

Bantam Girls (13 years of age and under as on December 31st of the year of competition)

STEP UP !

| | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
|--------------------|-----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 50m indoors | 7.36 | 7.46 | 7.55 | 7.65 | 7.75 | 7.84 | 7.94 | 8.04 | 8.13 | 8.23 |
| <i>ht</i> | 7.1 | 7.2 | 7.3 | 7.4 | 7.5 | 7.6 | 7.7 | 7.8 | 7.9 | 8.0 |
| 60m indoors | 8.52 | 8.64 | 8.75 | 8.87 | 8.99 | 9.10 | 9.22 | 9.34 | 9.45 | 9.57 |
| <i>ht</i> | 8.3 | 8.4 | 8.5 | 8.6 | 8.8 | 8.9 | 9.0 | 9.1 | 9.2 | 9.3 |
| 100m | 13.15 | 13.34 | 13.53 | 13.72 | 13.91 | 14.09 | 14.28 | 14.47 | 14.66 | 14.85 |
| <i>et - wa/nwi</i> | 13.02 | 13.21 | 13.39 | 13.58 | 13.77 | 13.95 | 14.14 | 14.33 | 14.51 | 14.70 |
| <i>ht</i> | 12.9 | 13.1 | 13.3 | 13.5 | 13.7 | 13.9 | 14.0 | 14.2 | 14.4 | 14.6 |
| <i>ht - wa/nwi</i> | 12.8 | 13.0 | 13.2 | 13.3 | 13.5 | 13.7 | 13.9 | 14.1 | 14.3 | 14.5 |
| 200m | 26.57 | 27.01 | 27.45 | 27.89 | 28.33 | 28.77 | 29.21 | 29.65 | 30.09 | 30.53 |
| <i>et - wa/nwi</i> | 26.44 | 26.87 | 27.31 | 27.75 | 28.19 | 28.63 | 29.06 | 29.50 | 29.94 | 30.38 |
| <i>ht</i> | 26.3 | 26.8 | 27.2 | 27.7 | 28.1 | 28.5 | 29.0 | 29.4 | 29.9 | 30.3 |
| <i>ht - wa/nwi</i> | 26.2 | 26.6 | 27.1 | 27.5 | 28.0 | 28.4 | 28.8 | 29.3 | 29.7 | 30.1 |
| 200m indoor | 27.07 | 27.51 | 27.95 | 28.39 | 28.83 | 29.27 | 29.71 | 30.15 | 30.59 | 31.03 |
| <i>ht</i> | 26.8 | 27.3 | 27.7 | 28.2 | 28.6 | 29.0 | 29.5 | 29.9 | 30.4 | 30.8 |
| 300m indoor | 44.26 | 45.04 | 45.82 | 46.60 | 47.38 | 48.17 | 48.95 | 49.73 | 50.51 | 51.29 |
| <i>ht</i> | 44.1 | 44.9 | 45.7 | 46.5 | 47.2 | 48.0 | 48.8 | 49.6 | 50.4 | 51.2 |
| 400m | 62.15 | 63.35 | 64.55 | 65.76 | 66.96 | 68.16 | 69.36 | 70.57 | 71.77 | 72.97 |
| <i>ht</i> | 62.0 | 63.2 | 64.4 | 65.6 | 66.8 | 68.0 | 69.2 | 70.4 | 71.6 | 72.8 |
| 400m indoor | 63.25 | 64.45 | 65.65 | 66.86 | 68.06 | 69.26 | 70.46 | 71.67 | 72.87 | 74.07 |
| <i>ht</i> | 63.1 | 64.3 | 65.5 | 66.7 | 67.9 | 69.1 | 70.3 | 71.5 | 72.7 | 73.9 |
| 600m indoor | 1:41.63 | 1:43.58 | 1:45.53 | 1:47.48 | 1:49.43 | 1:51.38 | 1:53.33 | 1:55.28 | 1:57.23 | 1:59.18 |
| 800m | 2:20.01 | 2:22.77 | 2:25.52 | 2:28.28 | 2:31.04 | 2:33.79 | 2:36.55 | 2:39.31 | 2:42.06 | 2:44.82 |
| 800m indoor | 2:22.41 | 2:25.17 | 2:27.92 | 2:30.68 | 2:33.44 | 2:36.19 | 2:38.95 | 2:41.71 | 2:44.46 | 2:47.22 |
| 1000m | 3:05.36 | 3:09.01 | 3:12.66 | 3:16.31 | 3:19.96 | 3:23.61 | 3:27.26 | 3:30.91 | 3:34.56 | 3:38.21 |
| 1000m indoor | 3:08.26 | 3:11.91 | 3:15.56 | 3:19.21 | 3:22.86 | 3:26.51 | 3:30.16 | 3:33.81 | 3:37.46 | 3:41.11 |
| 1500m | 4:46.56 | 4:52.33 | 4:58.11 | 5:03.88 | 5:09.66 | 5:15.43 | 5:21.21 | 5:26.88 | 5:32.76 | 5:38.53 |
| 1500m indoor | 4:50.46 | 4:56.23 | 5:02.01 | 5:07.78 | 5:13.56 | 5:19.33 | 5:25.11 | 5:32.78 | 5:36.66 | 5:42.43 |
| Mile | 5:09.94 | 5:16.19 | 5:22.43 | 5:28.68 | 5:34.92 | 5:41.17 | 5:47.41 | 5:53.66 | 5:59.90 | 6:06.15 |
| Mile indoor | 5:14.04 | 5:20.29 | 5:26.53 | 5:32.78 | 5:39.02 | 5:45.27 | 5:51.51 | 5:57.76 | 6:04.00 | 6:10.25 |
| 2000m | 6:41.07 | 6:49.15 | 6:57.23 | 7:05.32 | 7:13.40 | 7:21.48 | 7:29.56 | 7:37.65 | 7:45.73 | 7:53.81 |
| 3000m | 10:27.96 | 10:41.09 | 10:54.21 | 11:07.34 | 11:20.46 | 11:33.59 | 11:46.72 | 11:59.84 | 12:12.97 | 12:26.09 |
| 3000m indoor | 10:33.86 | 10:46.99 | 11:00.11 | 11:13.24 | 11:26.36 | 11:39.49 | 11:52.62 | 12:05.74 | 12:18.87 | 12:31.99 |
| 50mH indoor | 8.69 | 8.86 | 9.03 | 9.19 | 9.36 | 9.53 | 9.70 | 9.86 | 10.03 | 10.20 |

