



SCORING TABLES

NACAC AGE GROUP

INFANTILE B (11 - 12 YEARS OLD)

INFANTILE A (13 - 14 YEARS OLD)



MESSAGE FROM THE PRESIDENT

In 1985, the CACAC organized the first CAC Age Group Championships in Curacao, Netherlands Antilles establishing a historical record since our region was the first to have regional Age Group Championships in the world. Since that year, the CACAC has organized these championships every two years until today without interruption. Due to the fact that CAC merged into NACAC, thus including Canada and the United States, and thus all 31 members, respectively, the event is known as the NACAC Age Group Championship.

From the first championships until 2009, we used the scoring tables which were prepared by the CACAC Technical Committee, based on all the research done from 1982 – 1985. Such research was done by experts from The Netherlands, Cuba and other members of the CAC Athletic family. Those tables worked very well for us throughout all those years.

Now, I am happy to present to you the new revised scoring tables put together by Carlos Clemente, our technical expert in these categories and our web master. Once again, we used the new version of the Scoring Tables or the CACAC Scoring Tables for some of the events. We would like to thank all the experts and members from the Area for their expertise and allowing us to use part of their research to put these tables together.

The objective of this project is for every member federation to use these tables for the development of their age group athletes at the national level. Moreover, to use these scoring tables to identify in their early ages (11-14) the specific qualities for the potential specialization of the athlete as a future High Performance prospects.

Best Wishes...

MENSAJE DEL PRESIDENTE

En 1985 la CCCA organizó el primer Campeonato Infantil en Curazao, Antillas Holandesas, estableciendo así un hecho histórico ya que nuestra región fue la primera en el mundo en organizar campeonatos infantiles. Desde ese año, la CCCA ha organizado el campeonato infantil cada dos años hasta el presente sin interrupción. Desde entonces, la CAC se fusiono con NACAC, y a su vez incluyendo a Canadá y los EEUU, junto con los 31 miembros, respectivamente. Dicho evento es el Campeonato Infantil de NACAC.

Desde el primer campeonato hasta el 2009, se usaron las tablas de puntuación diseñadas por el Comité Técnico de la CCCA, basado en la investigación hecha del 1982 al 1985. Dicha información fue otorgada por las Antillas Holandesas, Cuba y otros miembros de la familia Atlética del CAC. Estas tablas funcionaron muy bien durante todos estos años.

Me siento feliz en presentarles las nuevas tablas de puntuación revisadas, que fueron editadas y producidas por Carlos Clemente, nuestro experto en estas categorías y nuestro web master. Una vez más utilizamos como base las tablas de puntuación de la CCCA para algunos eventos. Queremos darle las gracias todos los expertos y miembros de la región por permitirnos utilizar parte de sus investigaciones sobre las tablas de puntuación para el desarrollo de las nuestras.

El objetivo de este proyecto es que las federaciones miembros de la CCCA utilicen estas tablas a nivel nacional en el desarrollo de este grupo de atletas. Más aun, que utilicen estas tablas para identificar desde la temprana edad (11-14) las cualidades específicas de un atleta potencialmente de alto rendimiento y su especialización.

Éxito...



60 Meters Metros

60 METERS / 60 METROS (11-12)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
7.29	1049	7.74	927	8.19	818	8.64	720	9.09	623
7.30	1046	7.75	924	8.20	815	8.65	718	9.10	630
7.31	1043	7.76	922	8.21	813	8.66	716	9.11	628
7.32	1041	7.77	919	8.22	811	8.67	714	9.12	626
7.33	1038	7.78	916	8.23	808	8.68	712	9.13	624
7.34	1035	7.79	914	8.24	806	8.69	710	9.14	623
7.35	1032	7.80	911	8.25	804	8.70	708	9.15	621
7.36	1029	7.81	909	8.26	802	8.71	706	9.16	619
7.37	1026	7.82	906	8.27	799	8.72	704	9.17	617
7.38	1023	7.83	904	8.28	797	8.73	702	9.18	615
7.39	1021	7.84	901	8.29	795	8.74	700	9.19	613
7.40	1018	7.85	899	8.30	793	8.75	698	9.20	612
7.41	1015	7.86	896	8.31	790	8.76	695	9.21	610
7.42	1012	7.87	894	8.32	788	8.77	693	9.22	608
7.43	1009	7.88	891	8.33	786	8.78	692	9.23	606
7.44	1007	7.89	889	8.34	784	8.79	690	9.24	604
7.45	1004	7.90	886	8.35	782	8.80	688	9.25	603
7.46	1001	7.91	884	8.36	779	8.81	686	9.26	601
7.47	998	7.92	882	8.37	777	8.82	684	9.27	599
7.48	996	7.93	879	8.38	775	8.83	682	9.28	597
7.49	993	7.94	877	8.39	773	8.84	680	9.29	595
7.50	990	7.95	874	8.40	771	8.85	678	9.30	594
7.51	987	7.96	872	8.41	768	8.86	676	9.31	592
7.52	985	7.97	869	8.42	766	8.87	674	9.32	590
7.53	982	7.98	867	8.43	764	8.88	672	9.33	588
7.54	979	7.99	865	8.44	762	8.89	670	9.34	587
7.55	977	8.00	862	8.45	760	8.90	668	9.35	585
7.56	974	8.01	860	8.46	758	8.91	666	9.36	583
7.57	971	8.02	857	8.47	756	8.92	664	9.37	581
7.58	969	8.03	855	8.48	753	8.93	662	9.38	580
7.59	966	8.04	853	8.49	751	8.94	660	9.39	578
7.60	963	8.05	850	8.50	749	8.95	658	9.40	576
7.61	961	8.06	848	8.51	747	8.96	656	9.41	574
7.62	958	8.07	845	8.52	745	8.97	654	9.42	573
7.63	955	8.08	843	8.53	743	8.98	653	9.43	571
7.64	953	8.09	841	8.54	741	8.99	651	9.44	569
7.65	950	8.10	838	8.55	739	9.00	649	9.45	567
7.66	947	8.11	836	8.56	736	9.01	647	9.46	566
7.67	945	8.12	834	8.57	734	9.02	645	9.47	564
7.68	942	8.13	831	8.58	732	9.03	643	9.48	562
7.69	940	8.14	829	8.59	730	9.04	641	9.49	561
7.70	937	8.15	827	8.60	728	9.05	639	9.50	559
7.71	934	8.16	824	8.61	726	9.06	637	9.51	557
7.72	932	8.17	822	8.62	724	9.07	636	9.52	555
7.73	929	8.18	820	8.63	722	9.08	634	9.53	554



60 METERS / 60 METROS (11-12)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
9.54	552	9.99	480	10.44	413	10.89	352	11.34	296
9.55	550	10.00	478	10.45	412	10.90	351	11.35	295
9.56	549	10.01	476	10.46	410	10.91	350	11.36	294
9.57	547	10.02	475	10.47	409	10.92	349	11.37	293
9.58	545	10.03	473	10.48	408	10.93	347	11.38	292
9.59	544	10.04	472	10.49	406	10.94	346	11.39	290
9.60	542	10.05	470	10.50	405	10.95	345	11.40	289
9.61	540	10.06	469	10.51	403	10.96	343	11.41	288
9.62	539	10.07	467	10.52	402	10.97	342	11.42	287
9.63	537	10.08	466	10.53	401	10.98	341	11.43	286
9.64	535	10.09	464	10.54	399	10.99	340	11.44	285
9.65	534	10.10	463	10.55	398	11.00	338	11.45	283
9.66	532	10.11	461	10.56	397	11.01	337	11.46	282
9.67	530	10.12	460	10.57	395	11.02	336	11.47	281
9.68	529	10.13	458	10.58	394	11.03	335	11.48	280
9.69	527	10.14	457	10.59	392	11.04	333	11.49	279
9.70	526	10.15	455	10.60	391	11.05	332	11.50	278
9.71	524	10.16	454	10.61	390	11.06	331	11.51	276
9.72	522	10.17	452	10.62	388	11.07	329	11.52	275
9.73	521	10.18	451	10.63	387	11.08	328	11.53	274
9.74	519	10.19	449	10.64	386	11.09	327	11.54	273
9.75	517	10.20	448	10.65	384	11.10	326	11.55	272
9.76	516	10.21	446	10.66	383	11.11	324	11.56	271
9.77	514	10.22	445	10.67	382	11.12	323	11.57	270
9.78	513	10.23	443	10.68	380	11.13	322	11.58	268
9.79	511	10.24	442	10.69	379	11.14	321	11.59	267
9.80	509	10.25	441	10.70	377	11.15	320	11.60	266
9.81	508	10.26	439	10.71	376	11.16	318	11.61	265
9.82	506	10.27	438	10.72	375	11.17	317	11.62	264
9.83	505	10.28	436	10.73	373	11.18	316	11.63	263
9.84	503	10.29	435	10.74	372	11.19	315	11.64	262
9.85	501	10.30	433	10.75	371	11.20	313	11.65	260
9.86	500	10.31	432	10.76	369	11.21	312	11.66	259
9.87	498	10.32	430	10.77	368	11.22	311	11.67	258
9.88	497	10.33	429	10.78	367	11.23	310	11.68	257
9.89	495	10.34	427	10.79	366	11.24	308	11.69	256
9.90	494	10.35	426	10.80	364	11.25	307	11.70	255
9.91	492	10.36	425	10.81	363	11.26	306	11.71	254
9.92	490	10.37	423	10.82	362	11.27	305	11.72	253
9.93	489	10.38	422	10.83	360	11.28	304	11.73	251
9.94	487	10.39	420	10.84	359	11.29	302	11.74	250
9.95	486	10.40	419	10.85	358	11.30	301	11.75	249
9.96	484	10.41	417	10.86	356	11.31	300	11.76	248
9.97	483	10.42	416	10.87	355	11.32	299	11.77	247
9.98	481	10.43	415	10.88	354	11.33	298	11.78	246



60 METERS / 60 METROS (11-12)									
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
11.79	245	12.23	198	12.67	154	13.15	110	13.66	66
11.80	244	12.24	197	12.68	153	13.16	109	13.68	65
11.81	243	12.25	196	12.69	152	13.17	108	13.69	64
11.82	241	12.26	195	12.70	151	13.18	107	13.70	63
11.83	240	12.27	194	12.71	150	13.20	106	13.71	62
11.84	239	12.28	193	12.72	149	13.21	105	13.73	61
11.85	238	12.29	192	12.74	148	13.22	104	13.74	60
11.86	237	12.30	191	12.75	147	13.23	103	13.75	59
11.87	236	12.31	190	12.76	146	13.24	102	13.76	58
11.88	235	12.32	189	12.77	145	13.25	101	13.78	57
11.89	234	12.33	188	12.78	144	13.26	100	13.79	56
11.90	233	12.34	187	12.79	143	13.28	99	13.80	55
11.91	232	12.35	186	12.80	142	13.29	98	13.81	54
11.92	231	12.36	185	12.81	141	13.30	97	13.82	53
11.93	229	12.37	184	12.82	140	13.31	96	13.84	52
11.94	228	12.38	183	12.83	139	13.32	95	13.85	51
11.95	227	12.39	182	12.84	138	13.33	94	13.86	50
11.96	226	12.40	181	12.85	137	13.34	93	13.87	49
11.97	225	12.41	180	12.86	136	13.36	92	13.89	48
11.98	226	12.42	179	12.87	135	13.37	91	13.90	47
11.99	223	12.43	178	12.89	134	13.38	90	13.91	46
12.00	222	12.44	177	12.90	133	13.39	89	13.93	45
12.01	221	12.45	176	12.91	132	13.40	88	13.94	44
12.02	220	12.46	175	12.92	131	13.41	87	13.95	43
12.03	219	12.47	174	12.93	130	13.43	86	13.96	42
12.04	218	12.48	173	12.94	129	13.44	85	13.98	41
12.05	217	12.49	172	12.95	128	13.45	84	13.99	40
12.06	216	12.50	171	12.96	127	13.46	83	14.00	39
12.07	214	12.51	170	12.97	126	13.47	82	14.01	38
12.08	213	12.52	169	12.98	125	13.48	81	14.03	37
12.09	212	12.53	168	12.99	124	13.50	80	14.04	36
12.10	211	12.54	167	13.01	123	13.51	79	14.05	35
12.11	210	12.55	166	13.02	122	13.52	78	14.07	34
12.12	209	12.56	165	13.03	121	13.53	77	14.08	33
12.13	208	12.57	164	13.04	120	13.54	76	14.09	32
12.14	207	12.58	163	13.05	119	13.56	75	14.10	31
12.15	206	12.59	162	13.06	118	13.57	74	14.12	30
12.16	205	12.60	161	13.07	117	13.58	73	14.13	29
12.17	204	12.61	160	13.08	116	13.59	72	14.14	28
12.18	203	12.62	159	13.09	115	13.60	71	14.16	27
12.19	202	12.63	158	13.11	114	13.62	70	14.17	26
12.20	201	12.64	157	13.12	113	13.63	69	14.18	25
12.21	200	12.65	156	13.13	112	13.64	68	14.20	24
12.22	199	12.66	155	13.14	111	13.65	67	14.21	23

60 METERS / 60 METROS (11-12)

MARK	POINT	HAND TIMES TIEMPOS MANUALES			
14.22	22				
14.24	21				
14.25	20	MARK	POINT	MARK	POINT
14.26	19	7.1	1035	11.2	285
14.27	18	7.2	1007	11.3	273
14.29	17	7.3	979	11.4	262
14.30	16	7.4	953	11.5	250
14.31	15	7.5	927	11.6	239
14.33	14	7.6	901	11.7	228
14.34	13	7.7	877	11.8	218
14.35	12	7.8	853	11.9	207
14.37	11	7.9	829	12.0	197
14.38	10	8.0	806	12.1	187
14.40	9	8.1	784	12.2	177
14.41	8	8.2	762	12.3	167
14.42	7	8.3	741	12.4	157
14.44	6	8.4	720	12.5	148
14.45	5	8.5	700	12.6	138
14.46	4	8.6	680	12.7	129
14.48	3	8.7	660	12.8	120
14.49	2	8.8	641	12.9	111
14.50	1	8.9	623	13.0	102
		9.0	604	13.1	93
		9.1	587	13.2	85
		9.2	569	13.3	76
		9.3	552	13.4	68
		9.4	535	13.5	60
		9.5	519	13.6	52
		9.6	503	13.7	44
		9.7	487	13.8	36
		9.8	472	13.9	28
		9.9	457	14.0	21
		10.0	442	14.1	13
		10.1	427	14.2	6
		10.2	413		
		10.3	399		
		10.4	386		
		10.5	372		
		10.6	359		
		10.7	346		
		10.8	333		
		10.9	321		
		11.0	308		
		11.1	296		

