

Midget Girls (15 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	7.01	7.10	7.19	7.29	7.38	7.47	7.56	7.66	7.75	7.84
<i>ht</i>	6.8	6.9	7.0	7.1	7.1	7.2	7.3	7.4	7.5	7.6
60m indoors	8.11	8.22	8.33	8.44	8.55	8.67	8.78	8.89	9.00	9.11
<i>ht</i>	7.9	8.0	8.1	8.2	8.3	8.4	8.5	8.7	8.8	8.9
100m	12.53	12.71	12.89	13.07	13.25	13.43	13.61	13.79	13.97	14.15
<i>et - wa/nwi</i>	12.40	12.58	12.76	12.94	13.12	13.30	13.47	13.65	13.83	14.01
<i>ht</i>	12.3	12.5	12.7	12.8	13.0	13.2	13.4	13.6	13.7	13.9
<i>ht - wa/nwi</i>	12.2	12.3	12.5	12.7	12.9	13.1	13.2	13.4	13.6	13.8
200m	25.39	25.81	26.23	26.65	27.07	27.50	27.92	28.34	28.76	29.18
<i>et - wa/nwi</i>	25.26	25.68	26.10	26.52	26.93	27.36	27.78	28.20	28.62	29.03
<i>ht</i>	25.2	25.6	26.0	26.4	26.8	27.3	27.7	28.1	28.5	28.9
<i>ht - wa/nwi</i>	25.0	25.4	25.9	26.3	26.7	27.1	27.5	28.0	28.4	28.8
200m indoor	25.89	26.31	26.73	27.15	27.57	28.00	28.42	28.84	29.26	29.68
<i>ht</i>	25.7	26.1	26.5	26.9	27.3	27.8	28.2	28.6	29.0	29.4
300m indoor	42.23	42.97	43.72	44.46	45.21	45.95	46.70	47.44	48.19	48.93
<i>ht</i>	42.1	42.8	43.6	44.3	45.1	45.8	46.6	47.3	48.1	48.8
400m	59.10	60.24	61.39	62.53	63.67	64.82	65.96	67.10	68.25	69.39
<i>ht</i>	59.0	60.1	61.3	62.4	63.5	64.7	65.8	67.0	68.1	69.3
400m indoor	60.20	61.34	62.49	63.63	64.77	65.92	67.06	68.20	69.35	70.49
<i>ht</i>	60.1	61.2	62.4	63.5	64.6	65.8	66.9	68.1	69.2	70.4
600m indoor	1:37.14	1:39.00	1:40.86	1:42.73	1:44.59	1:46.45	1:48.31	1:50.18	1:52.04	1:53.90
800m	2:14.32	2:16.96	2:19.61	2:22.25	2:24.90	2:27.54	2:30.19	2:32.83	2:35.48	2:38.12
800m indoor	2:16.72	2:19.36	2:22.01	2:24.65	2:27.30	2:29.94	2:32.59	2:35.23	2:37.88	2:40.52
1000m	2:57.83	3:01.33	3:04.83	3:08.33	3:11.83	3:15.34	3:18.84	3:22.34	3:25.84	3:29.34
1000m indoor	3:00.73	3:04.23	3:07.73	3:11.23	3:14.73	3:18.24	3:21.74	3:25.24	3:28.74	3:32.24
1500m	4:33.35	4:38.86	4:44.37	4:49.88	4:55.39	5:00.90	5:06.40	5:11.91	5:17.42	5:22.93
1500m indoor	4:37.25	4:42.76	4:48.27	4:53.78	4:59.29	5:04.80	5:10.30	5:15.81	5:21.32	5:26.83
Mile	4:55.66	5:01.62	5:07.58	5:13.53	5:19.49	5:25.45	5:31.41	5:37.36	5:43.32	5:49.28
Mile indoor	4:59.76	5:05.72	5:11.68	5:17.63	5:23.59	5:29.55	5:35.51	5:41.46	5:47.42	5:53.38
2000m	6:22.58	6:30.29	6:38.00	6:45.71	6:53.42	7:01.13	7:08.84	7:16.55	7:24.26	7:31.97
3000m	9:59.20	10:11.72	10:24.25	10:36.77	10:49.29	11:01.82	11:14.34	11:26.86	11:39.38	11:51.91
3000m indoor	10:05.10	10:17.62	10:30.15	10:42.67	10:55.19	11:07.72	11:20.24	11:32.76	10:45.28	11:57.81
50mH indoor	7.89	8.04	8.19	8.34	8.49	8.64	8.79	8.94	9.09	9.24

