:11.68	1:56.06	950	2.13	5.05	7.50	15.44	18.05	53.67	58.37	69.37	950
940	10.1	10.38	20.90	47.0	47.15	1:48.31	3:49.95	8:24.06	14:43.90	31:48.13	940	13.8	14.06	52.7	52.86	940	9:17.69	1:49:29.51	46:47.06	940	41.1	41.29	3:12.28	1:56.14	940	2.12	5.02	7.46	15.39	17.79	52.59	56.47	68.71	940
930	10.41	20.7	20.95	47.2	47.33	1:48.52	3:51.26	8:27.78	14:51.88	32:13.52	930	13.9	14.15	53.1	53.26	930	9:23.66	1:50:59.84	47:22.38	930	41.3	41.45	3:12.88	1:56.23	930	2.11	4.98	7.41	15.33	17.54	51.51	54.59	68.05	930
920	10.44	21.01	47.4	47.52	1:48.74	3:52.59	8:31.59	15:00.05	32:39.66	920	14.0	14.25	53.5	53.67	920	9:29.78	1:52:32.83	47:58.70	920	41.5	41.61	3:13.50	1:56.31	920	2.10	4.94	7.36	15.27	17.28	50.43	52.73	67.37	920	
910	10.2	10.47	20.8	21.07	47.6	47.71	1:48.96	3:53.96	8:35.48	15:08.43	910	14.1	14.34	53.9	54.08	910	9:36.06	1:54:08.55	48:36.04	910	41.6	41.77	3:14.13	1:56.40	910	2.09	4.90	7.31	15.21	17.02	49.34	50.89	66.69	910
900	10.51	20.9	21.14	47.8	47.91	1:49.19	3:55.35	8:39.46	15:17.01	33:34.24	900	14.2	14.44	54.4	54.50	900	9:42.52	1:55:47.27	49:14.51	900	41.8	41.94	3:14.77	1:56.49	900	2.08	4.87	7.26	15.14	16.76	48.26	49.09	66.00	900
890	10.55	21.21	48.0	48.11	1:49.42	3:56.77	8:43.54	15:25.82	34:02.79	890	14.3	14.54	54.8	54.94	890	9:49.17	1:57:29.27	49:54.20	890	42.0	42.11	3:15.42	1:56.58	890	2.07	4.84	7.22	15.08	16.50	47.20	47.34	65.32	890	
880	10.3	10.58	21.0	21.28	48.2	48.32	1:49.66	3:58.23	8:47.73	15:34.88	880	14.4	14.64	55.2	55.39	880	9:56.02	1:59:14.64	50:35.15	880	42.1	42.28	3:16.09	1:56.67	880	2.06	4.81	7.17	15.01	16.25	46.16	45.65	64.64	880
870	10.62	21.1	21.35	48.4	48.53	1:49.90	3:59.73	8:52.03	15:44.19	35:02.72	870	14.5	14.74	55.7	55.85	870	10:03.07	2:01:03.50	51:17.41	870	42.3	42.46	3:16.76	1:56.77	870	2.05	4.77	7.12	14.94	16.00	45.13	44.00	63.96	870
860	10.4	10.66	21.2	21.42	48.6	48.74	1:50.14	4:01.26	8:56.44	15:53.77	860	14.6	14.85	56.2	56.32	860	10:10.33	2:02:55.95	52:01.00	860	42.5	42.64	3:17.45	1:56.86	860	2.04	4.74	7.08	14.88	15.74	44.12	42.40	63.29	860
850	10.70	21.50	48.8	48.96	1:50.39	4:02.82	9:00.96	16:03.61	36:06.66	850	14.7	14.96	56.7	56.80	850	10:17.81	2:04:52.10	52:45.98	850	42.7	42.83	3:18.15	1:56.96	850	2.03	4.71	7.03	14.81	15.50	43.12	40.86	62.61	850	
840	10.74	21.3	21.57	49.0	49.18	1:50.65	4:04.43	9:05.60	16:13.72	36:40.20	840	14.8	15.07	57.2	57.30	840	10:25.50	2:06:52.09	53:32.37	840	42.9	43.02	3:18.86	1:57.06	840	2.02	4.68	6.98	14.74	15.25	42.14	39.35	61.94	840
830	10.5	10.78	21.4	21.65	49.3	49.41	1:50.90	4:06.07	9:10.36	16:24.11	830	14.9	15.18	57.7	57.80	830	10:33.42	2:08:56.02	54:20.23	830	43.1	43.21	3:19.58	1:57.16	830	2.01	4.65	6.94	14.68	15.01	41.18	37.90	61.28	830
820	10.82	21.5	21.73	49.5	49.65	1:51.17	4:07.75	9:15.24	16:34.79	37:50.61	820	15.1	15.30	58.2	58.33	820	10:41.57	2:11:04.04	55:09.59	820	43.3	43.41	3:20.32	1:57.26	820	2.00	4.62	6.89	14.61	14.77	40.23	36.49	60.61	820
810	10.6	10.87	21.6	21.81	49.7	49.88	1:51.44	4:09.47	9:20.24	16:45.76	810	15.2	15.42	58.7	58.86	810	10:49.96	2:13:16.28	56:00.52	810	43.5	43.61	3:21.07	1:57.37	810	1.99	4.59	6.85	14.54	14.53	39.30	35.12	59.95	810
800	10.91	21.89	50.0	50.13	1:51.71	4:11.23	9:25.37	16:57.03	39:05.70	800	15.3	15.54	59.3	59.41	800	10:58.59	2:15:32.88	56:53.04	800	43.7	43.82	3:21.83	1:57.47	800	1.98	4.56	6.80	14.48	14.29	38.39	33.80	59.29	800	
790	10.7	10.96	21.7	21.98	50.2	50.38	1:51.99	4:13.03	9:30.63	17:08.60	790	15.4	15.67	59.8	59.97	790	11:07.47	2:17:53.98	57:47.22	790	43.9	44.03	3:22.60	1:57.58	790	1.97	4.53	6.75	14.41	14.06	37.49	32.52	58.64	790
780	11.00	21.8	22.06	50.5	50.63	1:52.28	4:14.87	9:36.02	17:20.49	40:25.78	780	15.6	15.80	1:00.4	1:00.54	780	11:16.62	2:20:19.75	58:43.11	780	44.1	44.25	3:23.39	1:57.69	780	1.96	4.50	6.71	14.35	13.83	36.61	31.28	57.99	780
770	10.8	11.05	21.9	22.15	50.8	50.89	1:52.57	4:16.75	9:41.55	17:32.70	770	15.7	15.93	1:01.0	1:01.13	770	11:26.02	2:22:50.33	59:40.76	770	44.3	44.46	3:24.19	1:57.80	770	1.95	4.47	6.66	14.28	13.60	35.74	30.08	57.34	770
760	11.10	22.0	22.24	51.0	51.15	1:52.86	4:18.68	9:47.21	17:45.24	41:51.18	760	15.8	16.06	1:01.6	1:01.74	760	11:35.70	2:25:25.89	1:00:40.22	760	44.5	44.69	3:25.00	1:57.92	760	1.94	4.44	6.62	14.21	13.37	34.89	28.92	56.70	760
750	10.9	11.15	22.1	22.33	51.3	51.42	1:53.16	4:20.65	9:53.02	17:58.12	750	16.0	16.20	1:02.2	1:02.36	750	11:45.67	2:28:06.61	1:01:41.57	750	44.8	44.92	3:25.83	1:58.03	750	1.93	4.41	6.57	14.15	13.15	34.05	27.80	56.06	750
740	11.19	22.2	22.42	51.6	51.70	1:53.47	4:22.66	9:58.96	18:11.35	43:22.27	740	16.1	16.34	1:02.9	1:02.99	740	11:55.92	2:30:52.67	1:02:44.85	740	45.0	45.15	3:26.66	1:58.15	740	1.92	4.37	6.53	14.08	12.93	33.23	26.71	55.42	740
730	11.0	11.24	22.3	22.51	51.8	51.98	1:53.78	4:24.72	10:05.05	18:24.93	730	16.2	16.49	1:03.5	1:03.64	730	12:06.46	2:33:44.26	1:03:50.14	730	45.2	45.39	3:27.52	1:58.27	730	1.91	4.34	6.48	14.01	12.71	32.42	25.66	54.78	730
720	11.30	22.4	22.61	52.1	52.26	1:54.09	4:26.82	10:11.30	18:38.88	44:59.46	720	16.4	16.64	1:04.2	1:04.31	720	12:17.32	2:36:41.56	1:04:57.50	720	45.5	45.63	3:28.38	1:58.39	720	1.90	4.31	6.44	13.95	12.49	31.63	24.65	54.15	720
710	11.1	11.35	22.5	22.71	52.4	52.55	1:54.41	4:28.97	10:17.69	18:53.21	710	16.5	16.79	1:04.8	1:04.99	710	12:28.49	2:39:44.79	1:06:06.99	710	45.7	45.87	3:29.26	1:58.51	710	1.89	4.28	6.39	13.88	12.28	30.85	23.67	53.53	710
700	11.40	22.6	22.80	52.7	52.85	1:54.74	4:31.17	10:24.24	19:07.91	46:43.16	700	16.7	16.94	1:05.5	1:05.69	700	12:39.98	2:42:54.16	1:07:18.69	700	46.0	46.12	3:30.16	1:58.63	700	1.88	4.25	6.35	13.82	12.06	30.09	22.72	52.90	700
690	11.2	11.46	22.7	22.91	53.0	53.15	1:55.07	4:33.41	10:30.96	19:23.02	690	16.9	17.10	1:06.3	1:06.40	690	12:51.81	2:46:09.89	1:08:32.68	690	46.2	46.38	3:31.06	1:58.76	690	1.87	4.22	6.30	13.75	11.85	29.34	21.81	52.28	690
680	11.51	22.8	23.01	53.3	53.46	1:55.41	4:35.71	10:37.83	19:38.53	48:33.86	680	17.0	17.26	1:07.0	1:07.14	680	13:03.98	2:49:32.20	1:09:49.04	680	46.5	46.64	3:31.99	1:58.89	680	1.86	4.19	6.26	13.68	11.65	28.61	20.93	51.67	680
670	11.3																																	

## Boys Under 20 (19 in year of competition) – Continued

Boys under 20 (19 in year of competition)																																			
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						
500		12.69	25.0	25.19	1:00.0	1:00.12	2:02.45	5:26.58	13:14.50	25:41.43	72:05.55	500	20.4	20.65	1:22.6	1:22.71	500	17:35.45	4:08:20.02	1:39:01.55	500	51.7	51.88	3:49.99	2:01.34	500	1.69	3.70	5.53	12.57	8.50	18.19	10.00	41.80	500
490	12.5	12.76	25.1	25.33	1:00.4	1:00.55	2:02.90	5:30.01	13:25.35	26:07.20	73:52.39	490	20.6	20.89	1:23.7	1:23.84	490	17:56.06	4:14:34.41	1:41:18.11	490	52.1	52.24	3:51.19	2:01.50	490	1.68	3.68	5.48	12.51	8.33	17.69	9.56	41.25	490
480	12.6	12.84	25.2	25.47	1:00.9	1:01.00	2:03.35	5:33.52	13:36.47	26:33.68	75:43.05	480	20.9	21.13	1:24.9	1:25.00	480	18:17.28	4:21:02.33	1:43:39.30	480	52.5	52.60	3:52.42	2:01.66	480	1.67	3.65	5.44	12.44	8.17	17.20	9.13	40.71	480
470	12.7	12.92	25.4	25.62	1:01.3	1:01.45	2:03.81	5:37.10	13:47.86	27:00.90	77:37.67	470	21.1	21.39	1:26.0	1:26.19	470	18:39.16	4:27:44.31	1:46:05.29	470	52.8	52.98	3:53.66	2:01.82	470	1.66	3.62	5.40	12.38	8.01	16.72	8.72	40.18	470
460		13.00	25.5	25.77	1:01.8	1:01.91	2:04.28	5:40.75	13:59.53	27:28.86	79:36.42	460	21.4	21.65	1:27.3	1:27.40	460	19:01.71	4:34:40.94	1:48:36.29	460	53.2	53.36	3:54.92	2:01.99	460		3.59	5.36	12.31	7.86	16.25	8.32	39.65	460
450	12.8	13.08	25.7	25.92	1:02.2	1:02.38	2:04.76	5:44.49	14:11.48	27:57.61	81:39.46	450	21.7	21.91	1:28.5	1:28.65	450	19:24.94	4:41:52.81	1:51:12.47	450	53.6	53.74	3:56.20	2:02.16	450	1.65	3.57	5.32	12.25	7.70	15.80	7.95	39.12	450
440	12.9	13.17	25.8	26.07	1:02.7	1:02.86	2:05.24	5:48.30	14:23.73	28:27.15	83:46.96	440	21.9	22.18	1:29.8	1:29.92	440	19:48.90	4:49:20.56	1:53:54.03	440	54.0	54.14	3:57.49	2:02.33	440	1.64	3.54	5.28	12.18	7.55	15.35	7.58	38.60	440
430	13.0	13.25	26.0	26.23	1:03.2	1:03.35	2:05.73	5:52.20	14:36.29	28:57.52	85:59.12	430	22.2	22.46	1:31.1	1:31.23	430	20:13.59	4:57:04.85	1:56:41.19	430	54.4	54.54	3:58.81	2:02.50	430	1.63	3.51	5.24	12.12	7.40	14.91	7.23	38.08	430
420	13.1	13.34	26.2	26.39	1:03.7	1:03.84	2:06.22	5:56.18	14:49.15	29:28.74	88:16.12	420	22.5	22.74	1:32.4	1:32.57	420	20:39.06	5:05:06.36	1:59:34.16	420	54.8	54.94	4:00.14	2:02.68	420	1.62	3.48	5.20	12.06	7.25	14.49	6.90	37.57	420
410	13.2	13.42	26.3	26.55	1:04.2	1:04.35	2:06.72	6:00.24	15:02.33	30:00.84	90:38.16	410	22.8	23.03	1:33.8	1:33.94	410	21:05.31	5:13:25.81	2:02:33.18	410	55.2	55.36	4:01.49	2:02.85	410	1.61	3.46	5.16	11.99	7.11	14.07	6.58	37.06	410
400	13.3	13.51	26.5	26.71	1:04.7	1:04.86	2:07.23	6:04.39	15:15.83	30:33.84	93:05.45	400	23.1	23.32	1:35.2	1:35.35	400	21:32.39	5:22:03.97	2:05:38.47	400	55.6	55.78	4:02.87	2:03.03	400	1.60	3.43	5.12	11.93	6.96	13.66	6.27	36.56	400
390	13.4	13.60	26.6	26.88	1:05.2	1:05.38	2:07.75	6:08.63	15:29.68	31:07.78	95:38.21	390	23.4	23.62	1:36.6	1:36.79	390	22:00.31	5:31:01.61	2:08:50.30	390	56.1	56.21	4:04.26	2:03.21	390	1.59	3.40	5.08	11.87	6.82	13.27	5.98	36.06	390
380	13.5	13.69	26.8	27.04	1:05.8	1:05.91	2:08.27	6:12.96	15:43.86	31:42.67	98:16.68	380	23.7	23.93	1:38.1	1:38.26	380	22:29.12	5:40:19.58	2:12:08.91	380	56.5	56.64	4:05.67	2:03.39	380	1.58	3.38	5.04	11.80	6.68	12.88	5.70	35.56	380
370		13.79	27.0	27.22	1:06.3	1:06.45	2:08.80	6:17.38	15:58.41	32:18.56	101:01.08	370	24.0	24.25	1:39.6	1:39.78	370	22:58.83	5:49:58.73	2:15:34.58	370	56.9	57.08	4:07.10	2:03.58	370	1.57	3.35	5.00	11.74	6.55	12.50	5.43	35.07	370
360	13.6	13.88	27.2	27.39	1:06.9	1:07.00	2:09.34	6:21.90	16:13.31	32:55.47	103:51.68	360	24.3	24.57	1:41.2	1:41.33	360	23:29.49	5:59:59.99	2:19:07.59	360	57.4	57.54	4:08.55	2:03.77	360	1.56	3.32	4.96	11.67	6.41	12.14	5.17	34.58	360
350	13.7	13.98	27.3	27.57	1:07.4	1:07.56	2:09.88	6:26.51	16:28.59	33:33.44	106:48.73	350	24.7	24.90	1:42.8	1:42.92	350	24:01.12	6:10:24.29	2:22:48.23	350	57.9	58.0	4:10.03	2:03.95	350	1.55	3.30	4.92	11.61	6.28	11.78	4.92	34.10	350
340	13.8	14.08	27.5	27.75	1:08.0	1:08.13	2:10.43	6:31.22	16:44.25	34:12.49	109:52.51	340	25.0	25.24	1:44.4	1:44.55	340	24:33.77	6:21:12.64	2:26:36.83	340	58.3	58.5	4:11.52	2:04.14	340	1.54	3.27	4.88	11.55	6.15	11.43	4.69	33.62	340
330	13.9	14.17	27.7	27.93	1:08.6	1:08.71	2:10.99	6:36.04	17:00.31	34:52.68	113:03.32	330	25.3	25.59	1:46.1	1:46.22	330	25:07.46	6:32:26.10	2:30:33.69	330	58.8	58.9	4:13.04	2:04.34	330	1.53	3.24	4.84	11.49	6.02	11.09	4.46	33.15	330
320	14.0	14.28	27.9	28.11	1:09.2	1:09.30	2:11.56	6:40.96	17:16.77	35:34.02	116:21.45	320	25.7	25.94	1:47.8	1:47.94	320	25:42.24	6:44:05.74	2:34:39.17	320	59.3	59.4	4:14.57	2:04.53	320	1.52	3.22	4.80	11.42	5.89	10.75	4.25	32.68	320
310	14.1	14.38	28.1	28.30	1:09.8	1:09.90	2:12.13	6:45.98	17:33.65	36:16.56	119:47.23	310	26.1	26.30	1:49.6	1:49.69	310	26:18.14	6:56:12.74	2:38:53.61	310	59.8	59.9	4:16.13	2:04.73	310	1.51	3.19	4.76	11.36	5.77	10.43	4.04	32.21	310
300	14.2	14.48	28.3	28.49	1:10.4	1:10.51	2:12.72	6:51.11	17:50.96	37:00.34	123:03.98	300	26.4	26.67	1:51.4	1:51.50	300	26:55.21	7:08:48.28	2:43:17.38	300	1:00.3	1:00.4	4:17.71	2:04.93	300		3.17	4.72	11.30	5.65	10.11	3.84	31.75	300
290	14.4	14.59	28.5	28.69	1:11.0	1:11.13	2:13.31	6:56.35	18:08.71	37:45.40	126:03.05	290	26.8	27.05	1:53.2	1:53.34	290	27:33.49	7:21:53.65	2:47:50.87	290	1:00.8	1:00.9	4:19.31	2:05.13	290	1.50	3.14	4.68	11.23	5.53	9.81	3.65	31.30	290
280	14.5	14.70	28.6	28.88	1:11.6	1:11.77	2:13.90	7:01.71	18:26.91	38:31.77	129:53.82	280	27.2	27.44	1:55.1	1:55.24	280	28:13.02	7:35:30.17	2:52:34.48	280	1:01.3	1:01.4	4:20.94	2:05.33	280	1.49	3.11	4.65	11.17	5.41	9.51	3.47	30.84	280
270	14.6	14.81	28.8	29.08	1:12.3	1:12.41	2:14.51	7:07.18	18:45.58	39:19.51	133:53.66	270	27.6	27.83	1:57.0	1:57.18	270	28:53.86	7:49:39.23	2:57:28.64	270	1:01.8	1:02.0	4:22.59	2:05.54	270	1.48	3.09	4.61	11.11	5.29	9.22	3.30	30.40	270
260	14.7	14.92	29.1	29.29	1:12.9	1:13.07	2:15.12	7:12.77	19:04.73	40:08.66	137:02.98	260	28.0	28.24	1:59.0	1:59.18	260	29:36.04	8:04:22.30	3:02:33.79	260	1:02.4	1:02.5	4:24.26	2:05.74	260	1.47	3.06	4.57	11.05	5.18	8.93	3.14	29.96	260
250	14.8	15.03	29.3	29.49	1:13.6	1:13.73	2:15.74	7:18.49	19:24.37	40:59.27	140:22.21	250	28.4	28.66	2:01.1	2:01.22	250	30:19.62	8:19:40.92	3:07:50.39	250	1:02.9	1:03.0	4:25.95	2:05.95	250	1.46	3.04	4.53	10.99	5.07	8.65	2.98	29.52	250
240	14.9	15.14	29.5	29.70	1:14.3	1:14.41	2:16.37	7:24.32	19:44.51	41:51.37	143:51.77	240	28.8	29.08	2:03.2	2:03.32	240	31:04.65	8:35:36.70	3:13:18.94	240	1:03.5	1:03.6	4:27.67	2:06.16	240	1.45	3.01	4.49	10.92	4.96	8.39	2.83	29.08	240
230	15.0	15.26	29.7	29.91	1:15.0	1:15.10	2:17.01	7:30.29	20:05.18	42:45.03	147:32.15	230	29.3	29.51	2:05.3	2:05.47	230	31:51.18	8:52:11.33	3:18:59.93	230	1:04.0	1:04.2	4:29.41	2:06.38	230	1.44	2.99	4.46	10.86	4.85	8.12	2.69	28.65	230
220	15.1	15.38	29.9	30.13	1:15.7	1:15.80	2:17.66	7:36.39	20:26.39	43:40.30	150:23.82	220	29.7	29.96	2:07.5	2:07.68	220	32:39.28	9:09:26.59	3:24:53.90	220	1:04.6	1:04.7	4:31.18	2:06.59	220	1.43	2.96	4.42	10.80	4.74	7.87	2.55	28.23	220
210	15.3	15.50	30.1	30.35	1:16.4	1:16.52	2:18.31	7:42.61	20:48.15	44:37.23	153:27.31	210	30.2	30.41	2:09.8	2:09.94	210	33:29.00	9:27:24.36	3:31:01.41	210	1:05.2	1:05.3	4:32.97	2:06.81	210	1.42	2.94	4.38	10.74	4.64	7.62	2.42	27.81	210
200	15.4	15.62	30.3	30.57	1:17.1	1:17.25	2:18.97	7:48.98	21:10.47	45:35.88	156:43.15	200	30.6	30.88	2:12.1	2:12.27	200	34:20.40	9:46:06.60	3:37:23.04	200	1:05.8	1:05.9	4:34.79	2:07.03	200	1.41	2.91	4.35	10.68	4.53	7.38	2.30	27.39	200
190	15.5	15.75	30.6	30.80	1:17.9	1:17.99	2:19.64	7:55.49	21:33.38	46:36.30	159:11.																								

**Boys Under 18 (17 in year of competition) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development**

Boys Under 18 (17 in year of competition)																													
	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	10.39	20.93	46.7	46.81	1:49.38	3:47.42	8:13.77	1000	13.52	51.6	51.76	1000	5:53.80	45:31.13	1000	40.6	40.73	1:56.50	1000	2.11		7.44	15.29	19.38	59.50	70.02	72.18	1000	
990	10.41	20.7	20.97	46.8	46.98	1:49.58	3:48.59	8:17.07	990	13.3	51.8	51.92	990	5:55.34	46:01.77	990	40.7	40.87	1:56.58	990	2.10	5.05	7.40	15.24	19.15	58.94	68.78	71.67	990
980	10.43	21.01	47.0	47.15	1:49.78	3:49.79	8:20.45	980	13.4	51.9	52.08	980	5:56.92	46:33.30	980	40.9	41.01	1:56.65	980		5.02	7.35	15.19	18.92	58.38	67.53	71.15	980	
970	10.46	20.8	21.06	47.2	47.32	1:49.98	3:51.01	8:23.91	970		52.1	52.24	970	5:58.53	47:05.72	970	41.0	41.16	1:56.73	970	2.09	4.99	7.31	15.13	18.69	57.80	66.27	70.62	970
960	10.2	10.48	21.11	47.4	47.50	1:50.19	3:52.26	8:27.46	960	13.5	52.3	52.40	960	6:00.17	47:39.07	960	41.2	41.30	1:56.81	960	2.08	4.95	7.27	15.08	18.45	57.22	64.99	70.08	960
950	10.51	20.9	21.16	47.5	47.68	1:50.40	3:53.54	8:31.08	950	13.6	52.4	52.57	950	6:01.85	48:13.38	950	41.3	41.45	1:56.89	950	2.07	4.91	7.22	15.02	18.21	56.62	63.71	69.53	950
940	10.54	21.21	47.7	47.86	1:50.62	3:54.85	8:34.79	940		52.6	52.74	940	6:03.57	48:48.66	940	41.5	41.61	1:56.98	940	2.06	4.88	7.18	14.97	17.97	56.02	62.43	68.97	940	
930	10.3	10.57	21.0	21.27	47.9	48.05	1:50.84	3:56.18	930	13.7	52.8	52.92	930	6:05.32	49:24.93	930	41.6	41.76	1:57.06	930	2.05	4.84	7.13	14.91	17.73	55.41	61.14	68.41	930
920	10.60	21.1	21.33	48.1	48.24	1:51.06	3:57.55	8:42.48	920	13.8	53.0	53.09	920	6:07.11	50:02.24	920	41.8	41.92	1:57.15	920	2.04	4.81	7.08	14.85	17.48	54.79	59.84	67.83	920
910	10.63	21.39	48.3	48.44	1:51.29	3:58.94	8:46.45	910		53.1	53.28	910	6:08.93	50:40.60	910	41.9	42.08	1:57.23	910	2.03	4.77	7.04	14.80	17.23	54.16	58.55	67.24	910	
900	10.4	10.67	21.2	21.46	48.5	48.64	1:51.52	4:00.36	900	13.9	53.3	53.46	900	6:10.79	51:20.04	900	42.1	42.25	1:57.32	900	2.02	4.73	6.99	14.74	16.98	53.53	57.25	66.65	900
890	10.71	21.3	21.53	48.7	48.84	1:51.76	4:01.81	8:54.69	890	14.0	53.5	53.65	890	6:12.69	52:00.67	890	42.3	42.42	1:57.41	890	2.01	4.70	6.95	14.68	16.73	52.90	55.96	66.05	890
880	10.74	21.60	48.9	49.05	1:52.00	4:03.30	8:58.96	880	14.1	53.7	53.84	880	6:14.64	52:42.59	880	42.5	42.59	1:57.50	880	2.00	4.67	6.90	14.61	16.48	52.26	54.70	65.46	880	
870	10.5	10.78	21.4	21.67	49.1	49.26	1:52.24	4:04.83	870		53.9	54.04	870	6:16.63	53:25.85	870	42.6	42.77	1:57.59	870	1.99	4.64	6.86	14.55	16.23	51.64	53.45	64.86	870
860	10.82	21.5	21.75	49.3	49.48	1:52.49	4:06.39	9:07.86	860	14.2	54.1	54.24	860	6:18.67	54:10.49	860	42.8	42.95	1:57.69	860	1.98	4.61	6.81	14.48	15.99	51.01	52.23	64.27	860
850	10.6	10.86	21.6	21.82	49.6	49.71	1:52.75	4:07.99	850	14.3	54.3	54.44	850	6:20.75	54:56.53	850	43.0	43.13	1:57.79	850	1.97	4.58	6.77	14.42	15.75	50.39	51.02	63.68	850
840	10.90	21.90	49.8	49.93	1:53.01	4:09.63	9:17.22	840	14.4	54.5	54.65	840	6:22.88	55:44.03	840	43.2	43.32	1:57.88	840	1.96	4.55	6.72	14.35	15.51	49.77	49.84	63.09	840	
830	10.7	10.95	21.7	21.98	50.0	50.16	1:53.27	4:11.31	830	14.5	54.7	54.87	830	6:25.06	56:33.04	830	43.4	43.51	1:57.98	830	1.95	4.52	6.68	14.29	15.27	49.16	48.67	62.50	830
820	10.99	21.8	22.06	50.3	50.40	1:53.54	4:13.03	9:27.06	820	14.6	54.9	55.08	820	6:27.29	57:23.59	820	43.6	43.71	1:58.09	820	1.94	4.49	6.63	14.22	15.03	48.55	47.53	61.92	820
810	11.03	21.9	22.14	50.5	50.64	1:53.82	4:14.78	9:32.17	810	14.7	55.2	55.31	810	6:29.57	58:15.73	810	43.8	43.91	1:58.19	810	1.93	4.46	6.59	14.16	14.80	47.94	46.40	61.34	810
800	10.8	11.08	22.0	22.22	50.8	50.89	1:54.10	4:16.58	800	14.8	55.4	55.53	800	6:31.89	59:09.51	800	44.0	44.11	1:58.30	800	1.92	4.43	6.55	14.10	14.57	47.34	45.30	60.75	800
790	11.12	22.1	22.31	51.0	51.14	1:54.38	4:18.42	9:42.78	790	14.9	55.6	55.76	790	6:34.27	1:00:04.99	790	44.2	44.32	1:58.40	790	1.91	4.40	6.50	14.03	14.34	46.74	44.22	60.17	790
780	10.9	11.17	22.39	51.3	51.40	1:54.67	4:20.30	9:48.29	780	15.0	55.9	56.00	780	6:36.70	1:01:02.22	780	44.4	44.54	1:58.51	780	1.90	4.37	6.46	13.97	14.11	46.15	43.15	59.60	780
770	11.22	22.2	22.48	51.5	51.66	1:54.97	4:22.22	9:53.93	770	15.1	56.1	56.24	770	6:39.19	1:02:01.25	770	44.6	44.75	1:58.62	770	1.89	4.34	6.41	13.90	13.88	45.56	42.10	59.02	770
760	11.0	11.27	22.3	22.57	51.8	51.93	1:55.27	4:24.19	760	15.2	56.3	56.49	760	6:41.72	1:03:02.14	760	44.8	44.98	1:58.73	760	1.88	4.31	6.37	13.84	13.66	44.97	41.08	58.45	760
750	11.31	22.4	22.66	52.1	52.21	1:55.57	4:26.20	10:05.64	750	15.3	56.6	56.74	750	6:44.31	1:04:04.95	750	45.1	45.20	1:58.85	750	1.87	4.28	6.33	13.77	13.44	44.39	40.07	57.87	750
740	11.1	11.36	22.5	22.76	52.3	52.48	1:55.89	4:28.25	740	15.4	56.9	56.99	740	6:46.96	1:05:09.75	740	45.3	45.43	1:58.96	740	1.86	4.25	6.28	13.71	13.22	43.81	39.08	57.30	740
730	11.42	22.6	22.85	52.6	52.77	1:56.20	4:30.35	10:17.94	730	15.5	57.1	57.25	730	6:49.66	1:06:16.59	730	45.5	45.67	1:59.08	730		4.22	6.24	13.65	13.01	43.24	38.11	56.74	730
720	11.2	11.47	22.7	22.95	52.9	53.06	1:56.53	4:32.50	720	15.6	57.4	57.52	720	6:52.42	1:07:25.55	720	45.8	45.91	1:59.20	720	1.85	4.19	6.20	13.58	12.79	42.67	37.16	56.17	720
710	11.52	22.8	23.05	53.2	53.35	1:56.85	4:34.70	10:30.84	710	15.7	57.6	57.79	710	6:55.23	1:08:36.69	710	46.0	46.15	1:59.32	710	1.84	4.16	6.15	13.52	12.58	42.10	36.22	55.61	710
700	11.3	11.58	22.9	23.15	53.5	53.66	1:57.19	4:36.94	700	15.8	57.9	58.06	700	6:58.10	1:09:50.10	700	46.3	46.40	1:59.45	700	1.83	4.14	6.11	13.45	12.37	41.54	35.31	55.05	700
690	11.4	11.63	23.0	23.25	53.8	53.96	1:57.52	4:39.23	690	15.9	58.2	58.34	690	7:01.04	1:11:05.83	690	46.5	46.65	1:59.57	690	1.82	4.11	6.07	13.39	12.16	40.98	34.41	54.49	690
680	11.69	23.1	23.36	54.1	54.28	1:57.87	4:41.58	10:51.41	680	16.0	58.5	58.62	680	7:04.03	1:12:23.98	680	46.8	46.91	1:59.70	680	1.81	4.08	6.03	13.33	11.96	40.43	33.53	53.93	680
670	11.5	11.74	23.2	23.46	54.5	54.60	1:58.22	4:43.97	670	16.1	58.8	58.91	670	7:07.08	1:13:44.63	670	47.0	47.18	1:59.83	670	1.80	4.05	5.98	13.26	11.76	39.88	32.67	53.38	670
660	11.80	23.3	23.57	54.8	54.92	1:58.57	4:46.42	11:05.97	660	16.3	59.1	59.21	660	7:10.20	1:15:07.86	660	47.3	47.44	1:59.96	660	1.79	4.02	5.94	13.20	11.56	39.33	31.82	52.83	660
650	11.6	11.86	23.4	23.68	55.1	55.25	1:58.93	4:48.91	650	16.4	59.4	59.51	650	7:13.38	1:16:33.75	650	47.6	47.72	2:00.09	650	1.78	3.99	5.90	13.13	11.36	38.79	30.99	52.28	650
640	11.92	23.6	23.79	55.5	55.59	1:59.30	4:51.47	11:21.25	640	16.5	59.7	59.82	640	7:16.63	1:18:02.41	640	47.9	48.00	2:00.22	640	1.77	3.96	5.86	13.07	11.16	38.26	30.18	51.74	640
630	11.7	11.98	23.7	23.91	55.8	55.93	1:59.67	4:54.08	630	16.6	59.9	60.00	630	7:19.94	1:19:33.93	630	48.1	48.28	2:00.36	630	1.76	3.94	5.82	13.01	10.97	37.73	29.39	51.19	630
620	11.8	12.04	23.8	24.02	56.2	56.29	2:00.05	4:56.74	620	16.8	60.2	60.30	620	7:23.31	1:21:08.41	620	48.4	48.57	2:00.50	620	1.75	3.91	5.77	12.94	10.78	37.20	28.61	50.65	620
610	12.11	23.9	24.14	56.5	56.64	2:00.44	4:59.46	11:45.59	610	16.9	60.5	60.60	610	7:26.76	1:22:45.95	610	48.7	48.86	2:00.64	610	1.74	3.88	5.73	12.88	10.59	36.68	27.85	50.12	610
600	11.9	12.17	24.0	24.26	56.9	57.01	2:00.83	5:02.24	600	17.1	60.8																		