80

Meters

Metros



80 METERS / 80 METROS (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
8.89	1049	9.34	941	9.79	843	10.24	753	10.69	671
8.90	1046	9.35	938	9.80	840	10.25	751	10.70	669
8.91	1044	9.36	936	9.81	838	10.26	749	10.71	668
8.92	1041	9.37	934	9.82	836	10.27	747	10.72	666
8.93	1039	9.38	932	9.83	834	10.28	746	10.73	664
8.94	1036	9.39	929	9.84	832	10.29	744	10.74	662
8.95	1034	9.40	927	9.85	830	10.30	742	10.75	661
8.96	1031	9.41	925	9.86	828	10.31	740	10.76	659
8.97	1029	9.42	923	9.87	826	10.32	738	10.77	657
8.98	1026	9.43	920	9.88	824	10.33	736	10.78	656
8.99	1025	9.44	918	9.89	822	10.34	734	10.79	654
9.00	1021	9.45	916	9.90	820	10.35	732	10.80	652
9.01	1019	9.46	914	9.91	818	10.36	731	10.81	650
9.02	1016	9.47	911	9.92	816	10.37	729	10.82	649
9.03	1014	9.48	909	9.93	814	10.38	727	10.83	647
9.04	1011	9.49	907	9.94	812	10.39	725	10.84	645
9.05	1009	9.50	905	9.95	810	10.40	723	10.85	644
9.06	1007	9.51	903	9.96	808	10.41	721	10.86	642
9.07	1004	9.52	900	9.97	806	10.42	719	10.87	640
9.08	1002	9.53	898	9.98	804	10.43	718	10.88	639
9.09	999	9.54	896	9.99	802	10.44	716	10.89	637
9.10	997	9.55	894	10.00	800	10.45	714	10.90	635
9.11	995	9.56	892	10.01	798	10.46	712	10.91	634
9.12	992	9.57	889	10.02	796	10.47	710	10.92	632
9.13	990	9.58	887	10.03	794	10.48	709	10.93	630
9.14	987	9.59	885	10.04	792	10.49	707	10.94	629
9.15	985	9.60	883	10.05	790	10.50	705	10.95	627
9.16	983	9.61	881	10.06	788	10.51	703	10.96	625
9.17	980	9.62	879	10.07	786	10.52	701	10.97	624
9.18	978	9.63	876	10.08	784	10.53	699	10.98	622
9.19	975	9.64	874	10.09	782	10.54	698	10.99	620
9.20	973	9.65	872	10.10	780	10.55	696	11.00	619
9.21	971	9.66	870	10.11	778	10.56	694	11.01	617
9.22	968	9.67	868	10.12	776	10.57	692	11.02	615
9.23	966	9.68	866	10.13	774	10.58	691	11.03	614
9.24	964	9.69	864	10.14	772	10.59	689	11.04	612
9.25	961	9.70	861	10.15	770	10.60	687	11.05	610
9.26	959	9.71	859	10.16	768	10.61	685	11.06	609
9.27	957	9.72	857	10.17	766	10.62	683	11.07	607
9.28	954	9.73	855	10.18	765	10.63	682	11.08	606
9.29	952	9.74	853	10.19	763	10.64	680	11.09	604
9.30	950	9.75	851	10.20	761	10.65	678	11.10	602
9.31	948	9.76	849	10.21	759	10.66	676	11.11	601
9.32	945	9.77	847	10.22	757	10.67	675	11.12	599
9.33	943	9.78	845	10.23	755	10.68	673	11.13	597



80 METERS / 80 METROS (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
11.14	596	11.59	526	12.04	462	12.49	402	12.94	347
11.15	594	11.60	525	12.05	461	12.50	401	12.95	346
11.16	593	11.61	523	12.06	459	12.51	400	12.96	345
11.17	591	11.62	522	12.07	458	12.52	399	12.97	343
11.18	589	11.63	520	12.08	457	12.53	397	12.98	342
11.19	588	11.64	519	12.09	455	12.54	396	12.99	341
11.20	586	11.65	517	12.10	454	12.55	395	13.00	340
11.21	585	11.66	516	12.11	452	12.56	394	13.01	339
11.22	583	11.67	515	12.12	451	12.57	392	13.02	337
11.23	581	11.68	513	12.13	450	12.58	391	13.03	336
11.24	580	11.69	512	12.14	448	12.59	390	13.04	335
11.25	578	11.70	510	12.15	447	12.60	388	13.05	334
11.26	577	11.71	509	12.16	446	12.61	387	13.06	333
11.27	575	11.72	507	12.17	444	12.62	386	13.07	332
11.28	574	11.73	506	12.18	443	12.63	385	13.08	330
11.29	572	11.74	504	12.19	442	12.64	383	13.09	329
11.30	570	11.75	503	12.20	440	12.65	382	13.10	328
11.31	569	11.76	501	12.21	439	12.66	381	13.11	327
11.32	567	11.77	500	12.22	438	12.67	380	13.12	326
11.33	566	11.78	499	12.23	436	12.68	379	13.13	325
11.34	564	11.79	497	12.24	435	12.69	377	13.14	323
11.35	563	11.80	496	12.25	434	12.70	376	13.15	322
11.36	561	11.81	494	12.26	432	12.71	375	13.16	321
11.37	560	11.82	493	12.27	431	12.72	374	13.17	320
11.38	558	11.83	491	12.28	430	12.73	372	13.18	319
11.39	557	11.84	490	12.29	428	12.74	371	13.19	318
11.40	555	11.85	489	12.30	427	12.75	370	13.20	317
11.41	553	11.86	487	12.31	426	12.76	369	13.21	315
11.42	552	11.87	486	12.32	424	12.77	367	13.22	314
11.43	550	11.88	484	12.33	423	12.78	366	13.23	313
11.44	549	11.89	483	12.34	422	12.79	365	13.24	312
11.45	547	11.90	482	12.35	421	12.80	364	13.25	311
11.46	546	11.91	480	12.36	419	12.81	363	13.26	310
11.47	544	11.92	479	12.37	418	12.82	361	13.27	309
11.48	543	11.93	477	12.38	417	12.83	360	13.28	307
11.49	541	11.94	476	12.39	415	12.84	359	13.29	306
11.50	540	11.95	475	12.40	414	12.85	358	13.30	305
11.51	538	11.96	473	12.41	413	12.86	357	13.31	304
11.52	537	11.97	472	12.42	411	12.87	355	13.32	303
11.53	535	11.98	470	12.43	410	12.88	354	13.33	302
11.54	534	11.99	469	12.44	409	12.89	353	13.34	301
11.55	532	12.00	468	12.45	408	12.90	352	13.35	300
11.56	531	12.01	466	12.46	406	12.91	350	13.36	298
11.57	529	12.02	465	12.47	405	12.92	349	13.37	297
11.58	528	12.03	463	12.48	404	12.93	348	13.38	296

80 METERS / 80 METROS (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
13.39	295	13.84	247	14.29	201	14.74	159	15.19	119
13.40	294	13.85	246	14.30	200	14.75	158	15.20	118
13.41	293	13.86	245	14.31	199	14.76	157	15.21	117
13.42	292	13.87	244	14.32	198	14.77	156	15.22	116
13.43	291	13.88	243	14.33	197	14.78	155	15.23	115
13.44	290	13.89	242	14.34	197	14.79	154	15.24	114
13.45	289	13.90	241	14.35	196	14.80	153	15.25	114
13.46	287	13.91	239	14.36	195	14.81	152	15.26	113
13.47	286	13.92	238	14.37	194	14.82	152	15.27	112
13.48	285	13.93	237	14.38	193	14.83	151	15.28	111
13.49	284	13.94	236	14.39	192	14.84	150	15.29	110
13.50	283	13.95	235	14.40	191	14.85	149	15.30	109
13.51	282	13.96	234	14.41	190	14.86	148	15.31	108
13.52	281	13.97	233	14.42	189	14.87	147	15.32	108
13.53	280	13.98	232	14.43	188	14.88	146	15.33	107
13.54	279	13.99	231	14.44	187	14.89	145	15.34	106
13.55	278	14.00	230	14.45	186	14.90	144	15.35	105
13.56	276	14.01	229	14.46	185	14.91	143	15.36	104
13.57	275	14.02	228	14.47	184	14.92	142	15.37	103
13.58	274	14.03	227	14.48	183	14.93	142	15.38	103
13.59	273	14.04	226	14.49	182	14.94	141	15.39	102
13.60	272	14.05	225	14.50	181	14.95	140	15.40	101
13.61	271	14.06	224	14.51	180	14.96	139	15.41	100
13.62	270	14.07	223	14.52	179	14.97	138	15.42	99
13.63	269	14.08	222	14.53	178	14.98	137	15.43	98
13.64	268	14.09	221	14.54	177	14.99	136	15.44	97
13.65	267	14.10	220	14.55	176	15.00	135	15.45	97
13.66	266	14.11	219	14.56	176	15.01	134	15.46	96
13.67	265	14.12	218	14.57	175	15.02	134	15.47	95
13.68	264	14.13	217	14.58	174	15.03	133	15.48	94
13.69	263	14.14	216	14.59	173	15.04	132	15.49	93
13.70	261	14.15	215	14.60	172	15.05	131	15.50	93
13.71	260	14.16	214	14.61	171	15.06	130	15.51	92
13.72	259	14.17	213	14.62	170	15.07	129	15.52	91
13.73	258	14.18	212	14.63	169	15.08	128	15.53	90
13.74	257	14.19	211	14.64	168	15.09	127	15.54	89
13.75	256	14.20	210	14.65	167	15.10	127	15.55	88
13.76	255	14.21	209	14.66	166	15.11	126	15.56	88
13.77	254	14.22	208	14.67	165	15.12	125	15.57	87
13.78	253	14.23	207	14.68	164	15.13	124	15.58	86
13.79	252	14.24	206	14.69	163	15.14	123	15.59	85
13.80	251	14.25	205	14.70	162	15.15	122	15.60	84
13.81	250	14.26	204	14.71	162	15.16	121	15.61	83
13.82	249	14.27	203	14.72	161	15.17	120	15.62	83
13.83	248	14.28	202	14.73	160	15.18	120	15.63	82

80 METERS / 80 METROS (13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	HAND TIMES TIEMPOS MANUALES			
						MARK	POINT	MARK	POINT
15.64	81	16.09	45	16.54	12				
15.65	80	16.10	45	16.55	11				
15.66	79	16.11	44	16.56	10				
15.67	79	16.12	43	16.57	9				
15.68	78	16.13	42	16.58	9				
15.69	77	16.14	42	16.59	8				
15.70	76	16.15	41	16.60	7				
15.71	75	16.16	40	16.61	7				
15.72	75	16.17	39	16.62	6				
15.73	74	16.18	38	16.63	5				
15.74	73	16.19	38	16.64	4				
15.75	72	16.20	37	16.65	4				
15.76	71	16.21	36	16.66	3				
15.77	70	16.22	35	16.67	2				
15.78	70	16.23	35	16.68	2				
15.79	69	16.24	34	16.69	1				
15.80	68	16.25	33	16.70	0				
15.81	67	16.26	32						
15.82	66	16.27	32						
15.83	66	16.28	31						
15.84	65	16.29	30						
15.85	64	16.30	29						
15.86	63	16.31	29						
15.87	63	16.32	28						
15.88	62	16.33	27						
15.89	61	16.34	26						
15.90	60	16.35	26						
15.91	59	16.36	25						
15.92	59	16.37	24						
15.93	58	16.38	23						
15.94	57	16.39	23						
15.95	56	16.40	22						
15.96	55	16.41	21						
15.97	54	16.42	20						
15.98	54	16.43	20						
15.99	53	16.44	19						
16.00	52	16.45	18						
16.01	52	16.46	17						
16.02	51	16.47	17						
16.03	50	16.48	16						
16.04	49	16.49	15						
16.05	48	16.50	15						
16.06	48	16.51	14						
16.07	47	16.52	13						
16.08	46	16.53	12						
						8.8	1015	13.0	312
						8.9	996	13.1	301
						9.0	990	13.2	290
						9.1	943	13.3	279
						9.2	920	13.4	268
						9.3	898	13.5	258
						9.4	876	13.6	247
						9.5	854	13.7	237
						9.6	834	13.8	227
						9.7	813	13.9	217
						9.8	793	14.0	207
						9.9	773	14.1	197
						10.0	754	14.2	188
						10.1	735	14.3	178
						10.2	716	14.4	169
						10.3	698	14.5	160
						10.4	680	14.6	151
						10.5	663	14.7	142
						10.6	645	14.8	133
						10.7	629	14.9	124
						10.8	612	15.0	116
						10.9	596	15.1	107
						11.0	580	15.2	99
						11.1	564	15.3	91
						11.2	549	15.4	83
						11.3	534	15.5	75
						11.4	519	15.6	67
						11.5	504	15.7	59
						11.6	490	15.8	51
						11.7	476	15.9	44
						11.8	462	16.0	36
						11.9	448	16.1	29
						12.0	435	16.2	21
						12.1	422	16.3	14
						12.2	409	16.4	7
						12.3	396		
						12.4	383		
						12.5	371		
						12.6	359		
						12.7	347		
						12.8	335		
						12.9	324		

