

Juvenile Girls (17 years 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	6.74	6.83	6.92	7.00	7.09	7.18	7.27	7.35	7.44	7.53
<i>ht</i>	6.5	6.6	6.7	6.8	6.9	-	7.0	7.1	7.2	7.3
60m indoors	7.79	7.90	8.01	8.11	8.22	8.33	8.44	8.54	8.65	8.76
<i>ht</i>	7.6	7.7	7.8	7.9	8.0	8.1	8.2	8.3	8.4	8.5
100m	12.04	12.21	12.39	12.56	12.73	12.91	13.08	13.25	13.43	13.60
<i>et - wa/nwi</i>	11.92	12.09	12.27	12.43	12.60	12.78	12.95	13.12	13.30	13.46
<i>ht</i>	11.8	12.0	12.2	12.3	12.5	12.7	12.8	13.0	13.2	13.4
<i>ht - wa/nwi</i>	11.7	11.9	12.0	12.2	12.4	12.5	12.7	12.9	13.1	13.2
200m	24.90	25.31	25.73	26.14	26.55	26.97	27.38	27.79	28.20	28.62
<i>et - wa/nwi</i>	24.78	25.18	25.60	26.01	26.42	26.84	27.24	27.65	28.06	28.48
<i>ht</i>	24.7	25.1	25.5	25.9	26.3	26.7	27.1	27.6	28.0	28.4
<i>ht - wa/nwi</i>	24.5	24.9	25.4	25.8	26.2	26.6	27.0	27.4	27.8	28.2
200m indoor	25.40	25.81	26.23	26.64	27.05	27.47	27.88	28.29	28.70	29.12
<i>ht</i>	25.2	25.6	26.0	26.4	26.8	27.2	27.6	28.1	28.5	28.9
300m indoor	40.73	41.45	42.17	42.88	43.60	44.32	45.04	45.75	46.47	47.19
<i>ht</i>	40.6	41.3	42.0	42.7	43.5	44.2	44.9	45.6	46.3	47.1
400m	56.00	57.08	58.17	59.25	60.33	61.42	62.50	63.58	64.66	65.75
<i>ht</i>	55.9	56.9	58.0	59.1	60.2	61.3	62.4	63.4	64.5	65.6
400m indoor	57.10	58.18	59.27	60.35	61.43	62.52	63.60	64.68	65.76	66.85
<i>ht</i>	57.0	58.0	59.1	60.2	61.3	62.4	63.5	64.5	65.6	66.7
600m indoor	1:33.16	1:34.94	1:36.73	1:38.51	1:40.30	1:42.08	1:43.87	1:45.65	1:47.44	1:49.22
800m	2:10.20	2:12.76	2:15.33	2:17.89	2:20.45	2:23.02	2:25.58	2:28.14	2:30.71	2:33.27
800m indoor	2:12.60	2:15.16	2:17.73	2:20.29	2:22.85	2:25.42	2:27.98	2:30.54	2:33.11	2:35.67
1000m	2:52.37	2:55.76	2:59.16	3:02.55	3:05.94	3:09.34	3:12.73	3:16.12	3:19.52	3:22.91
1000m indoor	2:55.27	2:58.66	3:02.06	3:05.45	3:08.84	3:12.24	3:15.63	3:19.02	3:22.42	3:25.81
1500m	4:25.70	4:31.06	4:36.41	4:41.77	4:47.12	4:52.42	4:57.83	5:03.19	5:08.54	5:13.90
1500m indoor	4:29.60	4:34.96	4:40.31	4:45.67	4:51.02	4:56.32	5:01.73	5:07.09	5:12.44	5:17.80
Mile	4:47.38	4:53.17	4:58.96	5:04.76	5:10.55	5:16.34	5:22.13	5:27.93	5:33.72	5:39.51
Mile indoor	4:51.48	4:57.27	5:03.06	5:08.86	5:14.65	5:20.44	5:26.23	5:32.03	5:37.82	5:43.61
2000m	6:11.87	6:19.37	6:26.86	6:34.36	6:41.85	6:49.35	6:56.84	7:04.34	7:11.83	7:19.33
3000m	9:34.23	9:46.23	9:58.23	10:10.24	10:22.24	10:34.24	10:46.24	10:58.24	11:10.25	11:22.25
3000m indoor	9:40.13	9:52.13	10:04.13	10:16.14	10:28.14	10:40.14	10:52.14	11:04.14	11:16.15	11:28.15
50mH indoor (B)	7.57	7.72	7.86	8.01	8.16	8.30	8.45	8.60	8.74	8.89