## Boys Under 18 (17 in year of competition) – Continued

Boys Under 18 (17 in year of competition)																															
	Track						Hurdles				Steeple Chase & Walk			Relays		Field															
	100m		200m		400m		800m	1500m	3000m		110mH	400mH		2000mSC	10 kmW	4 x 100m		Medley	HJ	PV	LJ	TJ	SP	DT	HT	JT					
500	12.6	12.88	25.3	25.57	1:00.9	1:01.03	2:05.06	5:33.53	13:31.42	500	18.6	18.84	1:04.6	1:04.70	500	8:09.48	1:44:35.71	500	52.3	52.47	2:02.29	500	1.64	3.58	5.28	12.18	8.66	31.23	20.50	44.39	500
490	12.7	12.96	25.5	25.71	1:01.3	1:01.48	2:05.52	5:37.03	13:42.50	490	18.8	19.01	1:05.0	1:05.10	490	8:13.84	1:46:59.94	490	52.7	52.84	2:02.46	490	1.63	3.55	5.24	12.12	8.50	30.76	19.92	43.89	490
480	12.8	13.04	25.6	25.86	1:01.8	1:01.93	2:05.98	5:40.62	13:53.85	480	18.9	19.18	1:05.4	1:05.50	480	8:18.29	1:49:29.07	480	53.1	53.21	2:02.62	480	1.62	3.52	5.20	12.06	8.34	30.29	19.35	43.39	480
470	12.9	13.12	25.8	26.01	1:02.3	1:02.39	2:06.46	5:44.27	14:05.49	470	19.1	19.36	1:05.8	1:05.91	470	8:22.82	1:52:03.28	470	53.4	53.59	2:02.79	470	1.61	3.49	5.16	12.00	8.18	29.84	18.79	42.89	470
460		13.20	25.9	26.16	1:02.7	1:02.86	2:06.93	5:48.01	14:17.40	460	19.3	19.54	1:06.2	1:06.33	460	8:27.44	1:54:42.77	460	53.8	53.97	2:02.95	460	1.60	3.47	5.12	11.93	8.03	29.38	18.25	42.40	460
450	13.0	13.28	26.1	26.31	1:03.2	1:03.33	2:07.42	5:51.82	14:29.61	450	19.5	19.73	1:06.6	1:06.75	450	8:32.15	1:57:27.73	450	54.2	54.36	2:03.12	450	1.59	3.44	5.09	11.87	7.88	28.93	17.72	41.91	450
440	13.1	13.37	26.2	26.47	1:03.7	1:03.82	2:07.91	5:55.72	14:42.12	440	19.7	19.92	1:07.0	1:07.18	440	8:36.95	2:00:18.38	440	54.6	54.76	2:03.30	440	1.58	3.41	5.05	11.81	7.72	28.49	17.21	41.42	440
430	13.2	13.45	26.4	26.63	1:04.2	1:04.31	2:08.41	5:59.70	14:54.94	430	19.9	20.11	1:07.5	1:07.62	430	8:41.85	2:03:14.94	430	55.0	55.16	2:03.47	430	1.57	3.39	5.01	11.75	7.58	28.05	16.71	40.94	430
420	13.3	13.54	26.6	26.79	1:04.7	1:04.81	2:08.91	6:03.76	15:08.08	420	20.1	20.31	1:07.9	1:08.06	420	8:46.85	2:06:17.64	420	55.4	55.57	2:03.65	420	1.56	3.36	4.97	11.68	7.43	27.61	16.21	40.46	420
410	13.4	13.63	26.7	26.95	1:05.2	1:05.33	2:09.43	6:07.91	15:21.54	410	20.3	20.51	1:08.4	1:08.51	410	8:51.94	2:09:26.73	410	55.9	55.99	2:03.82	410	1.55	3.34	4.93	11.62	7.28	27.18	15.74	39.98	410
400	13.5	13.72	26.9	27.12	1:05.7	1:05.85	2:09.95	6:12.15	15:35.33	400	20.5	20.71	1:08.8	1:08.97	400	8:57.13	2:12:42.44	400	56.3	56.42	2:04.00	400	1.54	3.31	4.89	11.56	7.14	26.75	15.27	39.51	400
390	13.6	13.81	27.0	27.28	1:06.2	1:06.38	2:10.47	6:16.48	15:49.47	390	20.7	20.92	1:09.3	1:09.44	390	9:02.42	2:16:05.05	390	56.7	56.85	2:04.19	390		3.28	4.85	11.50	7.00	26.33	14.81	39.04	390
380	13.7	13.90	27.2	27.45	1:06.8	1:06.91	2:11.01	6:20.90	16:03.96	380	20.9	21.14	1:09.8	1:09.91	380	9:07.82	2:19:34.83	380	57.2	57.29	2:04.37	380	1.53	3.26	4.82	11.44	6.86	25.91	14.37	38.57	380
370	13.8	14.00	27.4	27.63	1:07.3	1:07.46	2:11.55	6:25.42	16:18.81	370	21.1	21.35	1:10.3	1:10.39	370	9:13.32	2:23:12.07	370	57.6	57.74	2:04.56	370	1.52	3.23	4.78	11.38	6.73	25.50	13.94	38.11	370
360	13.9	14.09	27.6	27.80	1:07.9	1:08.02	2:12.10	6:30.03	16:34.03	360	21.3	21.57	1:10.7	1:10.88	360	9:18.93	2:26:57.06	360	58.1	58.20	2:04.74	360	1.51	3.21	4.74	11.31	6.59	25.09	13.51	37.65	360
350	14.0	14.19	27.7	27.98	1:08.5	1:08.59	2:12.65	6:34.74	16:49.64	350	21.6	21.80	1:11.2	1:11.38	350	9:24.64	2:30:50.12	350	58.5	58.66	2:04.93	350	1.50	3.18	4.70	11.25	6.46	24.69	13.10	37.19	350
340	14.1	14.29	27.9	28.17	1:09.0	1:09.17	2:13.22	6:39.55	17:05.63	340	21.8	22.03	1:11.7	1:11.88	340	9:30.47	2:34:51.57	340	59.0	59.13	2:05.13	340	1.49	3.16	4.66	11.19	6.33	24.29	12.70	36.74	340
330	14.2	14.39	28.1	28.35	1:09.6	1:09.76	2:13.79	6:44.47	17:22.03	330	22.0	22.26	1:12.3	1:12.40	330	9:36.42	2:39:01.76	330	59.5	59.61	2:05.32	330	1.48	3.13	4.63	11.13	6.20	23.90	12.31	36.28	330
320	14.3	14.49	28.3	28.54	1:10.2	1:10.36	2:14.37	6:49.49	17:38.85	320	22.3	22.50	1:12.8	1:12.92	320	9:42.48	2:43:21.04	320	1:00.0	60.10	2:05.52	320	1.47	3.11	4.59	11.07	6.08	23.51	11.93	35.84	320
310	14.4	14.60	28.5	28.73	1:10.8	1:10.97	2:14.95	6:54.62	17:56.09	310	22.5	22.75	1:13.3	1:13.45	310	9:48.66	2:47:49.78	310	1:00.5	60.60	2:05.71	310	1.46	3.08	4.55	11.01	5.95	23.12	11.56	35.39	310
300	14.5	14.70	28.7	28.92	1:11.5	1:11.59	2:15.55	6:59.86	18:13.76	300	22.8	23.00	1:13.9	1:13.99	300	9:54.96	2:52:28.39	300	1:01.0	61.10	2:05.91	300	1.45	3.06	4.52	10.95	5.83	22.74	11.20	34.95	300
290	14.6	14.81	28.9	29.12	1:12.1	1:12.22	2:16.15	7:05.22	18:31.89	290	23.0	23.25	1:14.4	1:14.54	290	10:01.39	2:57:17.26	290	1:01.5	61.62	2:06.12	290		3.03	4.48	10.89	5.71	22.36	10.85	34.52	290
280	14.7	14.92	29.1	29.32	1:12.7	1:12.86	2:16.76	7:10.69	18:50.48	280	23.3	23.51	1:15.0	1:15.10	280	10:07.94	3:02:16.82	280	1:02.0	62.14	2:06.32	280	1.44	3.01	4.44	10.83	5.59	21.99	10.51	34.08	280
270	14.8	15.03	29.3	29.52	1:13.4	1:13.51	2:17.38	7:16.28	19:09.54	270	23.5	23.78	1:15.5	1:15.66	270	10:14.62	3:07:27.52	270	1:02.5	62.67	2:06.53	270	1.43	2.98	4.41	10.77	5.48	21.63	10.18	33.65	270
260	14.9	15.14	29.5	29.73	1:14.0	1:14.18	2:18.00	7:21.99	19:29.10	260	23.8	24.04	1:16.1	1:16.24	260	10:21.44	3:12:49.84	260	1:03.1	63.22	2:06.74	260	1.42	2.96	4.37	10.71	5.36	21.26	9.86	33.23	260
250	15.0	15.26	29.7	29.94	1:14.7	1:14.86	2:18.64	7:27.82	19:49.16	250	24.1	24.32	1:16.7	1:16.82	250	10:28.39	3:18:24.25	250	1:03.6	63.77	2:06.95	250	1.41	2.93	4.33	10.65	5.25	20.90	9.54	32.80	250
240	15.1	15.37	29.9	30.15	1:15.4	1:15.54	2:19.28	7:33.78	20:09.73	240	24.4	24.60	1:17.3	1:17.42	240	10:35.47	3:24:11.27	240	1:04.2	64.33	2:07.16	240	1.40	2.91	4.30	10.59	5.14	20.55	9.24	32.38	240
230	15.3	15.49	30.1	30.37	1:16.1	1:16.25	2:19.93	7:39.88	20:30.84	230	24.6	24.89	1:17.9	1:18.02	230	10:42.70	3:30:11.44	230	1:04.8	64.90	2:07.38	230	1.39	2.88	4.26	10.53	5.03	20.20	8.94	31.97	230
220	15.4	15.61	30.4	30.59	1:16.8	1:16.96	2:20.59	7:46.10	20:52.50	220	24.9	25.18	1:18.5	1:18.64	220	10:50.06	3:36:25.32	220	1:05.3	65.48	2:07.59	220	1.38	2.86	4.23	10.47	4.92	19.86	8.65	31.55	220
210	15.5	15.73	30.6	30.81	1:17.6	1:17.69	2:21.26	7:52.46	21:14.72	210	25.2	25.48	1:19.1	1:19.26	210	10:57.58	3:42:53.50	210	1:05.9	66.07	2:07.81	210		2.84	4.19	10.41	4.82	19.51	8.37	31.14	210
200	15.6	15.86	30.8	31.03	1:18.3	1:18.42	2:21.94	7:58.96	21:37.52	200	25.5	25.78	1:19.8	1:19.89	200	11:05.24	3:49:36.59	200	1:06.5	66.67	2:08.03	200	1.37	2.81	4.16	10.35	4.71	19.18	8.10	30.74	200
190	15.8	15.99	31.0	31.26	1:19.0	1:19.18	2:22.62	8:05.61	22:00.92	190	25.8	26.09	1:20.4	1:20.54	190	11:13.06	3:56:35.25	190	1:07.1	67.28	2:08.26	190	1.36	2.79	4.12	10.29	4.61	18.85	7.83	30.34	190
180	15.9	16.11	31.3	31.50	1:19.8	1:19.94	2:23.32	8:12.40	22:24.93	180	26.2	26.41	1:21.1	1:21.19	180	11:21.03	4:03:50.15	180	1:07.8	67.90	2:08.48	180	1.35	2.77	4.09	10.23	4.51	18.52	7.57	29.94	180
170	16.0	16.24	31.5	31.73	1:20.6	1:20.72	2:24.02	8:19.34	22:49.58	170	26.5	26.73	1:21.7	1:21.86	170	11:29.16	4:11:22.00	170	1:08.4	68.53	2:08.71	170	1.34	2.74	4.05	10.17	4.41	18.19	7.32	29.54	170
160	16.1	16.38	31.7	31.97	1:21.4	1:21.52	2:24.74	8:26.44	23:14.88	160	26.8	27.06	1:22.4	1:22.53	160	11:37.45	4:19:11.54	160	1:09.0	69.17	2:08.94	160	1.33	2.72	4.02	10.11	4.32	17.87	7.08	29.15	160
150	16.3	16.51	32.0	32.22	1:22.2	1:22.32	2:25.46	8:33.69	23:40.85	150	27.2	27.39	1:23.1	1:23.22	150	11:45.91	4:27:19.56	150	1:09.7	69.83	2:09.18	150	1.32	2.70	3.98	10.05	4.22	17.56	6.84	28.76	150
140	16.4	16.65	32.2	32.47	1:23.0	1:23.14	2:26.19	8:41.11	24:07.51	140	27.5	27.73	1:23.8	1:23.92</																	

**Boys Under 17 (16 in year of competition) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development**

Boys Under 17 (16 in year of competition)																															
	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	10.49		21.12	47.1	47.22	1:50.57	3:49.89	8:19.14	1000	13.1	13.36	52.1	52.21	1000	5:58.86	46:44.00	1000	40.8	40.97	1:57.02	1000	2.07	4.98	7.23	15.00	19.24	58.44	69.57	70.48	1000	
990	10.51	20.9	21.16	47.3	47.39	1:50.77	3:51.07	8:22.47	990	13.2	13.43	52.2	52.37	990	6:00.43	47:15.46	990	41.0	41.11	1:57.09	990	2.06	4.95	7.18	14.95	19.01	57.90	68.34	69.98	990	
980	10.53		21.20	47.4	47.56	1:50.97	3:52.28	8:25.89	980		13.51	52.4	52.53	980	6:02.03	47:47.82	980	41.1	41.25	1:57.17	980	2.05	4.91	7.14	14.90	18.79	57.34	67.09	69.47	980	
970	10.55	21.0	21.24	47.6	47.74	1:51.18	3:53.52	8:29.39	970	13.3	13.59	52.5	52.69	970	6:03.66	48:21.12	970	41.3	41.40	1:57.25	970		4.88	7.10	14.84	18.56	56.77	65.84	68.96	970	
960	10.3	10.58	21.29	47.8	47.92	1:51.39	3:54.79	8:32.97	960	13.4	13.67	52.7	52.85	960	6:05.33	48:55.36	960	41.4	41.55	1:57.33	960	2.04	4.85	7.06	14.79	18.32	56.20	64.57	68.43	960	
950	10.61	21.1	21.34	48.0	48.10	1:51.60	3:56.08	8:36.63	950	13.5	13.75	52.9	53.02	950	6:07.04	49:30.58	950	41.6	41.70	1:57.41	950	2.03	4.81	7.01	14.74	18.08	55.62	63.30	67.89	950	
940	10.64		21.40	48.2	48.29	1:51.82	3:57.40	8:40.38	940	13.6	13.83	53.1	53.20	940	6:08.78	50:06.80	940	41.7	41.85	1:57.49	940	2.02	4.78	6.97	14.68	17.84	55.02	62.03	67.35	940	
930	10.4	10.67	21.2	21.46	48.3	48.48	1:52.04	3:58.75	8:44.22	930	13.7	13.92	53.2	53.37	930	6:10.55	50:44.04	930	41.9	42.01	1:57.58	930	2.01	4.74	6.93	14.63	17.60	54.42	60.74	66.79	930
920	10.70		21.52	48.5	48.67	1:52.27	4:00.13	8:48.15	920		14.00	53.4	53.55	920	6:12.36	51:22.34	920	42.0	42.17	1:57.66	920	2.00	4.70	6.88	14.57	17.36	53.82	59.46	66.23	920	
910	10.73	21.3	21.58	48.7	48.87	1:52.50	4:01.53	8:52.17	910	13.8	14.09	53.6	53.73	910	6:14.21	52:01.73	910	42.2	42.33	1:57.75	910	1.99	4.67	6.84	14.52	17.11	53.20	58.17	65.66	910	
900	10.5	10.77	21.4	21.65	48.9	49.07	1:52.73	4:02.97	8:56.28	900	13.9	14.18	53.8	53.92	900	6:16.10	52:42.22	900	42.4	42.50	1:57.84	900	1.98	4.63	6.79	14.46	16.86	52.58	56.88	65.08	900
890	10.81	21.5	21.72	49.1	49.28	1:52.97	4:04.44	9:00.49	890	14.0	14.27	54.0	54.11	890	6:18.03	53:23.93	890	42.5	42.67	1:57.93	890	1.97	4.60	6.75	14.40	16.61	51.96	55.60	64.50	890	
880	10.85		21.79	49.4	49.49	1:53.21	4:05.95	9:04.82	880	14.1	14.37	54.2	54.30	880	6:20.00	54:06.98	880	42.7	42.84	1:58.02	880	1.96	4.57	6.70	14.33	16.36	51.34	54.34	63.92	880	
870	10.6	10.88	21.6	21.86	49.6	49.70	1:53.46	4:07.49	870	14.2	14.46	54.4	54.50	870	6:22.02	54:51.39	870	42.9	43.02	1:58.12	870	1.95	4.54	6.66	14.27	16.12	50.72	53.11	63.34	870	
860	10.92	21.7	21.94	49.8	49.92	1:53.71	4:09.07	9:13.81	860	14.3	14.56	54.6	54.70	860	6:24.09	55:37.21	860	43.1	43.20	1:58.21	860	1.94	4.51	6.62	14.21	15.88	50.11	51.89	62.76	860	
850	10.7	10.97	21.8	22.02	50.0	50.14	1:53.97	4:10.69	850	14.4	14.66	54.8	54.91	850	6:26.20	56:24.49	850	43.2	43.39	1:58.31	850	1.93	4.48	6.57	14.14	15.63	49.50	50.69	62.18	850	
840	11.01		22.09	50.2	50.37	1:54.23	4:12.34	9:23.27	840	14.5	14.77	55.0	55.12	840	6:28.36	57:13.26	840	43.4	43.58	1:58.41	840	1.92	4.45	6.53	14.08	15.40	48.89	49.52	61.61	840	
830	10.8	11.05	21.9	22.17	50.5	50.61	1:54.50	4:14.04	830	14.6	14.88	55.2	55.34	830	6:30.57	58:03.57	830	43.6	43.77	1:58.51	830	1.91	4.42	6.49	14.02	15.16	48.29	48.36	61.03	830	
820	11.09	22.0	22.25	50.7	50.85	1:54.77	4:15.77	9:33.22	820	14.7	14.98	55.4	55.56	820	6:32.83	58:55.47	820	43.8	43.97	1:58.61	820	1.90	4.39	6.44	13.95	14.92	47.69	47.22	60.46	820	
810	11.14	22.1	22.34	51.0	51.09	1:55.05	4:17.55	9:38.38	810	14.9	15.10	55.6	55.78	810	6:35.14	59:49.00	810	44.0	44.17	1:58.71	810	1.89	4.36	6.40	13.89	14.69	47.09	46.10	59.89	810	
800	10.9	11.18	22.2	22.42	51.2	51.34	1:55.33	4:19.36	800	15.0	15.21	55.9	56.01	800	6:37.51	1:00:44.22	800	44.2	44.38	1:58.82	800	1.88	4.34	6.36	13.83	14.46	46.50	45.01	59.32	800	
790	11.23	22.3	22.51	51.5	51.60	1:55.62	4:21.22	9:49.11	790	15.1	15.33	56.1	56.24	790	6:39.92	1:01:41.18	790	44.4	44.59	1:58.93	790		4.31	6.32	13.76	14.23	45.91	43.93	58.76	790	
780	11.0	11.27	22.59	51.7	51.86	1:55.92	4:23.12	9:54.68	780	15.2	15.45	56.3	56.48	780	6:42.38	1:02:39.93	780	44.7	44.80	1:59.04	780	1.87	4.28	6.27	13.70	14.01	45.33	42.87	58.19	780	
770	11.32	22.4	22.68	52.0	52.12	1:56.22	4:25.07	10:00.38	770	15.3	15.57	56.6	56.73	770	6:44.90	1:03:40.54	770	44.9	45.02	1:59.15	770	1.86	4.25	6.23	13.64	13.78	44.75	41.83	57.63	770	
760	11.1	11.37	22.5	22.77	52.3	52.39	1:56.52	4:27.05	760	15.5	15.70	56.8	56.97	760	6:47.47	1:04:43.05	760	45.1	45.24	1:59.26	760	1.85	4.22	6.19	13.58	13.56	44.17	40.81	57.07	760	
750	11.42	22.6	22.87	52.5	52.67	1:56.83	4:29.09	10:12.22	750	15.6	15.83	57.1	57.23	750	6:50.10	1:05:47.54	750	45.3	45.47	1:59.37	750	1.84	4.19	6.15	13.51	13.34	43.60	39.81	56.51	750	
740	11.2	11.47	22.7	22.96	52.8	52.95	1:57.14	4:31.16	740	15.7	15.96	57.3	57.48	740	6:52.79	1:06:54.07	740	45.6	45.70	1:59.49	740	1.83	4.16	6.10	13.45	13.13	43.03	38.83	55.95	740	
730	11.52	22.8	23.06	53.1	53.24	1:57.46	4:33.29	10:24.65	730	15.9	16.09	57.6	57.74	730	6:55.52	1:08:02.69	730	45.8	45.94	1:59.61	730	1.82	4.13	6.06	13.39	12.91	42.47	37.86	55.40	730	
720	11.3	11.58	22.9	23.15	53.4	53.53	1:57.79	4:35.46	720	16.0	16.23	57.9	58.01	720	6:58.32	1:09:13.49	720	46.0	46.18	1:59.73	720	1.81	4.11	6.02	13.32	12.70	41.91	36.92	54.85	720	
710	11.63	23.0	23.25	53.7	53.83	1:58.12	4:37.68	10:37.69	710	16.1	16.37	58.1	58.28	710	7:01.18	1:10:26.53	710	46.3	46.42	1:59.85	710	1.80	4.08	5.98	13.26	12.49	41.35	35.99	54.30	710	
700	11.4	11.68	23.1	23.35	54.0	54.13	1:58.46	4:39.95	700	16.3	16.51	58.4	58.56	700	7:04.09	1:11:41.89	700	46.5	46.68	1:59.98	700	1.79	4.05	5.94	13.20	12.28	40.80	35.08	53.75	700	
690	11.5	11.74	23.2	23.46	54.3	54.44	1:58.80	4:42.26	690	16.4	16.66	58.7	58.84	690	7:07.07	1:12:59.65	690	46.8	46.93	2:00.10	690	1.78	4.02	5.90	13.13	12.08	40.25	34.19	53.21	690	
680	11.80	23.3	23.56	54.6	54.76	1:59.15	4:44.63	10:58.48	680	16.6	16.81	59.0	59.13	680	7:10.10	1:14:19.89	680	47.1	47.19	2:00.23	680	1.77	3.99	5.85	13.07	11.87	39.71	33.31	52.66	680	
670	11.6	11.85	23.4	23.67	54.9	55.08	1:59.50	4:47.05	670	16.7	16.96	59.3	59.42	670	7:13.20	1:15:42.69	670	47.3	47.46	2:00.36	670	1.76	3.96	5.81	13.01	11.67	39.17	32.46	52.12	670	
660	11.91	23.5	23.78	55.3	55.41	1:59.86	4:49.53	11:13.20	660	16.9	17.12	59.6	59.72	660	7:16.36	1:17:08.13	660	47.6	47.73	2:00.49	660	1.75	3.94	5.77	12.95	11.47	38.63	31.62	51.59	660	
650	11.97	23.7	23.89	55.6	55.74	2:00.22	4:52.05	11:20.83	650	17.0	17.28	59.9	1:00.02	650	7:19.59	1:18:36.32	650	47.9	48.00	2:00.62	650	1.74	3.91	5.73	12.88	11.28	38.10	30.79	51.05	650	
640	11.8	12.03	23.8	24.00	55.9	56.08	2:00.59	4:54.63	640	17.2	17.45	1:00.2	1:00.33	640	7:22.88	1:20:07.35	640	48.1	48.28	2:00.76	640	1.73	3.88	5.69	12.82	11.08	37.58	29.99	50.52	640	
630	12.09	23.9	24.12	56.3	56.43	2:00.97	4:57.27	11:36.65	630	17.4	17.61	1:00.5	1:00.64	630	7:26.24	1:21:41.31	630	48.4	48.57	2:00.89	630	1.72	3.85	5.65	12.76	10.89	37.06	29.20	49.99	630	
620	11.9	12.16	24.0	24.23	56.6	56.78	2:01.35	4:59.96	620	17.5	17.79	1:00.8	1:00.96	620	7:29.66	1:23:18.30	620	48.7	48.86	2:01.03	620		3.82	5.61	12.70	10.70					

