

Junior Women (19 years of age and under as on December 31st of the year of competition)

STEP UP I

	10	9	8	7	6	5	4	3	2	1
50m indoors	6.64	6.73	6.81	6.90	6.99	7.07	7.16	7.25	7.33	7.42
<i>ht</i>	6.4	6.5	6.6	6.7	6.8	-	6.9	7.0	7.1	7.2
60m indoors	7.68	7.78	7.89	7.99	8.10	8.20	8.31	8.41	8.52	8.62
<i>ht</i>	7.4	7.5	7.7	7.8	7.9	8.0	8.1	8.2	8.3	8.4
100m	11.86	12.03	12.20	12.37	12.54	12.72	12.89	13.06	13.23	13.40
<i>et - wa/nwi</i>	11.74	11.91	12.08	12.25	12.42	12.59	12.76	12.93	13.10	13.27
<i>ht</i>	11.6	11.8	12.0	12.1	12.3	12.5	12.7	12.8	13.0	13.2
<i>ht - wa/nwi</i>	11.5	11.7	11.9	12.0	12.2	12.4	12.6	12.7	12.9	13.1
200m	24.45	24.85	25.26	25.66	26.06	26.47	26.87	27.27	27.68	28.08
<i>et - wa/nwi</i>	24.33	24.73	25.13	25.53	25.93	26.34	26.74	27.13	27.54	27.94
<i>ht</i>	24.2	24.6	25.0	25.4	25.8	26.2	26.6	27.0	27.4	27.8
<i>ht - wa/nwi</i>	24.1	24.5	24.9	25.3	25.7	26.1	26.5	26.9	27.3	27.7
200m indoor	24.95	25.35	25.76	26.16	26.56	26.97	27.37	27.77	28.18	28.58
<i>ht</i>	24.7	25.1	25.5	25.9	26.3	26.7	27.1	27.5	27.9	28.3
300m indoor	39.89	40.59	41.29	41.99	42.69	43.40	44.10	44.80	45.50	46.20
<i>ht</i>	39.8	40.5	41.2	41.9	42.6	43.3	44.0	44.7	45.4	46.1
400m	54.68	55.74	56.80	57.85	58.91	59.97	61.03	62.08	63.14	64.20
<i>ht</i>	54.5	55.6	56.7	57.7	58.8	59.8	60.9	61.9	63.0	64.1
400m indoor	55.78	56.84	57.90	58.95	60.01	61.07	62.13	63.18	64.24	65.30
<i>ht</i>	55.6	56.7	57.8	58.8	59.9	60.9	62.0	63.0	64.1	65.2
600m indoor	1:30.98	1:32.72	1:34.46	1:36.20	1:37.94	1:39.69	1:41.43	1:43.17	1:44.91	1:46.65
800m	2:07.06	2:09.56	2:12.06	2:14.56	2:17.06	2:19.57	2:22.07	2:24.57	2:27.07	2:29.57
800m indoor	2:09.46	2:11.96	2:14.46	2:16.96	2:19.46	2:21.97	2:24.47	2:26.97	2:29.47	2:31.97
1000m	2:48.21	2:51.52	2:54.83	2:58.15	3:01.46	3:04.77	3:08.08	3:11.40	3:14.71	3:18.02
1000m indoor	2:51.11	2:54.42	2:57.73	3:01.05	3:04.36	3:07.67	3:10.98	3:14.30	3:17.61	3:20.92
1500m	4:17.52	4:22.71	4:27.90	4:33.09	4:38.28	4:43.48	4:48.67	4:53.86	4:59.05	5:04.24
1500m indoor	4:21.42	4:26.61	4:31.80	4:36.99	4:42.18	4:47.38	4:52.57	4:57.76	5:02.95	5:08.14
Mile	4:38.53	4:44.15	4:49.76	4:55.38	5:00.99	5:06.61	5:12.22	5:17.84	5:23.45	5:29.07
Mile indoor	4:42.63	4:48.25	4:53.86	4:59.48	5:05.09	5:10.71	5:16.32	5:21.94	5:27.55	5:33.17
2000m	6:00.42	6:07.69	6:14.95	6:22.22	6:29.48	6:36.75	6:44.01	6:51.28	6:58.54	7:05.81
3000m	9:19.00	9:30.68	9:42.37	9:54.05	10:05.74	10:17.42	10:29.10	10:40.79	10:52.47	11:04.16
3000m indoor	9:24.90	9:36.58	9:48.27	9:59.95	10:11.64	10:23.32	10:35.00	10:46.69	10:58.37	11:10.06
5000m	16:10.03	16:30.60	16:51.17	17:11.74	17:32.31	17:52.87	18:13.44	18:34.01	18:54.58	19:15.15