<i>ht</i>	7.3	7.5	7.6	7.8	7.9	8.1	8.2	8.4	8.5	8.7
50mH indoor (A)	7.70	7.85	8.00	8.14	8.29	8.44	8.59	8.73	8.88	9.03
<i>ht</i>	7.5	7.6	7.8	7.9	8.1	8.2	8.4	8.5	8.6	8.8
60mH indoor (B)	8.95	9.12	9.29	9.47	9.64	9.81	9.98	10.16	10.33	10.50
<i>ht</i>	8.7	8.9	9.1	9.2	9.4	9.6	9.7	9.9	10.1	10.3
60mH indoor (A)	9.10	9.27	9.45	9.62	9.80	9.97	10.15	10.32	10.50	10.67
<i>ht</i>	8.9	9.0	9.2	9.4	9.6	9.7	9.9	10.1	10.3	10.4
80mH (B)	11.78	12.01	12.23	12.46	12.68	12.91	13.13	13.36	13.58	13.81
<i>et - wa/nwi</i>	11.66	11.89	12.11	12.34	12.55	12.78	13.00	13.23	13.44	13.67
<i>ht</i>	11.5	11.8	12.0	12.2	12.4	12.7	12.9	13.1	13.3	13.6
<i>ht - wa/nwi</i>	11.4	11.7	11.9	12.1	12.3	12.5	12.8	13.0	13.2	13.4
100mH (A)	14.58	14.86	15.14	15.42	15.70	15.98	16.26	16.54	16.82	17.10
<i>et - wa/nwi</i>	14.43	14.71	14.99	15.27	15.54	15.82	16.10	16.37	16.65	16.93
<i>ht</i>	14.3	14.6	14.9	15.2	15.5	15.7	16.0	16.3	16.6	16.9
<i>ht - wa/nwi</i>	14.2	14.5	14.8	15.0	15.3	15.5	15.8	16.1	16.4	16.7
300mH	43.68	44.63	45.58	46.54	47.49	48.44	49.39	50.35	51.30	52.25
<i>ht</i>	43.5	44.5	45.4	46.4	47.4	48.3	49.3	50.2	51.2	52.1
400mH	61.47	62.81	64.15	65.49	66.83	68.17	69.51	70.85	72.19	73.53
<i>ht</i>	61.3	62.7	64.0	65.4	66.7	68.0	69.4	70.7	72.1	73.4
1500mSC	5:00.41	5:06.12	5:11.84	5:17.55	5:23.26	5:28.98	5:34.69	5:40.40	5:46.12	5:51.83
1500mWalk	6:49.20	6:57.51	7:05.82	7:14.13	7:22.44	7:30.76	7:39.07	7:47.38	7:55.69	8:04.00
3000mWalk	14:21.47	14:38.97	14:56.47	15:13.97	15:31.47	15:48.97	16:06.47	16:23.97	16:41.47	16:58.97
5000mWalk	23:58.17	24:27.72	24:57.26	25:26.81	25:56.36	26:25.91	26:55.45	27:25.00	27:54.55	28:24.09
HJ	1.74	1.70	1.67	1.63	1.59	1.56	1.52	1.48	1.45	1.41
PV	3.71	3.61	3.51	3.41	3.31	3.21	3.11	3.01	2.91	2.81
LJ	5.65	5.52	5.39	5.26	5.13	5.00	4.86	4.73	4.60	4.47
<i>wa/nwi</i>	5.71	5.58	5.44	5.31	5.18	5.05	4.91	4.78	4.65	4.51
TJ	11.60	11.31	11.03	10.74	10.46	10.17	9.88	9.60	9.31	9.03
<i>wa/nwi</i>	11.72	11.42	11.14	10.85	10.56	10.27	9.98	9.70	9.40	9.12
SP (4.0kg)	12.81	12.27	11.73	11.19	10.65	10.12	9.58	9.04	8.50	7.96
WT indoor (20lb.)	14.84	14.22	13.59	12.97	12.35	11.72	11.10	10.48	9.85	9.23
DT (1.0kg)	44.08	42.11	40.13	38.16	36.18	34.21	32.24	30.26	28.29	26.31
HT (4.0kg)	47.00	45.10	43.20	41.30	39.40	37.51	35.61	33.71	31.81	29.91
JT(600g - new)	43.95	42.07	40.19	38.30	36.41	34.53	32.65	30.76	28.88	27.00
<i>600g - old specs.</i>	45.31	43.37	41.43	39.48	37.54	35.60	33.66	31.71	29.77	27.83
Pentathlon indoor	3148	3014	2879	2745	2610	2476	2341	2207	2072	1938
Heptathlon	4524	4331	4138	3945	3752	3558	3365	3172	2979	2786

Specifications:

Sprint Hurdles (B) - 76cm/12.00m/8.00m

Sprint Hurdles (A) - 76cm/13.00m/8.50m

300mHurdles - 76.2cm/50.00m/35.00m

400mHurdles - 76.2cm/45.00m/35.00m

1500mSC- 76.2cm

Heptathlon with 100mH at 76cm

Indoor Pentathlon with Sprint Hurdles (B)