## Boys Under 17 (16 in year of competition) – Continued

Boys Under 17 (16 in year of competition)																															
	Track						Hurdles				Steeple Chase & Walk		Relays			Field															
	100m	200m	400m	800m	1500m	3000m	110mH	400mH	2000mSC	10 kmW	4 x 100m	Medley	HJ	PV	LJ	TJ	SP	DT	HT	JT											
500		13.00	25.6	25.80	1:01.4	1:01.57	2:06.42	5:37.15	13:40.23	500	19.9	20.17	1:05.1	1:05.26	500	8:16.49	1:47:23.15	500	52.6	52.78	2:02.84	500	1.60	3.50	5.13	11.95	8.60	30.67	20.37	43.35	500
490	12.8	13.08	25.7	25.94	1:01.9	1:02.02	2:06.88	5:40.69	13:51.43	490	20.2	20.40	1:05.5	1:05.66	490	8:20.91	1:49:51.24	490	53.0	53.15	2:03.00	490		3.47	5.09	11.89	8.44	30.21	19.79	42.86	490
480	12.9	13.16	25.9	26.09	1:02.3	1:02.48	2:07.35	5:44.31	14:02.91	480	20.4	20.63	1:05.9	1:06.06	480	8:25.42	1:52:24.35	480	53.4	53.52	2:03.16	480	1.59	3.45	5.06	11.83	8.28	29.76	19.22	42.37	480
470	13.0	13.24	26.0	26.24	1:02.8	1:02.94	2:07.83	5:48.01	14:14.67	470	20.6	20.87	1:06.3	1:06.48	470	8:30.02	1:55:02.67	470	53.8	53.90	2:03.33	470	1.58	3.42	5.02	11.77	8.13	29.31	18.67	41.88	470
460	13.1	13.32	26.2	26.39	1:03.3	1:03.41	2:08.31	5:51.79	14:26.71	460	20.9	21.11	1:06.8	1:06.90	460	8:34.71	1:57:46.41	460	54.1	54.29	2:03.50	460	1.57	3.39	4.98	11.71	7.97	28.86	18.13	41.40	460
450	13.2	13.41	26.3	26.55	1:03.8	1:03.89	2:08.80	5:55.64	14:39.06	450	21.1	21.36	1:07.2	1:07.32	450	8:39.49	2:00:35.77	450	54.5	54.68	2:03.67	450	1.56	3.37	4.94	11.65	7.82	28.42	17.61	40.92	450
440		13.49	26.5	26.70	1:04.2	1:04.38	2:09.30	5:59.58	14:51.70	440	21.4	21.61	1:07.6	1:07.76	440	8:44.36	2:03:30.98	440	54.9	55.08	2:03.84	440	1.55	3.34	4.90	11.58	7.67	27.98	17.10	40.45	440
430	13.3	13.58	26.6	26.86	1:04.7	1:04.88	2:09.80	6:03.60	15:04.66	430	21.6	21.87	1:08.1	1:08.20	430	8:49.33	2:06:32.25	430	55.3	55.49	2:04.02	430	1.54	3.32	4.86	11.52	7.52	27.55	16.60	39.98	430
420	13.4	13.67	26.8	27.02	1:05.3	1:05.39	2:10.31	6:07.71	15:17.94	420	21.9	22.14	1:08.5	1:08.64	420	8:54.39	2:09:39.83	420	55.8	55.90	2:04.19	420	1.53	3.29	4.83	11.46	7.38	27.12	16.11	39.51	420
410	13.5	13.76	27.0	27.19	1:05.8	1:05.90	2:10.83	6:11.91	15:31.54	410	22.2	22.41	1:09.0	1:09.10	410	8:59.55	2:12:53.96	410	56.2	56.32	2:04.37	410	1.52	3.27	4.79	11.40	7.23	26.70	15.63	39.04	410
400	13.6	13.85	27.1	27.36	1:06.3	1:06.43	2:11.36	6:16.19	15:45.49	400	22.4	22.69	1:09.4	1:09.56	400	9:04.82	2:16:14.89	400	56.6	56.75	2:04.55	400	1.51	3.24	4.75	11.34	7.09	26.28	15.17	38.58	400
390	13.7	13.94	27.3	27.52	1:06.8	1:06.96	2:11.89	6:20.57	15:59.78	390	22.7	22.97	1:09.9	1:10.03	390	9:10.19	2:19:42.91	390	57.0	57.19	2:04.74	390		3.21	4.71	11.28	6.95	25.86	14.72	38.12	390
380	13.8	14.03	27.5	27.70	1:07.4	1:07.51	2:12.43	6:25.04	16:14.43	380	23.0	23.26	1:10.4	1:10.51	380	9:15.66	2:23:18.29	380	57.5	57.63	2:04.92	380	1.50	3.19	4.68	11.22	6.81	25.45	14.28	37.66	380
370	13.9	14.13	27.6	27.87	1:07.9	1:08.06	2:12.98	6:29.60	16:29.44	370	23.3	23.56	1:10.9	1:11.00	370	9:21.24	2:27:01.32	370	57.9	58.08	2:05.11	370	1.49	3.16	4.64	11.16	6.68	25.05	13.85	37.21	370
360	14.0	14.22	27.8	28.05	1:08.5	1:08.62	2:13.53	6:34.26	16:44.83	360	23.6	23.86	1:11.4	1:11.49	360	9:26.93	2:30:52.31	360	58.4	58.54	2:05.30	360	1.48	3.14	4.60	11.10	6.55	24.65	13.43	36.76	360
350	14.1	14.32	28.0	28.23	1:09.1	1:09.20	2:14.09	6:39.03	17:00.60	350	23.9	24.17	1:11.9	1:11.99	350	9:32.73	2:34:51.59	350	58.9	59.01	2:05.49	350	1.47	3.11	4.57	11.04	6.42	24.25	13.02	36.31	350
340	14.2	14.42	28.2	28.42	1:09.6	1:09.78	2:14.66	6:43.89	17:16.77	340	24.2	24.49	1:12.4	1:12.50	340	9:38.64	2:38:59.48	340	59.3	59.48	2:05.68	340	1.46	3.09	4.53	10.98	6.29	23.86	12.62	35.87	340
330	14.3	14.53	28.4	28.60	1:10.2	1:10.37	2:15.24	6:48.86	17:33.35	330	24.6	24.81	1:12.9	1:13.02	330	9:44.67	2:43:16.34	330	59.8	59.97	2:05.88	330	1.45	3.06	4.49	10.92	6.16	23.47	12.23	35.43	330
320	14.4	14.63	28.6	28.79	1:10.8	1:10.98	2:15.83	6:53.94	17:50.34	320	24.9	25.15	1:13.4	1:13.55	320	9:50.82	2:47:42.54	320	1:00.3	60.46	2:06.07	320	1.44	3.04	4.46	10.86	6.03	23.09	11.86	34.99	320
310	14.5	14.73	28.7	28.98	1:11.5	1:11.59	2:16.42	6:59.12	18:07.77	310	25.2	25.48	1:13.9	1:14.08	310	9:57.09	2:52:18.46	310	1:00.8	60.96	2:06.27	310		3.02	4.42	10.80	5.91	22.71	11.49	34.56	310
300	14.6	14.84	28.9	29.18	1:12.1	1:12.22	2:17.02	7:04.42	18:25.64	300	25.6	25.83	1:14.5	1:14.63	300	10:03.48	2:57:04.50	300	1:01.3	61.47	2:06.47	300	1.43	2.99	4.39	10.74	5.79	22.34	11.13	34.13	300
290	14.7	14.95	29.1	29.38	1:12.7	1:12.86	2:17.63	7:09.83	18:43.96	290	25.9	26.18	1:15.0	1:15.18	290	10:10.00	3:02:01.08	290	1:01.8	61.98	2:06.68	290	1.42	2.97	4.35	10.68	5.67	21.97	10.78	33.70	290
280	14.8	15.06	29.3	29.58	1:13.4	1:13.50	2:18.24	7:15.36	19:02.75	280	26.3	26.55	1:15.6	1:15.74	280	10:16.65	3:07:08.63	280	1:02.4	62.51	2:06.88	280	1.41	2.94	4.32	10.62	5.55	21.60	10.44	33.28	280
270	14.9	15.17	29.5	29.78	1:14.0	1:14.16	2:18.87	7:21.01	19:22.03	270	26.7	26.92	1:16.2	1:16.31	270	10:23.43	3:12:27.62	270	1:02.9	63.05	2:07.09	270	1.40	2.92	4.28	10.56	5.44	21.24	10.11	32.86	270
260	15.1	15.29	29.8	29.99	1:14.7	1:14.83	2:19.50	7:26.79	19:41.79	260	27.1	27.30	1:16.8	1:16.90	260	10:30.34	3:17:58.54	260	1:03.4	63.59	2:07.30	260	1.39	2.89	4.24	10.50	5.32	20.89	9.79	32.44	260
250	15.2	15.40	30.0	30.20	1:15.4	1:15.52	2:20.14	7:32.68	20:02.07	250	27.4	27.68	1:17.3	1:17.49	250	10:37.38	3:23:41.87	250	1:04.0	64.14	2:07.51	250	1.38	2.87	4.21	10.44	5.21	20.53	9.48	32.03	250
240	15.3	15.52	30.2	30.42	1:16.1	1:16.21	2:20.79	7:38.71	20:22.87	240	27.8	28.08	1:17.9	1:18.08	240	10:44.57	3:29:38.15	240	1:04.6	64.71	2:07.72	240	1.37	2.85	4.18	10.39	5.10	20.19	9.18	31.62	240
230	15.4	15.64	30.4	30.64	1:16.8	1:16.92	2:21.45	7:44.87	20:44.21	230	28.2	28.49	1:18.6	1:18.69	230	10:51.90	3:35:47.93	230	1:05.1	65.28	2:07.94	230		2.82	4.14	10.33	4.99	19.84	8.88	31.21	230
220	15.5	15.76	30.6	30.86	1:17.5	1:17.64	2:22.12	7:51.16	21:06.10	220	28.7	28.90	1:19.2	1:19.31	220	10:59.37	3:42:11.79	220	1:05.7	65.86	2:08.16	220	1.36	2.80	4.11	10.27	4.89	19.50	8.59	30.81	220
210	15.6	15.88	30.8	31.08	1:18.2	1:18.37	2:22.79	7:57.59	21:28.56	210	29.1	29.33	1:19.8	1:19.94	210	11:07.00	3:48:50.32	210	1:06.3	66.46	2:08.38	210	1.35	2.78	4.07	10.21	4.78	19.17	8.32	30.41	210
200	15.8	16.01	31.1	31.31	1:19.0	1:19.12	2:23.48	8:04.17	21:51.61	200	29.5	29.76	1:20.4	1:20.58	200	11:14.77	3:55:44.17	200	1:06.9	67.06	2:08.60	200	1.34	2.75	4.04	10.15	4.68	18.84	8.04	30.01	200
190	15.9	16.13	31.3	31.54	1:19.7	1:19.88	2:24.17	8:10.88	22:15.26	190	30.0	30.20	1:21.1	1:21.23	190	11:22.70	4:02:54.00	190	1:07.5	67.68	2:08.83	190	1.33	2.73	4.00	10.09	4.58	18.51	7.78	29.62	190
180	16.0	16.26	31.5	31.78	1:20.5	1:20.65	2:24.87	8:17.75	22:39.54	180	30.4	30.66	1:21.8	1:21.89	180	11:30.78	4:10:20.50	180	1:08.2	68.30	2:09.05	180	1.32	2.71	3.97	10.04	4.48	18.19	7.52	29.23	180
170	16.2	16.40	31.8	32.02	1:21.3	1:21.44	2:25.59	8:24.77	23:04.45	170	30.9	31.12	1:22.4	1:22.56	170	11:39.03	4:18:04.41	170	1:08.8	68.94	2:09.28	170		2.68	3.94	9.98	4.38	17.87	7.28	28.85	170
160	16.3	16.53	32.0	32.26	1:22.1	1:22.24	2:26.31	8:31.94	23:30.02	160	31.4	31.60	1:23.1	1:23.24	160	11:47.44	4:26:06.48	160	1:09.4	69.58	2:09.51	160	1.31	2.66	3.90	9.92	4.29	17.56	7.03	28.46	160
150	16.4	16.66	32.3	32.50	1:22.9	1:23.05	2:27.04	8:39.27	23:56.28	150	31.8	32.09	1:23.8	1:23.94	150	11:56.02	4:34:27.52	150	1:10.1	70.24	2:09.75	150	1.30	2.64	3.87	9.86	4.19	17.25	6.80	28.08	150
140	16.6	16.80	32.5	32.75	1:23.7	1:23.88	2:27.77	8:46.77	24:23.23	140	32.3	32.58	1:24.5	1:24.64	140	12:04.78	4:43														

Boys Under 16 (15 in year of competition)																													
	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	10.3	10.58	21.32	47.6	47.69	1:51.79	3:52.43	8:24.65	1000	12.62	36.7	36.84	41.1	41.21	1000	4:30.30	22:51.65	1000	2.02	4.85	6.99	14.68	18.60	63.32	59.67	73.94	1000		
990	10.60	21.1	21.36	47.7	47.86	1:51.99	3:53.62	8:28.02	990	12.4	12.69	36.8	36.97	41.2	41.35	990	4:32.01	23:08.46	990	2.01	4.82	6.95	14.63	18.39	62.54	58.57	73.34	990	
980	10.63	21.41	21.41	47.9	48.03	1:52.19	3:54.85	8:31.47	980	12.5	12.76	37.0	37.09	41.4	41.50	980	4:33.75	23:25.78	980	2.00	4.79	6.91	14.58	18.18	61.74	57.46	72.73	980	
970	10.65	21.2	21.45	48.1	48.21	1:52.40	3:56.10	8:35.01	970	12.6	12.83	37.1	37.22	41.5	41.64	970	4:35.54	23:43.61	970	1.99	4.75	6.87	14.53	17.96	60.94	56.34	72.11	970	
960	10.4	10.68	21.50	48.3	48.39	1:52.61	3:57.38	8:38.63	960	12.7	12.91	37.2	37.35	41.7	41.79	960	4:37.36	24:01.97	960	1.98	4.72	6.83	14.47	17.75	60.12	55.21	71.48	960	
950	10.71	21.3	21.55	48.4	48.57	1:52.83	3:58.68	8:42.34	950	12.7	12.98	37.3	37.49	41.8	41.94	950	4:39.23	24:20.88	950	1.98	4.69	6.79	14.42	17.53	59.29	54.08	70.84	950	
940	10.73	21.61	21.61	48.6	48.76	1:53.05	4:00.02	8:46.13	940	12.8	13.06	37.5	37.63	42.0	42.10	940	4:41.14	24:40.34	940	1.97	4.65	6.74	14.37	17.30	58.45	52.94	70.18	940	
930	10.5	10.77	21.4	21.67	48.8	48.95	1:53.27	4:01.38	8:50.01	930	12.9	13.14	37.6	37.76	42.1	42.26	930	4:43.10	25:00.38	930	1.96	4.62	6.70	14.31	17.08	57.61	51.80	69.52	930
920	10.80	21.5	21.73	49.0	49.15	1:53.50	4:02.77	8:53.98	920	13.0	13.22	37.8	37.91	42.3	42.42	920	4:45.10	25:21.01	920	1.95	4.58	6.66	14.26	16.85	56.76	50.66	68.84	920	
910	10.83	21.79	21.79	49.2	49.35	1:53.73	4:04.20	8:58.04	910	13.1	13.30	37.9	38.05	42.4	42.58	910	4:47.15	25:42.25	910	1.94	4.55	6.61	14.21	16.62	55.90	49.51	68.16	910	
900	10.6	10.87	21.6	21.86	49.4	49.55	1:53.97	4:05.65	9:02.20	900	13.2	13.39	38.1	38.20	42.6	42.75	900	4:49.24	26:04.11	900	1.93	4.51	6.57	14.15	16.39	55.03	48.37	67.47	900
890	10.91	21.7	21.93	49.6	49.76	1:54.21	4:07.14	9:06.46	890	13.2	13.48	38.2	38.35	42.8	42.92	890	4:51.38	26:26.66	890	1.92	4.48	6.53	14.09	16.16	54.17	47.24	66.78	890	
880	10.7	10.95	22.00	49.8	49.97	1:54.46	4:08.66	9:10.83	880	13.3	13.57	38.4	38.51	43.0	43.10	880	4:53.58	26:49.95	880	1.91	4.45	6.49	14.03	15.93	53.31	46.12	66.08	880	
870	10.99	21.8	22.08	50.1	50.19	1:54.71	4:10.22	9:15.32	870	13.4	13.66	38.5	38.66	43.1	43.27	870	4:55.84	27:14.02	870	1.90	4.42	6.44	13.96	15.70	52.46	45.03	65.40	870	
860	11.03	21.9	22.15	50.3	50.41	1:54.96	4:11.82	9:19.92	860	13.5	13.75	38.7	38.82	43.3	43.46	860	4:58.15	27:38.88	860	1.89	4.39	6.40	13.90	15.47	51.62	43.95	64.71	860	
850	10.8	11.07	22.0	22.23	50.5	50.64	1:55.22	4:13.45	9:24.64	850	13.6	13.85	38.8	38.99	43.5	43.64	850	5:00.52	28:04.56	850	1.88	4.37	6.36	13.84	15.25	50.79	42.90	64.03	850
840	11.11	22.1	22.31	50.7	50.87	1:55.49	4:15.13	9:29.48	840	13.7	13.95	39.0	39.16	43.7	43.83	840	5:02.95	28:31.09	840	1.87	4.34	6.32	13.78	15.02	49.96	41.86	63.35	840	
830	10.9	11.15	22.39	51.0	51.10	1:55.76	4:16.84	9:34.45	830	13.8	14.05	39.2	39.33	43.9	44.03	830	5:05.44	28:58.49	830	1.86	4.31	6.28	13.72	14.80	49.14	40.84	62.67	830	
820	11.20	22.2	22.47	51.2	51.34	1:56.04	4:18.59	9:39.55	820	13.9	14.15	39.4	39.50	44.1	44.23	820	5:08.00	29:26.80	820	1.86	4.28	6.24	13.65	14.58	48.34	39.84	61.99	820	
810	11.0	11.24	22.3	22.55	51.5	51.59	1:56.32	4:20.39	9:44.77	810	14.0	14.26	39.5	39.68	44.3	44.43	810	5:10.62	29:56.03	810	1.85	4.25	6.19	13.59	14.37	47.54	38.86	61.32	810
800	11.29	22.4	22.64	51.7	51.84	1:56.60	4:22.23	9:50.12	800	14.1	14.36	39.7	39.87	44.5	44.64	800	5:13.30	30:26.24	800	1.84	4.22	6.15	13.53	14.15	46.75	37.89	60.65	800	
790	11.33	22.5	22.72	52.0	52.10	1:56.89	4:24.10	9:55.61	790	14.2	14.47	39.9	40.05	44.7	44.85	790	5:16.05	30:57.43	790	1.83	4.19	6.11	13.47	13.94	45.96	36.95	59.99	790	
780	11.1	11.38	22.6	22.81	52.2	52.36	1:57.19	4:26.03	10:01.24	780	14.3	14.59	40.1	40.24	44.9	45.06	780	5:18.86	31:29.66	780	1.82	4.17	6.07	13.41	13.73	45.19	36.02	59.33	780
770	11.43	22.7	22.90	52.5	52.63	1:57.49	4:27.99	10:07.01	770	14.5	14.70	40.3	40.44	45.1	45.28	770	5:21.75	32:02.95	770	1.81	4.14	6.03	13.35	13.52	44.42	35.11	58.67	770	
760	11.2	11.48	22.8	22.99	52.8	52.90	1:57.80	4:30.00	10:12.92	760	14.6	14.82	40.5	40.63	45.4	45.51	760	5:24.70	32:37.34	760	1.80	4.11	5.99	13.28	13.31	43.66	34.22	58.01	760
750	11.53	23.09	23.09	53.0	53.18	1:58.11	4:32.05	10:18.98	750	14.7	14.94	40.7	40.84	45.6	45.74	750	5:27.73	33:12.87	750	1.79	4.08	5.95	13.22	13.10	42.91	33.34	57.36	750	
740	11.3	11.58	22.9	23.18	53.3	53.47	1:58.43	4:34.16	10:25.18	740	14.8	15.07	40.9	41.04	45.8	45.97	740	5:30.83	33:49.57	740	1.78	4.05	5.91	13.16	12.90	42.17	32.49	56.71	740
730	11.63	23.0	23.28	53.6	53.76	1:58.76	4:36.30	10:31.54	730	15.0	15.19	41.1	41.25	46.1	46.21	730	5:34.00	34:27.50	730	1.77	4.03	5.87	13.10	12.70	41.44	31.65	56.07	730	
720	11.4	11.68	23.1	23.38	53.9	54.05	1:59.09	4:38.50	10:38.06	720	15.1	15.32	41.3	41.47	46.3	46.45	720	5:37.25	35:06.69	720	1.76	4.00	5.83	13.04	12.50	40.72	30.82	55.42	720
710	11.5	11.74	23.2	23.48	54.2	54.35	1:59.42	4:40.74	10:44.73	710	15.2	15.46	41.5	41.68	46.6	46.70	710	5:40.58	35:47.18	710	1.75	3.97	5.79	12.98	12.30	40.00	30.01	54.79	710
700	11.79	23.3	23.58	54.5	54.66	1:59.76	4:43.03	10:51.57	700	15.4	15.59	41.8	41.91	46.8	46.95	700	5:43.99	36:29.03	700	1.74	3.94	5.74	12.91	12.10	39.29	29.22	54.15	700	
690	11.85	23.5	23.69	54.8	54.97	2:00.11	4:45.38	10:58.58	690	15.5	15.73	42.0	42.13	47.1	47.21	690	5:47.48	37:12.28	690	1.74	3.92	5.70	12.85	11.91	38.59	28.45	53.52	690	
680	11.91	23.6	23.79	55.2	55.29	2:00.46	4:47.77	11:05.75	680	15.6	15.87	42.2	42.36	47.3	47.47	680	5:51.05	37:56.98	680	1.73	3.89	5.66	12.79	11.72	37.90	27.69	52.89	680	
670	11.96	23.7	23.90	55.5	55.62	2:00.81	4:50.22	11:13.11	670	15.8	16.02	42.5	42.60	47.6	47.73	670	5:54.70	38:43.18	670	1.72	3.86	5.62	12.73	11.53	37.22	26.95	52.27	670	
660	12.02	23.8	24.01	55.8	55.95	2:01.18	4:52.72	11:20.64	660	15.9	16.17	42.7	42.84	47.9	48.01	660	5:58.45	39:30.95	660	1.71	3.83	5.58	12.67	11.34	36.55	26.22	51.65	660	
650	11.8	12.08	23.9	24.12	56.2	56.29	2:01.55	4:55.27	11:28.35	650	16.1	16.32	42.9	43.08	48.1	48.28	650	6:02.28	40:20.33	650	1.70	3.81	5.55	12.61	11.15	35.88	25.51	51.04	650
640	11.9	12.14	24.0	24.24	56.5	56.63	2:01.92	4:57.88	11:36.25	640	16.2	16.47	43.2	43.33	48.4	48.56	640	6:06.20	41:11.40	640	1.69	3.78	5.51	12.55	10.97	35.22	24.82	50.42	640
630	12.21	24.1	24.35	56.8	56.98	2:02.30	5:00.55	11:44.34	630	16.4	16.63	43.4	43.58	48.7	48.85	630	6:10.21	42:04.20	630	1.68	3.75	5.47	12.49	10.79	34.58	24.14	49.82	630	
620	12.0	12.27	24.2	24.47	57.2	57.34	2:02.69	5:03.27	11:52.63	620	16.6	16.79	43.7	43.84	49.0	49.14	620	6:14.32	42:58.81	620	1.67	3.73	5.43	12.42	10.61	33.94	23.47	49.21	620
610	12.1	12.33	24.4	24.59	57.6	57.70	2:03.08	5:06.05	12:01.12	610	16.7	16.96	44.0	44.10	49.3	49.44	610	6:18.53	43:55.29	610	1.66	3.70	5.39	12.36	10.43	33.30	22.82	48.61	610
600	12.40	24.5	24.71	57.9	58.07	2:03.48	5:08.89	12:09.82	600	16.9	17.13	44.2	44.37	49.6	49.75	600	6:22.83	44:53.71	600	1.65	3.67	5.35	12.30	10.25	32.68	22.19	48.02	600	
590	1																												

## Boys Under 16 (15 in year of competition) - Continued

Boys Under 16 (15 in year of competition)																													
	Track							Hurdles				Relays		Steeple Chase & Walk		Field													
	100m	200m	400m	800m	1500m	3000m		100mH	300mH	4 x 100m		1500mSC	5000 mW		HJ	PV	LJ	TJ	SP	DT	HT	JT							
500	12.9	13.12	25.8	26.05	1:02.00	1:02.17	2:07.81	5:40.87	13:49.28	500	18.8	19.04	47.2	47.32	53.0	53.09	500	7:11.87	56:42.95	500	1.56	3.41	4.97	11.70	8.61	26.90	16.58	42.29	500
490		13.20	26.0	26.19	1:02.50	1:02.63	2:08.28	5:44.45	14:00.61	490	19.0	19.26	47.5	47.65	53.3	53.46	490	7:17.44	58:08.45	490		3.38	4.93	11.64	8.45	26.36	16.09	41.74	490
480	13.0	13.28	26.1	26.34	1:03.00	1:03.09	2:08.75	5:48.11	14:12.21	480	19.2	19.48	47.8	47.98	53.7	53.84	480	7:23.13	59:37.05	480	1.55	3.36	4.89	11.58	8.30	25.84	15.61	41.19	480
470	13.1	13.36	26.3	26.49	1:03.40	1:03.56	2:09.23	5:51.85	14:24.10	470	19.5	19.70	48.2	48.31	54.1	54.22	470	7:28.96	1:01:08.86	470	1.54	3.33	4.85	11.52	8.15	25.32	15.15	40.65	470
460	13.2	13.45	26.4	26.65	1:03.90	1:04.03	2:09.72	5:55.67	14:36.28	460	19.7	19.93	48.5	48.65	54.5	54.61	460	7:34.93	1:02:44.01	460	1.53	3.31	4.82	11.46	8.00	24.81	14.69	40.11	460
450	13.3	13.53	26.6	26.80	1:04.40	1:04.52	2:10.22	5:59.57	14:48.76	450	19.9	20.17	48.9	49.00	54.9	55.00	450	7:41.04	1:04:22.64	450	1.52	3.28	4.78	11.40	7.86	24.31	14.25	39.58	450
440	13.4	13.62	26.7	26.96	1:04.90	1:05.01	2:10.72	6:03.55	15:01.54	440	20.2	20.41	49.2	49.36	55.3	55.41	440	7:47.29	1:06:04.90	440	1.51	3.26	4.74	11.34	7.71	23.81	13.82	39.05	440
430	13.5	13.70	26.9	27.12	1:05.40	1:05.51	2:11.23	6:07.61	15:14.65	430	20.4	20.65	49.6	49.72	55.7	55.81	430	7:53.70	1:07:50.94	430	1.50	3.23	4.71	11.28	7.57	23.32	13.39	38.53	430
420		13.79	27.1	27.29	1:05.90	1:06.03	2:11.75	6:11.77	15:28.07	420	20.7	20.91	49.9	50.08	56.1	56.23	420	8:00.25	1:09:40.91	420	1.49	3.21	4.67	11.22	7.43	22.84	12.98	38.01	420
410	13.6	13.88	27.2	27.45	1:06.40	1:06.55	2:12.27	6:16.01	15:41.83	410	20.9	21.16	50.3	50.46	56.5	56.65	410	8:06.97	1:11:34.98	410		3.18	4.63	11.16	7.29	22.37	12.58	37.49	410
400	13.7	13.98	27.4	27.62	1:06.90	1:07.08	2:12.80	6:20.34	15:55.93	400	21.2	21.42	50.7	50.84	56.9	57.09	400	8:13.84	1:13:33.31	400	1.48	3.16	4.60	11.10	7.15	21.91	12.20	36.98	400
390	13.8	14.07	27.6	27.79	1:07.50	1:07.62	2:13.34	6:24.76	16:10.37	390	21.5	21.69	51.1	51.22	57.4	57.52	390	8:20.88	1:15:36.11	390	1.47	3.13	4.56	11.04	7.02	21.45	11.82	36.48	390
380	13.9	14.16	27.7	27.97	1:08.00	1:08.17	2:13.89	6:29.28	16:25.18	380	21.7	21.97	51.5	51.61	57.8	57.97	380	8:28.09	1:17:43.54	380	1.46	3.11	4.53	10.98	6.89	21.00	11.45	35.98	380
370	14.0	14.26	27.9	28.14	1:08.60	1:08.73	2:14.44	6:33.90	16:40.36	370	22.0	22.25	51.9	52.01	58.3	58.42	370	8:35.47	1:19:55.81	370	1.45	3.08	4.49	10.92	6.76	20.56	11.09	35.48	370
360	14.1	14.36	28.1	28.32	1:09.20	1:09.29	2:15.00	6:38.61	16:55.92	360	22.3	22.53	52.3	52.42	58.7	58.89	360	8:43.03	1:22:13.13	360	1.44	3.06	4.45	10.86	6.63	20.12	10.74	34.99	360
350	14.2	14.46	28.3	28.51	1:09.70	1:09.87	2:15.57	6:43.43	17:11.87	350	22.6	22.83	52.7	52.83	59.2	59.35	350	8:50.77	1:24:35.71	350	1.43	3.03	4.42	10.80	6.50	19.69	10.40	34.50	350
340	14.3	14.56	28.5	28.69	1:10.30	1:10.46	2:16.14	6:48.35	17:28.21	340	22.9	23.13	53.1	53.25	59.7	59.83	340	8:58.70	1:27:03.78	340	1.42	3.01	4.38	10.74	6.37	19.27	10.07	34.01	340
330	14.4	14.66	28.6	28.88	1:10.90	1:11.06	2:16.73	6:53.37	17:44.97	330	23.2	23.43	53.5	53.68	1:00.2	60.32	330	9:06.82	1:29:37.59	330		2.99	4.35	10.69	6.25	18.86	9.75	33.53	330
320	14.5	14.76	28.8	29.07	1:11.50	1:11.67	2:17.32	6:58.50	18:02.16	320	23.5	23.74	54.0	54.11	1:00.7	60.81	320	9:15.14	1:32:17.38	320	1.41	2.96	4.31	10.63	6.13	18.45	9.43	33.06	320
310	14.6	14.87	29.0	29.26	1:12.20	1:12.29	2:17.92	7:03.75	18:19.78	310	23.8	24.06	54.4	54.56	1:01.2	61.32	310	9:23.67	1:35:03.41	310	1.40	2.94	4.28	10.57	6.01	18.05	9.13	32.59	310
300	14.7	14.98	29.2	29.46	1:12.80	1:12.93	2:18.53	7:09.10	18:37.84	300	24.2	24.39	54.9	55.01	1:01.7	61.83	300	9:32.40	1:37:55.97	300	1.39	2.91	4.24	10.51	5.89	17.65	8.83	32.12	300
290	14.9	15.09	29.4	29.66	1:13.40	1:13.57	2:19.14	7:14.58	18:56.37	290	24.5	24.73	55.3	55.46	1:02.2	62.35	290	9:41.34	1:40:55.34	290	1.38	2.89	4.21	10.45	5.77	17.27	8.54	31.66	290
280	15.0	15.20	29.6	29.87	1:14.10	1:14.22	2:19.76	7:20.17	19:15.37	280	24.8	25.07	55.8	55.93	1:02.7	62.88	280	9:50.51	1:44:01.82	280	1.37	2.87	4.18	10.39	5.66	16.89	8.26	31.21	280
270	15.1	15.31	29.8	30.07	1:14.80	1:14.89	2:20.40	7:25.88	19:34.85	270	25.2	25.42	56.3	56.40	1:03.3	63.42	270	9:59.90	1:47:15.73	270		2.84	4.14	10.34	5.55	16.51	7.99	30.75	270
260	15.2	15.43	30.0	30.28	1:15.40	1:15.57	2:21.04	7:31.71	19:54.84	260	25.5	25.78	56.7	56.88	1:03.8	63.96	260	10:09.52	1:50:37.41	260	1.36	2.82	4.11	10.28	5.44	16.15	7.73	30.31	260
250	15.3	15.54	30.3	30.50	1:16.10	1:16.26	2:21.69	7:37.68	20:15.34	250	25.9	26.14	57.2	57.37	1:04.4	64.52	250	10:19.38	1:54:07.21	250	1.35	2.80	4.07	10.22	5.33	15.79	7.47	29.86	250
240	15.4	15.66	30.5	30.71	1:16.80	1:16.96	2:22.34	7:43.77	20:36.37	240	26.3	26.52	57.7	57.87	1:04.9	1:05.09	240	10:29.49	1:57:45.49	240	1.34	2.77	4.04	10.16	5.22	15.43	7.22	29.42	240
230	15.5	15.78	30.7	30.93	1:17.50	1:17.67	2:23.01	7:50.00	20:57.94	230	26.7	26.90	58.2	58.38	1:05.5	1:05.66	230	10:39.85	2:01:32.65	230	1.33	2.75	4.01	10.11	5.11	15.08	6.98	28.99	230
220	15.7	15.91	30.9	31.16	1:18.30	1:18.40	2:23.68	7:56.36	21:20.07	220	27.1	27.29	58.8	58.89	1:06.1	1:06.25	220	10:50.46	2:05:29.09	220	1.32	2.73	3.97	10.05	5.01	14.74	6.74	28.56	220
210	15.8	16.03	31.1	31.38	1:19.00	1:19.14	2:24.37	8:02.86	21:42.78	210	27.5	27.69	59.3	59.42	1:06.7	1:06.85	210	11:01.34	2:09:35.24	210		2.70	3.94	9.99	4.91	14.41	6.52	28.13	210
200	15.9	16.16	31.4	31.61	1:19.80	1:19.89	2:25.06	8:09.51	22:06.09	200	27.9	28.10	59.8	59.95	1:07.3	1:07.46	200	11:12.50	2:13:51.54	200	1.31	2.68	3.91	9.93	4.81	14.08	6.29	27.71	200
190	16.0	16.28	31.6	31.85	1:20.50	1:20.66	2:25.76	8:16.30	22:30.00	190	28.3	28.52	1:00.4	1:00.49	1:07.9	1:08.07	190	11:23.93	2:18:18.47	190	1.30	2.66	3.87	9.88	4.71	13.76	6.08	27.30	190
180	16.2	16.42	31.8	32.08	1:21.30	1:21.44	2:26.47	8:23.24	22:54.54	180	28.7	28.95	1:00.9	1:01.04	1:08.6	1:08.70	180	11:35.66	2:22:56.53	180	1.29	2.64	3.84	9.82	4.61	13.44	5.87	26.88	180
170	16.3	16.55	32.1	32.33	1:22.10	1:22.23	2:27.19	8:30.33	23:19.73	170	29.1	29.39	1:01.5	1:01.61	1:09.2	1:09.34	170	11:47.68	2:27:46.23	170	1.28	2.61	3.81	9.76	4.51	13.13	5.67	26.48	170
160	16.4	16.68	32.3	32.57	1:22.90	1:23.04	2:27.92	8:37.59	23:45.59	160	29.6	29.84	1:02.0	1:02.18	1:09.9	1:09.99	160	12:00.00	2:32:48.12	160	1.27	2.59	3.78	9.71	4.42	12.82	5.47	26.07	160
150	16.6	16.82	32.6	32.82	1:23.70	1:23.86	2:28.65	8:45.00	24:12.13	150	30.1	30.30	1:02.6	1:02.76	1:10.5	1:10.65	150	12:12.64	2:38:02.78	150		2.57	3.74	9.65	4.32	12.52	5.28	25.67	150
140	16.7	16.96	32.8	33.07	1:24.60	1:24.70	2:29.40	8:52.58	24:39.38	140	30.5	30.77	1:03.2	1:03.35	1:11.2	1:11.33	140	12:25.61	2:43:30.82	140	1.26	2.55	3.71	9.59	4.23	12.23	5.10	25.28	140
130	16.9	17.10	33.1	33.33	1:25.40	1:25.55	2:30.16	9:00.33	25:07.35	130	31.0	31.25	1:03.8	1:03.95	1:11.9	1:12.01	130	12:38.90	2:49:12.87	130	1.25	2.53	3.68	9.54	4.14	11.94	4.92	24.89	130
120	17.0	17.24	33.4	33.59	1:26.30	1:26.42	2:30.92	9:08.25	25:36.08	120	31.5	31.74	1:04.4	1:04.56	1:12.6	1:12.71	120	12:52.54	2:55:09.60	120	1.24	2.50	3.65	9.48	4.05	11.66	4.75	24.50	120
110	17.2	17.39	33.6	33.85	1:27.																								