60

Meters

hurdles

Metros

vallas



60 METERS HURDLES / 60 METROS VALLAS (13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
7.61	1050	8.07	945	8.53	851	8.99	767	9.45	691
7.62	1048	8.08	943	8.54	849	9.00	765	9.46	689
7.63	1045	8.09	941	8.55	847	9.01	763	9.47	688
7.64	1043	8.10	939	8.56	845	9.02	762	9.48	686
7.65	1041	8.11	936	8.57	843	9.03	760	9.49	685
7.66	1038	8.12	934	8.58	842	9.04	758	9.50	683
7.67	1036	8.13	932	8.59	840	9.05	756	9.51	681
7.68	1033	8.14	930	8.60	838	9.06	755	9.52	680
7.69	1031	8.15	928	8.61	836	9.07	753	9.53	678
7.70	1029	8.16	926	8.62	834	9.08	751	9.54	677
7.71	1026	8.17	924	8.63	832	9.09	750	9.55	675
7.72	1024	8.18	922	8.64	830	9.10	748	9.56	674
7.73	1022	8.19	920	8.65	828	9.11	746	9.57	672
7.74	1019	8.20	917	8.66	826	9.12	745	9.58	671
7.75	1017	8.21	915	8.67	825	9.13	743	9.59	669
7.76	1015	8.22	913	8.68	823	9.14	741	9.60	668
7.77	1012	8.23	911	8.69	821	9.15	740	9.61	666
7.78	1010	8.24	909	8.70	819	9.16	738	9.62	664
7.79	1008	8.25	907	8.71	817	9.17	736	9.63	663
7.80	1005	8.26	905	8.72	815	9.18	735	9.64	661
7.81	1003	8.27	903	8.73	813	9.19	733	9.65	660
7.82	1001	8.28	901	8.74	812	9.20	731	9.66	658
7.83	998	8.29	899	8.75	810	9.21	730	9.67	657
7.84	996	8.30	897	8.76	808	9.22	728	9.68	655
7.85	994	8.31	895	8.77	806	9.23	726	9.69	654
7.86	992	8.32	893	8.78	804	9.24	725	9.70	652
7.87	989	8.33	891	8.79	802	9.25	723	9.71	651
7.88	987	8.34	889	8.80	801	9.26	721	9.72	649
7.89	985	8.35	887	8.81	799	9.27	720	9.73	648
7.90	982	8.36	885	8.82	797	9.28	718	9.74	647
7.91	980	8.37	883	8.83	795	9.29	716	9.75	645
7.92	978	8.38	881	8.84	793	9.30	715	9.76	644
7.93	976	8.39	879	8.85	792	9.31	713	9.77	642
7.94	974	8.40	877	8.86	790	9.32	712	9.78	641
7.95	971	8.41	875	8.87	788	9.33	710	9.79	639
7.96	969	8.42	873	8.88	786	9.34	708	9.80	638
7.97	967	8.43	871	8.89	784	9.35	707	9.81	636
7.98	965	8.44	869	8.90	783	9.36	705	9.82	635
7.99	962	8.45	867	8.91	781	9.37	703	9.83	633
8.00	960	8.46	865	8.92	779	9.38	702	9.84	632
8.01	958	8.47	863	8.93	777	9.39	700	9.85	630
8.02	956	8.48	861	8.94	776	9.40	699	9.86	629
8.03	954	8.49	859	8.95	774	9.41	697	9.87	628
8.04	952	8.50	857	8.96	772	9.42	696	9.88	626
8.05	949	8.51	855	8.97	770	9.43	694	9.89	625
8.06	947	8.52	853	8.98	769	9.44	692	9.90	623



60 METERS HURDLES / 60 METROS VALLAS (13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
9.91	622	10.37	559	10.83	501	11.29	448	11.75	400
9.92	620	10.38	558	10.84	500	11.30	447	11.76	399
9.93	619	10.39	556	10.85	499	11.31	446	11.77	398
9.94	617	10.40	555	10.86	498	11.32	445	11.78	397
9.95	616	10.41	554	10.87	497	11.33	444	11.79	396
9.96	615	10.42	552	10.88	495	11.34	443	11.80	395
9.97	613	10.43	551	10.89	494	11.35	442	11.81	394
9.98	612	10.44	550	10.90	493	11.36	441	11.82	393
9.99	610	10.45	548	10.91	492	11.37	440	11.83	392
10.00	609	10.46	547	10.92	491	11.38	439	11.84	391
10.01	608	10.47	546	10.93	489	11.39	438	11.85	390
10.02	606	10.48	545	10.94	488	11.40	436	11.86	389
10.03	605	10.49	543	10.95	487	11.41	435	11.87	388
10.04	603	10.50	542	10.96	486	11.42	434	11.88	387
10.05	602	10.51	541	10.97	485	11.43	433	11.89	386
10.06	601	10.52	540	10.98	484	11.44	432	11.90	385
10.07	599	10.53	538	10.99	482	11.45	431	11.91	384
10.08	598	10.54	537	11.00	481	11.46	430	11.92	383
10.09	596	10.55	536	11.01	480	11.47	429	11.93	382
10.10	595	10.56	534	11.02	479	11.48	428	11.94	381
10.11	594	10.57	533	11.03	478	11.49	427	11.95	380
10.12	592	10.58	532	11.04	477	11.50	426	11.96	379
10.13	591	10.59	531	11.05	475	11.51	425	11.97	378
10.14	590	10.60	529	11.06	474	11.52	424	11.98	377
10.15	588	10.61	528	11.07	473	11.53	423	11.99	376
10.16	587	10.62	527	11.08	472	11.54	422	12.00	375
10.17	586	10.63	526	11.09	471	11.55	420	12.01	374
10.18	584	10.64	524	11.10	470	11.56	419	12.02	373
10.19	583	10.65	523	11.11	469	11.57	418	12.03	372
10.20	581	10.66	522	11.12	467	11.58	417	12.04	371
10.21	580	10.67	521	11.13	466	11.59	416	12.05	370
10.22	579	10.68	520	11.14	465	11.60	415	12.06	369
10.23	577	10.69	518	11.15	464	11.61	414	12.07	368
10.24	576	10.70	517	11.16	463	11.62	413	12.08	367
10.25	575	10.71	516	11.17	462	11.63	412	12.09	366
10.26	573	10.72	515	11.18	461	11.64	411	12.10	365
10.27	572	10.73	513	11.19	460	11.65	410	12.11	364
10.28	571	10.74	512	11.20	458	11.66	409	12.12	363
10.29	569	10.75	511	11.21	457	11.67	408	12.13	362
10.30	568	10.76	510	11.22	456	11.68	407	12.14	361
10.31	567	10.77	509	11.23	455	11.69	406	12.15	360
10.32	565	10.78	507	11.24	454	11.70	405	12.16	359
10.33	564	10.79	506	11.25	453	11.71	404	12.18	358
10.34	563	10.80	505	11.26	452	11.72	403	12.19	357
10.35	561	10.81	504	11.27	451	11.73	402	12.20	356
10.36	560	10.82	503	11.28	450	11.74	401		



60 METERS HURDLES / 60 METROS VALLAS (13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
12.21	355	12.72	309	13.27	263	13.87	217	14.53	171
12.22	354	12.73	308	13.28	262	13.89	216	14.55	170
12.23	353	12.74	307	13.29	261	13.90	215	14.56	169
12.24	352	12.75	306	13.31	260	13.91	214	14.58	168
12.25	351	12.76	305	13.32	259	13.93	213	14.59	167
12.26	350	12.77	304	13.33	258	13.94	212	14.61	166
12.27	349	12.79	303	13.34	257	13.95	211	14.62	165
12.28	348	12.80	302	13.36	256	13.97	210	14.64	164
12.29	347	12.81	301	13.37	255	13.98	209	14.65	163
12.30	346	12.82	300	13.38	254	14.00	208	14.67	162
12.31	345	12.83	299	13.40	253	14.01	207	14.68	161
12.32	344	12.84	298	13.41	252	14.02	206	14.70	160
12.34	343	12.86	297	13.42	251	14.04	205	14.71	159
12.35	342	12.87	296	13.43	250	14.05	204	14.73	158
12.36	341	12.88	295	13.45	249	14.07	203	14.75	157
12.37	340	12.89	294	13.46	248	14.08	202	14.76	156
12.38	339	12.90	293	13.47	247	14.09	201	14.78	155
12.39	338	12.91	292	13.49	246	14.11	200	14.79	154
12.40	337	12.93	291	13.50	245	14.12	199	14.81	153
12.41	336	12.94	290	13.51	244	14.14	198	14.82	152
12.42	335	12.95	289	13.52	243	14.15	197	14.84	151
12.43	334	12.96	288	13.54	242	14.17	196	14.85	150
12.45	333	12.97	287	13.55	241	14.18	195	14.87	149
12.46	332	12.99	286	13.56	240	14.19	194	14.89	148
12.47	331	13.00	285	13.58	239	14.21	193	14.90	147
12.48	330	13.01	284	13.59	238	14.22	192	14.92	146
12.49	329	13.02	283	13.60	237	14.24	191	14.93	145
12.50	328	13.03	282	13.62	236	14.25	190	14.95	144
12.51	327	13.05	281	13.63	235	14.27	189	14.97	143
12.52	326	13.06	280	13.64	234	14.28	188	14.98	142
12.53	325	13.07	279	13.66	233	14.30	187	15.00	141
12.55	324	13.08	278	13.67	232	14.31	186	15.01	140
12.56	323	13.10	277	13.68	231	14.32	185	15.03	139
12.57	322	13.11	276	13.70	230	14.34	184	15.05	138
12.58	321	13.12	275	13.71	229	14.35	183	15.06	137
12.59	320	13.13	274	13.72	228	14.37	182	15.08	136
12.60	319	13.14	273	13.74	227	14.38	181	15.09	135
12.61	318	13.16	272	13.75	226	14.40	180	15.11	134
12.62	317	13.17	271	13.76	225	14.41	179	15.13	133
12.64	316	13.18	270	13.78	224	14.43	178	15.14	132
12.65	315	13.19	269	13.79	223	14.44	177	15.16	131
12.66	314	13.21	268	13.80	222	14.46	176	15.18	130
12.67	313	13.22	267	13.82	221	14.47	175	15.19	129
12.68	312	13.23	266	13.83	220	14.49	174	15.21	128
12.69	311	13.24	265	13.84	219	14.50	173	15.23	127
12.70	310	13.26	264	13.86	218	14.52	172	15.24	126

60 METERS HURDLES / 60 METROS VALLAS (13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	HAND TIMES			
						TIEMPOS MANUALES			
						MARK	POINT	MARK	POINT
15.26	125	16.06	79	16.95	33				
15.28	124	16.08	78	16.97	32	8.7	777	13.1	258
15.29	123	16.10	77	16.99	31	8.8	759	13.2	250
15.31	122	16.12	76	17.01	30	8.9	742	13.3	242
15.33	121	16.14	75	17.04	29	9.0	725	13.4	235
15.34	120	16.15	74	17.06	28	9.1	709	13.5	227
15.36	119	16.17	73	17.08	27	9.2	693	13.6	220
15.38	118	16.19	72	17.10	26	9.3	677	13.7	213
15.39	117	16.21	71	17.12	25	9.4	662	13.8	206
15.41	116	16.23	70	17.14	24	9.5	647	13.9	198
15.43	115	16.25	69	17.16	23	9.6	632	14.0	192
15.44	114	16.27	68	17.18	22	9.7	617	14.1	185
15.46	113	16.28	67	17.20	21	9.8	603	14.2	178
15.48	112	16.30	66	17.22	20	9.9	589	14.3	171
15.49	111	16.32	65	17.24	19	10.0	576	14.4	165
15.51	110	16.34	64	17.27	18	10.1	563	14.5	158
15.53	109	16.36	63	17.29	17	10.2	549	14.6	152
15.55	108	16.38	62	17.31	16	10.3	537	14.7	146
15.56	107	16.40	61	17.33	15	10.4	524	14.8	140
15.58	106	16.42	60	17.35	14	10.5	512	14.9	134
15.60	105	16.44	59	17.37	13	10.6	500	15.0	128
15.61	104	16.46	58	17.39	12	10.7	488	15.1	122
15.63	103	16.48	57	17.42	11	10.8	476	15.2	116
15.65	102	16.50	56	17.44	10	10.9	465	15.3	110
15.67	101	16.51	55	17.46	9	11.0	454	15.4	104
15.68	100	16.53	54	17.48	8	11.1	443	15.5	99
15.70	99	16.55	53	17.50	7	11.2	432	15.6	93
15.72	98	16.57	52	17.52	6	11.3	421	15.7	88
15.74	97	16.59	51	17.55	5	11.4	411	15.8	82
15.75	96	16.61	50	17.57	4	11.5	400	15.9	77
15.77	95	16.63	49	17.59	3	11.6	390	16.0	72
15.79	94	16.65	48	17.61	2	11.7	380	16.1	66
15.81	93	16.67	47	17.63	1	11.8	371	16.2	61
15.83	92	16.69	46	HAND-MANUAL		11.9	361	16.3	56
15.84	91	16.71	45	MARK	POINT				
15.86	90	16.73	44	7.6	1000	12.0	352	16.4	51
15.88	89	16.75	43	7.7	978	12.1	342	16.5	46
15.90	88	16.77	42	7.8	955	12.2	333	16.6	41
15.92	87	16.79	41	7.9	933	12.3	324	16.7	36
15.93	86	16.81	40	8.0	912	12.4	316	16.8	31
15.95	85	16.83	39	8.1	891	12.5	307	16.9	27
15.97	84	16.85	38	8.2	871	12.6	298	17.0	22
15.99	83	16.87	37	8.3	851	12.7	290	17.1	17
16.01	82	16.89	36	8.4	832	12.8	282	17.2	13
16.02	81	16.91	35	8.5	813	12.9	273	17.3	8
16.04	80	16.93	34	8.6	795	13.0	265	17.4	4

