

MENS	20 pts	19 pts	18 pts	17 pts	16 pts	15 pts	14 pts	13 pts	12 pts	11 pts	5 pts
100M	11.40	11.80	12.20	12.60	13.00	13.50	14.00	14.50	15.00	15.50	completion
200M	23.00	24.00	25.00	26.00	27.00	28.00	29.10	30.20	31.30	32.40	completion
400M	51.10	53.10	55.10	57.10	59.60	62.10	64.60	67.10	69.60	72.00	completion
800M	1.58.0	2.02.5	2.07	2.11.5	2.17	2.23	2.29	2.35	2.41	2.48	completion
1500M	4.08	4.18	4.28	4.38	4.49	5.00	5.11	5.22	5.33	5.44	completion
MILE	4.26	4.37	4.48	4.59	5.10	5.21	5.32	5.43	5.54	6.05	completion
3000M	8.50	9.12.5	9.35	9.59	10.23	10.47	11.11	11.35	11.59	12.25	completion
5000M	15.30	16.10	16.50	17.30	18.10	18.50	19.30	20.10	20.50	21.30	completion
2000ST	6.30	6.51	7.12	7.33	7.54	8.15	8.36	8.57	9.18	9.40	completion
3000ST	9.40	10.25	11.10	11.55	12.40	13.25	14.10	14.55	15.40	16.30	completion
1500WK	6.50	7.15	7.40	8.05	8.30	8.55	9.20	9.45	10.10	10.45	completion
3000WK	14.40	15.35	16.30	17.25	18.20	19.15	20.10	21.05	22.00	23.00	completion
5000WK	24.25	25.55	27.25	28.55	30.25	31.55	33.25	34.25	35.55	37.30	completion
90M H	13.65	14.20	14.75	15.30	15.85	16.40	16.95	17.50	18.05	18.60	completion
100M H	14.75	15.40	16.05	16.70	17.35	18.00	18.65	19.30	19.95	20.60	completion
110M H	17.05	17.80	18.55	19.30	20.05	20.80	21.55	22.30	23.05	23.80	completion
200M H	26.25	28.20	30.15	32.10	34.05	36.00	37.95	39.90	41.85	43.80	completion
400M H	59.15	62.10	65.05	68.00	70.95	73.90	76.85	79.80	82.75	85.70	completion
LONG	6.50	6.20	5.90	5.60	5.30	5.00	4.70	4.40	4.10	3.80	v/effort
TRIPLE	13.30	12.70	12.10	11.50	10.90	10.30	9.70	9.10	8.50	7.90	v/effort
HIGH	1.85	1.75	1.65	1.55	1.50	1.45	1.40	1.35	1.30	1.25	clearance
P VAULT	3.50	3.25	3.00	2.75	2.55	2.35	2.15	1.95	1.75	1.50	clearance
DISCUS	37.00	34.30	31.60	28.90	26.20	23.50	20.80	18.10	15.40	12.70	v/effort
SHOT	12.40	11.70	11.00	10.30	9.60	8.90	8.20	7.50	6.80	6.10	v/effort
HAMMER	46.50	43.00	39.50	36.00	32.50	29.00	25.50	22.00	18.50	15.00	v/effort
JAVELIN	51.00	47.20	43.40	39.60	35.80	32.00	28.20	24.40	20.60	16.80	v/effort

WOMENS	20 pts	19 pts	18 pts	17 pts	16 pts	15 pts	14 pts	13 pts	12 pts	11 pts	5 pts
100M	12.90	13.30	13.70	14.10	14.50	14.90	15.30	15.70	16.10	16.50	completion
200M	25.90	26.90	27.90	28.90	29.90	30.90	31.90	32.90	33.90	34.90	completion
400M	58.60	61.30	64.00	66.70	69.40	72.10	74.80	77.50	80.20	82.90	completion
800M	2.17	2.23	2.29	2.35	2.41	2.47	2.53	2.59	3.05	3.11	completion
1500M	4.50	4.58.5	5.07	5.15.5	5.24	5.32.5	5.40.5	5.49	5.57.5	6.06	completion
MILE	5.12	5.21	5.30	5.39	5.48	5.57	6.06	6.15	6.24	6.33	completion
3000M	10.20	10.44	11.08	11.32	11.56	12.20	12.44	13.10	13.34	13.58	completion
5000M	19.50	20.40	21.30	22.20	23.10	24.00	24.50	25.40	26.30	27.20	completion
2000ST	7.42	8.01	8.20	8.40	9.00	9.20	9.40	10.00	10.15	10.30	completion
3000ST	12.55	13.35	14.15	14.55	15.35	16.15	16.55	17.35	18.15	19.00	completion
1500WK	7.00	7.28	7.56	8.24	8.52	9.20	9.48	10.16	10.34	11.00	completion
3000WK	16.50	17.44	18.38	19.32	20.26	21.20	22.14	23.08	24.00	24.50	completion
5000WK	28.00	29.30	31.00	32.30	34.00	35.30	37.00	38.30	40.00	41.30	completion
80M H	12.65	13.30	13.95	14.60	15.25	15.90	16.55	17.20	17.85	18.50	completion
90M H	14.15	14.80	15.45	16.10	16.75	17.40	18.05	18.70	19.35	20.00	completion
100M H	15.85	16.70	17.55	18.40	19.25	20.10	20.95	21.80	22.65	23.50	completion
200M H	28.35	30.25	32.15	34.05	35.95	37.85	39.75	41.65	43.55	45.45	completion
400M H	67.00	69.15	71.30	73.45	75.60	77.75	79.90	82.05	84.20	86.35	completion
LONG	5.50	5.25	5.00	4.75	4.50	4.25	4.00	3.75	3.50	3.25	v/effort
TRIPLE	11.10	10.65	10.20	9.75	9.30	8.85	8.40	7.95	7.50	7.05	v/effort
HIGH	1.60	1.55	1.50	1.45	1.40	1.35	1.30	1.25	1.20	1.15	clearance
P VAULT	3.10	2.90	2.70	2.50	2.30	2.10	1.90	1.70	1.50	1.30	clearance
DISCUS	37.00	34.50	32.00	29.50	27.00	24.50	22.00	19.50	17.00	14.50	v/effort
SHOT	12.05	11.35	10.65	9.95	9.25	8.55	7.85	7.15	6.45	5.75	v/effort
HAMMER	37.00	34.50	32.00	29.50	27.00	24.50	22.00	19.50	17.00	14.50	v/effort
JAVELIN	37.90	35.30	32.70	30.10	27.50	24.90	22.30	19.70	17.10	14.50	v/effort

MENS	40	35	30	25	20	15
4 x 100	47.14	50.24	52.34	53.34	57.34	Finish
4 x 200	1.39.82	1.43.58	1.52.33	1.56.92	2.05.10	Finish
4 x 400	3.46.40	3.58.50	4.06.00	4.10.00	4.35.00	Finish
WOMENS	40	35	30	25	20	15
4 x 100	56.74	58.24	60.24	62.74	65.74	Finish
4 x 200	1.57.00	2.04.00	2.14.00	2.19.00	2.26.00	Finish
4 x 400	4.37.00	4.44.00	4.58.00	5.05.00	5.19.00	Finish