Boys Under 15 (14 in year of competition)																												
	Track						Hurdles			Relays		Walk	Field															
	100m	200m	400m	800m	1500m	3000m	100mH	100mH*	300mH	4 x 100m	3000 mW	HJ	PV	LJ	SP	DT	HT	JT										
1000	10.70	21.3	21.56	48.1	48.19	1:53.04	3:55.03	8:30.30	1000	11.30	12.6	12.84	36.4	36.66	41.3	41.46	14:01.50	1000	1.97	4.71	6.73	18.44	62.16	57.70	72.15	1000		
990	10.72	21.6	21.60	48.2	48.36	1:53.24	3:56.24	8:33.71	990	11.1	11.36	12.91	36.5	36.78	41.5	41.61	14:11.81	990	1.96	4.68	6.69	18.23	61.39	56.63	71.56	990		
980	10.74	21.4	21.64	48.4	48.53	1:53.45	3:57.48	8:37.20	980	11.42	12.7	12.99	36.7	36.91	41.6	41.75	14:22.44	980	1.95	4.65	6.65	18.02	60.61	55.56	70.97	980		
970	10.5	10.77	21.69	48.6	48.71	1:53.66	3:58.74	8:40.77	970	11.2	11.49	12.8	13.06	36.8	37.04	41.8	41.90	14:33.38	970	1.94	4.62	6.61	17.81	59.82	54.47	70.36	970	
960	10.80	21.5	21.74	48.8	48.90	1:53.88	4:00.03	8:44.44	960	11.3	11.56	12.9	13.14	36.9	37.17	41.9	42.05	14:44.64	960	1.93	4.58	6.57	17.60	59.01	53.38	69.74	960	
950	10.82	21.79	21.79	48.9	49.08	1:54.10	4:01.35	8:48.18	950	11.4	11.62	13.0	13.21	37.1	37.30	42.1	42.20	14:56.24	950	1.92	4.55	6.53	17.38	58.20	52.29	69.11	950	
940	10.85	21.6	21.84	49.1	49.27	1:54.32	4:02.70	8:52.02	940	11.69	13.29	37.2	37.44	42.2	42.36	42.2	42.36	15:08.18	940	1.92	4.52	6.49	17.16	57.38	51.19	68.48	940	
930	10.6	10.88	21.90	49.3	49.47	1:54.55	4:04.08	8:55.94	930	11.5	11.77	13.1	13.38	37.3	37.58	42.4	42.51	15:20.47	930	1.91	4.48	6.45	16.93	56.55	50.09	67.83	930	
920	10.92	21.7	21.97	49.5	49.66	1:54.78	4:05.49	8:59.96	920	11.6	11.84	13.2	13.46	37.5	37.72	42.5	42.68	15:33.13	920	1.90	4.45	6.40	16.71	55.71	48.98	67.17	920	
910	10.7	10.95	21.8	22.03	49.7	49.86	1:55.01	4:06.93	9:04.07	910	11.7	11.91	13.3	13.54	37.6	37.86	42.7	42.84	15:46.16	910	1.89	4.41	6.36	16.48	54.87	47.88	66.50	910
900	10.99	22.10	22.10	49.9	50.07	1:55.25	4:08.40	9:08.27	900	11.99	13.4	13.63	37.8	38.01	42.9	43.01	15:59.57	900	1.88	4.38	6.32	16.25	54.02	46.77	65.83	900		
890	11.03	21.9	22.17	50.1	50.28	1:55.49	4:09.90	9:12.58	890	11.8	12.07	13.5	13.72	37.9	38.16	43.0	43.18	16:13.40	890	1.87	4.35	6.28	16.02	53.17	45.67	65.15	890	
880	10.8	11.07	22.0	22.24	50.4	50.49	1:55.74	4:11.44	9:17.00	880	11.9	12.15	13.6	13.81	38.1	38.31	43.2	43.36	16:27.69	880	1.86	4.32	6.24	15.79	52.33	44.60	64.48	880
870	11.11	22.1	22.32	50.6	50.71	1:56.00	4:13.02	9:21.53	870	12.0	12.23	13.7	13.90	38.2	38.47	43.4	43.54	16:42.46	870	1.85	4.30	6.20	15.57	51.50	43.54	63.81	870	
860	10.9	11.15	22.40	50.8	50.94	1:56.25	4:14.63	9:26.19	860	12.1	12.31	13.8	14.00	38.4	38.63	43.6	43.72	16:57.71	860	1.84	4.27	6.16	15.34	50.67	42.50	63.14	860	
850	11.19	22.2	22.47	51.0	51.17	1:56.52	4:16.29	9:30.96	850	12.40	13.9	14.10	38.6	38.79	43.8	43.91	17:13.47	850	1.83	4.24	6.12	15.12	49.85	41.48	62.47	850		
840	11.23	22.3	22.55	51.3	51.40	1:56.79	4:17.98	9:35.86	840	12.2	12.49	14.0	14.20	38.7	38.96	44.0	44.10	17:29.74	840	1.83	4.21	6.08	14.90	49.04	40.48	61.81	840	
830	11.0	11.28	22.4	22.63	51.5	51.64	1:57.06	4:19.72	9:40.88	830	12.3	12.58	14.1	14.30	38.9	39.13	44.2	44.30	17:46.55	830	1.82	4.18	6.04	14.68	48.24	39.49	61.14	830
820	11.32	22.5	22.72	51.7	51.88	1:57.34	4:21.49	9:46.03	820	12.4	12.67	14.2	14.40	39.1	39.31	44.4	44.50	18:03.92	820	1.81	4.16	6.00	14.46	47.45	38.52	60.49	820	
810	11.1	11.36	22.6	22.80	52.0	52.13	1:57.62	4:23.30	9:51.32	810	12.5	12.77	14.3	14.51	39.2	39.49	44.6	44.70	18:21.85	810	1.80	4.13	5.96	14.24	46.66	37.57	59.83	810
800	11.41	22.89	22.89	52.3	52.39	1:57.91	4:25.16	9:56.73	800	12.6	12.86	14.4	14.62	39.4	39.67	44.8	44.91	18:40.38	800	1.79	4.10	5.92	14.03	45.89	36.64	59.18	800	
790	11.2	11.46	22.7	22.97	52.5	52.65	1:58.21	4:27.06	10:02.28	790	12.7	12.96	14.5	14.73	39.6	39.85	45.0	45.12	18:59.52	790	1.78	4.07	5.88	13.82	45.12	35.73	58.53	790
780	11.51	22.8	23.06	52.8	52.91	1:58.51	4:29.00	10:07.97	780	12.8	13.06	14.6	14.85	39.8	40.04	45.2	45.34	19:19.29	780	1.77	4.05	5.84	13.61	44.36	34.83	57.88	780	
770	11.3	11.55	22.9	23.15	53.0	53.18	1:58.81	4:30.99	10:13.80	770	12.9	13.17	14.7	14.97	40.0	40.24	45.4	45.56	19:39.71	770	1.76	4.02	5.80	13.40	43.61	33.95	57.24	770
760	11.60	23.0	23.25	53.3	53.46	1:59.12	4:33.02	10:19.78	760	13.0	13.27	14.8	15.09	40.2	40.43	45.6	45.78	20:00.81	760	1.75	3.99	5.76	13.20	42.86	33.09	56.60	760	
750	11.4	11.65	23.1	23.34	53.6	53.74	1:59.44	4:35.10	10:25.90	750	13.1	13.38	15.0	15.21	40.4	40.63	45.9	46.02	20:22.61	750	1.75	3.96	5.72	12.99	42.13	32.24	55.97	750
740	11.71	23.2	23.44	53.9	54.03	1:59.76	4:37.22	10:32.18	740	13.3	13.49	15.1	15.34	40.6	40.84	46.1	46.25	20:45.13	740	1.74	3.94	5.68	12.79	41.40	31.41	55.33	740	
730	11.5	11.76	23.3	23.54	54.2	54.32	2:00.09	4:39.40	10:38.61	730	13.4	13.61	15.2	15.47	40.8	41.05	46.3	46.49	21:08.40	730	1.73	3.91	5.64	12.59	40.68	30.60	54.70	730
720	11.81	23.4	23.63	54.5	54.62	2:00.42	4:41.62	10:45.20	720	13.5	13.72	15.4	15.60	41.0	41.26	46.6	46.73	21:32.44	720	1.72	3.88	5.60	12.39	39.97	29.80	54.08	720	
710	11.6	11.87	23.5	23.74	54.8	54.92	2:00.76	4:43.88	10:51.95	710	13.6	13.84	15.5	15.73	41.2	41.48	46.8	46.98	21:57.28	710	1.71	3.86	5.56	12.19	39.27	29.02	53.46	710
700	11.92	23.6	23.84	55.1	55.23	2:01.11	4:46.20	10:58.87	700	13.7	13.96	15.6	15.87	41.5	41.70	47.1	47.24	22:22.95	700	1.70	3.83	5.53	12.00	38.57	28.26	52.84	700	
690	11.7	11.98	23.7	23.95	55.4	55.55	2:01.45	4:48.57	11:05.95	690	13.8	14.09	15.8	16.01	41.7	41.92	47.4	47.49	22:49.49	690	1.69	3.80	5.49	11.81	37.88	27.51	52.22	690
680	11.8	12.04	23.8	24.05	55.7	55.87	2:01.81	4:50.99	11:13.21	680	14.0	14.21	15.9	16.16	41.9	42.15	47.6	47.76	23:16.91	680	1.68	3.78	5.45	11.62	37.21	26.78	51.61	680
670	12.10	23.9	24.16	56.1	56.20	2:02.17	4:53.47	11:20.64	670	14.1	14.34	16.1	16.31	42.1	42.39	47.9	48.03	23:45.26	670	1.67	3.75	5.41	11.43	36.54	26.06	51.00	670	
660	11.9	12.16	24.0	24.27	56.4	56.54	2:02.54	4:56.00	11:28.26	660	14.2	14.48	16.2	16.46	42.4	42.62	48.2	48.30	24:14.56	660	1.66	3.72	5.37	11.24	35.88	25.36	50.40	660
650	12.22	24.2	24.39	56.7	56.88	2:02.91	4:58.58	11:36.06	650	14.4	14.61	16.4	16.61	42.6	42.87	48.4	48.58	24:44.86	650	1.66	3.70	5.33	11.06	35.22	24.67	49.80	650	
640	12.0	12.28	24.3	24.50	57.1	57.23	2:03.29	5:01.22	11:44.04	640	14.5	14.75	16.5	16.77	42.9	43.11	48.7	48.86	25:16.18	640	1.65	3.67	5.30	10.88	34.58	24.00	49.20	640
630	12.1	12.34	24.4	24.62	57.4	57.58	2:03.68	5:03.91	11:52.23	630	14.7	14.89	16.7	16.93	43.1	43.37	49.0	49.15	25:48.58	630	1.64	3.64	5.26	10.70	33.94	23.34	48.61	630
620	12.41	24.5	24.74	57.8	57.94	2:04.07	5:06.67	12:00.61	620	14.8	15.04	16.9	17.10	43.4	43.62	49.3	49.44	26:22.08	620	1.63	3.62	5.22	10.52	33.31	22.70	48.02	620	
610	12.2	12.47	24.6	24.86	58.2	58.31	2:04.46	5:09.48	12:09.20	610	14.9	15.19	17.0	17.26	43.6	43.88	49.6	49.74	26:56.73	610	1.62	3.59	5.18	10.34	32.69	22.07	47.43	610
600	12.3	12.54	24.7	24.98	58.5	58.68	2:04.87	5:12.35	12:17.99	600	15.1	15.34	17.2	17.44	43.9	44.15	49.9	50.05	27:32.57	600	1.61	3.57	5.15	10.17	32.08	21.45	46.85	600
590	12.60	24.9	25.11	58.9	59.06	2:05.28	5:15.29	12:27.00	590	15.3	15.49	17.4	17.61	44.2	44.42	50.2	50.36	28:09.65	590	1.60	3.54	5.11	9.99	31.48	20.85	46.27	590	
580	12.4	12.67	25.0	25.23	59.3	59.45	2:05.69	5:18.28	12:36.22	580	15.4	15.65	17.6	17.79	44.5	44.70	50.5	50.67	28:48.02	580	1.59	3.51	5.					

## Boys Under 15 (14 in year of competition) - Continued

Boys Under 15 (14 in year of competition)																												
	Track									Hurdles						Relays		Walk		Field								
	100m		200m		400m		800m	1500m	3000m		100mH		100mH*	300mH		4 x 100m		3000 mW		HJ	PV	LJ	SP	DT	HT	JT		
500	13.0	13.27	26.1	26.33	1:02.7	1:02.83	2:09.24	5:44.68	13:58.57	500	16.8	17.05	19.1	19.38	46.8	47.09	53.3	53.42	34:47.68	500	1.52	3.31	4.78	8.53	26.40	16.03	41.26	500
490	13.1	13.35	26.2	26.48	1:03.1	1:03.28	2:09.72	5:48.31	14:10.02	490	17.0	17.25	19.4	19.60	47.2	47.41	53.6	53.79	35:40.14	490		3.29	4.74	8.38	25.88	15.56	40.72	490
480	13.2	13.43	26.4	26.63	1:03.6	1:03.75	2:10.20	5:52.01	14:21.75	480	17.2	17.44	19.6	19.83	47.5	47.74	54.0	54.17	36:34.49	480	1.51	3.26	4.71	8.23	25.36	15.09	40.19	480
470	13.3	13.51	26.5	26.78	1:04.1	1:04.22	2:10.69	5:55.79	14:33.77	470	17.4	17.64	19.8	20.06	47.8	48.07	54.4	54.55	37:30.82	470	1.50	3.24	4.67	8.08	24.85	14.64	39.66	470
460		13.59	26.7	26.94	1:04.6	1:04.70	2:11.18	5:59.65	14:46.09	460	17.6	17.85	20.1	20.29	48.2	48.41	54.8	54.94	38:29.19	460	1.49	3.21	4.63	7.93	24.35	14.20	39.14	460
450	13.4	13.68	26.9	27.10	1:05.1	1:05.19	2:11.68	6:03.59	14:58.71	450	17.8	18.06	20.3	20.53	48.5	48.76	55.2	55.34	39:29.70	450	1.48	3.19	4.60	7.79	23.86	13.78	38.62	450
440	13.5	13.77	27.0	27.26	1:05.6	1:05.69	2:12.19	6:07.62	15:11.64	440	18.0	18.28	20.5	20.77	48.9	49.11	55.6	55.74	40:32.44	440	1.47	3.16	4.56	7.65	23.37	13.36	38.10	440
430	13.6	13.86	27.2	27.42	1:06.1	1:06.20	2:12.70	6:11.73	15:24.89	430	18.3	18.50	20.8	21.02	49.2	49.47	56.0	56.15	41:37.49	430	1.46	3.14	4.53	7.50	22.90	12.95	37.59	430
420	13.7	13.95	27.4	27.59	1:06.6	1:06.72	2:13.23	6:15.93	15:38.46	420	18.5	18.72	21.0	21.28	49.6	49.83	56.4	56.57	42:44.96	420		3.11	4.49	7.37	22.42	12.55	37.08	420
410	13.8	14.04	27.5	27.75	1:07.1	1:07.25	2:13.76	6:20.22	15:52.37	410	18.7	18.95	21.3	21.54	50.0	50.20	56.9	57.00	43:54.94	410	1.45	3.09	4.46	7.23	21.96	12.17	36.58	410
400	13.9	14.13	27.7	27.92	1:07.6	1:07.78	2:14.29	6:24.60	16:06.63	400	18.9	19.18	21.6	21.81	50.3	50.58	57.3	57.43	45:07.54	400	1.44	3.07	4.42	7.09	21.50	11.79	36.08	400
390	14.0	14.22	27.9	28.10	1:08.2	1:08.33	2:14.84	6:29.07	16:21.24	390	19.2	19.42	21.8	22.08	50.7	50.97	57.7	57.87	46:22.87	390	1.43	3.04	4.39	6.96	21.06	11.43	35.59	390
380	14.1	14.32	28.0	28.27	1:08.7	1:08.88	2:15.39	6:33.64	16:36.21	380	19.4	19.67	22.1	22.36	51.1	51.36	58.2	58.32	47:41.05	380	1.42	3.02	4.35	6.83	20.61	11.07	35.10	380
370	14.2	14.42	28.2	28.45	1:09.3	1:09.45	2:15.95	6:38.31	16:51.56	370	19.7	19.92	22.4	22.65	51.5	51.75	58.6	58.78	49:02.19	370	1.41	2.99	4.32	6.70	20.18	10.72	34.62	370
360	14.3	14.52	28.4	28.63	1:09.9	1:10.02	2:16.52	6:43.07	17:07.29	360	19.9	20.18	22.7	22.94	51.9	52.16	59.1	59.24	50:26.44	360	1.40	2.97	4.28	6.57	19.75	10.38	34.14	360
350	14.4	14.62	28.6	28.82	1:10.5	1:10.61	2:17.09	6:47.94	17:23.42	350	20.2	20.44	23.0	23.23	52.3	52.57	59.6	59.72	51:53.91	350		2.95	4.25	6.44	19.33	10.05	33.66	350
340	14.5	14.72	28.8	29.01	1:11.1	1:11.20	2:17.67	6:52.92	17:39.95	340	20.5	20.71	23.3	23.54	52.7	52.99	1:00.1	60.20	53:24.75	340	1.39	2.92	4.22	6.32	18.92	9.73	33.19	340
330	14.6	14.82	29.0	29.20	1:11.7	1:11.81	2:18.26	6:58.00	17:56.90	330	20.7	20.98	23.6	23.85	53.2	53.41	1:00.5	60.69	54:59.11	330	1.38	2.90	4.18	6.20	18.51	9.42	32.72	330
320	14.7	14.93	29.2	29.39	1:12.3	1:12.42	2:18.86	7:03.19	18:14.27	320	21.0	21.26	23.9	24.17	53.6	53.84	1:01.0	61.18	56:37.14	320	1.37	2.88	4.15	6.08	18.11	9.12	32.26	320
310	14.8	15.03	29.4	29.59	1:12.9	1:13.05	2:19.47	7:08.49	18:32.09	310	21.3	21.55	24.3	24.50	54.0	54.28	1:01.5	61.69	58:19.00	310	1.36	2.85	4.12	5.96	17.72	8.83	31.80	310
300	14.9	15.14	29.6	29.79	1:13.6	1:13.69	2:20.08	7:13.91	18:50.36	300	21.6	21.84	24.6	24.83	54.5	54.73	1:02.1	62.20	1:00:04.86	300	1.35	2.83	4.08	5.84	17.33	8.54	31.34	300
290	15.0	15.25	29.8	29.99	1:14.2	1:14.34	2:20.70	7:19.44	19:09.09	290	21.9	22.14	24.9	25.17	54.9	55.19	1:02.6	1:02.73	1:01:54.90	290		2.81	4.05	5.73	16.95	8.26	30.89	290
280	15.1	15.37	30.0	30.19	1:14.9	1:15.00	2:21.33	7:25.09	19:28.30	280	22.2	22.45	25.3	25.52	55.4	55.65	1:03.1	1:03.26	1:03:49.31	280	1.34	2.78	4.02	5.61	16.58	7.99	30.45	280
270	15.2	15.48	30.2	30.40	1:15.5	1:15.67	2:21.97	7:30.87	19:48.01	270	22.5	22.76	25.6	25.87	55.9	56.12	1:03.7	1:03.80	1:05:48.27	270	1.33	2.76	3.98	5.50	16.21	7.73	30.01	270
260	15.4	15.60	30.4	30.62	1:16.2	1:16.36	2:22.62	7:36.77	20:08.22	260	22.8	23.08	26.0	26.24	56.4	56.60	1:04.2	1:04.35	1:07:52.00	260	1.32	2.74	3.95	5.39	15.85	7.47	29.57	260
250	15.5	15.72	30.6	30.83	1:16.9	1:17.06	2:23.28	7:42.80	20:28.94	250	23.2	23.41	26.4	26.61	56.8	57.09	1:04.8	1:04.91	1:10:00.71	250	1.31	2.72	3.92	5.28	15.50	7.22	29.14	250
240	15.6	15.84	30.8	31.05	1:17.6	1:17.77	2:23.94	7:48.96	20:50.21	240	23.5	23.74	26.8	26.99	57.3	57.58	1:05.3	1:05.48	1:12:14.63	240		2.69	3.89	5.17	15.15	6.98	28.71	240
230	15.7	15.96	31.0	31.27	1:18.4	1:18.49	2:24.61	7:55.26	21:12.02	230	23.8	24.09	27.1	27.38	57.8	58.09	1:05.9	1:06.06	1:14:33.99	230	1.30	2.67	3.85	5.07	14.81	6.75	28.28	230
220	15.8	16.08	31.3	31.50	1:19.1	1:19.22	2:25.30	8:01.69	21:34.40	220	24.2	24.44	27.5	27.78	58.4	58.60	1:06.5	1:06.65	1:16:59.04	220	1.29	2.65	3.82	4.97	14.47	6.52	27.86	220
210	16.0	16.21	31.5	31.73	1:19.8	1:19.97	2:25.99	8:08.27	21:57.37	210	24.6	24.80	27.9	28.19	58.9	59.12	1:07.1	1:07.26	1:19:30.05	210	1.28	2.63	3.79	4.86	14.14	6.30	27.45	210
200	16.1	16.33	31.7	31.96	1:20.6	1:20.73	2:26.69	8:14.99	22:20.93	200	24.9	25.16	28.4	28.61	59.4	59.65	1:07.7	1:07.87	1:22:07.29	200	1.27	2.60	3.76	4.76	13.82	6.09	27.04	200
190	16.2	16.46	32.0	32.20	1:21.4	1:21.51	2:27.39	8:21.85	22:45.11	190	25.3	25.54	28.8	29.03	1:00.0	1:00.19	1:08.3	1:08.49	1:24:51.05	190		2.58	3.73	4.67	13.50	5.88	26.63	190
180	16.4	16.60	32.2	32.44	1:22.2	1:22.29	2:28.11	8:28.87	23:09.93	180	25.7	25.92	29.2	29.47	1:00.5	1:00.74	1:09.0	1:09.12	1:27:41.64	180	1.26	2.56	3.70	4.57	13.19	5.68	26.23	180
170	16.5	16.73	32.4	32.68	1:23.0	1:23.10	2:28.84	8:36.05	23:35.40	170	26.1	26.32	29.7	29.92	1:01.1	1:01.30	1:09.6	1:09.76	1:30:39.37	170	1.25	2.54	3.66	4.47	12.89	5.48	25.83	170
160	16.6	16.87	32.7	32.93	1:23.8	1:23.91	2:29.58	8:43.38	24:01.55	160	26.5	26.72	30.1	30.37	1:01.6	1:01.87	1:10.3	1:10.42	1:33:44.57	160	1.24	2.52	3.63	4.38	12.59	5.29	25.44	160
150	16.8	17.01	32.9	33.18	1:24.6	1:24.74	2:30.32	8:50.88	24:28.39	150	26.9	27.13	30.6	30.84	1:02.2	1:02.45	1:10.9	1:11.08	1:36:57.62	150	1.23	2.50	3.60	4.29	12.29	5.11	25.05	150
140	16.9	17.15	33.2	33.44	1:25.5	1:25.59	2:31.08	8:58.54	24:55.94	140	27.3	27.55	31.1	31.32	1:02.8	1:03.03	1:11.6	1:11.76	1:40:18.86	140		2.47	3.57	4.20	12.00	4.93	24.66	140
130	17.1	17.29	33.5	33.69	1:26.3	1:26.45	2:31.84	9:06.37	25:24.23	130	27.7	27.98	31.6	31.81	1:03.4	1:03.63	1:12.3	1:12.45	1:43:48.71	130	1.22	2.45	3.54	4.11	11.72	4.76	24.28	130
120	17.2	17.43	33.7	33.96	1:27.2	1:27.32	2:32.62	9:14.38	25:53.28	120	28.2	28.42	32.1	32.31	1:04.0	1:04.24	1:13.0	1:13.15	1:47:27.56	120	1.21	2.43	3.51	4.02	11.44	4.59	23.91	120
110	17.3	17.58	34.0	34.23	1:28.1	1:28.22	2:33.40	9:22.57	26:23.10	110	28.6	28.88	32.6	32.83	1:04.6	1:04.86	1:13.7	1:13.86	1:51:15.86	110	1.20	2.41	3.48	3.93	11.17	4.43	23.53	110
100	17.5	17.73	34.3	34.50	1:29.0	1:29.12	2:34.20	9:30.95	26:53.74	100	29.1	29.34	33.1	33.35	1:05.2	1:05.49	1:14.4	1:14.59	1:55:14.06	100	1.19	2.39	3.45	3.				