80

Meters

hurdles

Metros

vallas

80 METERS HURDLES / 80 METROS VALLAS (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
9.76	1050	10.20	970	10.64	896	11.08	829	11.52	776
9.77	1048	10.21	968	10.65	895	11.09	827	11.53	765
9.78	1046	10.22	966	10.66	983	11.10	826	11.54	763
9.79	1044	10.23	964	10.67	891	11.11	824	11.55	762
9.80	1042	10.24	963	10.68	890	11.12	823	11.56	761
9.81	1040	10.25	961	10.69	888	11.13	821	11.57	759
9.82	1038	10.26	959	10.70	887	11.14	820	11.58	758
9.83	1036	10.27	957	10.71	885	11.15	818	11.59	757
9.84	1034	10.28	956	10.72	883	11.16	817	11.60	755
9.85	1033	10.29	954	10.73	882	11.17	815	11.61	754
9.86	1031	10.30	952	10.74	880	11.18	814	11.62	753
9.87	1029	10.31	951	10.75	879	11.19	813	11.63	751
9.88	1027	10.32	949	10.76	877	11.20	811	11.64	750
9.89	1025	10.33	947	10.77	876	11.21	810	11.65	749
9.90	1023	10.34	945	10.78	874	11.22	808	11.66	747
9.91	1021	10.35	944	10.79	872	11.23	807	11.67	746
9.92	1020	10.36	942	10.80	871	11.24	805	11.68	745
9.93	1018	10.37	940	10.81	869	11.25	804	11.69	743
9.94	1016	10.38	939	10.82	868	11.26	802	11.70	742
9.95	1014	10.39	937	10.83	866	11.27	801	11.71	741
9.96	1012	10.40	935	10.84	865	11.28	800	11.72	739
9.97	1010	10.41	934	10.85	863	11.29	798	11.73	738
9.98	1009	10.42	932	10.86	862	11.30	797	11.74	737
9.99	1007	10.43	930	10.87	860	11.31	795	11.75	735
10.00	1005	10.44	929	10.88	859	11.32	794	11.76	734
10.01	1003	10.45	927	10.89	857	11.33	793	11.77	733
10.02	1001	10.46	925	10.90	856	11.34	791	11.78	732
10.03	1000	10.47	924	10.91	854	11.35	790	11.79	730
10.04	998	10.48	922	10.92	853	11.36	788	11.80	729
10.05	996	10.49	920	10.93	851	11.37	787	11.81	728
10.06	994	10.50	919	10.94	849	11.38	786	11.82	726
10.07	992	10.51	917	10.95	848	11.39	784	11.83	725
10.08	991	10.52	916	10.96	846	11.40	783	11.84	724
10.09	989	10.53	914	10.97	845	11.41	781	11.85	722
10.10	987	10.54	912	10.98	843	11.42	780	11.86	721
10.11	985	10.55	911	10.99	842	11.43	779	11.87	720
10.12	984	10.56	909	11.00	840	11.44	777	11.88	719
10.13	982	10.57	907	11.01	839	11.45	776	11.89	717
10.14	980	10.58	906	11.02	837	11.46	774	11.90	716
10.15	978	10.59	904	11.03	836	11.47	773	11.91	715
10.16	976	10.60	903	11.04	834	11.48	772	11.92	713
10.17	975	10.61	901	11.05	833	11.49	770	11.93	712
10.18	973	10.62	899	11.06	832	11.50	769	11.94	711
10.19	971	10.63	898	11.07	830	11.51	768	11.95	710

80 METERS HURDLES / 80 METROS VALLAS (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
11.96	708	12.40	655	12.84	605	13.28	558	13.72	514
11.97	707	12.41	654	12.85	604	13.29	557	13.73	513
11.98	706	12.42	652	12.86	602	13.30	556	13.74	512
11.99	705	12.43	651	12.87	601	13.31	555	13.75	511
12.00	703	12.44	650	12.88	600	13.32	554	13.76	510
12.01	702	12.45	649	12.89	599	13.33	553	13.77	509
12.02	701	12.46	648	12.90	598	13.34	552	13.79	508
12.03	700	12.47	646	12.91	597	13.35	551	13.80	507
12.04	698	12.48	645	12.92	596	13.36	550	13.81	506
12.05	697	12.49	644	12.93	595	13.37	549	13.82	505
12.06	696	12.50	643	12.94	594	13.38	548	13.83	504
12.07	695	12.51	642	12.95	593	13.39	547	13.84	503
12.08	693	12.52	641	12.96	592	13.40	546	13.85	502
12.09	692	12.53	640	12.97	591	13.41	545	13.86	501
12.10	691	12.54	638	12.98	589	13.42	544	13.87	500
12.11	690	12.55	637	12.99	588	13.43	543	13.88	499
12.12	688	12.56	636	13.00	587	13.44	542	13.89	498
12.13	687	12.57	635	13.01	586	13.45	541	13.90	497
12.14	686	12.58	634	13.02	585	13.46	540	13.91	496
12.15	685	12.59	633	13.03	584	13.47	539	13.92	495
12.16	683	12.60	632	13.04	583	13.48	538	13.93	494
12.17	682	12.61	630	13.05	582	13.49	537	13.94	493
12.18	681	12.62	629	13.06	581	13.50	536	13.96	492
12.19	680	12.63	628	13.07	580	13.51	535	13.97	491
12.20	679	12.64	627	13.08	579	13.52	534	13.98	490
12.21	677	12.65	626	13.09	578	13.53	533	13.99	489
12.22	676	12.66	625	13.10	577	13.54	532	14.00	488
12.23	675	12.67	624	13.11	576	13.55	531	14.01	487
12.24	674	12.68	622	13.12	575	13.56	530	14.02	486
12.25	673	12.69	621	13.13	574	13.57	529	14.03	485
12.26	671	12.70	620	13.14	572	13.58	528	14.04	484
12.27	670	12.71	619	13.15	571	13.59	527	14.05	483
12.28	669	12.72	618	13.16	570	13.60	526	14.06	482
12.29	668	12.73	617	13.17	569	13.61	525	14.08	481
12.30	667	12.74	616	13.18	568	13.62	524	14.09	480
12.31	665	12.75	615	13.19	567	13.63	523	14.10	479
12.32	664	12.76	613	13.20	566	13.64	522	14.11	478
12.33	663	12.77	612	13.21	565	13.65	521	14.12	477
12.34	662	12.78	611	13.22	564	13.66	520	14.13	476
12.35	661	12.79	610	13.23	563	13.67	519	14.14	475
12.36	659	12.80	609	13.24	562	13.68	518	14.15	474
12.37	658	12.81	608	13.25	561	13.69	517	14.16	473
12.38	657	12.82	607	13.26	560	13.70	516	14.17	472
12.39	656	12.83	606	13.27	559	13.71	515	14.19	471

80 METERS HURDLES / 80 METROS VALLAS (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
14.20	470	14.70	426	15.25	382	15.84	338	16.47	294
14.21	469	14.72	425	15.26	381	15.85	337	16.49	293
14.22	468	14.73	424	15.28	380	15.87	336	16.50	292
14.23	467	14.74	423	15.29	379	15.88	335	16.52	291
14.24	466	14.75	422	15.30	378	15.89	334	16.53	290
14.25	465	14.76	421	15.31	377	15.91	333	16.55	289
14.26	464	14.78	420	15.33	376	15.92	332	16.56	288
14.28	463	14.79	419	15.34	375	15.94	331	16.58	287
14.29	462	14.80	418	15.35	374	15.95	330	16.59	286
14.30	461	14.81	417	15.37	373	15.96	329	16.61	285
14.31	460	14.82	416	15.38	372	15.98	328	16.62	284
14.32	459	14.84	415	15.39	371	15.99	327	16.64	283
14.33	458	14.85	414	15.41	370	16.01	326	16.65	282
14.34	457	14.86	413	15.42	369	16.02	325	16.67	281
14.35	456	14.87	412	15.43	368	16.03	324	16.68	280
14.37	455	14.89	411	15.45	367	16.05	323	16.70	279
14.38	454	14.90	410	15.46	366	16.06	322	16.72	278
14.39	453	14.91	409	15.47	365	16.08	321	16.73	277
14.40	452	14.92	408	15.48	364	16.09	320	16.75	276
14.41	451	14.94	407	15.50	363	16.11	319	16.76	275
14.42	450	14.95	406	15.51	362	16.12	318	16.78	274
14.43	449	14.96	405	15.52	361	16.13	317	16.79	273
14.45	448	14.97	404	15.54	360	16.15	316	16.81	272
14.46	447	14.98	403	15.55	359	16.16	315	16.82	271
14.47	446	15.00	402	15.56	358	16.18	314	16.84	270
14.48	445	15.01	401	15.58	357	16.19	313	16.86	269
14.49	444	15.02	400	15.59	356	16.21	312	16.87	268
14.50	443	15.03	399	15.61	355	16.22	311	16.89	267
14.52	442	15.05	398	15.62	354	16.24	310	16.90	266
14.53	441	15.06	397	15.63	353	16.25	309	16.92	265
14.54	440	15.07	396	15.65	352	16.26	308	16.93	264
14.55	439	15.08	395	15.66	351	16.28	307	16.95	263
14.56	438	15.10	394	15.67	350	16.29	306	16.97	262
14.57	437	15.11	393	15.69	349	16.31	305	16.98	261
14.59	436	15.12	392	15.70	348	16.32	304	17.00	260
14.60	435	15.14	391	15.71	347	16.34	303	17.01	259
14.61	434	15.15	390	15.73	346	16.35	302	17.03	258
14.62	433	15.16	389	15.74	345	16.37	301	17.05	257
14.63	432	15.17	388	15.75	344	16.38	300	17.06	256
14.64	431	15.19	387	15.77	343	16.40	299	17.08	255
14.66	430	15.20	386	15.78	342	16.41	298	17.09	254
14.67	429	15.21	385	15.80	341	16.43	297	17.11	253
14.68	428	15.22	384	15.81	340	16.44	296	17.13	252
14.69	427	15.24	383	15.82	339	16.46	295	17.14	251

80 METERS HURDLES / 80 METROS VALLAS (13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
17.16	250	17.91	206	18.72	162	19.62	118	20.60	74
17.18	249	17.92	205	18.74	161	19.64	117	20.62	73
17.19	248	17.94	204	18.76	160	19.66	116	20.65	72
17.21	247	17.96	203	18.78	159	19.68	115	20.67	71
17.22	246	17.98	202	18.80	158	19.70	114	20.69	70
17.24	245	18.00	201	18.82	157	19.72	113	20.72	69
17.26	244	18.01	200	18.84	156	19.74	112	20.74	68
17.27	243	18.03	199	18.86	155	19.77	111	20.76	67
17.29	242	18.05	198	18.88	154	19.79	110	20.79	66
17.31	241	18.07	197	18.90	153	19.81	109	20.81	65
17.32	240	18.09	196	18.92	152	19.83	108	20.84	64
17.34	239	18.10	195	18.94	151	19.85	107	20.86	63
17.36	238	18.12	194	18.96	150	19.87	106	20.88	62
17.37	237	18.14	193	18.98	149	19.90	105	20.91	61
17.39	236	18.16	192	19.00	148	19.92	104	20.93	60
17.41	235	18.18	191	19.02	147	19.94	103	20.96	59
17.42	234	18.20	190	19.04	146	19.96	102	20.98	58
17.44	233	18.21	189	19.06	145	19.98	101	21.00	57
17.46	232	18.23	188	19.08	144	20.01	100	21.03	56
17.47	231	18.25	187	19.10	143	20.03	99	21.05	55
17.49	230	18.27	186	19.12	142	20.05	98	21.08	54
17.51	229	18.29	185	19.14	141	20.07	97	21.10	53
17.53	228	18.31	184	19.16	140	20.09	96	21.13	52
17.54	227	18.32	183	19.18	139	20.12	95	21.15	51
17.56	226	18.34	182	19.20	138	20.14	94	21.18	50
17.58	225	18.36	181	19.22	137	20.16	93	21.20	49
17.59	224	18.38	180	19.24	136	20.18	92	21.23	48
17.61	223	18.40	179	19.26	135	20.21	91	21.25	47
17.63	222	18.42	178	19.28	134	20.23	90	21.28	46
17.64	221	18.44	177	19.30	133	20.25	89	21.30	45
17.66	220	18.45	176	19.32	132	20.28	88	21.33	44
17.68	219	18.47	175	19.34	131	20.30	87	21.35	43
17.70	218	18.49	174	19.36	130	20.32	86	21.38	42
17.71	217	18.51	173	19.38	129	20.34	85	21.40	41
17.73	216	18.53	172	19.41	128	20.37	84	21.43	40
17.75	215	18.55	171	19.43	127	20.39	83	21.45	39
17.77	214	18.57	170	19.45	126	20.41	82	21.48	38
17.78	213	18.59	169	19.47	125	20.44	81	21.50	37
17.80	212	18.61	168	19.49	124	20.46	80	21.53	36
17.82	211	18.63	167	19.51	123	20.48	79	21.56	35
17.84	210	18.65	166	19.53	122	20.50	78	21.58	34
17.85	209	18.66	165	19.55	121	20.53	77	21.61	33
17.87	208	18.68	164	19.57	120	20.55	76	21.63	32
17.89	207	18.70	163	19.59	119	20.57	75	21.66	31

80 METERS HURDLES / 80 METROS VALLAS (13-14)

MARK	POINT	HAND TIMES TIEMPOS MANUALES							
		MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
21.68	30								
21.71	29								
21.74	28								
21.76	27	10.0	1022	14.2	511	18.4	234	22.6	60
21.79	26	10.1	1004	14.3	503	18.5	229	22.7	57
21.82	25	10.2	988	14.4	495	18.6	224	22.8	53
21.84	24	10.3	971	14.5	486	18.7	219	22.9	50
21.87	23	10.4	955	14.6	478	18.8	214	23.0	47
21.89	22	10.5	939	14.7	470	18.9	209	23.1	44
21.92	21	10.6	924	14.8	462	19.0	205	23.2	40
21.95	20	10.7	909	14.9	454	19.1	200	23.3	37
21.97	19	10.8	894	15.0	447	19.2	195	23.4	34
22.00	18	10.9	879	15.1	439	19.3	191	23.5	31
22.03	17	11.0	865	15.2	432	19.4	186	23.6	28
22.05	16	11.1	851	15.3	424	19.5	181	23.7	25
22.08	15	11.2	837	15.4	417	19.6	177	23.8	22
22.11	14	11.3	823	15.5	410	19.7	172	23.9	19
22.14	13	11.4	810	15.6	402	19.8	168	24.0	16
22.16	12	11.5	797	15.7	395	19.9	164	24.1	13
22.19	11	11.6	784	15.8	388	20.0	159	24.2	10
22.22	10	11.7	771	15.9	382	20.1	155	24.3	7
22.24	9	11.8	758	16.0	375	20.2	151	24.4	4
22.27	8	11.9	746	16.1	368	20.3	147	24.5	1
22.30	7	12.0	734	16.2	362	20.4	142		
22.33	6	12.1	722	16.3	355	20.5	138		
22.35	5	12.2	711	16.4	349	20.6	134		
22.38	4	12.3	699	16.5	342	20.7	130		
22.41	3	12.4	688	16.6	336	20.8	126		
22.44	2	12.5	677	16.7	330	20.9	122		
22.47	1	12.6	666	16.8	324	21.0	118		
		12.7	655	16.9	317	21.1	114		
		12.8	644	17.0	311	21.2	110		
		12.9	634	17.1	306	21.3	107		
		13.0	624	17.2	300	21.4	103		
		13.1	613	17.3	294	21.5	99		
		13.2	603	17.4	288	21.6	95		
		13.3	594	17.5	282	21.7	92		
		13.4	584	17.6	277	21.8	88		
		13.5	574	17.7	271	21.9	84		
		13.6	565	17.8	266	22.0	81		
		13.7	556	17.9	260	22.1	77		
		13.8	547	18.0	255	22.2	74		
		13.9	538	18.1	250	22.3	70		
		14.0	529	18.2	245	22.4	67		
		14.1	520	18.3	239	22.5	63		

