

<b>FEMALE</b>	20	19	18	17	16	15	14	13	12	11
100M	12.90	13.30	13.70	14.10	14.50	14.90	15.30	15.70	16.10	16.50
200M	25.90	26.90	27.90	28.90	29.90	30.90	31.90	32.90	33.90	34.90
400M	58.6	01:01.3	01:04.0	01:06.7	01:09.4	01:12.1	01:14.8	01:17.5	01:20.2	01:22.9
800M	02:17.0	02:23.0	02:29.0	02:35.0	02:41.0	02:47.0	02:53.0	02:59.0	03:05.0	03:11.0
1500M	04:50.0	04:58.5	05:07.0	05:15.5	05:24.0	05:32.5	05:40.5	05:49.0	05:57.5	06:06.0
MILE	05:12.0	05:21.0	05:30.0	05:39.0	05:48.0	05:57.0	06:06.0	06:15.0	06:24.0	06:33.0
3000M	10:20.0	10:44.0	11:08.0	11:32.0	11:56.0	12:20.0	12:44.0	13:10.0	13:34.0	13:58.0
5000M	19:50.0	20:40.0	21:30.0	22:20.0	23:10.0	24:00.0	24:50.0	25:40.0	26:30.0	27:20.0
2000ST	07:42.0	08:01.0	08:20.0	08:40.0	09:00.0	09:20.0	09:40.0	10:00.0	10:15.0	10:30.0
3000ST	12:55.0	13:35.0	14:15.0	14:55.0	15:35.0	16:15.0	16:55.0	17:35.0	18:15.0	19:00.0
1500WK	07:00.0	07:28.0	07:56.0	08:24.0	08:52.0	09:20.0	09:48.0	10:16.0	10:34.0	11:00.0
3000WK	16:50.0	17:45.0	18:40.0	19:35.0	20:30.0	21:25.0	22:20.0	23:15.0	24:10.0	25:00.0
5000WK	29:45.0	30:55.0	32:05.0	33:15.0	34:25.0	35:35.0	36:45.0	37:55.0	39:05.0	40:00.0
80M H	12.65	13.30	13.95	14.60	15.25	15.90	16.55	17.20	17.85	18.50
90M H	14.15	14.80	15.45	16.10	16.75	17.40	18.05	18.70	19.35	20.00
100M H	15.85	16.70	17.55	18.40	19.25	20.10	20.95	21.80	22.65	23.50
200M H	28.35	30.25	32.15	34.05	35.95	37.85	39.75	41.65	43.55	45.45
400M H	01:07.0	01:09.1	01:11.3	01:13.5	01:15.6	01:17.7	01:19.9	01:22.0	01:24.2	01:26.3
LONG	5.50	5.25	5.00	4.75	4.50	4.25	4.00	3.75	3.50	3.25
TRIPLE	11.10	10.65	10.20	9.75	9.30	8.85	8.40	7.95	7.50	7.05
HIGH	1.60	1.55	1.50	1.45	1.40	1.35	1.30	1.25	1.20	1.15
P VAULT	3.10	2.90	2.70	2.50	2.30	2.10	1.90	1.70	1.50	1.30
DISCUS	37.00	34.50	32.00	29.50	27.00	24.50	22.00	19.50	17.00	14.50
SHOT	12.05	11.35	10.65	9.95	9.25	8.55	7.85	7.15	6.45	5.75
HAMMER	41.50	38.50	35.50	32.50	29.50	26.50	23.50	20.50	17.50	14.50
JAVELIN	37.90	35.30	32.70	30.10	27.50	24.90	22.30	19.70	17.10	14.50

<b>MALE</b>	20	19	18	17	16	15	14	13	12	11
100M	11.40	11.80	12.20	12.60	13.00	13.50	14.00	14.50	15.00	15.50
200M	23.00	24.00	25.00	26.00	27.00	28.00	29.10	30.20	31.30	32.40
400M	51.10	53.10	55.10	57.10	59.60	01:02.1	01:04.6	01:07.1	01:09.6	01:12.0
800M	01:58.0	02:02.5	02:07.0	02:11.5	02:17.0	02:23.0	02:29.0	02:35.0	02:41.0	02:48.0
1500M	04:08.0	04:18.0	04:28.0	04:38.0	04:49.0	05:00.0	05:11.0	05:22.0	05:33.0	05:44.0
MILE	04:26.0	04:37.0	04:48.0	04:59.0	05:10.0	05:21.0	05:32.0	05:43.0	05:54.0	06:05.0
3000M	08:50.0	09:12.5	09:35.0	09:59.0	10:23.0	10:47.0	11:11.0	11:35.0	11:59.0	12:25.0
5000M	15:30.0	16:10.0	16:50.0	17:30.0	18:10.0	18:50.0	19:30.0	20:10.0	20:50.0	21:30.0
2000ST	06:30.0	06:51.0	07:12.0	07:33.0	07:54.0	08:15.0	08:36.0	08:57.0	09:18.0	09:40.0
3000ST	09:40.0	10:25.0	11:10.0	11:55.0	12:40.0	13:25.0	14:10.0	14:55.0	15:40.0	16:30.0
1500WK	06:50.0	07:15.0	07:40.0	08:05.0	08:30.0	08:55.0	09:20.0	09:45.0	10:10.0	10:45.0
3000WK	14:40.0	15:35.0	16:30.0	17:25.0	18:20.0	19:15.0	20:10.0	21:05.0	22:00.0	23:00.0
5000WK	25:50.0	26:55.0	28:00.0	29:05.0	30:10.0	31:15.0	32:20.0	33:25.0	34:30.0	35:30.0
90M H	13.65	14.20	14.75	15.30	15.85	16.40	16.95	17.50	18.05	18.60
100M H	14.75	15.40	16.05	16.70	17.35	18.00	18.65	19.30	19.95	20.60
110M H	17.05	17.80	18.55	19.30	20.05	20.80	21.55	22.30	23.05	23.80
200M H	26.25	28.20	30.15	32.10	34.05	36.00	37.95	39.90	41.85	43.80
400M H	59.15	01:02.1	01:05.5	01:08.0	01:11.0	01:13.9	01:16.9	01:19.8	01:22.7	01:25.7
LONG	6.50	6.20	5.90	5.60	5.30	5.00	4.70	4.40	4.10	3.80
TRIPLE	13.30	12.70	12.10	11.50	10.90	10.30	9.70	9.10	8.50	7.90
HIGH	1.85	1.75	1.65	1.55	1.50	1.45	1.40	1.35	1.30	1.25
P VAULT	3.50	3.25	3.00	2.75	2.55	2.35	2.15	1.95	1.75	1.50
DISCUS	37.00	34.30	31.60	28.90	26.20	23.50	20.80	18.10	15.40	12.70
SHOT	12.40	11.70	11.00	10.30	9.60	8.90	8.20	7.50	6.80	6.10
HAMMER	46.50	43.00	39.50	36.00	32.50	29.00	25.50	22.00	18.50	15.00
JAVELIN	51.00	47.20	43.40	39.60	35.80	32.00	28.20	24.40	20.60	16.80