# 2024 - 2027 HIGH SCHOOLS ATHLETICS PERFORMANCE EVALUATION (APE) TABLES

ATHLETICS SOUTH AFRICA (ASA)

IN ASSOCIATION WITH

SOUTH AFRICAN SCHOOLS ATHLETICS (SASA)

CAPACITATING SCHOOLS ATHLETICS



## Girls

Girls Under 20 (19 in year of competition)																																			
	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	11.1	11.32	22.9	23.17	52.5	52.61	1000	2:04.57	4:16.20	9:12.34	15:47.23	35:38.48	1000	13.0	13.27	57.7	57.82	1000	10:13.55	48:13.94	1000	45.2	45.31	3:38.88	2:11.49	1000	1.86		6.47	13.44	15.97	53.05	62.84	53.27	1000
990		11.39	23.1	23.33	52.8	52.99	990	2:05.38	4:17.29	9:17.59	15:55.40	35:35.58	990	13.1	13.37	58.2	58.29	990	10:19.08	49:09.05	990	45.3	45.40	3:39.56	2:11.77	990		4.20	6.44	13.35	15.67	52.02	60.86	52.59	990
980	11.2	11.46	23.2	23.49	53.2	53.37	980	2:06.21	4:18.41	9:22.98	16:03.79	35:32.63	980	13.2	13.48	58.6	58.78	980	10:24.76	50:06.18	980	45.4	45.50	3:40.26	2:12.05	980	1.85	4.16	6.41	13.26	15.37	50.97	58.90	51.90	980
970	11.3	11.53	23.4	23.65	53.6	53.77	970	2:07.06	4:19.55	9:28.51	16:12.40	35:29.63	970	13.3	13.59	59.1	59.27	970	10:30.58	51:05.42	970	45.5	45.60	3:40.97	2:12.34	970	1.84	4.12	6.38	13.16	15.06	49.92	56.95	51.20	970
960		11.61	23.6	23.82	54.0	54.18	960	2:07.92	4:20.71	9:34.19	16:21.23	35:26.59	960	13.5	13.70	59.6	59.78	960	10:36.56	52:06.85	960	45.6	45.71	3:41.70	2:12.64	960	1.83	4.08	6.35	13.07	14.76	48.86	55.01	50.49	960
950	11.4	11.68	23.8	23.99	54.5	54.60	950	2:08.81	4:21.90	9:40.03	16:30.29	35:23.50	950	13.6	13.81	1:00.2	1:00.31	950	10:42.70	53:10.54	950	45.7	45.81	3:42.43	2:12.94	950	1.82	4.04	6.32	12.98	14.45	47.80	53.10	49.78	950
940	11.5	11.76	23.9	24.17	54.9	55.03	940	2:09.72	4:23.11	9:46.02	16:39.58	35:20.37	940	13.7	13.93	1:00.7	1:00.84	940	10:48.99	54:16.59	940	45.8	45.92	3:43.19	2:13.25	940		4.00	6.29	12.88	14.15	46.73	51.20	49.05	940
930	11.6	11.84	24.1	24.35	55.3	55.46	930	2:10.65	4:24.35	9:52.16	16:49.10	35:17.20	930	13.8	14.05	1:01.2	1:01.39	930	10:55.45	55:25.08	930	45.9	46.02	3:43.96	2:13.57	930	1.81	3.96	6.26	12.79	13.84	45.67	49.33	48.32	930
920	11.7	11.91	24.3	24.54	55.8	55.91	920	2:11.60	4:25.62	9:58.47	16:58.87	35:13.98	920	13.9	14.18	1:01.8	1:01.95	920	11:02.08	56:36.12	920	46.0	46.13	3:44.74	2:13.88	920	1.80	3.91	6.22	12.69	13.53	44.60	47.48	47.58	920
910		12.00	24.5	24.73	56.2	56.37	910	2:12.57	4:26.90	10:04.95	17:08.88	35:10.71	910	14.1	14.30	1:02.4	1:02.53	910	11:08.87	57:49.81	910	46.1	46.25	3:45.54	2:14.21	910	1.79	3.87	6.19	12.60	13.22	43.53	45.66	46.84	910
900	11.8	12.08	24.7	24.92	56.7	56.84	900	2:13.57	4:28.22	10:11.59	17:19.15	35:07.40	900	14.2	14.43	1:03.0	1:03.12	900	11:15.84	59:06.25	900	46.2	46.36	3:46.35	2:14.54	900	1.78	3.83	6.16	12.50	12.91	42.47	43.87	46.09	900
890	11.9	12.17	24.9	25.12	57.2	57.32	890	2:14.59	4:29.56	10:18.42	17:29.69	35:04.05	890	14.3	14.56	1:03.6	1:03.73	890	11:23.00	1:00:25.70	890	46.3	46.48	3:47.18	2:14.88	890	1.77	3.80	6.13	12.40	12.60	41.42	42.13	45.34	890
880	12.0	12.25	25.1	25.32	57.7	57.82	880	2:15.64	4:30.94	10:25.46	17:40.54	35:00.65	880	14.5	14.70	1:04.2	1:04.35	880	11:30.37	1:01:48.44	880	46.5	46.59	3:48.03	2:15.22	880	1.76	3.76	6.10	12.30	12.30	40.38	40.44	44.60	880
870	12.1	12.34	25.3	25.53	58.2	58.32	870	2:16.71	4:32.35	10:32.70	17:51.70	34:57.21	870	14.6	14.84	1:04.9	1:04.99	870	11:37.96	1:03:14.60	870	46.6	46.72	3:48.89	2:15.57	870		3.73	6.07	12.19	12.01	39.37	38.81	43.87	870
860	12.2	12.43	25.5	25.75	58.7	58.85	860	2:17.81	4:33.79	10:40.16	18:03.18	34:53.72	860	14.7	14.98	1:05.5	1:05.65	860	11:45.76	1:04:44.35	860	46.7	46.84	3:49.78	2:15.93	860	1.75	3.70	6.04	12.09	11.72	38.37	37.24	43.15	860
850	12.3	12.53	25.7	25.97	59.2	59.38	850	2:18.94	4:35.26	10:47.83	18:14.98	34:50.19	850	14.9	15.13	1:06.2	1:06.33	850	11:53.79	1:06:17.84	850	46.8	46.97	3:50.68	2:16.30	850	1.74	3.66	6.01	11.99	11.43	37.40	35.72	42.43	850
840	12.4	12.63	26.0	26.19	59.8	59.93	840	2:20.10	4:36.76	10:55.74	18:27.11	34:46.62	840	15.0	15.28	1:06.9	1:07.02	840	12:02.05	1:07:55.23	840	47.0	47.09	3:51.61	2:16.67	840	1.73	3.63	5.98	11.89	11.15	36.44	34.26	41.72	840
830	12.5	12.73	26.2	26.42	1:00.4	1:00.49	830	2:21.28	4:38.30	11:03.87	18:39.59	34:43.01	830	15.2	15.44	1:07.6	1:07.74	830	12:10.55	1:09:36.71	830	47.1	47.22	3:52.55	2:17.05	830	1.72	3.60	5.95	11.79	10.88	35.50	32.84	41.01	830
820	12.6	12.83	26.4	26.66	1:00.9	1:01.07	820	2:22.50	4:39.88	11:12.25	18:52.42	34:39.35	820	15.4	15.60	1:08.3	1:08.47	820	12:19.29	1:11:22.46	820	47.2	47.36	3:53.51	2:17.44	820	1.71	3.56	5.92	11.69	10.61	34.58	31.48	40.32	820
810	12.7	12.93	26.7	26.91	1:01.5	1:01.67	810	2:23.75	4:41.49	11:20.86	19:05.60	34:35.65	810	15.5	15.76	1:09.1	1:09.23	810	12:28.28	1:13:12.66	810	47.4	47.49	3:54.49	2:17.83	810	1.70	3.53	5.89	11.59	10.34	33.67	30.16	39.63	810
800	12.8	13.04	26.9	27.16	1:02.1	1:02.28	800	2:25.03	4:43.13	11:29.73	19:19.16	34:31.91	800	15.7	15.93	1:09.9	1:10.00	800	12:37.53	1:15:07.54	800	47.5	47.63	3:55.49	2:18.23	800		3.50	5.86	11.50	10.08	32.79	28.89	38.95	800
790	12.9	13.15	27.2	27.41	1:02.8	1:02.90	790	2:26.34	4:44.81	11:38.86	19:33.09	34:28.13	790	15.9	16.10	1:10.7	1:10.80	790	12:47.04	1:17:07.30	790	47.6	47.77	3:56.51	2:18.64	790	1.69	3.47	5.83	11.40	9.83	31.92	27.67	38.28	790
780	13.0	13.26	27.4	27.67	1:03.4	1:03.54	780	2:27.68	4:46.53	11:48.25	19:47.41	34:24.31	780	16.0	16.28	1:11.5	1:11.62	780	12:56.81	1:19:12.17	780	47.8	47.92	3:57.56	2:19.06	780	1.68	3.44	5.80	11.30	9.58	31.07	26.49	37.61	780
770	13.1	13.37	27.7	27.94	1:04.1	1:04.20	770	2:29.06	4:48.28	11:57.91	20:02.13	34:20.44	770	16.2	16.46	1:12.3	1:12.46	770	13:06.87	1:21:22.40	770	47.9	48.06	3:58.62	2:19.49	770	1.67	3.40	5.77	11.20	9.33	30.24	25.36	36.95	770
760	13.3	13.49	28.0	28.22	1:04.7	1:04.88	760	2:30.47	4:50.07	12:07.86	20:17.25	34:16.54	760	16.4	16.65	1:13.2	1:13.32	760	13:17.21	1:23:38.23	760	48.1	48.21	3:59.70	2:19.92	760	1.66	3.37	5.74	11.11	9.09	29.43	24.26	36.30	760
750	13.4	13.61	28.3	28.50	1:05.4	1:05.57	750	2:31.91	4:51.90	12:18.09	20:32.80	34:12.59	750	16.6	16.84	1:14.1	1:14.21	750	13:27.84	1:25:59.95	750	48.2	48.37	4:00.81	2:20.36	750	1.65	3.34	5.72	11.01	8.86	28.63	23.21	35.66	750
740	13.5	13.73	28.6	28.79	1:06.1	1:06.28	740	2:33.39	4:53.76	12:28.62	20:48.77	34:08.61	740	16.8	17.04	1:15.0	1:15.12	740	13:38.77	1:28:27.82	740	48.4	48.52	4:01.93	2:20.81	740	1.64	3.31	5.69	10.91	8.63	27.85	22.20	35.02	740
730	13.6	13.86	28.8	29.09	1:06.9	1:07.00	730	2:34.91	4:55.67	12:39.45	21:05.19	34:04.58	730	17.0	17.24	1:15.9	1:16.06	730	13:50.01	1:31:02.15	730	48.5	48.68	4:03.08	2:21.26	730		3.28	5.66	10.82	8.40	27.09	21.22	34.40	730
720	13.7	13.99	29.2	29.39	1:07.6	1:07.75	720	2:36.46	4:57.61	12:50.60	21:22.06	34:00.51	720	17.2	17.45	1:16.9	1:17.02	720	14:01.57	1:33:43.25	720	48.7	48.84	4:04.25	2:21.73	720	1.63	3.25	5.63	10.72	8.18	26.34	20.29	33.78	720
710	13.9	14.12	29.5	29.70	1:08.4	1:08.51	710	2:38.05	4:59.60	13:02.07	21:39.39	33:56.41	710	17.4	17.66	1:17.9	1:18.00	710	14:13.45	1:36:31.46	710	48.9	49.00	4:05.44	2:22.20	710	1.62	3.22	5.60	10.63	7.96	25.61	19.39	33.16	710
700	14.0	14.25	29.8	30.02	1:09.2	1:09.30	700	2:39.68	5:01.62	13:13.87	21:57.20	33:52.26	700	17.6	17.88	1:18.9	1:19.01	700	14:25.67	1:39:27.13	700	49.0	49.17	4:06.65	2:22.68	700	1.61	3.18	5.57	10.53	7.75	24.90	18.52	32.56	700
690	14.2	14.39	30.1	30.35	1:10.0	1:10.10	690	2:41.35	5:03.69	13:26.02	22:15.51	33:48.07	690	17.9	18.11	1:19.9	1:20.05	690	14:38.23	1:42:30.62	690	49.2	49.33	4:07.89	2:23.17	690	1.60	3.15	5.54	10.44	7.54	24.20	17.69	31.96	690
680	14.3	14.53	30.4	30.69	1:10.8	1:10.93	680	2:43.06																											

## Girls Under 20 (19 in year of competition) - Continued

Girls Under 20 (19 in year of competition)																																			
	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							
500	17.5	17.71	38.1	38.34	1:29.7	1:29.88	500	3:21.86	5:51.86	18:38.01	29:58.07	:32:21.52	500	23.5	23.70	1:46.0	1:46.10	500	19:58.00	3:16:53.67	500	53.0	53.11	4:36.09	2:34.12	500	1.44	2.61	4.99	8.75	4.37	13.65	7.02	22.02	500
490	17.7	17.93	38.6	38.87	1:31.1	1:31.21	490	3:24.53	5:54.92	18:59.75	30:29.82	:32:16.62	490	23.8	24.07	1:47.7	1:47.87	490	20:20.09	3:24:36.36	490	53.2	53.34	4:37.85	2:34.79	490		2.58	4.96	8.67	4.24	13.23	6.67	21.57	490
480	17.9	18.15	39.2	39.42	1:32.4	1:32.57	480	3:27.28	5:58.04	19:22.15	31:02.48	:32:11.68	480	24.2	24.46	1:49.6	1:49.70	480	20:42.84	3:32:42.36	480	53.4	53.57	4:39.64	2:35.47	480	1.43	2.55	4.93	8.58	4.11	12.81	6.33	21.13	480
470	18.1	18.38	39.7	39.98	1:33.8	1:33.96	470	3:30.09	6:01.22	19:45.23	31:36.07	:32:06.71	470	24.6	24.86	1:51.4	1:51.57	470	21:06.25	3:41:12.99	470	53.7	53.81	4:41.45	2:36.16	470	1.42	2.53	4.90	8.50	3.98	12.40	6.01	20.69	470
460	18.4	18.61	40.3	40.55	1:35.3	1:35.39	460	3:32.96	6:04.47	20:09.02	32:10.63	:32:01.70	460	25.0	25.27	1:53.4	1:53.50	460	21:30.35	3:50:09.67	460	53.9	54.05	4:43.30	2:36.86	460	1.41	2.50	4.88	8.42	3.86	12.01	5.71	20.26	460
450	18.6	18.85	40.9	41.13	1:36.7	1:36.86	450	3:35.91	6:07.77	20:33.53	32:46.18	:31:56.67	450	25.5	25.69	1:55.3	1:55.47	450	21:55.17	3:59:33.90	450	54.2	54.30	4:45.18	2:37.57	450	1.40	2.47	4.85	8.33	3.75	11.63	5.42	19.84	450
440	18.9	19.10	41.5	41.73	1:38.2	1:38.36	440	3:38.93	6:11.15	20:58.80	33:22.76	:31:51.60	440	25.9	26.12	1:57.4	1:57.51	440	22:20.72	4:09:27.26	440	54.4	54.54	4:47.09	2:38.29	440	1.39	2.45	4.82	8.25	3.63	11.25	5.14	19.42	440
430	19.1	19.35	42.1	42.35	1:39.8	1:39.90	430	3:42.02	6:14.58	21:24.85	34:00.39	:31:46.51	430	26.3	26.57	1:59.5	1:59.60	430	22:47.04	4:19:51.45	430	54.7	54.80	4:49.03	2:39.02	430		2.42	4.79	8.17	3.52	10.89	4.87	19.01	430
420	19.4	19.60	42.7	42.98	1:41.3	1:41.49	420	3:45.18	6:18.08	21:51.71	34:39.12	:31:41.38	420	26.8	27.02	2:01.6	2:01.75	420	23:14.14	4:30:48.27	420	54.9	55.05	4:51.01	2:39.77	420	1.38	2.40	4.76	8.09	3.41	10.54	4.62	18.61	420
410	19.6	19.86	43.4	43.63	1:43.0	1:43.11	410	3:48.43	6:21.65	22:19.39	35:18.97	:31:36.22	410	27.3	27.49	2:03.8	2:03.96	410	23:42.05	4:42:19.65	410	55.2	55.31	4:53.02	2:40.52	410	1.37	2.37	4.74	8.01	3.30	10.19	4.38	18.21	410
400	19.9	20.13	44.0	44.29	1:44.6	1:44.77	400	3:51.75	6:25.29	22:47.95	35:59.99	:31:31.03	400	27.7	27.97	2:06.1	2:06.23	400	24:10.80	4:54:27.63	400	55.4	55.58	4:55.06	2:41.28	400	1.36	2.34	4.71	7.93	3.20	9.86	4.15	17.82	400
390	20.2	20.41	44.7	44.97	1:46.3	1:46.48	390	3:55.15	6:29.00	23:17.39	36:42.21	:31:25.81	390	28.2	28.47	2:08.4	2:08.56	390	24:40.42	5:07:14.39	390	55.7	55.84	4:57.14	2:42.06	390	1.35	2.32	4.68	7.85	3.10	9.54	3.93	17.44	390
380	20.4	20.69	45.4	45.66	1:48.1	1:48.24	380	3:58.64	6:32.79	23:47.76	37:25.67	:31:20.56	380	28.7	28.97	2:10.8	2:10.97	380	25:10.93	5:20:42.25	380	56.0	56.11	4:59.25	2:42.84	380		2.29	4.65	7.77	3.00	9.22	3.72	17.06	380
370	20.7	20.97	46.1	46.38	1:49.9	1:50.04	370	4:02.21	6:36.64	24:19.09	38:10.41	:31:15.28	370	29.3	29.50	2:13.3	2:13.44	370	25:42.38	5:34:53.67	370	56.2	56.39	5:01.39	2:43.64	370	1.34	2.27	4.63	7.70	2.91	8.91	3.53	16.69	370
360	21.0	21.27	46.9	47.11	1:51.7	1:51.88	360	4:05.87	6:40.57	24:51.41	38:56.48	:31:09.97	360	29.8	30.03	2:15.8	2:15.98	360	26:14.78	5:49:51.31	360	56.5	56.67	5:03.58	2:44.45	360	1.33	2.24	4.60	7.62	2.81	8.62	3.34	16.32	360
350	21.3	21.57	47.6	47.86	1:53.6	1:53.78	350	4:09.62	6:44.57	25:24.76	39:43.91	:31:04.64	350	30.3	30.58	2:18.4	2:18.59	350	26:48.17	6:05:37.95	350	56.8	56.95	5:05.80	2:45.27	350	1.32	2.22	4.57	7.54	2.72	8.33	3.16	15.96	350
340	21.6	21.87	48.4	48.63	1:55.6	1:55.72	340	4:13.46	6:48.66	25:59.16	40:32.76	:30:59.27	340	30.9	31.15	2:21.1	2:21.28	340	27:22.59	6:22:16.62	340	57.1	57.24	5:08.05	2:46.11	340	1.31	2.20	4.54	7.46	2.64	8.05	2.99	15.61	340
330	21.9	22.19	49.2	49.41	1:57.6	1:57.72	330	4:17.40	6:52.82	26:34.67	:41:23.07	:30:53.88	330	31.5	31.73	2:23.9	2:24.04	330	27:58.07	6:39:50.49	330	57.4	57.53	5:10.34	2:46.95	330		2.17	4.52	7.39	2.55	7.77	2.83	15.27	330
320	22.3	22.51	50.0	50.22	1:59.6	1:59.77	320	4:21.44	6:57.06	27:11.33	:42:14.89	:30:48.46	320	32.1	32.33	2:26.7	2:26.89	320	28:34.65	6:58:22.99	320	57.7	57.82	5:12.68	2:47.81	320	1.30	2.15	4.49	7.31	2.47	7.51	2.67	14.93	320
310	22.6	22.84	50.8	51.05	2:01.7	2:01.87	310	4:25.57	7:01.39	27:49.16	:43:08.27	:30:43.01	310	32.7	32.94	2:29.7	2:29.82	310	29:12.36	7:17:57.77	310	58.0	58.12	5:15.05	2:48.68	310	1.29	2.12	4.46	7.24	2.39	7.25	2.53	14.59	310
300	22.9	23.18	51.7	51.90	2:03.9	2:04.04	300	4:29.81	7:05.79	28:28.22	:44:03.26	:30:37.54	300	33.3	33.58	2:32.7	2:32.83	300	29:51.25	7:38:38.70	300	58.3	58.43	5:17.45	2:49.56	300	1.28	2.10	4.43	7.16	2.31	7.00	2.39	14.26	300
290	23.3	23.52	52.5	52.78	2:06.1	2:06.25	290	4:34.15	7:10.29	29:08.55	:44:59.93	:30:32.04	290	34.0	34.23	2:35.8	2:35.93	290	30:31.36	8:00:29.95	290	58.6	58.73	5:19.90	2:50.45	290		2.08	4.41	7.09	2.23	6.76	2.26	13.94	290
280	23.6	23.88	53.4	53.67	2:08.4	2:08.53	280	4:38.61	7:14.87	29:50.20	:45:58.31	:30:26.51	280	34.7	34.90	2:39.0	2:39.12	280	31:12.73	8:23:35.97	280	58.9	59.05	5:22.39	2:51.36	280	1.27	2.05	4.38	7.02	2.16	6.53	2.13	13.62	280
270	24.0	24.24	54.3	54.59	2:10.7	2:10.87	270	4:43.17	7:19.54	30:33.21	:46:58.49	:30:20.96	270	35.3	35.58	2:42.3	2:42.41	270	31:55.40	8:48:01.50	270	59.2	59.36	5:24.92	2:52.27	270	1.26	2.03	4.35	6.94	2.09	6.30	2.01	13.31	270
260	24.4	24.61	55.3	55.53	2:13.1	2:13.27	260	4:47.85	7:24.30	31:17.64	:48:00.51	:30:15.38	260	36.1	36.29	2:45.7	2:45.79	260	32:39.42	9:13:51.61	260	59.5	59.68	5:27.50	2:53.21	260	1.25	2.01	4.33	6.87	2.02	6.08	1.90	13.01	260
250	24.8	24.99	56.3	56.50	2:15.6	2:15.74	250	4:52.65	7:29.15	32:03.53	:49:04.43	:30:09.77	250	36.8	37.02	2:49.1	2:49.28	250	33:24.85	9:41:11.74	250	59.9	1:00.01	5:30.11	2:54.15	250	1.24	1.99	4.30	6.80	1.95	5.87	1.79	12.71	250
240	25.1	25.38	57.2	57.49	2:18.1	2:18.28	240	4:57.57	7:34.10	32:50.95	:50:10.34	:30:04.14	240	37.5	37.77	2:52.7	2:52.86	240	34:11.72	10:10:07.70	240	1:00.20	1:00.34	5:32.77	2:55.11	240		1.96	4.27	6.73	1.88	5.66	1.69	12.42	240
230	25.5	25.78	58.3	58.51	2:20.7	2:20.88	230	5:02.61	7:39.15	33:39.96	:51:18.29	:29:58.49	230	38.3	38.54	2:56.4	2:56.56	230	35:00.10	10:40:45.71	230	1:00.50	1:00.67	5:35.47	2:56.08	230	1.23	1.94	4.25	6.66	1.82	5.46	1.60	12.13	230
220	25.9	26.19	59.3	59.55	2:23.4	2:23.56	220	5:07.79	7:44.29	34:30.60	:52:28.36	:29:52.81	220	39.1	39.33	3:00.2	3:00.36	220	35:50.03	11:13:12.42	220	1:00.90	1:01.01	5:38.22	2:57.06	220	1.22	1.92	4.22	6.59	1.76	5.26	1.51	11.84	220
210	26.4	26.61	60.4	60.62	2:26.2	2:26.30	210	5:13.09	7:49.54	35:22.94	:53:40.62	:29:47.11	210	39.9	40.15	3:04.1	3:04.28	210	36:41.57	11:47:34.95	210	1:01.20	1:01.36	5:41.01	2:58.06	210	1.21	1.90	4.19	6.52	1.70	5.07	1.42	11.57	210
200	26.8	27.03	61.5	61.72	2:29.0	2:29.13	200	5:18.53	7:54.89	36:17.05	:54:55.15	:29:41.38	200	40.7	40.99	3:08.2	3:08.32	200	37:34.79	12:24:00.95	200	1:01.60	1:01.71	5:43.85	2:59.08	200		1.87	4.17	6.45	1.64	4.89	1.34	11.29	200
190	27.2	27.47	62.6	62.85	2:31.9	2:32.03	190	5:24.11	8:00.34	37:13.00	:56:12.02	:29:35.63	190	41.6	41.85	3:12.3	3:12.48	190	38:29.74	13:02:38.59	190	1:01.90	1:02.06	5:46.73	3:00.10	190	1.20	1.85	4.14	6.38	1.58	4.71	1.26	11.03	190
180	27.7	27.92	63.8	64.																															

**Girls Under 18 (17 in year of competition) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development**

Girls Under 18 (17 in year of competition)																															
	Track							Hurdles				Steeple & Walk		Relays			Field														
	100m		200m		400m			800m	1500m	3000m	100mH	400mH			2000mSC	5000mW	4 x 100m		Medley	HJ	PV	LJ	TJ	SP	DT	HT	JT				
1000	11.2	11.48	23.2	23.49	53.2	53.33	1000	2:05.34	4:17.77	9:15.70	1000	13.2	13.45	58.4	58.51	6:49.18	23:53.00	1000	45.8	45.91	2:13.44	1000	1.82	4.09	6.23	12.92	16.78	50.37	65.71	52.96	1000
990	11.3	11.55	23.4	23.65	53.6	53.71	990	2:06.15	4:18.87	9:20.98	990	13.3	13.52	58.8	58.98	6:52.87	24:13.55	990	45.9	46.01	2:13.73	990	1.81	4.05	6.20	12.83	16.53	49.38	64.01	52.31	990
980	11.4	11.62	23.6	23.81	54.0	54.11	980	2:06.98	4:19.99	9:26.40	980		13.59	59.3	59.47	6:56.65	24:34.76	980	46.0	46.11	2:14.02	980		4.02	6.17	12.75	16.27	48.39	62.30	51.64	980
970		11.70	23.7	23.98	54.4	54.51	970	2:07.84	4:21.14	9:31.97	970	13.4	13.67	59.8	59.98	7:00.54	24:56.65	970	46.1	46.21	2:14.31	970	1.80	3.98	6.14	12.66	16.01	47.39	60.60	50.97	970
960	11.5	11.77	23.9	24.15	54.8	54.92	960	2:08.71	4:22.31	9:37.69	960	13.5	13.74	1:00.4	1:00.49	7:04.53	25:19.24	960	46.2	46.32	2:14.61	960	1.79	3.94	6.11	12.57	15.75	46.39	58.89	50.29	960
950	11.6	11.85	24.1	24.32	55.2	55.35	950	2:09.60	4:23.50	9:43.55	950	13.6	13.82	1:00.9	1:01.02	7:08.62	25:42.54	950	46.3	46.42	2:14.92	950	1.78	3.90	6.08	12.48	15.49	45.38	57.20	49.60	950
940	11.7	11.92	24.3	24.50	55.6	55.78	940	2:10.52	4:24.72	9:49.58	940		13.89	1:01.4	1:01.56	7:12.82	26:06.59	940	46.4	46.53	2:15.23	940	1.77	3.86	6.05	12.39	15.23	44.37	55.51	48.90	940
930		12.00	24.4	24.68	56.1	56.22	930	2:11.45	4:25.97	9:55.76	930	13.7	13.97	1:02.0	1:02.12	7:17.12	26:31.41	930	46.5	46.64	2:15.55	930		3.82	6.02	12.30	14.96	43.36	53.83	48.20	930
920	11.8	12.08	24.6	24.87	56.5	56.68	920	2:12.41	4:27.24	10:02.11	920	13.8	14.05	1:02.5	1:02.69	7:21.54	26:57.01	920	46.6	46.75	2:15.87	920	1.76	3.78	5.99	12.21	14.69	42.34	52.16	47.49	920
910	11.9	12.17	24.8	25.06	57.0	57.14	910	2:13.39	4:28.54	10:08.63	910	13.9	14.14	1:03.1	1:03.27	7:26.07	27:23.43	910	46.7	46.86	2:16.20	910	1.75	3.74	5.96	12.11	14.42	41.33	50.51	46.77	910
900	12.0	12.25	25.0	25.26	57.5	57.62	900	2:14.39	4:29.86	10:15.31	900	14.0	14.22	1:03.7	1:03.87	7:30.72	27:50.69	900	46.8	46.98	2:16.54	900	1.74	3.70	5.93	12.02	14.15	40.32	48.87	46.05	900
890	12.1	12.34	25.2	25.46	58.0	58.11	890	2:15.42	4:31.21	10:22.18	890	14.1	14.31	1:04.3	1:04.48	7:35.50	28:18.87	890	47.0	47.10	2:16.88	890	1.73	3.67	5.90	11.92	13.88	39.32	47.26	45.33	890
880	12.2	12.43	25.4	25.67	58.5	58.61	880	2:16.47	4:32.60	10:29.26	880		14.39	1:05.0	1:05.11	7:40.41	28:48.06	880	47.1	47.22	2:17.23	880	1.72	3.63	5.87	11.82	13.61	38.34	45.70	44.61	880
870	12.3	12.52	25.6	25.88	59.0	59.12	870	2:17.55	4:34.01	10:36.55	870	14.2	14.48	1:05.6	1:05.76	7:45.47	29:18.29	870	47.2	47.34	2:17.59	870		3.60	5.84	11.73	13.35	37.37	44.18	43.91	870
860	12.4	12.61	25.9	26.10	59.5	59.65	860	2:18.66	4:35.46	10:44.05	860	14.3	14.58	1:06.3	1:06.43	7:50.67	29:49.60	860	47.3	47.47	2:17.95	860	1.71	3.57	5.82	11.63	13.09	36.43	42.70	43.21	860
850	12.5	12.71	26.1	26.32	1:00.1	1:00.20	850	2:19.79	4:36.94	10:51.77	850	14.4	14.67	1:07.0	1:07.12	7:56.03	30:22.02	850	47.5	47.59	2:18.32	850	1.70	3.54	5.79	11.53	12.84	35.50	41.26	42.51	850
840	12.6	12.80	26.3	26.55	1:00.6	1:00.75	840	2:20.96	4:38.46	10:59.73	840	14.5	14.77	1:07.7	1:07.82	8:01.54	30:55.60	840	47.6	47.72	2:18.70	840	1.69	3.51	5.76	11.44	12.58	34.59	39.86	41.82	840
830	12.7	12.90	26.5	26.78	1:01.2	1:01.32	830	2:22.15	4:40.01	11:07.91	830	14.6	14.87	1:08.4	1:08.54	8:07.21	31:30.38	830	47.7	47.86	2:19.09	830	1.68	3.47	5.73	11.34	12.33	33.70	38.49	41.14	830
820	12.8	13.01	26.8	27.03	1:01.8	1:01.91	820	2:23.38	4:41.59	11:16.34	820	14.7	14.97	1:09.1	1:09.29	8:13.04	32:06.40	820	47.9	47.99	2:19.48	820	1.67	3.44	5.70	11.24	12.09	32.83	37.17	40.47	820
810	12.9	13.11	27.0	27.27	1:02.4	1:02.51	810	2:24.63	4:43.21	11:25.01	810	14.8	15.07	1:09.9	1:10.05	8:19.03	32:43.71	810	48.0	48.13	2:19.88	810		3.41	5.67	11.15	11.85	31.97	35.89	39.80	810
800	13.0	13.22	27.3	27.53	1:03.0	1:03.13	800	2:25.92	4:44.86	11:33.93	800	14.9	15.18	1:10.7	1:10.84	8:25.20	33:22.36	800	48.1	48.27	2:20.29	800	1.66	3.38	5.64	11.05	11.61	31.13	34.64	39.14	800
790	13.1	13.33	27.5	27.79	1:03.6	1:03.76	790	2:27.24	4:46.55	11:43.11	790	15.0	15.29	1:11.5	1:11.64	8:31.54	34:02.40	790	48.3	48.41	2:20.70	790	1.65	3.35	5.62	10.96	11.37	30.31	33.42	38.49	790
780	13.2	13.45	27.8	28.05	1:04.3	1:04.41	780	2:28.59	4:48.28	11:52.56	780	15.2	15.40	1:12.3	1:12.47	8:38.06	34:43.88	780	48.4	48.56	2:21.13	780	1.64	3.32	5.59	10.87	11.14	29.50	32.25	37.84	780
770	13.3	13.56	28.1	28.32	1:04.9	1:05.08	770	2:29.97	4:50.04	12:02.28	770	15.3	15.51	1:13.2	1:13.32	8:44.77	35:26.85	770	48.6	48.71	2:21.56	770	1.63	3.29	5.56	10.77	10.91	28.71	31.10	37.20	770
760	13.4	13.68	28.4	28.60	1:05.6	1:05.77	760	2:31.39	4:51.84	12:12.29	760	15.4	15.63	1:14.1	1:14.19	8:51.66	36:11.37	760	48.7	48.86	2:22.00	760	1.62	3.26	5.53	10.68	10.68	27.94	29.99	36.57	760
750	13.6	13.80	28.7	28.89	1:06.3	1:06.47	750	2:32.85	4:53.68	12:22.58	750	15.5	15.75	1:15.0	1:15.09	8:58.75	36:57.51	750	48.9	49.01	2:22.45	750		3.23	5.50	10.59	10.46	27.18	28.92	35.95	750
740	13.7	13.93	28.9	29.18	1:07.0	1:07.19	740	2:34.34	4:55.56	12:33.17	740	15.6	15.87	1:15.9	1:16.01	9:06.04	37:45.32	740	49.0	49.17	2:22.90	740	1.61	3.20	5.47	10.50	10.24	26.44	27.87	35.33	740
730	13.8	14.05	29.2	29.49	1:07.8	1:07.92	730	2:35.86	4:57.48	12:44.07	730	15.8	15.99	1:16.8	1:16.96	9:13.54	38:34.87	730	49.2	49.33	2:23.36	730	1.60	3.17	5.45	10.40	10.03	25.72	26.86	34.72	730
720	13.9	14.18	29.6	29.79	1:08.5	1:08.68	720	2:37.42	4:59.43	12:55.29	720	15.9	16.12	1:17.8	1:17.93	9:21.24	39:26.24	720	49.3	49.49	2:23.83	720	1.59	3.14	5.42	10.31	9.81	25.01	25.88	34.11	720
710	14.1	14.32	29.9	30.11	1:09.3	1:09.45	710	2:39.02	5:01.43	13:06.83	710	16.0	16.25	1:18.8	1:18.93	9:29.17	40:19.48	710	49.5	49.65	2:24.31	710	1.58	3.11	5.39	10.22	9.61	24.31	24.93	33.51	710
700	14.2	14.45	30.2	30.43	1:10.1	1:10.25	700	2:40.66	5:03.47	13:18.70	700	16.1	16.38	1:19.8	1:19.95	9:37.32	41:14.69	700	49.7	49.82	2:24.80	700	1.57	3.08	5.36	10.13	9.40	23.64	24.01	32.92	700
690	14.4	14.59	30.5	30.77	1:10.9	1:11.06	690	2:42.34	5:05.55	13:30.92	690	16.3	16.52	1:20.9	1:21.00	9:45.70	42:11.93	690	49.9	49.99	2:25.30	690		3.05	5.33	10.04	9.20	22.97	23.12	32.34	690
680	14.5	14.74	30.9	31.11	1:11.8	1:11.90	680	2:44.06	5:07.67	13:43.50	680	16.4	16.66	1:21.9	1:22.08	9:54.31	43:11.28	680	50.0	50.17	2:25.80	680	1.56	3.02	5.30	9.95	9.00	22.33	22.25	31.76	680
670	14.6	14.88	31.2	31.45	1:12.6	1:12.76	670	2:45.82	5:09.84	13:56.43	670	16.6	16.80	1:23.1	1:23.19	10:03.17	44:12.85	670	50.2	50.34	2:26.32	670	1.55	2.99	5.28	9.86	8.80	21.69	21.42	31.19	670
660	14.8	15.03	31.6	31.81	1:13.5	1:13.63	660	2:47.62	5:12.05	14:09.75	660	16.7	16.94	1:24.2	1:24.33	10:12.28	45:16.71	660	50.4	50.52	2:26.84	660	1.54	2.96	5.25	9.77	8.61	21.07	20.61	30.63	660
650	14.9	15.19	31.9	32.18	1:14.4	1:14.54	650	2:49.47	5:14.30	14:23.45	650	16.9	17.09	1:25.4	1:25.50	10:21.64	46:22.96	650	50.6	50.71	2:27.37	650	1.53	2.93	5.22	9.68	8.42	20.47	19.82	30.08	650
640	15.1	15.34	32.3	32.55	1:15.3	1:15.46	640	2:51.36	5:16.60	14:37.56	640	17.0	17.24	1:26.6	1:26.70	10:31.28	47:31.71	640	50.8	50.89	2:27.91	640		2.90	5.19	9.60	8.23	19.88	19.07	29.53	640
630	15.3	15.51	32.7																												