800 Meters Metros



800 METERS / 800 METROS (11-12)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
1.54.0	1015	1.58.5	943	2.03.0	876	2.07.5	814	2.12.0	756
1.54.1	1013	1.58.6	941	2.03.1	875	2.07.6	813	2.12.1	755
1.54.2	1012	1.58.7	940	2.03.2	873	2.07.7	811	2.12.2	753
1.54.3	1010	1.58.8	938	2.03.3	872	2.07.8	810	2.12.3	752
1.54.4	1008	1.58.9	937	2.03.4	870	2.07.9	809	2.12.4	751
1.54.5	1007	1.59.0	935	2.03.5	869	2.08.0	807	2.12.5	750
1.54.6	1005	1.59.1	934	2.03.6	867	2.08.1	806	2.12.6	749
1.54.7	1003	1.59.2	932	2.03.7	866	2.08.2	805	2.12.7	747
1.54.8	1002	1.59.3	931	2.03.8	865	2.08.3	803	2.12.8	756
1.54.9	1000	1.59.4	929	2.03.9	863	2.08.4	802	2.12.9	745
1.55.0	999	1.59.5	928	2.04.0	862	2.08.5	801	2.13.0	744
1.55.1	997	1.59.6	926	2.04.1	860	2.08.6	799	2.13.1	742
1.55.2	995	1.59.7	925	2.04.2	859	2.08.7	798	2.13.2	741
1.55.3	994	1.59.8	923	2.04.3	858	2.08.8	797	2.13.3	740
1.55.4	992	1.59.9	922	2.04.4	856	2.08.9	795	2.13.4	739
1.55.5	990	2.00.0	920	2.04.5	855	2.09.0	794	2.13.5	738
1.55.6	989	2.00.1	919	2.04.6	853	2.09.1	793	2.13.6	736
1.55.7	987	2.00.2	917	2.04.7	852	2.09.2	792	2.13.7	735
1.55.8	986	2.00.3	916	2.04.8	851	2.09.3	790	2.13.8	734
1.55.9	984	2.00.4	914	2.04.9	849	2.09.4	789	2.13.9	733
1.56.0	982	2.00.5	913	2.05.0	848	2.09.5	788	2.14.0	731
1.56.1	981	2.00.6	911	2.05.1	846	2.09.6	786	2.14.1	730
1.56.2	979	2.00.7	910	2.05.2	845	2.09.7	785	2.14.2	729
1.56.3	977	2.00.8	908	2.05.3	844	2.09.8	784	2.14.3	728
1.56.4	976	2.00.9	907	2.05.4	842	2.09.9	782	2.14.4	727
1.56.5	974	2.01.0	905	2.05.5	841	2.10.0	781	2.14.5	725
1.56.6	973	2.01.1	904	2.05.6	840	2.10.1	780	2.14.6	724
1.56.7	971	2.01.2	902	2.05.7	838	2.10.2	779	2.14.7	723
1.56.8	969	2.01.3	901	2.05.8	837	2.10.3	777	2.14.8	722
1.56.9	968	2.01.4	899	2.05.9	835	2.10.4	776	2.14.9	721
1.57.0	966	2.01.5	898	2.06.0	834	2.10.5	775	2.15.0	719
1.57.1	965	2.01.6	896	2.06.1	833	2.10.6	774	2.15.1	718
1.57.2	963	2.01.7	895	2.06.2	831	2.10.7	772	2.15.2	717
1.57.3	962	2.01.8	893	2.06.3	830	2.10.8	771	2.15.3	716
1.57.4	960	2.01.9	892	2.06.4	829	2.10.9	770	2.15.4	715
1.57.5	958	2.02.0	890	2.06.5	827	2.11.0	768	2.15.5	714
1.57.6	957	2.02.1	889	2.06.6	826	2.11.1	767	2.15.6	712
1.57.7	955	2.02.2	888	2.06.7	825	2.11.2	766	2.15.7	711
1.57.8	954	2.02.3	886	2.06.8	823	2.11.3	765	2.15.8	710
1.57.9	952	2.02.4	885	2.06.9	822	2.11.4	763	2.15.9	709
1.58.0	951	2.02.5	883	2.07.0	821	2.11.5	762	2.16.0	708
1.58.1	949	2.02.6	882	2.07.1	819	2.11.6	761	2.16.1	707
1.58.2	948	2.02.7	880	2.07.2	818	2.11.7	760	2.16.2	705
1.58.3	946	2.02.8	879	2.07.3	817	2.11.8	758	2.16.3	704
1.58.4	944	2.02.9	877	2.07.4	815	2.11.9	757	2.16.4	703



800 METERS / 800 METROS (11-12)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
2.16.5	702	2.21.0	651	2.25.5	604	2.30.0	559	2.34.8	514
2.16.6	701	2.21.1	650	2.25.6	603	2.30.1	558	2.34.9	513
2.16.7	700	2.21.2	649	2.25.7	602	2.30.2	557	2.35.0	512
2.16.8	698	2.21.3	648	2.25.8	601	2.30.3	556	2.35.1	511
2.16.9	697	2.21.4	647	2.25.9	600	2.30.4	555	2.35.2	510
2.17.0	696	2.21.5	646	2.26.0	599	2.30.5	554	2.35.4	509
2.17.1	695	2.21.6	645	2.26.1	598	2.30.6	553	2.35.5	508
2.17.2	694	2.21.7	644	2.26.2	597	2.30.7	552	2.35.6	507
2.17.3	693	2.21.8	643	2.26.3	596	2.30.8	551	2.35.7	506
2.17.4	691	2.21.9	641	2.26.4	595	2.30.9	550	2.35.8	505
2.17.5	690	2.22.0	640	2.26.5	594	2.31.0	549	2.35.9	504
2.17.6	689	2.22.1	639	2.26.6	593	2.31.2	548	2.36.0	503
2.17.7	688	2.22.2	638	2.26.7	592	2.31.3	547	2.36.2	502
2.17.8	687	2.22.3	637	2.26.8	591	2.31.4	546	2.36.3	501
2.17.9	686	2.22.4	636	2.26.9	590	2.31.5	545	2.36.4	500
2.18.0	685	2.22.5	635	2.27.0	589	2.31.6	544	2.36.5	499
2.18.1	683	2.22.6	634	2.27.1	588	2.31.7	543	2.36.6	498
2.18.2	682	2.22.7	633	2.27.2	587	2.31.8	542	2.36.7	497
2.18.3	681	2.22.8	632	2.27.3	586	2.31.9	541	2.36.9	496
2.18.4	680	2.22.9	631	2.27.4	585	2.32.0	540	2.37.0	495
2.18.5	679	2.23.0	630	2.27.5	584	2.32.1	539	2.37.1	494
2.18.6	678	2.23.1	629	2.27.6	583	2.32.2	538	2.37.2	493
2.18.7	677	2.23.2	628	2.27.7	582	2.32.3	537	2.37.3	492
2.18.8	676	2.23.3	627	2.27.8	581	2.32.4	536	2.37.4	491
2.18.9	674	2.23.4	625	2.27.9	580	2.32.5	535	2.37.5	490
2.19.0	673	2.23.5	624	2.28.0	579	2.32.6	534	2.37.6	489
2.19.1	672	2.23.6	623	2.28.1	578	2.32.7	533	2.37.7	488
2.19.2	671	2.23.7	622	2.28.2	577	2.32.9	532	2.37.8	487
2.19.3	670	2.23.8	621	2.28.3	576	2.33.0	531	2.38.0	486
2.19.4	669	2.23.9	620	2.28.4	575	2.33.1	530	2.38.1	485
2.19.5	668	2.24.0	619	2.28.5	574	2.33.2	529	2.38.2	484
2.19.6	667	2.24.1	618	2.28.6	573	2.33.3	528	2.38.3	483
2.19.7	665	2.24.2	617	2.28.7	572	2.33.4	527	2.38.5	482
2.19.8	664	2.24.3	616	2.28.8	571	2.33.5	526	2.38.6	481
2.19.9	663	2.24.4	615	2.28.9	570	2.33.6	525	2.38.7	480
2.20.0	662	2.24.5	614	2.29.0	596	2.33.7	524	2.38.8	479
2.20.1	661	2.24.6	613	2.29.1	568	2.33.8	523	2.38.9	478
2.20.2	660	2.24.7	612	2.29.2	567	2.33.9	522	2.39.0	477
2.20.3	659	2.24.8	611	2.29.3	566	2.34.1	521	2.39.2	476
2.20.4	658	2.24.9	610	2.29.4	565	2.34.2	520	2.39.3	475
2.20.5	657	2.25.0	609	2.29.5	564	2.34.3	519	2.39.4	474
2.20.6	656	2.25.1	608	2.29.6	563	2.34.4	518	2.39.5	473
2.20.7	654	2.25.2	607	2.29.7	562	2.34.5	517	2.39.6	472
2.20.8	653	2.25.3	606	2.29.8	561	2.34.6	516	2.39.7	471
2.20.9	652	2.25.4	605	2.29.9	560	2.34.7	515	2.39.9	470

800 METERS / 800 METROS (11-12)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
2.40.0	469	2.45.5	424	2.51.4	379	2.57.7	334	3.04.5	289
2.40.1	468	2.45.6	423	2.51.5	378	2.57.9	333	3.04.7	288
2.40.2	467	2.45.7	422	2.51.7	377	2.58.0	332	3.04.8	287
2.40.3	466	2.45.9	421	2.51.8	376	2.58.2	331	3.05.0	286
2.40.5	465	2.46.0	420	2.51.9	375	2.58.3	330	3.05.2	285
2.40.6	464	2.46.1	419	2.52.1	374	2.58.4	329	3.05.3	284
2.40.7	463	2.46.2	418	2.52.2	373	2.58.6	328	3.05.4	283
2.40.8	462	2.46.4	417	2.52.3	372	2.58.7	327	3.05.6	282
2.40.9	461	2.46.5	416	2.52.5	371	2.58.9	326	3.05.8	281
2.41.1	460	2.46.6	415	2.52.6	370	2.59.0	325	3.06.0	280
2.41.2	459	2.46.8	414	2.52.8	369	2.59.2	324	3.06.1	279
2.41.3	458	2.46.9	413	2.52.9	368	2.59.3	323	3.06.3	278
2.41.4	457	2.47.0	412	2.53.0	367	2.59.5	322	3.06.4	277
2.41.5	456	2.47.1	411	2.53.2	366	2.59.6	321	3.06.6	276
2.41.7	455	2.47.3	410	2.53.3	365	2.59.8	320	3.06.8	275
2.41.8	454	2.47.4	409	2.53.4	364	2.59.9	319	3.06.9	274
2.41.9	453	2.47.5	408	2.53.6	363	3.00.1	318	3.07.1	273
2.42.0	452	2.47.7	407	2.53.7	362	3.00.2	317	3.07.2	272
2.42.1	451	2.47.8	406	2.53.9	361	3.00.4	316	3.07.4	271
2.42.3	450	2.47.9	405	2.54.0	360	3.00.5	315	3.07.6	270
2.42.4	449	2.48.1	404	2.54.1	359	3.00.6	314	3.07.8	269
2.42.5	448	2.48.2	403	2.54.3	358	3.00.8	313	3.07.9	268
2.42.6	447	2.48.3	402	2.54.4	357	3.01.0	312	3.08.1	267
2.42.7	446	2.48.4	401	2.54.6	356	3.01.1	311	3.08.2	266
2.42.9	445	2.48.6	400	2.54.7	355	3.01.3	310	3.08.4	265
2.43.0	444	2.48.7	399	2.54.8	354	3.01.4	309	3.08.5	264
2.43.1	443	2.48.8	398	2.55.0	353	3.01.6	308	3.08.7	263
2.43.2	442	2.49.0	397	2.55.1	352	3.01.7	307	3.08.9	262
2.43.4	441	2.49.1	396	2.55.3	351	3.01.9	306	3.09.0	261
2.43.5	440	2.49.2	395	2.55.5	350	3.02.0	305	3.09.2	260
2.43.6	439	2.49.4	394	2.55.6	349	3.02.2	304	3.09.4	259
2.43.7	438	2.49.5	393	2.55.7	348	3.02.4	303	3.09.5	258
2.43.8	437	2.49.6	392	2.55.8	347	3.02.5	302	3.09.7	257
2.43.9	436	2.49.8	391	2.56.0	346	3.02.7	301	3.09.9	256
2.44.0	435	2.49.9	390	2.56.1	345	3.02.8	300	3.10.0	255
2.44.1	434	2.50.0	389	2.56.3	344	3.03.0	299	3.10.2	254
2.44.2	433	2.50.2	388	2.56.4	343	3.03.1	298	3.10.4	253
2.44.5	432	2.50.3	387	2.56.6	342	3.03.3	297	3.10.5	252
2.44.6	431	2.50.4	386	2.56.7	341	3.03.4	296	3.10.7	251
2.44.7	430	2.50.6	385	2.56.8	340	3.03.6	295	3.10.9	250
2.44.9	429	2.50.7	384	2.57.0	339	3.03.7	294	3.11.0	249
2.45.0	428	2.50.8	383	2.57.1	338	3.03.9	293	3.11.2	248
2.45.1	427	2.51.0	382	2.57.3	337	3.04.1	292	3.11.4	247
2.45.2	426	2.51.1	381	2.57.4	336	3.04.2	291	3.11.6	246
2.45.4	425	2.51.2	380	2.57.6	335	3.04.4	290	3.11.7	245