<i>ht</i>	7.7	7.8	8.0	8.1	8.3	8.4	8.6	8.7	8.9	9.0
60mH indoor	9.32	9.50	9.68	9.85	10.03	10.21	10.39	10.56	10.74	10.92
<i>ht</i>	9.1	9.3	9.4	9.6	9.8	10.0	10.2	10.3	10.5	10.7
80mH	12.26	12.49	12.73	12.96	13.20	13.43	13.67	13.90	14.14	14.37
<i>et - wa/nwi</i>	12.14	12.37	12.60	12.83	13.07	13.30	13.53	13.76	14.00	14.23
<i>ht</i>	12.0	12.3	12.5	12.7	13.0	13.2	13.4	13.7	13.9	14.1
<i>ht - wa/nwi</i>	11.9	12.2	12.4	12.6	12.9	13.1	13.3	13.6	13.8	14.0
200mH	28.78	29.41	30.04	30.66	31.29	31.92	32.55	33.17	33.80	34.43
<i>ht</i>	28.5	29.2	29.8	30.4	31.1	31.7	32.3	32.9	33.6	34.2
1500mSC	5:22.82	5:28.96	5:35.10	5:41.24	5:47.38	5:53.53	5:59.67	6:05.81	6:11.95	6:18.09
1500mWalk	7:03.90	7:12.51	7:21.12	7:29.73	7:38.34	7:46.96	7:55.57	8:04.18	8:12.79	8:21.40
HJ	1.70	1.66	1.63	1.59	1.56	1.52	1.49	1.45	1.42	1.38
PV	3.20	3.11	3.03	2.94	2.85	2.77	2.68	2.59	2.51	2.42
LJ	5.50	5.37	5.24	5.12	4.99	4.86	4.73	4.60	4.48	4.35
<i>wa/nwi</i>	5.56	5.42	5.29	5.17	5.04	4.91	4.78	4.65	4.52	4.39
TJ	10.72	10.46	10.19	9.93	9.66	9.40	9.14	8.87	8.61	8.34
<i>wa/nwi</i>	10.83	10.56	10.29	10.03	9.76	9.49	9.23	8.96	8.70	8.42
SP (4kg)	11.67	11.18	10.69	10.20	9.71	9.22	8.73	8.24	7.75	7.26
SP (3kg)	13.71	13.13	12.56	11.98	11.41	10.83	10.25	9.68	9.10	8.53
WT indoor (20lb.)	12.61	12.08	11.55	11.02	10.49	9.96	9.43	8.90	8.37	7.84
DT (1.0kg)	38.47	36.74	35.02	33.30	31.58	29.86	28.13	26.41	24.69	22.96
HT (4.0kg)	39.00	37.42	35.85	34.27	32.70	31.12	29.54	27.97	26.39	24.82
JT(600g -new)	37.14	35.47	33.81	32.15	30.49	28.82	27.16	25.49	23.83	22.16
<i>600g - old specs.</i>	38.29	36.57	34.86	33.14	31.43	29.71	28.00	26.28	24.57	22.85
Tetrathlon	2490	2384	2279	2173	2068	1962	1857	1751	1646	1540
Tetrathlon -indoor	2451	2347	2244	2140	2037	1933	1830	1726	1623	1519

Specifications:

Sprint hurdles - 84cm/12.00m/8.00m
200mHurdles- 76cm/20.00m/35.00m
Tetrathlon -indoor with 3kg shot
Tetrathlon -outdoor with 3kg shot

1500mSC- 76cm