**Girls Under 18 (17 in year of competition) - Continued**

Girls Under 18 (17 in year of competition)																															
	Track												Hurdles				Steeple & Walk				Relays				Field						
	100m		200m		400m		800m	1500m	3000m	100mH	400mH			2000mSC	5000mW	4 x 100m		Medley	HJ	PV	LJ	TJ	SP	DT	HT	JT					
500	17.7	17.96	38.6	38.87	1:31.0	1:31.12	500	3:23.09	5:54.01	18:44.81	500	19.5	19.73	1:47.2	1:47.36	13:18.95	1:09:04.43	500	53.7	53.82	2:36.41	500	1.41	2.52	4.80	8.41	5.93	12.96	10.79	22.57	500
490	17.9	18.18	39.2	39.40	1:32.3	1:32.46	490	3:25.79	5:57.09	19:06.68	490	19.7	19.94	1:49.0	1:49.16	13:33.69	1:11:06.40	490	53.9	54.05	2:37.09	490	1.40	2.49	4.78	8.33	5.79	12.56	10.35	22.13	490
480	18.2	18.41	39.7	39.96	1:33.7	1:33.84	480	3:28.55	6:00.23	19:29.22	480	19.9	20.15	1:50.9	1:51.00	13:48.85	1:13:13.31	480	54.1	54.29	2:37.78	480		2.47	4.75	8.25	5.65	12.16	9.91	21.69	480
470	18.4	18.64	40.3	40.52	1:35.1	1:35.25	470	3:31.38	6:03.43	19:52.44	470	20.1	20.37	1:52.8	1:52.90	14:04.47	1:15:25.38	470	54.4	54.53	2:38.48	470	1.39	2.44	4.72	8.17	5.51	11.78	9.50	21.25	470
460	18.6	18.88	40.9	41.10	1:36.6	1:36.70	460	3:34.27	6:06.70	20:16.37	460	20.3	20.59	1:54.7	1:54.84	14:20.54	1:17:42.85	460	54.6	54.77	2:39.19	460	1.38	2.41	4.69	8.09	5.38	11.40	9.10	20.83	460
450	18.9	19.12	41.5	41.69	1:38.0	1:38.19	450	3:37.24	6:10.02	20:41.04	450	20.6	20.81	1:56.7	1:56.85	14:37.09	1:20:05.98	450	54.9	55.02	2:39.91	450	1.37	2.39	4.67	8.01	5.25	11.04	8.71	20.41	450
440	19.1	19.37	42.1	42.30	1:39.6	1:39.71	440	3:40.27	6:13.41	21:06.46	440	20.8	21.04	1:58.8	1:58.90	14:54.13	1:22:35.02	440	55.1	55.27	2:40.64	440	1.36	2.36	4.64	7.94	5.12	10.68	8.34	19.99	440
430	19.4	19.62	42.7	42.93	1:41.1	1:41.27	430	3:43.38	6:16.87	21:32.67	430	21.0	21.28	2:00.9	2:01.02	15:11.68	1:25:10.25	430	55.4	55.53	2:41.39	430		2.34	4.61	7.86	4.99	10.34	7.99	19.58	430
420	19.6	19.88	43.3	43.57	1:42.7	1:42.88	420	3:46.57	6:20.40	21:59.68	420	21.3	21.52	2:03.1	2:03.19	15:29.75	1:27:51.96	420	55.6	55.79	2:42.14	420	1.35	2.31	4.59	7.78	4.87	10.00	7.65	19.18	420
410	19.9	20.14	44.0	44.22	1:44.4	1:44.52	410	3:49.83	6:23.99	22:27.54	410	21.5	21.77	2:05.3	2:05.43	15:48.37	1:30:40.45	410	55.9	56.05	2:42.90	410	1.34	2.29	4.56	7.70	4.74	9.68	7.32	18.79	410
400	20.2	20.41	44.7	44.89	1:46.1	1:46.21	400	3:53.17	6:27.65	22:56.27	400	21.8	22.02	2:07.6	2:07.73	16:07.54	1:33:36.06	400	56.2	56.32	2:43.68	400	1.33	2.26	4.53	7.63	4.62	9.36	7.00	18.40	400
390	20.5	20.69	45.3	45.58	1:47.8	1:47.94	390	3:56.60	6:31.38	23:25.89	390	22.0	22.27	2:10.0	2:10.09	16:27.30	1:36:39.11	390	56.4	56.59	2:44.47	390	1.32	2.24	4.51	7.55	4.51	9.05	6.69	18.02	390
380	20.7	20.98	46.0	46.29	1:49.6	1:49.72	380	4:00.10	6:35.19	23:56.45	380	22.3	22.53	2:12.4	2:12.52	16:47.65	1:39:49.97	380	56.7	56.86	2:45.27	380		2.22	4.48	7.48	4.39	8.75	6.40	17.64	380
370	21.0	21.27	46.8	47.01	1:51.4	1:51.55	370	4:03.70	6:39.06	24:27.97	370	22.6	22.80	2:14.9	2:15.02	17:08.62	1:43:09.01	370	57.0	57.14	2:46.08	370	1.31	2.19	4.45	7.40	4.28	8.46	6.12	17.27	370
360	21.3	21.57	47.5	47.75	1:53.3	1:53.42	360	4:07.38	6:43.02	25:00.48	360	22.8	23.07	2:17.5	2:17.59	17:30.22	1:46:36.62	360	57.3	57.43	2:46.90	360	1.30	2.17	4.43	7.33	4.17	8.18	5.85	16.90	360
350	21.6	21.87	48.3	48.51	1:55.2	1:55.34	350	4:11.15	6:47.05	25:34.03	350	23.1	23.35	2:20.1	2:20.24	17:52.49	1:50:13.23	350	57.6	57.71	2:47.73	350	1.29	2.14	4.40	7.25	4.06	7.91	5.59	16.55	350
340	21.9	22.18	49.0	49.29	1:57.2	1:57.31	340	4:15.02	6:51.16	26:08.65	340	23.4	23.64	2:22.8	2:22.96	18:15.45	1:53:59.28	340	57.9	58.00	2:48.58	340		2.12	4.37	7.18	3.96	7.64	5.34	16.19	340
330	22.3	22.50	49.8	50.09	1:59.2	1:59.34	330	4:18.98	6:55.34	26:44.37	330	23.7	23.93	2:25.6	2:25.76	18:39.11	1:57:55.22	330	58.2	58.30	2:49.43	330	1.28	2.10	4.35	7.10	3.85	7.38	5.10	15.85	330
320	22.6	22.83	50.7	50.91	2:01.3	2:01.41	320	4:23.04	6:59.61	27:21.25	320	24.0	24.23	2:28.5	2:28.63	19:03.50	2:02:01.55	320	58.5	58.60	2:50.30	320	1.27	2.07	4.32	7.03	3.75	7.13	4.87	15.50	320
310	22.9	23.16	51.5	51.75	2:03.4	2:03.55	310	4:27.20	7:03.96	27:59.31	310	24.3	24.53	2:31.5	2:31.60	19:28.66	2:06:18.78	310	58.8	58.90	2:51.18	310	1.26	2.05	4.29	6.96	3.65	6.89	4.65	15.17	310
300	23.3	23.50	52.4	52.61	2:05.6	2:05.74	300	4:31.47	7:08.40	28:38.61	300	24.6	24.84	2:34.5	2:34.65	19:54.59	2:10:47.45	300	59.1	59.21	2:52.08	300	1.25	2.03	4.27	6.89	3.56	6.65	4.44	14.84	300
290	23.6	23.85	53.3	53.50	2:07.8	2:07.99	290	4:35.84	7:12.92	29:19.18	290	24.9	25.16	2:37.6	2:37.79	20:21.34	2:15:28.15	290	59.4	59.52	2:52.98	290		2.01	4.24	6.82	3.46	6.42	4.24	14.52	290
280	24.0	24.21	54.2	54.40	2:10.2	2:10.30	280	4:40.32	7:17.53	30:01.09	280	25.2	25.48	2:40.9	2:41.02	20:48.93	2:20:21.47	280	59.7	59.84	2:53.90	280	1.24	1.98	4.22	6.75	3.37	6.20	4.04	14.20	280
270	24.3	24.58	55.1	55.33	2:12.5	2:12.67	270	4:44.91	7:22.23	30:44.36	270	25.6	25.81	2:44.2	2:44.34	21:17.39	2:25:28.05	270	1:00.00	1:00.16	2:54.84	270	1.23	1.96	4.19	6.68	3.28	5.98	3.86	13.88	270
260	24.7	24.96	56.0	56.29	2:15.0	2:15.10	260	4:49.62	7:27.02	31:29.06	260	25.9	26.15	2:47.6	2:47.76	21:46.75	2:30:48.57	260	1:00.30	1:00.48	2:55.78	260	1.22	1.94	4.16	6.61	3.19	5.77	3.68	13.58	260
250	25.1	25.34	57.0	57.27	2:17.5	2:17.60	250	4:54.45	7:31.90	32:15.23	250	26.3	26.49	2:51.1	2:51.29	22:17.04	2:36:23.74	250	1:00.70	1:00.81	2:56.74	250		1.92	4.14	6.54	3.11	5.57	3.51	13.28	250
240	25.5	25.74	58.0	58.27	2:20.0	2:20.17	240	4:59.40	7:36.88	33:02.94	240	26.6	26.85	2:54.8	2:54.92	22:48.30	2:42:14.32	240	1:01.00	1:01.15	2:57.71	240	1.21	1.90	4.11	6.47	3.02	5.37	3.34	12.98	240
230	25.9	26.14	59.1	59.30	2:22.7	2:22.81	230	5:04.47	7:41.96	33:52.24	230	27.0	27.21	2:58.5	2:58.66	23:20.56	2:48:21.09	230	1:01.30	1:01.49	2:58.70	230	1.20	1.87	4.09	6.40	2.94	5.18	3.18	12.69	230
220	26.3	26.56	60.1	60.36	2:25.4	2:25.53	220	5:09.68	7:47.13	34:43.19	220	27.3	27.58	3:02.4	3:02.50	23:53.86	2:54:44.90	220	1:01.70	1:01.83	2:59.70	220	1.19	1.85	4.06	6.33	2.86	5.00	3.03	12.40	220
210	26.7	26.98	61.2	61.45	2:28.2	2:28.31	210	5:15.01	7:52.41	35:35.85	210	27.7	27.95	3:06.3	3:06.47	24:28.24	3:01:26.63	210	1:02.00	1:02.18	3:00.71	210		1.83	4.04	6.27	2.78	4.82	2.89	12.12	210
200	27.2	27.41	62.3	62.56	2:31.0	2:31.18	200	5:20.49	7:57.79	36:30.29	200	28.1	28.34	3:10.4	3:10.55	25:03.73	3:08:27.22	200	1:02.40	1:02.53	3:01.74	200	1.18	1.81	4.01	6.20	2.70	4.64	2.75	11.84	200
190	27.6	27.86	63.5	63.71	2:34.0	2:34.12	190	5:26.10	8:03.27	37:26.58	190	28.5	28.73	3:14.6	3:14.76	25:40.37	3:15:47.67	190	1:02.70	1:02.89	3:02.78	190	1.17	1.79	3.98	6.13	2.63	4.48	2.62	11.57	190
180	28.1	28.31	64.6	64.88	2:37.0	2:37.14	180	5:31.86	8:08.87	38:24.78	180	28.9	29.13	3:19.0	3:19.10	26:18.22	3:23:29.03	180	1:03.10	1:03.25	3:03.83	180	1.16	1.77	3.96	6.07	2.55	4.31	2.50	11.31	180
170	28.5	28.78	65.8	66.09	2:40.1	2:40.25	170	5:37.77	8:14.57	39:24.97	170	29.3	29.54	3:23.4	3:23.57	26:57.30	3:31:32.39	170	1:03.50	1:03.62	3:04.91	170		1.75	3.93	6.00	2.48	4.16	2.38	11.05	170
160	29.0	29.26	67.1	67.33	2:43.3	2:43.44	160	5:43.83	8:20.39	40:27.23	160	29.7	29.96	3:28.0	3:28.17	27:37.68	3:39:58.95	160	1:03.90	1:03.99	3:05.99	160	1.15	1.73	3.91	5.94	2.41	4.00	2.26	10.79	160
150	29.5	29.75	68.4	68.60	2:46.6	2:46.73	150	5:50.05	8:26.32	41:31.63	150	30.2	30.39	3:32.8	3:32.92	28:19.39	3:48:49.93	150	1:04.20	1:04.37	3:07.09	150	1.14	1.71	3.88	5.87	2.34	3.86	2.15	10.54	150
140	30.0	30.25	69.7	69.90	2:50.0	2:50.11	140	5:56.43	8:32.37	42:38.27	140	30.6	30.83	3:37.7	3:37.81	29:02.49	3:58:06.66	140	1:04.60	1:04.76	3:08.2										



Girls Under 17 (16 in year of competition) - Colour code: Green – international standard: Yellow – National Standard: Blue – Provincial Standard: White – Development

Girls Under 17 (16 in year of competition)																													
	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	11.3	11.57	23.4	23.65	53.0	53.20	1000	2:05.34	4:19.32	9:19.07	1000	13.80	58.8	58.91	23:57.16	1000	46.1	46.26	1000	1.80	4.01	6.08	12.61	16.36	49.01	65.05	52.07	1000	
990	11.4	11.64	23.6	23.81	53.3	53.60	990	2:06.15	4:20.43	9:24.38	990	13.6	13.88	59.3	59.39	24:17.77	990	46.2	46.35	990	1.79	3.98	6.05	12.52	16.12	48.05	63.37	51.43	990
980		11.71	23.7	23.98	53.7	54.00	980	2:06.98	4:21.56	9:29.83	980	13.7	13.95	59.7	59.88	24:39.05	980	46.3	46.46	980		3.94	6.03	12.44	15.87	47.08	61.68	50.78	980
970	11.5	11.78	23.9	24.15	54.1	54.40	970	2:07.84	4:22.71	9:35.44	970	13.8	14.02	1:00.3	1:00.39	25:01.00	970	46.4	46.56	970	1.78	3.90	6.00	12.35	15.62	46.11	59.99	50.12	970
960	11.6	11.86	24.1	24.32	54.5	54.80	960	2:08.71	4:23.89	9:41.19	960		14.10	1:00.8	1:00.91	25:23.65	960	46.5	46.66	960	1.77	3.86	5.97	12.27	15.36	45.13	58.30	49.45	960
950	11.7	11.93	24.3	24.50	55.0	55.20	950	2:09.60	4:25.09	9:47.09	950	13.9	14.18	1:01.3	1:01.44	25:47.02	950	46.6	46.77	950	1.76	3.83	5.94	12.18	15.11	44.15	56.62	48.77	950
940		12.01	24.4	24.68	55.4	55.60	940	2:10.52	4:26.32	9:53.15	940	14.0	14.26	1:01.8	1:01.99	26:11.14	940	46.7	46.88	940	1.75	3.79	5.91	12.09	14.85	43.17	54.95	48.09	940
930	11.8	12.09	24.6	24.86	55.8	56.10	930	2:11.45	4:27.58	9:59.38	930	14.1	14.34	1:02.4	1:02.55	26:36.03	930	46.8	46.99	930		3.75	5.88	12.00	14.59	42.18	53.29	47.39	930
920	11.9	12.17	24.8	25.05	56.3	56.50	920	2:12.41	4:28.85	10:05.76	920	14.2	14.42	1:03.0	1:03.12	27:01.70	920	47.0	47.10	920	1.74	3.71	5.85	11.91	14.33	41.20	51.64	46.69	920
910	12.0	12.25	25.0	25.24	56.7	57.00	910	2:13.39	4:30.16	10:12.31	910	14.3	14.50	1:03.6	1:03.71	27:28.20	910	47.1	47.21	910	1.73	3.67	5.82	11.82	14.06	40.21	50.00	45.99	910
900	12.1	12.34	25.2	25.44	57.2	57.50	900	2:14.39	4:31.49	10:19.04	900		14.59	1:04.2	1:04.31	27:55.54	900	47.2	47.33	900	1.72	3.63	5.79	11.73	13.80	39.23	48.38	45.28	900
890	12.2	12.43	25.4	25.64	57.7	58.00	890	2:15.42	4:32.85	10:25.95	890	14.4	14.68	1:04.8	1:04.93	28:23.80	890	47.3	47.45	890	1.71	3.60	5.76	11.63	13.54	38.26	46.79	44.57	890
880	12.3	12.52	25.6	25.85	58.2	58.50	880	2:16.47	4:34.24	10:33.07	880	14.5	14.77	1:05.4	1:05.56	28:53.08	880	47.4	47.57	880		3.57	5.73	11.54	13.28	37.30	45.24	43.87	880
870	12.4	12.61	25.8	26.06	58.7	59.00	870	2:17.55	4:35.67	10:40.41	870	14.6	14.86	1:06.1	1:06.22	29:23.39	870	47.6	47.69	870	1.70	3.53	5.71	11.44	13.02	36.36	43.73	43.17	870
860	12.5	12.70	26.0	26.28	59.2	59.50	860	2:18.66	4:37.12	10:47.95	860	14.7	14.96	1:06.7	1:06.89	29:54.79	860	47.7	47.82	860	1.69	3.50	5.68	11.35	12.77	35.44	42.27	42.48	860
850	12.6	12.80	26.3	26.51	59.8	1:00.1	850	2:19.79	4:38.61	10:55.73	850	14.8	15.05	1:07.4	1:07.58	30:27.31	850	47.8	47.95	850	1.68	3.47	5.65	11.25	12.52	34.54	40.84	41.80	850
840	12.7	12.90	26.5	26.74	1:00.33	1:00.6	840	2:20.96	4:40.14	11:03.73	840	14.9	15.15	1:08.1	1:08.29	31:00.99	840	47.9	48.08	840	1.67	3.44	5.62	11.16	12.27	33.66	39.46	41.12	840
830	12.8	13.00	26.7	26.98	1:00.90	1:01.2	830	2:22.15	4:41.70	11:11.96	830	15.0	15.25	1:08.9	1:09.02	31:35.87	830	48.1	48.21	830	1.66	3.41	5.59	11.07	12.03	32.79	38.11	40.46	830
820	12.9	13.10	27.0	27.22	1:01.48	1:01.8	820	2:23.38	4:43.29	11:20.44	820	15.1	15.36	1:09.6	1:09.76	32:12.00	820	48.2	48.35	820		3.38	5.57	10.97	11.79	31.94	36.80	39.79	820
810	13.0	13.21	27.2	27.47	1:02.08	1:02.4	810	2:24.63	4:44.92	11:29.16	810	15.2	15.47	1:10.4	1:10.53	32:49.42	810	48.3	48.49	810	1.65	3.35	5.54	10.88	11.55	31.11	35.53	39.14	810
800	13.1	13.32	27.5	27.72	1:02.69	1:03.0	800	2:25.92	4:46.58	11:38.13	800	15.3	15.57	1:11.2	1:11.32	33:28.18	800	48.5	48.63	800	1.64	3.32	5.51	10.79	11.32	30.29	34.29	38.49	800
790	13.2	13.43	27.7	27.98	1:03.32	1:03.6	790	2:27.24	4:48.28	11:47.37	790	15.4	15.69	1:12.0	1:12.14	34:08.33	790	48.6	48.77	790	1.63	3.29	5.48	10.70	11.09	29.49	33.09	37.85	790
780	13.3	13.54	28.0	28.25	1:03.97	1:04.3	780	2:28.59	4:50.02	11:56.88	780	15.6	15.80	1:12.8	1:12.97	34:49.93	780	48.8	48.92	780	1.62	3.26	5.46	10.60	10.86	28.70	31.92	37.21	780
770	13.4	13.66	28.3	28.53	1:04.63	1:04.9	770	2:29.97	4:51.79	12:06.66	770	15.7	15.92	1:13.7	1:13.83	35:33.02	770	48.9	49.07	770	1.61	3.23	5.43	10.51	10.64	27.94	30.79	36.58	770
760	13.5	13.78	28.6	28.81	1:05.31	1:05.6	760	2:31.39	4:53.60	12:16.72	760	15.8	16.04	1:14.6	1:14.71	36:17.68	760	49.1	49.22	760		3.20	5.40	10.42	10.42	27.18	29.69	35.96	760
750	13.7	13.90	28.9	29.10	1:06.01	1:06.3	750	2:32.85	4:55.45	12:27.08	750	15.9	16.16	1:15.5	1:15.61	37:03.95	750	49.2	49.38	750	1.60	3.17	5.37	10.33	10.20	26.45	28.63	35.34	750
740	13.8	14.03	29.2	29.39	1:06.72	1:07.0	740	2:34.34	4:57.34	12:37.74	740	16.0	16.28	1:16.4	1:16.54	37:51.90	740	49.4	49.53	740	1.59	3.14	5.34	10.24	9.99	25.73	27.59	34.74	740
730	13.9	14.16	29.5	29.70	1:07.45	1:07.8	730	2:35.86	4:59.27	12:48.70	730	16.2	16.41	1:17.3	1:17.49	38:41.59	730	49.6	49.70	730	1.58	3.11	5.32	10.15	9.78	25.02	26.59	34.14	730
720	14.0	14.29	29.8	30.01	1:08.20	1:08.5	720	2:37.42	5:01.24	12:59.99	720	16.3	16.54	1:18.3	1:18.47	39:33.11	720	49.7	49.86	720	1.57	3.08	5.29	10.06	9.57	24.33	25.62	33.54	720
710	14.2	14.42	30.1	30.32	1:08.97	1:09.3	710	2:39.02	5:03.25	13:11.60	710	16.4	16.67	1:19.3	1:19.47	40:26.51	710	49.9	50.02	710	1.56	3.05	5.26	9.97	9.37	23.66	24.68	32.95	710
700	14.3	14.56	30.4	30.65	1:09.76	1:10.1	700	2:40.66	5:05.30	13:23.54	700	16.6	16.81	1:20.4	1:20.50	41:21.87	700	50.1	50.19	700		3.02	5.23	9.89	9.17	23.00	23.77	32.37	700
690	14.5	14.70	30.7	30.99	1:10.57	1:10.9	690	2:42.34	5:07.39	13:35.84	690	16.7	16.95	1:21.4	1:21.56	42:19.28	690	50.2	50.37	690	1.55	2.99	5.21	9.80	8.97	22.35	22.88	31.80	690
680	14.6	14.85	31.1	31.33	1:11.40	1:11.8	680	2:44.06	5:09.53	13:48.49	680	16.9	17.09	1:22.5	1:22.65	43:18.81	680	50.4	50.54	680	1.54	2.96	5.18	9.71	8.77	21.72	22.03	31.23	680
670	14.8	14.99	31.4	31.68	1:12.25	1:12.6	670	2:45.82	5:11.71	14:01.51	670	17.0	17.24	1:23.6	1:23.77	44:20.55	670	50.6	50.72	670	1.53	2.93	5.15	9.62	8.58	21.11	21.20	30.67	670
660	14.9	15.14	31.8	32.04	1:13.12	1:13.5	660	2:47.62	5:13.93	14:14.90	660	17.1	17.39	1:24.8	1:24.91	45:24.60	660	50.8	50.90	660	1.52	2.90	5.12	9.54	8.40	20.50	20.40	30.12	660
650	15.1	15.30	32.2	32.41	1:14.02	1:14.4	650	2:49.47	5:16.20	14:28.69	650	17.3	17.54	1:26.0	1:26.09	46:31.04	650	50.9	51.08	650		2.88	5.10	9.45	8.21	19.91	19.62	29.57	650
640	15.2	15.46	32.5	32.78	1:14.93	1:15.3	640	2:51.36	5:18.51	14:42.88	640	17.5	17.69	1:27.2	1:27.30	47:39.98	640	51.1	51.27	640	1.51	2.85	5.07	9.36	8.03	19.34	18.87	29.04	640
630	15.4	15.62	32.9	33.17	1:15.87	1:16.3	630	2:53.29	5:20.87	14:57.48	630	17.6	17.85	1:28.4	1:28.54	48:51.53	630	51.3	51.46	630	1.50	2.82	5.04	9.28	7.85	18.78	18.15	28.50	630
620	15.5	15.78	33.3	33.57	1:16.84	1:17.2	620	2:55.28	5:23.28	15:12.51	620	17.8	18.01	1:29.7	1:29.82	50:05.79	620	51.5	51.65	620	1.49	2.79	5.01	9.19	7.67	18.23	17.45	27.98	620
610	15.7	15.95	33.7	33.97	1:17.83	1:18.2	610	2:57.30	5:25.73	15:27.99	610	17.9	18.18	1:31.0	1:31.13	51:22.87	610	51.7	51.85	610	1.48	2.76	4.99	9.11	7.50	17.69	16.77	27.46	610
600	15.9	16.13	34.1	34.39	1:18.84	1:19.2																							