800 METERS / 800 METROS (11-12)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
3.11.9	244	3.19.9	199	3.28.5	154	3.38.0	109	3.48.3	64
3.12.1	243	3.20.0	198	3.28.7	153	3.38.2	108	3.48.6	63
3.12.2	242	3.20.2	197	3.28.9	152	3.38.4	107	3.48.8	62
3.12.4	241	3.20.4	196	3.29.1	151	3.38.6	106	3.49.1	61
3.12.6	240	3.20.6	195	3.29.3	150	3.38.9	105	3.49.3	60
3.12.7	239	3.20.8	194	3.29.5	149	3.39.1	104	3.49.5	59
3.12.9	238	3.21.0	193	3.29.7	148	3.39.3	103	3.49.8	58
3.13.1	237	3.21.2	192	3.29.9	147	3.39.5	102	3.50.0	57
3.13.3	236	3.21.3	191	3.30.1	146	3.39.7	101	3.50.3	56
3.13.4	235	3.21.5	190	3.30.3	145	3.40.0	100	3.50.5	55
3.13.6	234	3.21.7	189	3.30.6	144	3.40.2	99	3.50.7	54
3.13.8	233	3.21.9	188	3.30.8	143	3.40.4	98	3.51.0	53
3.14.0	232	3.22.1	187	3.31.0	142	3.40.6	97	3.51.2	52
3.14.1	231	3.22.3	186	3.31.2	141	3.40.9	96	3.51.5	51
3.14.3	230	3.22.5	185	3.31.4	140	3.41.1	95	3.51.7	50
3.14.5	229	3.22.7	184	3.31.6	139	3.41.3	94	3.52.0	49
3.14.7	228	3.22.9	183	3.31.8	138	3.41.5	93	3.52.2	48
3.14.8	227	3.23.0	182	3.32.0	137	3.41.8	92	3.52.5	47
3.15.0	226	3.23.2	181	3.32.2	136	3.42.0	91	3.52.7	46
3.15.2	225	3.23.4	180	3.32.4	135	3.42.2	90	3.53.0	45
3.15.4	224	3.23.6	179	3.32.6	134	3.42.5	89	3.53.2	44
3.15.5	223	3.23.8	178	3.32.8	133	3.42.7	88	3.53.5	43
3.15.7	222	3.24.0	177	3.33.0	132	3.42.9	87	3.53.7	42
3.15.9	221	3.24.2	176	3.33.2	131	3.43.1	86	3.54.0	41
3.16.1	220	3.24.4	175	3.33.5	130	3.43.4	85	3.54.2	40
3.16.2	219	3.24.6	174	3.33.7	129	3.43.6	84	3.54.5	39
3.16.4	218	3.24.8	173	3.33.9	128	3.43.8	83	3.54.8	38
3.16.6	217	3.25.0	172	3.34.1	127	3.44.1	82	3.55.0	37
3.16.8	216	3.25.2	171	3.34.3	126	3.44.3	81	3.55.3	36
3.17.0	215	3.25.4	170	3.34.5	125	3.44.5	80	3.55.5	35
3.17.1	214	3.25.6	169	3.34.7	124	3.44.8	79	3.55.8	34
3.17.3	213	3.25.8	168	3.34.9	123	3.45.0	78	3.56.0	33
3.17.5	212	3.25.9	167	3.35.2	122	3.45.2	77	3.56.3	32
3.17.7	211	3.26.1	166	3.35.4	121	3.45.5	76	3.56.5	31
3.17.9	210	3.26.3	165	3.35.6	120	3.45.7	75	3.56.8	30
3.18.0	209	3.26.5	164	3.35.8	119	3.45.9	74	3.57.1	29
3.18.2	208	3.26.7	163	3.36.0	118	3.46.2	73	3.57.3	28
3.18.4	207	3.26.9	162	3.36.2	117	3.46.4	72	3.57.6	27
3.18.6	206	3.27.1	161	3.36.4	116	3.46.6	71	3.57.8	26
3.18.8	205	3.27.3	160	3.36.7	115	3.46.9	70	3.58.1	25
3.18.9	204	3.27.5	159	3.36.9	114	3.47.1	69	3.58.4	24
3.19.1	203	3.27.7	158	3.37.1	113	3.47.4	68	3.58.6	23
3.19.3	202	3.27.9	157	3.37.3	112	3.47.6	67	3.58.9	22
3.19.5	201	3.28.1	156	3.37.5	111	3.47.8	66	3.59.2	21
3.19.7	200	3.28.3	155	3.37.8	110	3.48.1	65	3.59.4	20



800 METERS / 800 METROS (11-12)

MARK	POINT
3.59.7	19
4.00.0	18
4.00.2	17
4.00.5	16
4.00.6	15
4.01.0	14
4.01.3	13
4.01.6	12
4.01.8	11
4.02.1	10
4.02.4	9
4.02.6	8
4.02.9	7
4.03.2	6
4.03.5	5
4.03.7	4
4.04.0	3
4.04.3	2
4.04.6	1
4.04.9	0

1000 Meters Metros

1000 METERS / 1000 METROS (11-12)(13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
2.30.0	1007	2.34.5	953	2.39.0	903	2.43.5	855	2.48.0	809
2.30.1	1006	2.34.6	952	2.39.1	901	2.43.6	854	2.48.1	808
2.30.2	1005	2.34.7	951	2.39.2	900	2.43.7	853	2.48.2	807
2.30.3	1003	2.34.8	950	2.39.3	899	2.43.8	852	2.48.3	806
2.30.4	1002	2.34.9	949	2.39.4	898	2.43.9	851	2.48.4	805
2.30.5	1001	2.35.0	948	2.39.5	897	2.44.0	849	2.48.5	804
2.30.6	1000	2.35.1	946	2.39.6	896	2.44.1	848	2.48.6	803
2.30.7	999	2.35.2	945	2.39.7	895	2.44.2	847	2.48.8	802
2.30.8	997	2.35.3	944	2.39.8	894	2.44.3	846	2.48.9	801
2.30.9	996	2.35.4	943	2.39.9	893	2.44.4	845	2.49.0	800
2.31.0	995	2.35.5	942	2.40.0	892	2.44.5	844	2.49.1	799
2.31.1	994	2.35.6	941	2.40.1	891	2.44.6	843	2.49.2	798
2.31.2	992	2.35.7	939	2.40.2	890	2.44.7	842	2.49.3	797
2.31.3	991	2.35.8	938	2.40.3	888	2.44.8	841	2.49.4	796
2.31.4	990	2.35.9	937	2.40.4	887	2.44.9	840	2.49.5	795
2.31.5	989	2.36.0	936	2.40.5	886	2.45.0	839	2.49.6	794
2.31.6	988	2.36.1	935	2.40.6	885	2.45.1	838	2.49.7	793
2.31.7	986	2.36.2	934	2.40.7	884	2.45.2	837	2.49.8	792
2.31.8	985	2.36.3	933	2.40.8	883	2.45.3	836	2.49.9	791
2.31.9	984	2.36.4	932	2.40.9	882	2.45.4	835	2.50.0	790
2.32.0	983	2.36.5	930	2.41.0	881	2.45.5	834	2.50.1	789
2.32.1	982	2.36.6	929	2.41.1	880	2.45.6	833	2.50.2	788
2.32.2	980	2.36.7	928	2.41.2	879	2.45.7	832	2.50.3	787
2.32.3	979	2.36.8	927	2.41.3	878	2.45.8	831	2.50.4	786
2.32.4	978	2.36.9	926	2.41.4	877	2.45.9	830	2.50.5	785
2.32.5	977	2.37.0	925	2.41.5	876	2.46.0	829	2.50.6	784
2.32.6	976	2.37.1	924	2.41.6	875	2.46.1	828	2.50.7	783
2.32.7	974	2.37.2	923	2.41.7	874	2.46.2	827	2.50.8	782
2.32.8	973	2.37.3	921	2.41.8	872	2.46.3	826	2.50.9	781
2.32.9	972	2.37.4	920	2.41.9	871	2.46.4	825	2.51.0	780
2.33.0	971	2.37.5	919	2.42.0	870	2.46.5	824	2.51.2	779
2.33.1	970	2.37.6	918	2.42.1	869	2.46.6	823	2.51.3	778
2.33.2	969	2.37.7	917	2.42.2	868	2.46.7	822	2.51.4	777
2.33.3	967	2.37.8	916	2.42.3	867	2.46.8	821	2.51.5	776
2.33.4	966	2.37.9	915	2.42.4	866	2.46.9	820	2.51.6	775
2.33.5	965	2.38.0	914	2.42.5	865	2.47.0	819	2.51.7	774
2.33.6	964	2.38.1	912	2.42.6	864	2.47.1	818	2.51.8	773
2.33.7	963	2.38.2	911	2.42.7	863	2.47.2	817	2.51.9	772
2.33.8	961	2.38.3	910	2.42.8	862	2.47.3	816	2.52.0	771
2.33.9	960	2.38.4	909	2.42.9	861	2.47.4	815	2.52.2	770
2.34.0	959	2.38.5	908	2.43.0	860	2.47.5	814	2.52.3	769
2.34.1	958	2.38.6	907	2.43.1	859	2.47.6	813	2.52.4	768
2.34.2	957	2.38.7	906	2.43.2	858	2.47.7	812	2.52.5	767
2.34.3	956	2.38.8	905	2.43.3	857	2.47.8	811	2.52.6	766
2.34.4	954	2.38.9	904	2.43.4	856	2.47.9	810	2.52.7	765

1000 METERS / 1000 METROS (11-12)(13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
2.52.8	764	2.57.7	719	3.03.0	675	3.08.5	630	3.14.5	585
2.52.9	763	2.57.8	718	3.03.1	674	3.08.6	629	3.14.6	584
2.53.0	762	2.58.0	717	3.03.3	673	3.08.7	628	3.14.8	583
2.53.1	761	2.58.1	716	3.03.5	672	3.08.9	627	3.14.9	582
2.53.2	760	2.58.2	715	3.03.6	671	3.09.0	626	3.15.0	581
2.53.3	759	2.58.3	714	3.03.7	670	3.09.1	625	3.15.1	580
2.53.4	758	2.58.4	713	3.03.8	669	3.09.3	624	3.15.3	579
2.53.5	757	2.58.5	712	3.04.0	668	3.09.4	623	3.15.4	578
2.53.6	756	2.58.6	711	3.04.1	667	3.09.5	622	3.15.6	577
2.53.7	755	2.58.8	710	3.04.2	666	3.09.7	621	3.15.7	576
2.53.8	754	2.58.9	709	3.04.3	665	3.09.8	620	3.15.8	575
2.53.9	753	2.59.0	708	3.04.5	664	3.09.9	619	3.16.0	574
2.54.0	752	2.59.1	707	3.04.6	663	3.10.1	618	3.16.1	573
2.54.2	751	2.59.2	706	3.04.7	662	3.10.2	617	3.16.3	572
2.54.3	750	2.59.3	705	3.04.8	661	3.10.3	616	3.16.4	571
2.54.4	749	2.59.5	704	3.04.9	660	3.10.5	615	3.16.6	570
2.54.5	748	2.59.6	703	3.05.1	659	3.10.6	614	3.16.7	569
2.54.6	747	2.59.7	702	3.05.2	658	3.10.7	613	3.16.8	568
2.54.7	746	2.59.8	701	3.05.3	657	3.10.9	612	3.17.0	567
2.54.8	745	2.59.9	700	3.05.4	656	3.11.0	611	3.17.1	566
2.54.9	744	3.00.0	699	3.05.6	655	3.11.1	610	3.17.3	565
2.55.0	743	3.00.2	698	3.05.7	654	3.11.3	609	3.17.4	564
2.55.1	742	3.00.3	697	3.05.8	653	3.11.4	608	3.17.5	563
2.55.3	741	3.00.4	696	3.05.9	652	3.11.5	607	3.17.7	562
2.55.4	740	3.00.5	695	3.06.0	651	3.11.7	606	3.17.8	561
2.55.5	739	3.00.6	694	3.06.1	650	3.11.8	605	3.18.0	560
2.55.6	738	3.00.7	693	3.06.2	649	3.11.9	604	3.18.1	559
2.55.7	737	3.00.9	692	3.06.3	648	3.12.0	603	3.18.2	558
2.55.8	736	3.01.0	691	3.06.5	647	3.12.1	602	3.18.4	557
2.55.9	735	3.01.1	690	3.06.6	646	3.12.3	601	3.18.5	556
2.56.0	734	3.01.2	689	3.06.7	645	3.12.4	600	3.18.7	555
2.56.1	733	3.01.3	688	3.06.8	644	3.12.5	599	3.18.8	554
2.56.3	732	3.01.5	687	3.07.0	643	3.12.7	598	3.19.0	553
2.56.4	731	3.01.6	686	3.07.1	642	3.12.9	597	3.19.1	552
2.56.5	730	3.01.7	685	3.07.2	641	3.13.0	596	3.19.2	551
2.56.6	729	3.01.8	684	3.07.3	640	3.13.1	595	3.19.4	550
2.56.7	728	3.01.9	683	3.07.5	639	3.13.3	594	3.19.5	549
2.56.8	727	3.02.0	682	3.07.6	638	3.13.4	593	3.19.7	548
2.56.9	726	3.02.2	681	3.07.7	637	3.13.5	592	3.19.8	547
2.57.0	725	3.02.3	680	3.07.9	636	3.13.7	591	3.20.0	546
2.57.2	724	3.02.4	679	3.08.0	635	3.13.8	590	3.20.1	545
2.57.3	723	3.02.5	678	3.08.1	634	3.13.9	589	3.20.2	544
2.57.4	722	3.02.6	677	3.08.2	633	3.14.1	588	3.20.4	543
2.57.5	721	3.02.8	676	3.08.3	632	3.14.2	587	3.20.5	542
2.57.6	720	3.02.9	675	3.08.4	631	3.14.3	586	3.20.7	541