| <i>ht</i> | 8.5 | 8.6 | 8.8 | 9.0 | 9.1 | 9.3 | 9.5 | 9.6 | 9.8 | 10.0 |
|--------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 60mH indoor | 10.27 | 10.47 | 10.67 | 10.86 | 11.06 | 11.26 | 11.46 | 11.65 | 11.85 | 12.05 |
| <i>ht</i> | 10.0 | 10.2 | 10.4 | 10.6 | 10.8 | 11.0 | 11.2 | 11.4 | 11.6 | 11.8 |
| 80mH | 13.51 | 13.77 | 14.03 | 14.29 | 14.55 | 14.81 | 15.07 | 15.33 | 15.59 | 15.85 |
| <i>et - wa/nwi</i> | 13.37 | 13.63 | 13.89 | 14.15 | 14.40 | 14.66 | 14.92 | 15.18 | 15.43 | 15.69 |
| <i>ht</i> | 13.3 | 13.5 | 13.8 | 14.1 | 14.3 | 14.6 | 14.8 | 15.1 | 15.4 | 15.6 |
| <i>ht - wa/nwi</i> | 13.1 | 13.4 | 13.7 | 13.9 | 14.2 | 14.4 | 14.7 | 14.9 | 15.2 | 15.5 |
| 200mH | 31.71 | 32.40 | 33.09 | 33.79 | 34.48 | 35.17 | 35.86 | 36.56 | 37.25 | 37.94 |
| <i>et - wa/nwi</i> | 31.55 | 32.24 | 32.92 | 33.62 | 34.31 | 34.99 | 35.68 | 36.38 | 37.06 | 37.75 |
| <i>ht</i> | 31.5 | 32.2 | 32.9 | 33.6 | 34.3 | 35.0 | 35.6 | 36.3 | 37.0 | 37.7 |
| <i>ht - wa/nwi</i> | 31.3 | 32.0 | 32.7 | 33.4 | 34.1 | 34.8 | 35.4 | 36.1 | 36.8 | 37.5 |
| 800mWalk | 4:05.00 | 4:10.00 | 4:15.00 | 4:20.00 | 4:25.00 | 4:30.00 | 4:35.00 | 4:40.00 | 4:45.00 | 4:50.00 |
| HJ | 1.60 | 1.57 | 1.53 | 1.50 | 1.47 | 1.43 | 1.40 | 1.37 | 1.33 | 1.30 |
| LJ | 4.95 | 4.84 | 4.72 | 4.61 | 4.49 | 4.38 | 4.26 | 4.15 | 4.03 | 3.92 |
| <i>wa/nwi</i> | 5.00 | 4.89 | 4.77 | 4.66 | 4.53 | 4.42 | 4.31 | 4.19 | 4.08 | 3.96 |
| TJ | 9.78 | 9.54 | 9.30 | 9.06 | 8.82 | 8.57 | 8.33 | 8.09 | 7.85 | 7.61 |
| <i>wa/nwi</i> | 9.88 | 9.63 | 9.39 | 9.15 | 8.91 | 8.67 | 8.41 | 8.17 | 7.93 | 7.69 |
| SP (3.0kg) | 10.01 | 9.59 | 9.17 | 8.75 | 8.33 | 7.90 | 7.48 | 7.06 | 6.64 | 6.22 |
| DT (1.0kg) | 30.51 | 29.14 | 27.78 | 26.41 | 25.04 | 23.68 | 22.31 | 20.94 | 19.58 | 18.21 |
| JT (400g) | 32.00 | 30.63 | 29.26 | 27.88 | 26.51 | 25.14 | 23.77 | 22.39 | 21.02 | 19.65 |
| Tetrathlon | 1957 | 1873 | 1790 | 1706 | 1623 | 1539 | 1456 | 1372 | 1289 | 1205 |

Specifications:

Sprint hurdles - 76cm/11.50m/7.50m
200mHurdles - 76cm/20.00m/35.00m