**Girls Under 17 (16 in year of competition) – Continued**

Girls Under 17 (16 in year of competition)																													
	Track						Hurdles				Walk	Relays			Field														
	100m		200m		400m		800m	1500m	3000m	100mH	400mH		5000 m W	4 x 100m			HJ	PV	LJ	TJ	SP	DT	HT	JT					
500	17.9	18.09	38.9	39.14	1:30.49	1:31.0	500	3:23.09	5:56.15	18:51.63	500	20.0	20.25	1:48.0	1:48.10	1:09:16.46	500	54.1	54.22	500		2.47	4.69	8.21	5.79	12.61	10.68	22.20	500
490	18.1	18.32	39.4	39.69	1:31.82	1:32.3	490	3:25.79	5:59.25	19:13.63	490	20.2	20.46	1:49.8	1:49.91	1:11:18.78	490	54.3	54.45	490	1.39	2.44	4.66	8.13	5.65	12.22	10.24	21.76	490
480	18.3	18.54	40.0	40.24	1:33.19	1:33.7	480	3:28.55	6:02.41	19:36.31	480	20.4	20.68	1:51.6	1:51.77	1:13:26.06	480	54.6	54.69	480	1.38	2.42	4.64	8.05	5.51	11.83	9.81	21.32	480
470	18.5	18.78	40.6	40.81	1:34.59	1:35.1	470	3:31.38	6:05.63	19:59.67	470	20.7	20.90	1:53.5	1:53.67	1:15:38.52	470	54.8	54.94	470	1.37	2.39	4.61	7.98	5.38	11.46	9.40	20.90	470
460	18.8	19.01	41.2	41.39	1:36.03	1:36.6	460	3:34.27	6:08.91	20:23.75	460	20.9	21.12	1:55.5	1:55.64	1:17:56.39	460	55.0	55.18	460	1.36	2.37	4.58	7.90	5.24	11.09	9.01	20.48	460
450	19.0	19.26	41.8	41.99	1:37.50	1:38.0	450	3:37.24	6:12.26	20:48.56	450	21.1	21.36	1:57.5	1:57.65	1:20:19.93	450	55.3	55.43	450		2.34	4.56	7.82	5.12	10.74	8.63	20.06	450
440	19.3	19.51	42.4	42.60	1:39.02	1:39.6	440	3:40.27	6:15.67	21:14.14	440	21.4	21.59	1:59.6	1:59.72	1:22:49.40	440	55.5	55.69	440	1.35	2.32	4.53	7.74	4.99	10.39	8.26	19.66	440
430	19.5	19.76	43.0	43.23	1:40.57	1:41.1	430	3:43.38	6:19.15	21:40.50	430	21.6	21.83	2:01.7	2:01.85	1:25:25.08	430	55.8	55.94	430	1.34	2.29	4.50	7.67	4.87	10.06	7.91	19.26	430
420	19.8	20.02	43.6	43.88	1:42.16	1:42.7	420	3:46.57	6:22.69	22:07.68	420	21.8	22.08	2:03.9	2:04.04	1:28:07.26	420	56.1	56.20	420	1.33	2.27	4.48	7.59	4.74	9.73	7.57	18.86	420
410	20.1	20.29	44.3	44.54	1:43.80	1:44.4	410	3:49.83	6:26.31	22:35.71	410	22.1	22.33	2:06.2	2:06.29	1:30:56.25	410	56.3	56.47	410	1.32	2.25	4.45	7.52	4.63	9.42	7.24	18.47	410
400	20.3	20.56	45.0	45.21	1:45.47	1:46.1	400	3:53.17	6:29.99	23:04.61	400	22.3	22.59	2:08.5	2:08.61	1:33:52.36	400	56.6	56.74	400		2.22	4.43	7.44	4.51	9.11	6.93	18.09	400
390	20.6	20.84	45.7	45.90	1:47.19	1:47.8	390	3:56.60	6:33.75	23:34.41	390	22.6	22.85	2:10.8	2:10.99	1:36:55.95	390	56.9	57.01	390	1.31	2.20	4.40	7.37	4.40	8.81	6.63	17.71	390
380	20.9	21.13	46.4	46.62	1:48.96	1:49.6	380	4:00.10	6:37.57	24:05.16	380	22.9	23.12	2:13.3	2:13.43	1:40:07.36	380	57.1	57.29	380	1.30	2.17	4.37	7.30	4.28	8.52	6.34	17.34	380
370	21.2	21.42	47.1	47.34	1:50.77	1:51.4	370	4:03.70	6:41.48	24:36.86	370	23.2	23.39	2:15.8	2:15.95	1:43:26.98	370	57.4	57.57	370	1.29	2.15	4.35	7.22	4.17	8.23	6.06	16.98	370
360	21.5	21.72	47.9	48.09	1:52.63	1:53.3	360	4:07.38	6:45.45	25:09.58	360	23.4	23.67	2:18.4	2:18.54	1:46:55.19	360	57.7	57.85	360		2.13	4.32	7.15	4.07	7.96	5.79	16.62	360
350	21.8	22.03	48.6	48.86	1:54.54	1:55.2	350	4:11.15	6:49.51	25:43.33	350	23.7	23.96	2:21.1	2:21.20	1:50:32.43	350	58.0	58.14	350	1.28	2.10	4.30	7.08	3.96	7.69	5.53	16.27	350
340	22.1	22.34	49.4	49.64	1:56.50	1:57.2	340	4:15.02	6:53.64	26:18.16	340	24.0	24.25	2:23.8	2:23.94	1:54:19.13	340	58.3	58.43	340	1.27	2.08	4.27	7.00	3.86	7.43	5.29	15.92	340
330	22.4	22.67	50.2	50.45	1:58.51	1:59.2	330	4:18.98	6:57.85	26:54.10	330	24.3	24.55	2:26.6	2:26.76	1:58:15.76	330	58.6	58.73	330	1.26	2.06	4.24	6.93	3.76	7.18	5.05	15.58	330
320	22.8	23.00	51.0	51.27	2:00.57	2:01.3	320	4:23.04	7:02.15	27:31.20	320	24.6	24.86	2:29.5	2:29.66	2:02:22.80	320	58.9	59.03	320		2.04	4.22	6.86	3.66	6.94	4.82	15.25	320
310	23.1	23.33	51.9	52.12	2:02.69	2:03.4	310	4:27.20	7:06.52	28:09.49	310	24.9	25.17	2:32.5	2:32.64	2:06:40.78	310	59.2	59.34	310	1.25	2.01	4.19	6.79	3.56	6.70	4.60	14.92	310
300	23.4	23.68	52.7	52.99	2:04.86	2:05.6	300	4:31.47	7:10.98	28:49.03	300	25.2	25.49	2:35.6	2:35.71	2:11:10.24	300	59.5	59.65	300	1.24	1.99	4.17	6.72	3.47	6.47	4.39	14.59	300
290	23.8	24.03	53.6	53.88	2:07.10	2:07.8	290	4:35.84	7:15.53	29:29.85	290	25.6	25.81	2:38.7	2:38.87	2:15:51.75	290	59.8	59.96	290	1.23	1.97	4.14	6.65	3.38	6.25	4.19	14.27	290
280	24.2	24.39	54.6	54.79	2:09.39	2:10.2	280	4:40.32	7:20.17	30:12.00	280	25.9	26.14	2:42.0	2:42.12	2:20:45.92	280	1:00.10	1:00.28	280		1.95	4.12	6.58	3.29	6.03	4.00	13.96	280
270	24.5	24.76	55.5	55.73	2:11.75	2:12.5	270	4:44.91	7:24.90	30:55.54	270	26.2	26.48	2:45.3	2:45.47	2:25:53.39	270	1:00.50	1:00.60	270	1.22	1.92	4.09	6.52	3.20	5.82	3.82	13.65	270
260	24.9	25.14	56.4	56.69	2:14.16	2:15.0	260	4:49.62	7:29.72	31:40.51	260	26.6	26.83	2:48.8	2:48.92	2:31:14.84	260	1:00.80	1:00.93	260	1.21	1.90	4.07	6.45	3.11	5.62	3.64	13.35	260
250	25.3	25.53	57.4	57.68	2:16.65	2:17.5	250	4:54.45	7:34.63	32:26.97	250	26.9	27.18	2:52.3	2:52.47	2:36:50.99	250	1:01.10	1:01.26	250	1.20	1.88	4.04	6.38	3.03	5.42	3.47	13.05	250
240	25.7	25.93	58.4	58.69	2:19.20	2:20.0	240	4:59.40	7:39.64	33:14.96	240	27.3	27.54	2:56.0	2:56.12	2:42:42.58	240	1:01.50	1:01.60	240		1.86	4.02	6.31	2.95	5.23	3.31	12.76	240
230	26.1	26.33	59.5	59.73	2:21.82	2:22.7	230	5:04.47	7:44.75	34:04.56	230	27.7	27.91	2:59.7	2:59.89	2:48:50.41	230	1:01.80	1:01.94	230	1.19	1.84	3.99	6.25	2.87	5.04	3.15	12.48	230
220	26.5	26.75	60.6	60.79	2:24.52	2:25.4	220	5:09.68	7:49.95	34:55.82	220	28.1	28.29	3:03.6	3:03.76	2:55:15.33	220	1:02.10	1:02.29	220	1.18	1.82	3.97	6.18	2.79	4.86	3.00	12.19	220
210	26.9	27.18	61.6	61.89	2:27.28	2:28.2	210	5:15.01	7:55.26	35:48.80	210	28.4	28.68	3:07.6	3:07.75	3:01:58.23	210	1:02.50	1:02.64	210	1.17	1.80	3.94	6.11	2.71	4.69	2.86	11.92	210
200	27.4	27.62	62.8	63.01	2:30.13	2:31.0	200	5:20.49	8:00.67	36:43.57	200	28.8	29.07	3:11.7	3:11.87	3:09:00.05	200	1:02.90	1:03.00	200		1.78	3.92	6.05	2.64	4.52	2.73	11.65	200
190	27.8	28.06	63.9	64.16	2:33.05	2:34.0	190	5:26.10	8:06.19	37:40.20	190	29.2	29.48	3:16.0	3:16.10	3:16:21.78	190	1:03.20	1:03.36	190	1.16	1.76	3.89	5.98	2.56	4.36	2.60	11.38	190
180	28.3	28.52	65.1	65.34	2:36.05	2:37.0	180	5:31.86	8:11.82	38:38.75	180	29.6	29.89	3:20.3	3:20.47	3:24:04.47	180	1:03.60	1:03.72	180	1.15	1.74	3.87	5.92	2.49	4.20	2.47	11.12	180
170	28.8	28.99	66.3	66.56	2:39.14	2:40.1	170	5:37.77	8:17.56	39:39.31	170	30.1	30.31	3:24.8	3:24.97	3:32:09.24	170	1:04.00	1:04.10	170	1.14	1.72	3.84	5.86	2.42	4.04	2.35	10.86	170
160	29.2	29.47	67.6	67.81	2:42.31	2:43.3	160	5:43.83	8:23.41	40:41.94	160	30.5	30.74	3:29.5	3:29.61	3:40:37.26	160	1:04.30	1:04.47	160		1.70	3.82	5.79	2.35	3.90	2.24	10.61	160
150	29.7	29.97	68.8	69.09	2:45.57	2:46.6	150	5:50.05	8:29.38	41:46.74	150	30.9	31.18	3:34.2	3:34.39	3:49:29.79	150	1:04.70	1:04.85	150	1.13	1.68	3.79	5.73	2.29	3.75	2.13	10.36	150
140	30.2	30.47	70.2	70.40	2:48.92	2:50.0	140	5:56.43	8:35.46	42:53.78	140	31.4	31.63	3:39.2	3:39.31	3:58:48.14	140	1:05.10	1:05.24	140	1.12	1.66	3.77	5.67	2.22	3.61	2.03	10.12	140
130	30.8	30.99	71.5	71.75	2:52.37	2:53.4	130	6:02.98	8:41.67	44:03.15	130	31.9	32.09	3:44.3	3:44.39	4:08:33.70	130	1:05.50	1:05.63	130	1.11	1.64	3.74	5.61	2.16	3.48	1.93	9.88	130
120	31.3	31.52	72.9	73.14	2:55.92	2:57.0	120	6:09.70	8:48.00	45:14.94	120	32.3	32.56	3:49.5	3:49.63	4:18:47.96	120	1:05.90	1:06.03	120		1.62	3.72	5.54	2.10	3.35	1.83	9.65	120
110	31.8	32.07	74.3	74.56	2:59.56	3:00.7	110	6:16.60	8:54.45	46:29.25	110	32.8	33.04	3:54.9	3:55.03	4:29:32.48	110	1:06.30	1:06.43	110	1.10	1.60	3.69						

Girls Under 16 (15 in year of competition)																													
	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	11.4	11.65	23.6	23.84	54.0	54.12	1000	2:06.09	4:21.86	9:24.55	1000	12.5	12.73	41.2	41.30	24:01.51	1000	46.5	46.62	1000	1.77		5.92	12.25	15.93	47.62	64.45	51.14	1000
990	11.5	11.72	23.8	24.00	54.4	54.51	990	2:06.91	4:22.98	9:29.91	990	12.6	12.82	41.5	41.60	24:22.18	990	46.6	46.72	990	1.76	3.89	5.90	12.17	15.69	46.69	62.78	50.51	990
980		11.79	23.9	24.17	54.8	54.91	980	2:07.75	4:24.12	9:35.42	980	12.7	12.91	41.8	41.92	24:43.52	980	46.7	46.82	980		3.85	5.87	12.09	15.44	45.75	61.10	49.87	980
970	11.6	11.87	24.1	24.34	55.2	55.32	970	2:08.61	4:25.29	9:41.08	970	12.8	13.00	42.1	42.24	25:05.54	970	46.8	46.92	970	1.75	3.82	5.84	12.01	15.20	44.81	59.43	49.22	970
960	11.7	11.94	24.3	24.51	55.6	55.74	960	2:09.49	4:26.48	9:46.89	960	12.9	13.09	42.4	42.57	25:28.26	960	46.9	47.03	960	1.74	3.78	5.81	11.92	14.95	43.86	57.76	48.56	960
950	11.8	12.02	24.4	24.69	56.0	56.17	950	2:10.38	4:27.69	9:52.85	950	13.0	13.19	42.8	42.91	25:51.70	950	47.0	47.13	950	1.73	3.74	5.79	11.84	14.70	42.90	56.10	47.90	950
940		12.10	24.6	24.87	56.5	56.61	940	2:11.30	4:28.93	9:58.97	940	13.1	13.29	43.1	43.25	26:15.89	940	47.1	47.24	940	1.72	3.70	5.76	11.75	14.45	41.95	54.44	47.23	940
930	11.9	12.18	24.8	25.06	56.9	57.06	930	2:12.25	4:30.20	10:05.25	930	13.2	13.39	43.5	43.61	26:40.86	930	47.2	47.35	930		3.67	5.73	11.66	14.20	40.99	52.79	46.55	930
920	12.0	12.26	25.0	25.25	57.4	57.52	920	2:13.21	4:31.49	10:11.70	920	13.3	13.50	43.8	43.97	27:06.61	920	47.3	47.47	920	1.71	3.63	5.70	11.58	13.94	40.03	51.16	45.86	920
910	12.1	12.34	25.2	25.44	57.9	58.00	910	2:14.19	4:32.81	10:18.32	910	13.4	13.60	44.2	44.34	27:33.19	910	47.4	47.58	910	1.70	3.59	5.67	11.49	13.69	39.08	49.54	45.17	910
900	12.2	12.43	25.4	25.64	58.3	58.48	900	2:15.20	4:34.15	10:25.11	900	13.5	13.71	44.6	44.72	28:00.61	900	47.6	47.70	900	1.69	3.55	5.64	11.40	13.43	38.12	47.93	44.47	900
890	12.3	12.52	25.6	25.84	58.8	58.98	890	2:16.23	4:35.52	10:32.09	890	13.6	13.82	45.0	45.11	28:28.96	890	47.7	47.82	890	1.68	3.52	5.61	11.31	13.17	37.17	46.35	43.77	890
880	12.4	12.61	25.8	26.05	59.3	59.48	880	2:17.29	4:36.93	10:39.28	880	13.7	13.94	45.4	45.51	28:58.32	880	47.8	47.94	880		3.49	5.59	11.21	12.92	36.25	44.82	43.08	880
870	12.5	12.70	26.0	26.27	59.9	1:00.01	870	2:18.38	4:38.37	10:46.69	870	13.8	14.05	45.8	45.92	29:28.73	870	47.9	48.07	870	1.67	3.46	5.56	11.12	12.67	35.34	43.33	42.40	870
860	12.6	12.80	26.2	26.49	1:00.4	1:00.54	860	2:19.49	4:39.84	10:54.31	860	13.9	14.17	46.2	46.34	30:00.22	860	48.1	48.19	860	1.66	3.43	5.53	11.03	12.43	34.44	41.88	41.72	860
850	12.7	12.89	26.5	26.72	1:01.0	1:01.09	850	2:20.63	4:41.34	11:02.16	850	14.1	14.30	46.6	46.78	30:32.84	850	48.2	48.32	850	1.65	3.39	5.50	10.94	12.18	33.56	40.46	41.05	850
840	12.8	12.99	26.7	26.95	1:01.5	1:01.66	840	2:21.81	4:42.88	11:10.23	840	14.2	14.42	47.1	47.22	31:06.62	840	48.3	48.45	840	1.64	3.36	5.48	10.85	11.94	32.71	39.09	40.39	840
830	12.9	13.09	26.9	27.19	1:02.1	1:02.24	830	2:23.01	4:44.46	11:18.55	830	14.3	14.55	47.5	47.68	31:41.60	830	48.4	48.59	830	1.63	3.33	5.45	10.76	11.71	31.86	37.75	39.73	830
820	13.0	13.20	27.2	27.43	1:02.7	1:02.84	820	2:24.24	4:46.07	11:27.11	820	14.4	14.69	48.0	48.15	32:17.84	820	48.6	48.73	820		3.30	5.42	10.66	11.47	31.04	36.46	39.08	820
810	13.1	13.31	27.4	27.68	1:03.3	1:03.45	810	2:25.50	4:47.71	11:35.92	810	14.6	14.82	48.5	48.63	32:55.37	810	48.7	48.87	810	1.62	3.27	5.40	10.57	11.24	30.23	35.19	38.44	810
800	13.2	13.42	27.7	27.94	1:03.9	1:04.07	800	2:26.80	4:49.39	11:44.98	800	14.7	14.96	49.0	49.12	33:34.25	800	48.9	49.01	800	1.61	3.24	5.37	10.48	11.02	29.43	33.97	37.80	800
790	13.3	13.53	28.0	28.20	1:04.6	1:04.72	790	2:28.13	4:51.11	11:54.31	790	14.9	15.11	49.5	49.63	34:14.53	790	49.0	49.15	790	1.60	3.21	5.34	10.40	10.79	28.65	32.78	37.17	790
780	13.4	13.64	28.2	28.47	1:05.2	1:05.38	780	2:29.49	4:52.86	12:03.91	780	15.0	15.26	50.0	50.15	34:56.25	780	49.2	49.30	780	1.59	3.18	5.31	10.31	10.57	27.89	31.63	36.54	780
770	13.5	13.76	28.5	28.75	1:05.9	1:06.05	770	2:30.88	4:54.65	12:13.78	770	15.2	15.41	50.5	50.69	35:39.48	770	49.3	49.45	770		3.15	5.29	10.22	10.35	27.15	30.50	35.93	770
760	13.6	13.88	28.8	29.03	1:06.6	1:06.75	760	2:32.31	4:56.48	12:23.95	760	15.3	15.56	51.1	51.23	36:24.26	760	49.5	49.61	760	1.58	3.12	5.26	10.13	10.14	26.41	29.42	35.32	760
750	13.8	14.00	29.1	29.33	1:07.3	1:07.46	750	2:33.77	4:58.35	12:34.41	750	15.5	15.72	51.7	51.80	37:10.68	750	49.6	49.76	750	1.57	3.10	5.23	10.04	9.93	25.70	28.36	34.71	750
740	13.9	14.13	29.4	29.62	1:08.0	1:08.19	740	2:35.27	5:00.26	12:45.17	740	15.6	15.88	52.2	52.37	37:58.77	740	49.8	49.92	740	1.56	3.07	5.21	9.95	9.72	25.00	27.34	34.12	740
730	14.0	14.26	29.7	29.93	1:08.8	1:08.94	730	2:36.80	5:02.20	12:56.24	730	15.8	16.05	52.8	52.96	38:48.62	730	49.9	50.08	730	1.55	3.04	5.18	9.87	9.52	24.31	26.34	33.53	730
720	14.2	14.39	30.0	30.24	1:09.6	1:09.70	720	2:38.37	5:04.19	13:07.64	720	16.0	16.22	53.4	53.57	39:40.29	720	50.1	50.25	720		3.01	5.15	9.78	9.32	23.64	25.38	32.94	720
710	14.3	14.53	30.3	30.56	1:10.4	1:10.49	710	2:39.98	5:06.22	13:19.36	710	16.2	16.40	54.1	54.19	40:33.85	710	50.3	50.42	710	1.54	2.98	5.12	9.69	9.12	22.99	24.45	32.36	710
700	14.4	14.67	30.7	30.89	1:11.2	1:11.30	700	2:41.63	5:08.29	13:31.42	700	16.3	16.58	54.7	54.83	41:29.38	700	50.4	50.59	700	1.53	2.95	5.10	9.61	8.92	22.35	23.55	31.79	700
690	14.6	14.81	31.0	31.23	1:12.0	1:12.12	690	2:43.32	5:10.40	13:43.84	690	16.5	16.76	55.3	55.48	42:26.96	690	50.6	50.76	690	1.52	2.92	5.07	9.52	8.73	21.72	22.67	31.23	690
680	14.7	14.95	31.3	31.57	1:12.8	1:12.97	680	2:45.05	5:12.56	13:56.61	680	16.7	16.95	56.0	56.15	43:26.67	680	50.8	50.94	680	1.51	2.90	5.04	9.44	8.54	21.11	21.82	30.67	680
670	14.9	15.10	31.7	31.93	1:13.7	1:13.84	670	2:46.82	5:14.76	14:09.76	670	16.9	17.14	56.7	56.84	44:28.60	670	51.0	51.11	670		2.87	5.02	9.35	8.35	20.51	21.00	30.12	670
660	15.0	15.26	32.0	32.29	1:14.6	1:14.73	660	2:48.63	5:17.01	14:23.28	660	17.1	17.34	57.4	57.55	45:32.84	660	51.2	51.30	660	1.50	2.84	4.99	9.27	8.17	19.92	20.21	29.58	660
650	15.2	15.41	32.4	32.66	1:15.5	1:15.65	650	2:50.49	5:19.30	14:37.21	650	17.3	17.55	58.1	58.27	46:39.49	650	51.3	51.48	650	1.49	2.81	4.96	9.18	7.99	19.35	19.44	29.05	650
640	15.3	15.57	32.8	33.04	1:16.4	1:16.58	640	2:52.39	5:21.63	14:51.54	640	17.5	17.75	58.9	59.01	47:48.64	640	51.5	51.67	640	1.48	2.78	4.94	9.10	7.81	18.79	18.70	28.52	640
630	15.5	15.73	33.2	33.43	1:17.4	1:17.54	630	2:54.34	5:24.02	15:06.28	630	17.7	17.97	59.6	59.78	49:00.40	630	51.7	51.86	630	1.47	2.76	4.91	9.02	7.64	18.25	17.98	27.99	630
620	15.7	15.90	33.6	33.83	1:18.4	1:18.53	620	2:56.33	5:26.45	15:21.46	620	17.9	18.19	1:00.4	1:00.56	50:14.88	620	51.9	52.06	620		2.73	4.88	8.94	7.47	17.71	17.28	27.48	620
610	15.8	16.07	34.0	34.24	1:19.4	1:19.54	610	2:58.37	5:28.92	15:37.08	610	18.2	18.41	1:01.2	1:01.36	51:32.20	610	52.1	52.25	610	1.46	2.70	4.86	8.85	7.30	17.19	16.61	26.97	610
600	16.0	16.24	34.4	34.66	1:20.4	1:20.57	600	3:00.46	5:31.45	15:53.17	600	18.4	18.64	1:02.0	1:02.18	52:52.48	600	5											

**Girls Under 16 (15 in year of competition) - Continued**

Girls Under 16 (15 in year of competition)																													
	Track						Hurdles				Walk	Relays			Field														
	100m		200m		400m		800m	1500m	3000m	100mH	400mH			5000 m W	4 x 100m			HJ	PV	LJ	TJ	SP	DT	HT	JT				
500	18.0	18.23	39.2	39.45	1:32.3	1:32.48	500	3:24.32	5:59.64	19:02.73	500	21.0	21.27	1:11.5	1:11.64	1:09:29.03	500	54.5	54.64	500	1.37	2.42	4.57	7.98	5.63	12.25	10.58	21.80	500
490	18.2	18.45	39.8	40.00	1:33.7	1:33.84	490	3:27.03	6:02.77	19:24.95	490	21.3	21.57	1:12.6	1:12.73	1:11:31.73	490	54.7	54.88	490	1.36	2.39	4.54	7.90	5.50	11.87	10.15	21.37	490
480	18.4	18.68	40.3	40.56	1:35.1	1:35.24	480	3:29.81	6:05.96	19:47.84	480	21.6	21.88	1:13.7	1:13.85	1:13:39.39	480	55.0	55.12	480		2.37	4.52	7.83	5.36	11.50	9.72	20.94	480
470	18.7	18.91	40.9	41.13	1:36.5	1:36.67	470	3:32.65	6:09.21	20:11.43	470	22.0	22.20	1:14.8	1:14.99	1:15:52.25	470	55.2	55.36	470	1.35	2.34	4.49	7.75	5.23	11.13	9.32	20.52	470
460	18.9	19.15	41.5	41.72	1:38.0	1:38.14	460	3:35.56	6:12.53	20:35.75	460	22.3	22.52	1:16.0	1:16.16	1:18:10.54	460	55.5	55.61	460	1.34	2.32	4.47	7.68	5.10	10.78	8.92	20.11	460
450	19.2	19.40	42.1	42.32	1:39.5	1:39.65	450	3:38.54	6:15.91	21:00.80	450	22.6	22.85	1:17.2	1:17.37	1:20:34.51	450	55.7	55.86	450	1.33	2.29	4.44	7.60	4.98	10.44	8.55	19.71	450
440	19.4	19.65	42.7	42.94	1:41.1	1:41.20	440	3:41.60	6:19.35	21:26.63	440	23.0	23.19	1:18.5	1:18.60	1:23:04.44	440	56.0	56.12	440	1.32	2.27	4.41	7.53	4.86	10.10	8.18	19.31	440
430	19.7	19.91	43.3	43.57	1:42.6	1:42.79	430	3:44.73	6:22.86	21:53.25	430	23.3	23.54	1:19.7	1:19.87	1:25:40.59	430	56.2	56.38	430		2.24	4.39	7.45	4.74	9.77	7.83	18.91	430
420	19.9	20.17	44.0	44.22	1:44.3	1:44.41	420	3:47.93	6:26.44	22:20.70	420	23.7	23.90	1:21.0	1:21.17	1:28:23.26	420	56.5	56.64	420	1.31	2.22	4.36	7.38	4.62	9.46	7.50	18.52	420
410	20.2	20.44	44.6	44.89	1:45.9	1:46.08	410	3:51.22	6:30.09	22:49.00	410	24.0	24.26	1:22.4	1:22.51	1:31:12.76	410	56.8	56.91	410	1.30	2.20	4.34	7.31	4.50	9.15	7.17	18.14	410
400	20.5	20.71	45.3	45.57	1:47.7	1:47.80	400	3:54.58	6:33.81	23:18.19	400	24.4	24.64	1:23.7	1:23.88	1:34:09.40	400	57.0	57.18	400	1.29	2.17	4.31	7.23	4.39	8.85	6.86	17.77	400
390	20.8	21.00	46.0	46.27	1:49.4	1:49.56	390	3:58.02	6:37.60	23:48.28	390	24.8	25.02	1:25.1	1:25.28	1:37:13.54	390	57.3	57.46	390		2.15	4.29	7.16	4.28	8.56	6.57	17.40	390
380	21.0	21.28	46.7	46.98	1:51.2	1:51.36	380	4:01.55	6:41.47	24:19.33	380	25.2	25.42	1:26.6	1:26.73	1:40:25.54	380	57.6	57.74	380	1.28	2.13	4.26	7.09	4.17	8.28	6.28	17.03	380
370	21.3	21.58	47.5	47.72	1:53.1	1:53.21	370	4:05.17	6:45.41	24:51.35	370	25.6	25.82	1:28.1	1:28.21	1:43:45.76	370	57.9	58.02	370	1.27	2.10	4.23	7.02	4.06	8.00	6.00	16.68	370
360	21.6	21.88	48.2	48.47	1:55.0	1:55.11	360	4:08.87	6:49.42	25:24.38	360	26.0	26.24	1:29.6	1:29.74	1:47:14.61	360	58.2	58.31	360	1.26	2.08	4.21	6.95	3.96	7.73	5.74	16.32	360
350	22.0	22.19	49.0	49.24	1:56.9	1:57.06	350	4:12.67	6:53.52	25:58.46	350	26.4	26.66	1:31.2	1:31.30	1:50:52.50	350	58.5	58.60	350		2.06	4.18	6.88	3.86	7.47	5.48	15.98	350
340	22.3	22.51	49.8	50.03	1:58.9	1:59.06	340	4:16.56	6:57.69	26:33.63	340	26.9	27.10	1:32.8	1:32.90	1:54:39.89	340	58.8	58.89	340	1.25	2.04	4.16	6.81	3.76	7.22	5.24	15.64	340
330	22.6	22.83	50.6	50.84	2:01.0	2:01.12	330	4:20.54	7:01.95	27:09.93	330	27.3	27.55	1:34.4	1:34.55	1:58:37.23	330	59.1	59.19	330	1.24	2.01	4.13	6.74	3.66	6.98	5.00	15.30	330
320	22.9	23.16	51.4	51.67	2:03.1	2:03.23	320	4:24.63	7:06.28	27:47.39	320	27.8	28.01	1:36.1	1:36.25	2:02:45.02	320	59.4	59.49	320	1.23	1.99	4.11	6.67	3.56	6.74	4.78	14.97	320
310	23.3	23.50	52.3	52.53	2:05.3	2:05.39	310	4:28.81	7:10.70	28:26.06	310	28.2	28.48	1:37.8	1:37.99	2:07:03.78	310	59.7	59.80	310		1.97	4.08	6.60	3.47	6.51	4.56	14.65	310
300	23.6	23.85	53.2	53.40	2:07.5	2:07.61	300	4:33.10	7:15.21	29:05.98	300	28.7	28.96	1:39.6	1:39.77	2:11:34.05	300	1:00.00	1:00.11	300	1.22	1.95	4.06	6.53	3.38	6.29	4.35	14.33	300
290	24.0	24.21	54.1	54.30	2:09.8	2:09.90	290	4:37.50	7:19.80	29:47.20	290	29.2	29.46	1:41.5	1:41.61	2:16:16.41	290	1:00.30	1:00.43	290	1.21	1.93	4.03	6.47	3.29	6.07	4.15	14.02	290
280	24.3	24.57	55.0	55.22	2:12.1	2:12.24	280	4:42.01	7:24.48	30:29.77	280	29.7	29.97	1:43.4	1:43.50	2:21:11.47	280	1:00.60	1:00.75	280	1.20	1.90	4.01	6.40	3.20	5.86	3.96	13.71	280
270	24.7	24.94	55.9	56.17	2:14.5	2:14.65	270	4:46.63	7:29.26	31:13.73	270	30.3	30.49	1:45.3	1:45.43	2:26:19.88	270	1:00.90	1:01.08	270		1.88	3.98	6.33	3.11	5.65	3.78	13.41	270
260	25.1	25.32	56.9	57.13	2:17.0	2:17.12	260	4:51.36	7:34.12	31:59.14	260	30.8	31.03	1:47.3	1:47.42	2:31:42.30	260	1:01.30	1:01.41	260	1.19	1.86	3.96	6.27	3.03	5.46	3.61	13.11	260
250	25.5	25.72	57.9	58.13	2:19.5	2:19.66	250	4:56.22	7:39.09	32:46.06	250	31.3	31.58	1:49.3	1:49.47	2:37:19.46	250	1:01.60	1:01.74	250	1.18	1.84	3.94	6.20	2.95	5.26	3.44	12.82	250
240	25.9	26.12	58.9	59.15	2:22.1	2:22.27	240	5:01.20	7:44.14	33:34.53	240	31.9	32.14	1:51.4	1:51.57	2:43:12.12	240	1:01.90	1:02.08	240	1.17	1.82	3.91	6.13	2.87	5.08	3.28	12.53	240
230	26.3	26.53	60.0	60.20	2:24.8	2:24.95	230	5:06.31	7:49.30	34:24.61	230	32.5	32.72	1:53.6	1:53.73	2:49:21.07	230	1:02.30	1:02.43	230		1.80	3.89	6.07	2.79	4.90	3.12	12.25	230
220	26.7	26.95	61.0	61.27	2:27.6	2:27.70	220	5:11.54	7:54.56	35:16.37	220	33.1	33.32	1:55.8	1:55.96	2:55:47.15	220	1:02.60	1:02.78	220	1.16	1.78	3.86	6.01	2.71	4.72	2.98	11.98	220
210	27.1	27.38	62.1	62.37	2:30.4	2:30.53	210	5:16.91	7:59.92	36:09.87	210	33.7	33.93	1:58.1	1:58.24	3:02:31.27	210	1:03.00	1:03.13	210	1.15	1.76	3.84	5.94	2.64	4.55	2.84	11.70	210
200	27.6	27.82	63.3	63.50	2:33.3	2:33.43	200	5:22.42	8:05.38	37:05.18	200	34.3	34.56	2:00.4	2:00.59	3:09:34.36	200	1:03.30	1:03.49	200		1.74	3.81	5.88	2.57	4.39	2.70	11.44	200
190	28.0	28.27	64.4	64.67	2:36.3	2:36.42	190	5:28.07	8:10.96	38:02.36	190	35.0	35.20	2:02.9	2:03.00	3:16:57.43	190	1:03.70	1:03.85	190	1.14	1.72	3.79	5.82	2.49	4.23	2.57	11.18	190
180	28.5	28.73	65.6	65.86	2:39.3	2:39.49	180	5:33.86	8:16.64	39:01.49	180	35.6	35.87	2:05.3	2:05.48	3:24:41.52	180	1:04.10	1:04.22	180	1.13	1.70	3.77	5.75	2.42	4.08	2.45	10.92	180
170	29.0	29.20	66.8	67.08	2:42.5	2:42.64	170	5:39.81	8:22.43	40:02.64	170	36.3	36.54	2:07.9	2:08.04	3:32:47.76	170	1:04.50	1:04.60	170	1.12	1.68	3.74	5.69	2.36	3.93	2.33	10.67	170
160	29.4	29.69	68.1	68.34	2:45.7	2:45.88	160	5:45.90	8:28.34	41:05.89	160	37.0	37.24	2:10.5	2:10.66	3:41:17.32	160	1:04.80	1:04.98	160		1.66	3.72	5.63	2.29	3.79	2.22	10.42	160
150	29.9	30.19	69.4	69.63	2:49.1	2:49.22	150	5:52.16	8:34.37	42:11.32	150	37.7	37.96	2:13.2	2:13.36	3:50:11.46	150	1:05.20	1:05.36	150	1.11	1.64	3.69	5.57	2.23	3.65	2.11	10.18	150
140	30.5	30.70	70.7	70.95	2:52.5	2:52.64	140	5:58.58	8:40.51	43:19.01	140	38.5	38.70	2:16.0	2:16.14	3:59:31.49	140	1:05.60	1:05.75	140	1.10	1.62	3.67	5.51	2.16	3.51	2.01	9.94	140
130	31.0	31.22	72.1	72.31	2:56.0	2:56.17	130	6:05.17	8:46.78	44:29.06	130	39.2	39.45	2:18.9	2:19.00	4:09:18.83	130	1:06.00	1:06.14	130		1.60	3.65	5.45	2.10	3.38	1.91	9.71	130
120	31.5	31.75	73.5	73.71	2:59.7	2:59.79	120	6:11.93	8:53.17	45:41.56	120	40.0	40.23	2:21.8	2:21.94	4:19:34.94	120	1:06.40	1:06.54	120	1.09	1.58	3.62	5.39	2.04	3.26	1.81	9.48	120
110	32.1	32.30	74.9	75.15	3:03.4	3:03.52	110	6:18.87	8:59.69	46:56.60	110	40.8	41.03	2:24.8	2:24.97	4:30:21.42	110	1:06.80	1:06.95	110	1.08	1.56	3.60						