1000 METERS / 1000 METROS (11-12)(13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
3.20.8	540	3.27.6	495	3.34.9	450	3.42.8	404	3.51.2	359
3.21.0	539	3.27.8	494	3.35.0	449	3.43.0	403	3.51.4	358
3.21.1	538	3.27.9	493	3.35.2	448	3.43.2	402	3.51.6	357
3.21.3	537	3.28.1	492	3.35.4	447	3.43.4	401	3.51.8	356
3.21.4	536	3.28.2	491	3.35.5	446	3.43.5	400	3.52.0	355
3.21.6	535	3.28.4	490	3.35.7	445	3.43.7	399	3.52.2	354
3.21.7	534	3.28.5	489	3.35.9	444	3.43.9	398	3.52.4	353
3.21.8	533	3.28.7	488	3.36.0	443	3.44.1	397	3.52.6	352
3.21.9	532	3.28.9	487	3.36.2	442	3.44.3	396	3.52.7	351
3.22.0	531	3.29.0	486	3.36.4	441	3.44.4	395	3.52.9	350
3.22.1	530	3.29.2	485	3.36.5	440	3.44.6	394	3.53.1	349
3.22.3	529	3.29.3	484	3.36.7	439	3.44.8	393	3.53.3	348
3.22.4	528	3.29.5	483	3.36.9	438	3.45.0	392	3.53.5	347
3.22.6	527	3.29.7	482	3.37.1	437	3.45.2	391	3.53.7	346
3.22.7	526	3.29.8	481	3.37.2	436	3.45.4	390	3.53.9	345
3.23.0	525	3.30.0	480	3.37.4	435	3.45.5	389	3.51.1	344
3.23.2	524	3.30.1	479	3.37.6	434	3.45.7	388	3.54.3	343
3.23.3	523	3.30.3	478	3.37.7	433	3.45.9	387	3.54.5	342
3.23.5	522	3.30.4	477	3.37.9	432	3.46.1	386	3.54.7	341
3.23.6	521	3.30.6	476	3.38.1	430	3.46.3	385	3.54.9	340
3.23.8	520	3.30.8	475	3.38.4	429	3.46.5	384	3.55.1	339
3.23.9	519	3.30.9	474	3.38.6	428	3.46.6	383	3.55.3	338
3.24.1	518	3.31.1	473	3.38.7	427	3.46.8	382	3.55.5	337
3.24.1	517	3.31.3	472	3.38.9	426	3.47.0	381	3.55.7	336
3.24.4	516	3.31.4	471	3.39.1	425	3.47.2	380	3.55.9	335
3.24.5	515	3.31.6	470	3.39.3	424	3.47.4	379	3.56.1	334
3.24.7	514	3.31.7	469	3.39.5	423	3.47.6	378	3.56.3	333
3.24.8	513	3.31.9	468	3.39.6	422	3.47.8	377	3.56.5	332
3.25.0	512	3.32.1	467	3.39.8	421	3.48.0	376	3.56.7	331
3.25.1	511	3.32.2	466	3.40.0	420	3.48.1	375	3.56.9	330
3.25.3	510	3.32.4	465	3.40.2	419	3.48.3	374	3.57.1	329
3.25.5	509	3.32.6	464	3.40.3	418	3.48.5	373	3.57.3	328
3.25.6	508	3.32.7	463	3.40.5	417	3.48.7	372	3.57.5	327
3.25.8	507	3.32.9	462	3.40.7	416	3.48.9	371	3.57.7	326
3.25.9	506	3.33.0	461	3.40.9	415	3.49.1	370	3.57.9	325
3.26.1	505	3.33.2	460	3.41.0	414	3.49.3	369	3.58.2	324
3.26.2	504	3.33.4	459	3.41.2	413	3.49.5	368	3.58.4	323
3.26.4	503	3.33.5	458	3.41.4	412	3.49.7	367	3.58.6	322
3.26.5	502	3.33.7	457	3.41.6	411	3.49.8	366	3.58.8	321
3.26.7	501	3.33.9	456	3.41.7	410	3.50.0	365	3.59.0	320
3.26.8	500	3.34.0	455	3.41.9	409	3.50.2	364	3.59.2	319
3.27.0	499	3.34.2	454	3.42.1	408	3.50.4	363	3.59.4	318
3.27.1	498	3.34.4	453	3.42.3	407	3.50.6	362	3.59.6	317
3.27.3	497	3.34.5	452	3.42.5	406	3.50.8	361	3.59.8	316
3.27.5	496	3.34.7	451	3.42.6	405	3.51.0	360	4.00.0	315



1000 METERS / 1000 METROS (11-12)(13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
4.00.2	314	4.10.0	269	4.20.6	224	4.32.1	179	4.44.7	134
4.00.4	313	4.10.2	268	4.20.8	223	4.32.4	178	4.45.0	133
4.00.6	312	4.10.4	267	4.21.1	222	4.32.6	177	4.45.3	132
4.00.8	311	4.10.7	266	4.21.3	221	4.32.9	176	4.45.6	131
4.01.1	310	4.10.9	265	4.21.6	220	4.33.2	175	4.45.9	130
4.01.3	309	4.11.1	264	4.21.8	219	4.33.4	174	4.46.2	129
4.01.5	308	4.11.3	263	4.22.1	218	4.33.7	173	4.46.5	128
4.01.7	307	4.11.6	262	4.22.3	217	4.34.0	172	4.46.8	127
4.01.9	306	4.11.8	261	4.22.6	216	4.34.3	171	4.47.1	126
4.02.1	305	4.12.0	260	4.22.8	215	4.34.5	170	4.47.4	125
4.02.3	304	4.12.3	259	4.23.0	214	4.34.8	169	4.47.7	124
4.02.5	303	4.12.5	258	4.23.3	213	4.35.1	168	4.48.0	123
4.02.7	302	4.12.7	257	4.23.6	212	4.35.3	167	4.48.2	122
4.03.0	301	4.13.0	256	4.23.8	211	4.35.6	166	4.48.6	121
4.03.2	300	4.13.2	255	4.24.1	210	4.35.9	165	4.48.9	120
4.03.4	299	4.13.3	254	4.24.3	209	4.36.2	164	4.49.2	119
4.03.6	298	4.13.6	253	4.24.6	208	4.36.4	163	4.49.5	118
4.03.8	297	4.13.9	252	4.24.8	207	4.36.7	162	4.49.8	117
4.04.0	296	4.14.1	251	4.25.1	206	4.37.0	161	4.50.1	116
4.04.2	295	4.14.3	250	4.25.3	205	4.37.3	160	4.50.4	115
4.04.5	294	4.14.6	249	4.25.6	204	4.37.6	159	4.50.7	114
4.04.7	293	4.14.8	248	4.25.8	203	4.37.8	158	4.51.0	113
4.04.9	292	4.15.1	247	4.26.1	202	4.38.1	157	4.51.3	112
4.05.1	291	4.15.3	246	4.26.3	201	4.38.4	156	4.51.6	111
4.05.3	290	4.15.5	245	4.26.6	200	4.38.7	155	4.51.9	110
4.05.5	289	4.15.8	244	4.26.9	199	4.39.0	154	4.52.2	109
4.05.8	288	4.16.0	243	4.27.1	198	4.39.2	153	4.52.5	108
4.06.0	287	4.16.3	242	4.27.4	197	4.39.5	152	4.52.8	107
4.06.2	286	4.16.5	241	4.27.6	196	4.39.8	151	4.53.1	106
4.06.4	285	4.16.7	240	4.27.9	195	4.40.1	150	4.53.4	105
4.06.6	284	4.16.9	239	4.28.1	194	4.40.3	149	4.53.8	104
4.06.9	283	4.17.2	238	4.28.4	193	4.40.7	148	4.54.1	103
4.07.1	282	4.17.4	237	4.28.7	192	4.40.9	147	4.54.4	102
4.07.3	281	4.17.7	236	4.28.9	191	4.41.1	146	4.54.7	101
4.07.5	280	4.17.9	235	4.29.2	190	4.41.5	145	4.55.0	100
4.07.7	279	4.18.1	234	4.29.5	189	4.41.8	144	4.55.3	99
4.08.0	278	4.18.4	233	4.29.7	188	4.42.1	143	4.55.6	98
4.08.2	277	4.18.6	232	4.30.0	187	4.42.4	142	4.56.0	97
4.08.4	276	4.18.9	231	4.30.2	186	4.42.7	141	4.56.3	96
4.08.6	275	4.19.1	230	4.30.5	185	4.42.9	140	4.56.6	95
4.08.9	274	4.19.4	229	4.30.8	184	4.43.2	139	4.56.9	94
4.09.1	273	4.19.6	228	4.31.0	183	4.43.5	138	4.57.2	93
4.09.3	272	4.19.9	227	4.31.3	182	4.43.8	137	4.57.5	92
4.09.5	271	4.20.1	226	4.31.6	181	4.44.1	136	4.57.9	91
4.09.8	270	4.20.3	225	4.31.8	180	4.44.4	135	4.58.2	90

1000 METERS / 1000 METROS (11-12)(13-14)

MARK	POINT	MARK	POINT
4.58.5	89	5.13.7	44
4.58.8	88	5.14.0	43
4.59.2	87	5.14.4	42
4.59.5	86	5.14.8	41
4.59.8	85	5.15.2	40
5.00.1	84	5.15.5	39
5.00.5	83	5.15.9	38
5.00.8	82	5.16.2	37
5.01.1	81	5.16.6	36
5.01.4	80	5.17.0	35
5.01.8	79	5.17.3	34
5.02.1	78	5.17.7	33
5.02.4	77	5.18.1	32
5.02.8	76	5.18.4	31
5.03.1	75	5.18.8	30
5.03.4	74	5.19.2	29
5.03.7	73	5.19.5	28
5.04.1	72	5.19.9	27
5.04.4	71	5.20.3	26
5.04.6	70	5.20.6	25
5.05.1	69	5.21.1	24
5.05.4	68	5.21.4	23
5.05.8	67	5.21.8	22
5.06.1	66	5.22.1	21
5.06.4	65	5.22.5	20
5.06.8	64	5.22.9	19
5.07.1	63	5.23.3	18
5.07.5	62	5.23.6	17
5.07.8	61	5.24.0	16
5.08.1	60	5.24.4	15
5.08.5	59	5.24.8	14
5.08.8	58	5.25.2	13
5.09.2	57	5.25.5	12
5.09.5	56	5.25.9	11
5.09.9	55	5.26.3	10
5.10.2	54	5.26.7	9
5.10.6	53	5.27.1	8
5.10.9	52	5.27.5	7
5.11.3	51	5.27.9	6
5.11.6	50	5.28.2	5
5.12.0	49	5.28.6	4
5.12.3	48	5.29.0	3
5.12.7	47	5.29.4	2
5.13.0	46	5.29.8	1
5.13.4	45		

1200 Meters Metros

1200 METERS / 1200 METROS (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
3.00.0	1007	3.04.5	953	3.09.1	901	3.13.6	854	3.18.1	808
3.00.1	1006	3.04.6	952	3.09.2	900	3.13.7	853	3.18.2	807
3.00.2	1005	3.04.7	951	3.09.3	899	3.13.8	852	3.18.3	806
3.00.3	1003	3.04.8	950	3.09.4	898	3.13.9	851	3.18.4	805
3.00.4	1002	3.04.9	949	3.09.5	897	3.14.0	849	3.18.5	804
3.00.5	1001	3.05.0	948	3.09.6	896	3.14.1	848	3.18.6	803
3.00.6	1000	3.05.1	946	3.09.7	895	3.14.2	847	3.18.7	802
3.00.7	999	3.05.2	945	3.09.8	894	3.14.3	846	3.18.8	801
3.00.8	997	3.05.3	944	3.09.9	893	3.14.4	845	3.19.0	800
3.00.9	996	3.05.4	943	3.10.0	892	3.14.5	844	3.19.1	799
3.01.0	995	3.05.5	942	3.10.1	891	3.14.6	843	3.19.2	798
3.01.1	994	3.05.6	941	3.10.2	890	3.14.7	842	3.19.3	797
3.01.2	992	3.05.7	940	3.10.3	888	3.14.8	841	3.19.4	796
3.01.3	991	3.05.8	938	3.10.4	887	3.14.9	840	3.19.5	795
3.01.4	990	3.05.9	937	3.10.5	886	3.15.0	839	3.19.6	794
3.01.5	989	3.06.0	936	3.10.6	885	3.15.1	838	3.19.7	793
3.01.6	988	3.06.1	935	3.10.7	884	3.15.2	837	3.19.8	792
3.01.7	986	3.06.2	934	3.10.8	883	3.15.3	836	3.19.9	791
3.01.8	985	3.06.3	933	3.10.9	882	3.15.4	835	3.20.0	790
3.01.9	984	3.06.4	932	3.11.0	881	3.15.5	834	3.20.1	789
3.02.0	983	3.06.5	930	3.11.1	880	3.15.6	833	3.20.2	788
3.02.1	982	3.06.6	929	3.11.2	879	3.15.7	832	3.20.3	787
3.02.2	980	3.06.7	928	3.11.3	878	3.15.8	831	3.20.4	786
3.02.3	979	3.06.8	927	3.11.4	877	3.15.9	830	3.20.5	785
3.02.4	978	3.06.9	926	3.11.5	876	3.16.0	829	3.20.6	784
3.02.5	977	3.07.0	925	3.11.6	875	3.16.1	828	3.20.7	783
3.02.6	976	3.07.1	924	3.11.7	874	3.16.2	827	3.20.8	782
3.02.7	974	3.07.2	923	3.11.8	872	3.16.3	826	3.20.9	781
3.02.8	973	3.07.3	921	3.11.9	871	3.16.4	825	3.21.0	780
3.02.9	972	3.07.4	920	3.12.0	870	3.16.5	824	3.21.1	779
3.03.0	971	3.07.5	919	3.12.1	869	3.16.6	823	3.21.2	778
3.03.1	970	3.07.6	918	3.12.2	868	3.16.7	822	3.21.4	777
3.03.2	968	3.07.7	917	3.12.3	867	3.16.8	821	3.21.5	776
3.03.3	967	3.07.8	916	3.12.4	866	3.16.9	820	3.21.6	775
3.03.4	966	3.07.9	914	3.12.5	865	3.17.0	819	3.21.7	774
3.03.5	965	3.08.1	912	3.12.6	864	3.17.1	818	3.21.8	773
3.03.6	964	3.08.2	911	3.12.7	863	3.17.2	817	3.21.9	772
3.03.7	963	3.08.3	910	3.12.8	862	3.17.3	816	3.22.0	771
3.03.8	961	3.08.4	909	3.12.9	861	3.17.4	815	3.22.1	770
3.03.9	960	3.08.5	908	3.13.0	860	3.17.5	814	3.22.2	769
3.04.0	959	3.08.6	907	3.13.1	859	3.17.6	813	3.22.3	768
3.04.1	958	3.08.7	906	3.13.2	858	3.17.7	812	3.22.4	767
3.04.2	957	3.08.8	905	3.13.3	857	3.17.8	811	3.22.5	766
3.04.3	956	3.08.9	904	3.13.4	856	3.17.9	810	3.22.6	765
3.04.4	954	3.09.0	903	3.13.5	855	3.18.0	809	3.22.7	764