5000m indoor	16:19.83	16:40.40	17:00.97	17:21.54	17:42.11	18:02.67	18:23.24	18:43.81	19:04.38	19:24.95
50mH indoor	7.49	7.63	7.78	7.92	8.06	8.21	8.35	8.49	8.64	8.78
<i>ht</i>	7.3	7.4	7.5	7.7	7.8	8.0	8.1	8.3	8.4	8.5
60mH indoor	8.85	9.02	9.19	9.36	9.53	9.70	9.87	10.04	10.21	10.38
<i>ht</i>	8.6	8.8	9.0	9.1	9.3	9.5	9.6	9.8	10.0	10.1
100mH	14.18	14.45	14.72	15.00	15.27	15.54	15.81	16.09	16.36	16.63
<i>et - wa/nwi</i>	14.04	14.31	14.57	14.85	15.12	15.38	15.65	15.93	16.20	16.46
<i>ht</i>	13.9	14.2	14.5	14.8	15.0	15.3	15.6	15.9	16.1	16.4
<i>ht - wa/nwi</i>	13.8	14.1	14.3	14.6	14.9	15.1	15.4	15.7	16.0	16.2
400mH	60.20	61.51	62.82	64.14	65.45	66.76	68.07	69.39	70.70	72.01
<i>ht</i>	60.1	61.4	62.7	64.0	65.3	66.6	67.9	69.3	70.6	71.9
2000mSC	6:34.66	6:42.62	6:50.57	6:58.53	7:06.48	7:14.44	7:22.39	7:30.35	7:38.30	7:46.26
3kmWalk indoor	13:57.82	14:14.84	14:31.86	14:48.88	15:05.90	15:22.91	15:39.93	15:56.95	16:13.97	16:30.99
5kmWalk	23:20.26	23:49.03	24:17.80	24:46.56	25:15.33	25:44.10	26:12.87	26:41.63	27:10.40	27:39.17
10kmWalk	48:30.00	49:32.18	50:34.36	51:36.54	52:38.72	53:40.90	54:43.08	55:45.26	56:47.44	57:49.62
HJ	1.78	1.74	1.70	1.67	1.63	1.59	1.55	1.52	1.48	1.44
PV	3.80	3.70	3.60	3.49	3.39	3.29	3.19	3.08	2.98	2.88
LJ	5.88	5.74	5.61	5.47	5.33	5.20	5.06	4.92	4.79	4.65
<i>wa/nwi</i>	5.94	5.80	5.67	5.52	5.38	5.25	5.11	4.97	4.84	4.70
TJ	11.92	11.63	11.33	11.04	10.74	10.45	10.15	9.86	9.56	9.27
<i>wa/nwi</i>	12.04	11.75	11.44	11.15	10.85	10.55	10.25	9.96	9.66	9.36
SP (4.0kg)	13.91	13.33	12.74	12.16	11.57	10.99	10.40	9.82	9.23	8.65
WT indoor (20lb.)	16.17	15.49	14.81	14.13	13.45	12.77	12.09	11.41	10.73	10.05
DT (1.0kg)	48.36	46.19	44.03	41.86	39.69	37.53	35.36	33.19	31.02	28.86
HT (4.0kg)	51.00	48.94	46.88	44.82	42.76	40.70	38.64	36.58	34.52	32.46
JT(600g - new)	48.14	46.08	44.01	41.95	39.89	37.82	35.75	33.70	31.63	29.57
<i>600g - old specs.</i>	49.63	47.50	45.37	43.25	41.12	38.99	36.86	34.74	32.61	30.48
Pentathlon indoor	3435	3288	3142	2995	2849	2702	2556	2409	2263	2116
Heptathlon	4937	4726	4516	4305	4094	3884	3673	3462	3251	3041

Specifications:

100m Hurdles - 84cm/13.00m/8.50m

2000mSC- 76.2cm

400m Hurdles - 76.2cm/45.00m/35.00m