# Girls Under 15 (14 in year of competition)

Girls Under 15 (14 in year of competition)																											
	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	11.5	11.75	23.8	24.03	53.7	54.00	1000	2:07.32	4:25.99	9:33.45	1000	12.9	13.10	41.5	41.65	24:06.04	1000	46.9	47.01	1000	1.74	5.74	15.48	46.22	63.89	50.18	1000
990		11.82	23.9	24.19	54.1	54.40	990	2:08.15	4:27.13	9:38.90	990		13.19	41.8	41.96	24:26.79	990	47.0	47.11	990	1.73	5.72	15.24	45.32	62.23	49.56	990
980	11.6	11.89	24.1	24.36	54.5	54.80	980	2:09.00	4:28.28	9:44.50	980	13.0	13.28	42.1	42.27	24:48.19	980	47.1	47.21	980	1.72	5.69	15.01	44.41	60.57	48.93	980
970	11.7	11.96	24.3	24.53	54.9	55.20	970	2:09.86	4:29.47	9:50.24	970	13.1	13.38	42.5	42.60	25:10.28	970		47.32	970		5.67	14.77	43.49	58.91	48.29	970
960	11.8	12.04	24.5	24.70	55.3	55.60	960	2:10.75	4:30.68	9:56.14	960	13.2	13.48	42.8	42.93	25:33.07	960	47.3	47.42	960	1.71	5.64	14.53	42.57	57.25	47.65	960
950	11.9	12.12	24.6	24.88	55.8	56.00	950	2:11.66	4:31.91	10:02.20	950	13.3	13.58	43.1	43.27	25:56.59	950	47.4	47.53	950	1.70	5.61	14.29	41.64	55.60	46.99	950
940		12.19	24.8	25.06	56.2	56.50	940	2:12.59	4:33.17	10:08.42	940	13.4	13.68	43.5	43.62	26:20.86	940	47.5	47.64	940	1.69	5.58	14.04	40.72	53.96	46.33	940
930	12.0	12.28	25.0	25.25	56.6	56.90	930	2:13.54	4:34.45	10:14.80	930	13.5	13.78	43.8	43.98	26:45.89	930	47.6	47.75	930		5.56	13.80	39.79	52.33	45.67	930
920	12.1	12.36	25.2	25.44	57.1	57.40	920	2:14.51	4:35.77	10:21.35	920	13.6	13.89	44.2	44.34	27:11.73	920	47.7	47.87	920	1.68	5.53	13.55	38.86	50.71	44.99	920
910	12.2	12.44	25.4	25.64	57.6	57.90	910	2:15.50	4:37.10	10:28.07	910	13.8	14.00	44.6	44.72	27:38.39	910	47.8	47.98	910	1.67	5.50	13.30	37.93	49.10	44.31	910
900	12.3	12.53	25.6	25.84	58.0	58.30	900	2:16.52	4:38.47	10:34.97	900	13.9	14.11	45.0	45.10	28:05.90	900	48.0	48.10	900	1.66	5.47	13.05	37.00	47.51	43.63	900
890	12.4	12.62	25.8	26.05	58.5	58.80	890	2:17.56	4:39.87	10:42.06	890	14.0	14.22	45.4	45.49	28:34.34	890	48.1	48.22	890	1.65	5.44	12.80	36.08	45.95	42.95	890
880	12.5	12.71	26.0	26.26	59.0	59.30	880	2:18.63	4:41.29	10:49.37	880	14.1	14.34	45.8	45.90	29:03.79	880	48.2	48.34	880		5.42	12.56	35.18	44.43	42.27	880
870	12.6	12.80	26.2	26.47	59.6	59.90	870	2:19.73	4:42.75	10:56.89	870	14.2	14.46	46.2	46.31	29:34.30	870	48.3	48.47	870	1.64	5.39	12.31	34.30	42.95	41.60	870
860	12.7	12.90	26.5	26.70	1:00.09	1:00.4	860	2:20.85	4:44.25	11:04.63	860	14.3	14.59	46.6	46.74	30:05.89	860	48.5	48.60	860	1.63	5.36	12.07	33.43	41.51	40.94	860
850	12.8	13.00	26.7	26.92	1:00.63	1:01.0	850	2:22.01	4:45.78	11:12.60	850	14.5	14.71	47.0	47.17	30:38.61	850	48.6	48.73	850	1.62	5.34	11.84	32.58	40.11	40.28	850
840	12.9	13.10	26.9	27.16	1:01.20	1:01.5	840	2:23.19	4:47.34	11:20.81	840	14.6	14.84	47.5	47.62	31:12.49	840	48.7	48.86	840	1.61	5.31	11.61	31.74	38.75	39.63	840
830	13.0	13.20	27.2	27.40	1:01.77	1:02.1	830	2:24.40	4:48.94	11:29.25	830	14.7	14.98	47.9	48.08	31:47.59	830	48.9	49.00	830		5.29	11.38	30.93	37.42	38.98	830
820	13.1	13.30	27.4	27.65	1:02.36	1:02.7	820	2:25.65	4:50.57	11:37.94	820	14.9	15.12	48.4	48.56	32:23.94	820	49.0	49.14	820	1.60	5.26	11.15	30.12	36.14	38.34	820
810	13.2	13.41	27.7	27.90	1:02.97	1:03.3	810	2:26.92	4:52.24	11:46.89	810	15.0	15.26	48.9	49.04	33:01.59	810	49.1	49.28	810	1.59	5.23	10.92	29.34	34.89	37.71	810
800	13.3	13.52	27.9	28.16	1:03.59	1:03.9	800	2:28.23	4:53.95	11:56.10	800	15.2	15.40	49.4	49.54	33:40.59	800	49.3	49.42	800	1.58	5.21	10.70	28.57	33.67	37.09	800
790	13.4	13.64	28.2	28.42	1:04.23	1:04.6	790	2:29.57	4:55.69	12:05.57	790	15.3	15.55	49.9	50.05	34:20.99	790	49.4	49.57	790	1.57	5.18	10.49	27.81	32.49	36.47	790
780	13.5	13.75	28.5	28.70	1:04.88	1:05.2	780	2:30.94	4:57.48	12:15.33	780	15.5	15.70	50.4	50.58	35:02.85	780	49.6	49.72	780		5.15	10.27	27.07	31.35	35.85	780
770	13.6	13.87	28.7	28.97	1:05.56	1:05.9	770	2:32.35	4:59.29	12:25.36	770	15.6	15.86	51.0	51.12	35:46.21	770	49.7	49.87	770	1.56	5.13	10.06	26.35	30.24	35.25	770
760	13.8	13.99	29.0	29.26	1:06.24	1:06.6	760	2:33.79	5:01.15	12:35.68	760	15.8	16.02	51.5	51.67	36:31.14	760	49.9	50.02	760	1.55	5.10	9.85	25.64	29.16	34.65	760
750	13.9	14.12	29.3	29.55	1:06.95	1:07.3	750	2:35.27	5:03.05	12:46.31	750	15.9	16.18	52.1	52.24	37:17.70	750	50.0	50.18	750	1.54	5.07	9.65	24.94	28.11	34.06	750
740	14.0	14.24	29.6	29.85	1:07.68	1:08.0	740	2:36.78	5:04.99	12:57.24	740	16.1	16.35	52.7	52.82	38:05.94	740	50.2	50.34	740	1.53	5.05	9.45	24.26	27.10	33.47	740
730	14.1	14.38	29.9	30.16	1:08.42	1:08.8	730	2:38.33	5:06.97	13:08.49	730	16.3	16.52	53.3	53.41	38:55.95	730	50.4	50.50	730		5.02	9.25	23.60	26.11	32.89	730
720	14.3	14.51	30.2	30.48	1:09.18	1:09.6	720	2:39.92	5:08.99	13:20.06	720	16.5	16.70	53.9	54.02	39:47.78	720	50.5	50.67	720	1.52	5.00	9.05	22.95	25.16	32.32	720
710	14.4	14.65	30.6	30.80	1:09.96	1:10.4	710	2:41.54	5:11.05	13:31.97	710	16.6	16.88	54.5	54.65	40:41.51	710	50.7	50.84	710	1.51	4.97	8.86	22.31	24.24	31.75	710
700	14.5	14.79	30.9	31.13	1:10.76	1:11.2	700	2:43.21	5:13.15	13:44.22	700	16.8	17.06	55.2	55.30	41:37.22	700	50.9	51.01	700	1.50	4.94	8.67	21.69	23.34	31.19	700
690	14.7	14.93	31.2	31.47	1:11.58	1:12.0	690	2:44.91	5:15.30	13:56.83	690	17.0	17.25	55.8	55.96	42:34.98	690	51.0	51.19	690	1.49	4.92	8.48	21.08	22.47	30.64	690
680	14.8	15.07	31.6	31.82	1:12.42	1:12.8	680	2:46.66	5:17.49	14:09.81	680	17.2	17.45	56.5	56.63	43:34.88	680	51.2	51.36	680		4.89	8.30	20.49	21.63	30.10	680
670	15.0	15.22	31.9	32.18	1:13.29	1:13.7	670	2:48.45	5:19.72	14:23.16	670	17.4	17.64	57.2	57.33	44:37.00	670	51.4	51.54	670	1.48	4.87	8.12	19.91	20.82	29.56	670
660	15.1	15.38	32.3	32.54	1:14.17	1:14.6	660	2:50.28	5:22.00	14:36.90	660	17.6	17.85	57.9	58.04	45:41.44	660	51.6	51.73	660	1.47	4.84	7.94	19.34	20.03	29.02	660
650	15.3	15.53	32.7	32.92	1:15.08	1:15.5	650	2:52.15	5:24.33	14:51.04	650	17.8	18.06	58.6	58.77	46:48.30	650	51.8	51.91	650	1.46	4.81	7.76	18.78	19.27	28.50	650
640	15.5	15.70	33.1	33.30	1:16.01	1:16.4	640	2:54.07	5:26.70	15:05.60	640	18.0	18.27	59.4	59.52	47:57.67	640	52.0	52.10	640		4.79	7.59	18.24	18.53	27.98	640
630	15.6	15.86	33.5	33.69	1:16.96	1:17.4	630	2:56.04	5:29.12	15:20.58	630	18.3	18.49	1:00.1	1:00.28	49:09.66	630	52.2	52.30	630	1.45	4.76	7.42	17.71	17.82	27.46	630
620	15.8	16.03	33.9	34.09	1:17.94	1:18.4	620	2:58.05	5:31.59	15:36.00	620	18.5	18.72	1:00.9	1:01.07	50:24.37	620	52.4	52.49	620	1.44	4.74	7.26	17.19	17.13	26.96	620
610	16.0	16.20	34.3	34.51	1:18.94	1:19.4	610	3:00.11	5:34.11	15:51.87	610	18.7	18.95	1:01.7	1:01.88	51:41.93	610	52.6	52.69	610	1.43	4.71	7.09	16.69	16.47	26.46	610
600	16.1	16.38	34.7	34.93	1:19.97	1:20.4	600	3:02.22	5:36.68	16:08.20	600	18.9	19.18	1:02.6	1:02.71	53:02.46	600	52.8	52.89	600	1.42	4.69	6.93	16.20	15.82	25.96	600
590	16.3	16.56	35.1	35.36	1:21.02	1:21.5	590	3:04.39	5:39.29	16:25.02	590	19.2	19.43	1:03.4	1:03.56	54:26.08	590	53.0	53.10	590		4.66	6.77	15.72	15.20	25.48	590
580	16.5	16.74	35.6	35.80	1:22.10	1:22.6	580	3:06.60	5:41.97	16:42.33	580	19.4	19.67	1:04.3	1:04.43	55:52.93	580	53.2	53.31	580	1.41	4.63	6.62	15.25	14.60	25.00	580
570	16.7	16.93	36.0	36.26	1:23.21	1:23.7	570	3:08.86	5:44.69	17:																	

Girls Under 15 (14 in year of competition) – Continued

Girls Under 15 (14 in year of competition)																											
	Track									Hurdles				Walk	Relays				Field								
	100m		200m		400m		800m	1500m	3000m		90mH		300mH		5000 m W		4 x 100m			HJ	LJ	SP	DT	HT	JT		
500	18.1	18.37	39.5	39.76	1:31.78	1:32.3	500	3:26.31	6:05.30	19:20.75	500	21.7	21.89	1:12.1	1:12.25	1:09:42.16	500	55.0	55.10	500		4.43	5.47	11.89	10.49	21.39	500
490	18.4	18.60	40.1	40.31	1:33.14	1:33.7	490	3:29.05	6:08.48	19:43.32	490	22.0	22.20	1:13.2	1:13.35	1:11:45.24	490	55.2	55.34	490	1.34	4.41	5.34	11.52	10.06	20.96	490
480	18.6	18.83	40.6	40.87	1:34.52	1:35.1	480	3:31.85	6:11.72	20:06.58	480	22.3	22.52	1:14.3	1:14.47	1:13:53.30	480	55.4	55.58	480	1.33	4.38	5.21	11.16	9.64	20.55	480
470	18.8	19.07	41.2	41.45	1:35.95	1:36.5	470	3:34.73	6:15.03	20:30.54	470	22.6	22.84	1:15.5	1:15.63	1:16:06.58	470	55.7	55.83	470	1.32	4.36	5.08	10.81	9.23	20.14	470
460	19.1	19.31	41.8	42.04	1:37.40	1:38.0	460	3:37.67	6:18.40	20:55.24	460	22.9	23.18	1:16.7	1:16.81	1:18:25.30	460	55.9	56.08	460		4.33	4.96	10.46	8.85	19.73	460
450	19.3	19.56	42.4	42.65	1:38.90	1:39.5	450	3:40.68	6:21.83	21:20.69	450	23.3	23.52	1:17.9	1:18.02	1:20:49.73	450	56.2	56.33	450	1.31	4.31	4.84	10.13	8.47	19.33	450
440	19.6	19.81	43.0	43.27	1:40.44	1:41.1	440	3:43.76	6:25.33	21:46.92	440	23.6	23.87	1:19.1	1:19.27	1:23:20.13	440	56.5	56.59	440	1.30	4.28	4.72	9.80	8.11	18.94	440
430	19.8	20.07	43.7	43.91	1:42.01	1:42.6	430	3:46.92	6:28.90	22:13.97	430	24.0	24.23	1:20.4	1:20.55	1:25:56.77	430	56.7	56.85	430	1.29	4.26	4.60	9.49	7.77	18.55	430
420	20.1	20.33	44.3	44.57	1:43.63	1:44.3	420	3:50.16	6:32.53	22:41.85	420	24.4	24.59	1:21.7	1:21.86	1:28:39.95	420	57.0	57.12	420		4.23	4.49	9.18	7.43	18.17	420
410	20.4	20.60	45.0	45.24	1:45.29	1:45.9	410	3:53.47	6:36.24	23:10.60	410	24.7	24.97	1:23.1	1:23.21	1:31:29.98	410	57.2	57.39	410	1.28	4.21	4.37	8.88	7.11	17.80	410
400	20.6	20.88	45.7	45.92	1:46.99	1:47.7	400	3:56.87	6:40.02	23:40.24	400	25.1	25.36	1:24.4	1:24.59	1:34:27.19	400	57.5	57.66	400	1.27	4.18	4.26	8.59	6.80	17.43	400
390	20.9	21.17	46.4	46.63	1:48.73	1:49.4	390	4:00.35	6:43.87	24:10.81	390	25.5	25.75	1:25.9	1:26.01	1:37:31.91	390	57.8	57.94	390	1.26	4.16	4.16	8.31	6.51	17.07	390
380	21.2	21.46	47.1	47.35	1:50.52	1:51.2	380	4:03.91	6:47.80	24:42.34	380	25.9	26.16	1:27.3	1:27.47	1:40:44.50	380	58.1	58.22	380		4.13	4.05	8.03	6.22	16.71	380
370	21.5	21.75	47.8	48.09	1:52.36	1:53.1	370	4:07.56	6:51.80	25:14.87	370	26.3	26.58	1:28.8	1:28.96	1:44:05.35	370	58.4	58.50	370	1.25	4.11	3.95	7.77	5.95	16.36	370
360	21.8	22.06	48.6	48.85	1:54.24	1:55.0	360	4:11.30	6:55.88	25:48.42	360	26.8	27.00	1:30.4	1:30.50	1:47:34.86	360	58.7	58.79	360	1.24	4.08	3.85	7.51	5.69	16.02	360
350	22.1	22.37	49.4	49.62	1:56.18	1:56.9	350	4:15.13	7:00.03	26:23.04	350	27.2	27.44	1:31.9	1:32.07	1:51:13.44	350	58.9	59.09	350	1.23	4.06	3.75	7.25	5.43	15.68	350
340	22.4	22.69	50.2	50.42	1:58.17	1:58.9	340	4:19.06	7:04.27	26:58.77	340	27.7	27.89	1:33.6	1:33.69	1:55:01.54	340	59.2	59.39	340		4.03	3.65	7.01	5.19	15.34	340
330	22.8	23.02	51.0	51.24	2:00.21	2:01.0	330	4:23.09	7:08.59	27:35.64	330	28.1	28.35	1:35.2	1:35.36	1:58:59.63	330	59.5	59.69	330	1.22	4.01	3.55	6.77	4.96	15.01	330
320	23.1	23.35	51.8	52.08	2:02.30	2:03.1	320	4:27.21	7:13.00	28:13.69	320	28.6	28.83	1:36.9	1:37.06	2:03:08.20	320	59.9	59.99	320	1.21	3.99	3.46	6.54	4.74	14.69	320
310	23.5	23.69	52.7	52.94	2:04.45	2:05.3	310	4:31.44	7:17.49	28:52.97	310	29.1	29.31	1:38.7	1:38.82	2:07:27.78	310	1:00.20	1:00.30	310	1.20	3.96	3.37	6.32	4.52	14.37	310
300	23.8	24.04	53.6	53.82	2:06.65	2:07.5	300	4:35.77	7:22.07	29:33.52	300	29.6	29.81	1:40.5	1:40.62	2:11:58.90	300	1:00.50	1:00.62	300		3.94	3.28	6.10	4.32	14.06	300
290	24.2	24.40	54.5	54.72	2:08.92	2:09.8	290	4:40.21	7:26.73	30:15.39	290	30.1	30.32	1:42.3	1:42.47	2:16:42.15	290	1:00.80	1:00.94	290	1.19	3.91	3.19	5.89	4.12	13.75	290
280	24.5	24.77	55.4	55.65	2:11.25	2:12.1	280	4:44.76	7:31.49	30:58.63	280	30.6	30.84	1:44.2	1:44.37	2:21:38.14	280	1:01.10	1:01.26	280	1.18	3.89	3.11	5.69	3.93	13.45	280
270	24.9	25.14	56.4	56.60	2:13.63	2:14.5	270	4:49.43	7:36.34	31:43.29	270	31.1	31.38	1:46.2	1:46.33	2:26:47.51	270	1:01.50	1:01.59	270		3.86	3.03	5.49	3.75	13.16	270
260	25.3	25.53	57.3	57.58	2:16.09	2:17.0	260	4:54.21	7:41.28	32:29.42	260	31.7	31.93	1:48.2	1:48.34	2:32:10.95	260	1:01.80	1:01.92	260	1.17	3.84	2.94	5.30	3.57	12.86	260
250	25.7	25.92	58.3	58.58	2:18.61	2:19.5	250	4:59.11	7:46.32	33:17.07	250	32.3	32.50	1:50.3	1:50.40	2:37:49.17	250	1:02.10	1:02.26	250	1.16	3.82	2.86	5.11	3.41	12.58	250
240	26.1	26.33	59.4	59.61	2:21.20	2:22.1	240	5:04.14	7:51.46	34:06.30	240	32.8	33.08	1:52.4	1:52.52	2:43:42.94	240	1:02.50	1:02.60	240	1.15	3.79	2.79	4.93	3.25	12.30	240
230	26.5	26.74	60.4	60.67	2:23.85	2:24.8	230	5:09.30	7:56.70	34:57.18	230	33.4	33.68	1:54.6	1:54.70	2:49:53.05	230	1:02.80	1:02.95	230		3.77	2.71	4.75	3.10	12.02	230
220	26.9	27.16	61.5	61.75	2:26.59	2:27.6	220	5:14.58	8:02.04	35:49.75	220	34.1	34.29	1:56.8	1:56.94	2:56:20.35	220	1:03.20	1:03.30	220	1.14	3.75	2.64	4.58	2.95	11.75	220
210	27.4	27.60	62.6	62.86	2:29.39	2:30.4	210	5:20.01	8:07.48	36:44.10	210	34.7	34.92	1:59.1	1:59.24	3:03:05.74	210	1:03.50	1:03.66	210	1.13	3.72	2.56	4.42	2.81	11.48	210
200	27.8	28.04	63.8	64.00	2:32.28	2:33.3	200	5:25.57	8:13.03	37:40.28	200	35.3	35.57	2:01.5	2:01.61	3:10:10.17	200	1:03.90	1:04.02	200		3.70	2.49	4.26	2.68	11.22	200
190	28.3	28.50	64.9	65.17	2:35.24	2:36.3	190	5:31.27	8:18.69	38:38.36	190	36.0	36.23	2:03.9	2:04.05	3:17:34.63	190	1:04.20	1:04.39	190	1.12	3.68	2.42	4.11	2.55	10.97	190
180	28.7	28.96	66.1	66.37	2:38.29	2:39.3	180	5:37.12	8:24.47	39:38.42	180	36.7	36.91	2:06.4	2:06.55	3:25:20.18	180	1:04.60	1:04.76	180	1.11	3.65	2.36	3.96	2.43	10.71	180
170	29.2	29.44	67.4	67.60	2:41.42	2:42.5	170	5:43.12	8:30.35	40:40.54	170	37.4	37.61	2:09.0	2:09.13	3:33:27.95	170	1:05.00	1:05.14	170	1.10	3.63	2.29	3.81	2.31	10.47	170
160	29.7	29.93	68.6	68.87	2:44.64	2:45.7	160	5:49.28	8:36.35	41:44.78	160	38.1	38.33	2:11.6	2:11.77	3:41:59.11	160	1:05.40	1:05.52	160		3.61	2.23	3.67	2.20	10.22	160
150	30.2	30.43	69.9	70.17	2:47.94	2:49.1	150	5:55.60	8:42.47	42:51.24	150	38.8	39.07	2:14.4	2:14.50	3:50:54.93	150	1:05.80	1:05.91	150	1.09	3.58	2.16	3.54	2.09	9.99	150
140	30.7	30.94	71.3	71.51	2:51.35	2:52.5	140	6:02.08	8:48.71	44:00.01	140	39.6	39.83	2:17.2	2:17.30	4:00:16.73	140	1:06.20	1:06.30	140	1.08	3.56	2.10	3.41	1.99	9.75	140
130	31.2	31.47	72.6	72.88	2:54.84	2:56.0	130	6:08.73	8:55.08	45:11.16	130	40.4	40.60	2:20.0	2:20.18	4:10:05.91	130	1:06.60	1:06.70	130		3.54	2.04	3.28	1.89	9.52	130
120	31.8	32.01	74.0	74.29	2:58.44	2:59.7	120	6:15.56	9:01.57	46:24.80	120	41.2	41.40	2:23.0	2:23.15	4:20:23.97	120	1:07.00	1:07.10	120	1.07	3.51	1.98	3.16	1.80	9.30	120
110	32.3	32.56	75.5	75.73	3:02.14	3:03.4	110	6:22.57	9:08.19	47:41.03	110	42.0	42.23	2:26.1	2:26.20	4:31:12.48	110	1:07.40	1:07.51	110	1.06	3.49	1.93	3.04	1.71	9.08	110
100	32.9	33.13	77.0	77.22	3:05.94	3:07.2	100	6:29.76	9:14.94	48:59.94	100	42.8	43.07	2:29.2	2:29.34	4:42:33.10	100	1:07.80	1:07.93	100		3.47	1.87	2.93	1.62	8.86	100
90	33.5	33.71	78.5	78.75	3:09.85	3:11.2	90	6:37.14	9:21.83	50:21.64	90	43.7	43.94	2:32.4	2:32.57	4:54:27.62	90	1:08.20	1:08.35	90	1.05	3.45	1.82	2.82	1.54	8.65	90
80	34.1	34.31	80.1	80.32	3:13.88	3:15.2	80	6:44.72	9:28.85	51:																	