1200 METERS / 1200 METROS (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
3.22.9	763	3.27.8	718	3.33.1	673	3.38.7	628	3.44.8	583
3.23.0	762	3.28.0	717	3.33.3	672	3.38.9	627	3.44.9	582
3.23.1	761	3.28.1	716	3.33.4	671	3.39.0	626	3.45.0	581
3.23.2	760	3.28.2	715	3.33.5	670	3.39.1	625	3.45.2	580
3.23.3	759	3.28.3	714	3.33.6	669	3.39.3	624	3.45.3	579
3.23.4	758	3.28.4	713	3.33.7	668	3.39.4	623	3.45.4	578
3.23.5	757	3.28.5	712	3.33.9	667	3.39.5	622	3.45.6	577
3.23.6	756	3.28.6	711	3.34.0	666	3.39.7	621	3.45.7	576
3.23.7	755	3.28.8	710	3.34.1	665	3.39.8	620	3.45.9	575
3.23.8	754	3.28.9	709	3.34.2	664	3.39.9	619	3.46.0	574
3.23.9	753	3.29.0	708	3.34.4	663	3.40.1	618	3.46.1	573
3.24.0	752	3.29.1	707	3.34.5	662	3.40.2	617	3.46.2	572
3.24.2	751	3.29.2	706	3.34.6	661	3.40.3	616	3.46.4	571
3.24.3	750	3.29.3	705	3.34.7	660	3.40.4	615	3.46.6	570
3.24.4	749	3.29.5	704	3.34.8	659	3.40.5	614	3.46.7	569
3.24.5	748	3.29.6	703	3.35.0	658	3.40.6	613	3.46.8	568
3.24.6	747	3.29.7	702	3.35.1	657	3.40.7	612	3.47.0	567
3.24.7	746	3.29.8	701	3.35.2	656	3.41.0	611	3.47.1	566
3.24.8	745	3.29.9	700	3.35.3	655	3.41.1	610	3.47.3	565
3.24.9	744	3.30.0	699	3.35.5	654	3.41.2	609	3.47.4	564
3.25.0	743	3.30.2	698	3.35.6	653	3.41.3	608	3.47.5	563
3.25.1	742	3.30.3	697	3.35.7	652	3.41.4	607	3.47.7	562
3.25.3	741	3.30.4	696	3.35.8	651	3.41.7	606	3.47.8	561
3.25.4	740	3.30.5	695	3.36.0	650	3.41.8	605	3.48.0	560
3.25.5	739	3.30.6	694	3.36.1	649	3.41.9	604	3.48.1	559
3.25.6	738	3.30.7	693	3.36.2	648	3.42.0	603	3.48.2	558
3.25.7	737	3.30.9	692	3.36.3	647	3.42.2	602	3.48.4	557
3.25.8	736	3.31.0	691	3.36.5	646	3.42.3	601	3.48.5	556
3.25.9	735	3.31.1	690	3.36.6	645	3.42.5	600	3.48.7	555
3.26.0	734	3.31.2	689	3.36.7	644	3.42.6	599	3.48.8	554
3.26.1	733	3.31.3	688	3.36.8	643	3.42.7	598	3.49.0	553
3.26.3	732	3.31.5	687	3.37.0	642	3.42.9	597	3.49.1	552
3.26.4	731	3.31.6	686	3.37.1	641	3.43.0	596	3.49.2	551
3.26.5	730	3.31.7	685	3.37.2	640	3.43.1	595	3.49.4	550
3.26.6	729	3.31.8	684	3.37.3	639	3.43.3	594	3.49.5	549
3.26.7	728	3.31.9	683	3.37.5	638	3.43.4	593	3.49.7	548
3.26.8	727	3.32.0	682	3.37.6	637	3.43.5	592	3.49.8	547
3.26.9	726	3.32.2	681	3.37.7	636	3.43.7	591	3.50.0	546
3.27.0	725	3.32.3	680	3.37.9	635	3.43.8	590	3.50.1	545
3.27.2	724	3.32.4	679	3.38.0	634	3.43.9	589	3.50.2	544
3.27.3	723	3.32.5	678	3.38.1	633	3.44.0	588	3.50.4	543
3.27.4	722	3.32.6	677	3.38.2	632	3.44.2	587	3.50.5	542
3.27.5	721	3.32.8	676	3.38.4	631	3.44.3	586	3.50.7	541
3.27.6	720	3.32.9	675	3.38.5	630	3.44.5	585	3.50.8	540
3.27.7	719	3.33.0	674	3.38.6	629	3.44.6	584	3.51.0	539

1200 METERS / 1200 METROS (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
3.51.1	538	3.57.9	493	4.05.2	448	4.13.0	403	4.21.4	358
3.51.3	537	3.58.1	492	4.05.4	447	4.13.2	402	4.21.6	357
3.51.4	536	3.58.2	491	4.05.5	446	4.13.4	401	4.21.8	356
3.51.6	535	3.58.4	490	4.05.7	445	4.13.5	400	4.22.0	355
3.51.7	534	3.58.5	489	4.05.9	444	4.13.7	399	4.22.2	354
3.51.9	533	3.58.7	488	4.06.0	443	4.13.9	398	4.22.4	353
3.52.0	532	3.58.9	487	4.06.2	442	4.14.0	397	4.22.6	352
3.52.1	531	3.59.0	486	4.06.4	441	4.14.2	396	4.22.7	351
3.52.3	530	3.59.2	485	4.06.5	440	4.14.6	395	4.22.9	350
3.52.4	529	3.59.3	484	4.05.7	439	4.14.8	394	4.23.1	349
3.52.6	528	3.59.5	483	4.06.9	438	4.14.9	393	4.23.3	348
3.52.7	527	3.59.7	482	4.07.1	437	4.15.0	392	4.23.5	347
3.52.9	526	3.59.8	481	4.07.2	436	4.15.2	391	4.23.7	346
3.53.0	525	4.00.0	480	4.07.4	435	4.15.4	390	4.23.9	345
3.53.2	524	4.00.1	479	4.07.6	434	4.15.5	389	4.24.1	344
3.53.3	523	4.00.3	478	4.07.7	433	4.15.7	388	4.24.3	343
3.53.5	522	4.00.4	477	4.07.9	432	4.15.9	387	4.24.5	342
3.53.6	521	4.00.6	476	4.08.1	431	4.16.1	386	4.24.7	341
3.53.8	520	4.00.8	475	4.08.2	430	4.16.3	385	4.24.9	340
3.53.9	519	4.00.9	474	4.08.4	429	4.16.5	384	4.25.1	339
3.54.1	518	4.01.1	473	4.08.6	428	4.16.6	383	4.25.3	338
3.54.2	517	4.01.3	472	4.08.8	427	4.16.8	382	4.25.5	337
3.54.4	516	4.01.4	471	4.08.9	426	4.17.0	381	4.25.7	336
3.54.5	515	4.01.6	470	4.09.1	425	4.17.2	380	4.25.9	335
3.54.7	514	4.01.7	469	4.09.3	424	4.17.4	379	4.26.1	334
3.54.8	513	4.01.9	468	4.09.5	423	4.17.6	378	4.26.3	333
3.55.0	512	4.02.1	467	4.09.6	422	4.17.8	377	4.26.5	332
3.55.1	511	4.02.2	466	4.09.8	421	4.18.0	376	4.26.7	331
3.55.3	510	4.02.4	465	4.10.0	420	4.18.1	375	4.26.9	330
3.55.5	509	4.02.6	464	4.10.2	419	4.18.3	374	4.27.1	329
3.55.6	508	4.02.7	463	4.10.3	418	4.18.5	373	4.27.3	328
3.55.8	507	4.02.9	462	4.10.5	417	4.18.7	372	4.27.5	327
3.55.9	506	4.03.0	461	4.10.7	416	4.18.9	371	4.27.7	326
3.56.1	505	4.03.2	460	4.10.9	415	4.19.1	370	4.27.9	325
3.56.2	504	4.03.4	459	4.11.0	414	4.19.3	369	4.28.2	324
3.56.4	503	4.03.5	458	4.11.2	413	4.19.5	368	4.28.4	323
3.56.5	502	4.03.7	457	4.11.4	412	4.19.7	367	4.28.6	322
3.56.7	501	4.03.9	456	4.11.6	411	4.19.8	366	4.28.8	321
3.56.8	500	4.04.0	455	4.11.7	410	4.20.0	365	4.29.0	320
3.57.0	499	4.04.2	454	4.11.9	409	4.20.2	364	4.29.2	319
3.57.1	498	4.04.4	453	4.12.1	408	4.20.4	363	4.29.4	318
3.57.3	497	4.04.5	452	4.12.3	407	4.20.6	362	4.29.6	317
3.57.5	496	4.04.7	451	4.12.5	406	4.20.8	361	4.29.8	316
3.57.6	495	4.04.9	450	4.12.6	405	4.21.0	360	4.30.0	315
3.57.8	494	4.05.0	449	4.12.8	404	4.21.2	359	4.30.2	314

1200 METERS / 1200 METROS (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
4.30.4	313	4.40.2	268	4.50.8	223	5.02.4	178	5.15.6	133
4.30.6	312	4.40.4	267	4.51.1	222	5.02.6	177	5.15.9	132
4.30.8	311	4.40.7	266	4.51.3	221	5.02.9	176	5.16.2	131
4.31.1	310	4.40.9	265	4.51.6	220	5.03.2	175	5.16.5	130
4.31.3	309	4.41.1	264	4.51.8	219	5.03.4	174	5.16.8	129
4.31.5	308	4.41.3	263	4.52.1	218	5.03.7	173	5.17.1	128
4.31.7	307	4.41.6	262	4.52.3	217	5.04.0	172	5.17.4	127
4.31.9	306	4.41.8	261	4.52.6	216	5.04.3	171	5.17.8	126
4.32.1	305	4.42.0	260	4.52.8	215	5.04.5	170	5.18.0	125
4.32.3	304	4.42.3	259	4.53.0	214	5.04.8	169	5.18.2	124
4.32.5	303	4.42.5	258	4.53.3	213	5.05.1	168	5.18.6	123
4.32.7	302	4.42.7	257	4.53.6	212	5.05.3	167	5.18.9	122
4.33.0	301	4.43.0	256	4.53.8	211	5.05.6	166	5.19.2	121
4.33.2	300	4.43.2	255	4.54.1	210	5.05.9	165	5.19.5	120
4.33.4	299	4.43.3	254	4.54.3	209	5.06.2	164	5.19.8	119
4.33.6	298	4.43.6	253	4.54.6	208	5.06.4	163	5.20.1	118
4.33.8	297	4.43.9	252	4.54.8	207	5.06.7	162	5.20.4	117
4.34.0	296	4.44.1	251	4.55.1	206	5.07.0	161	5.20.7	116
4.34.2	295	4.44.3	250	4.55.3	205	5.07.3	160	5.21.0	115
4.34.5	294	4.44.6	249	4.55.6	204	5.07.6	159	5.21.3	114
4.34.7	293	4.44.8	248	4.55.8	203	5.07.8	158	5.21.6	113
4.34.9	292	4.45.1	247	4.56.1	202	5.08.1	157	5.21.9	112
4.35.1	291	4.45.3	246	4.56.3	201	5.08.4	156	5.22.2	111
4.35.3	290	4.45.5	245	4.56.6	200	5.08.7	155	5.22.5	110
4.35.5	289	4.45.8	244	4.56.9	199	5.09.0	154	5.22.8	109
4.35.8	288	4.46.0	243	4.57.1	198	5.09.2	153	5.23.1	108
4.36.0	287	4.46.2	242	4.57.4	197	5.09.5	152	5.23.4	107
4.36.2	286	4.46.5	241	4.57.6	196	5.09.8	151	5.23.8	106
4.36.4	285	4.46.7	240	4.57.9	195	5.10.1	150	5.24.1	105
4.36.6	284	4.46.9	239	4.58.1	194	5.10.3	149	5.24.4	104
4.36.9	283	4.47.2	238	4.58.4	193	5.11.2	148	5.24.7	103
4.37.1	282	4.47.4	237	4.58.7	192	5.11.5	147	5.25.0	102
4.37.3	281	4.47.7	236	4.58.9	191	5.11.8	146	5.25.3	101
4.37.5	280	4.47.9	235	4.59.2	190	5.12.1	145	5.25.6	100
4.37.7	279	4.48.1	234	4.59.5	189	5.12.4	144	5.26.0	99
4.38.0	278	4.48.4	233	4.59.7	188	5.12.7	143	5.26.3	98
4.38.2	277	4.48.6	232	5.00.0	187	5.12.9	142	5.26.6	97
4.38.4	276	4.48.9	231	5.00.2	186	5.13.2	141	5.26.9	96
4.38.6	275	4.49.1	230	5.00.5	185	5.13.5	140	5.27.2	95
4.38.9	274	4.49.4	229	5.00.8	184	5.13.8	139	5.27.5	94
4.39.1	273	4.49.6	228	5.01.0	183	5.14.1	138	5.27.9	93
4.39.3	272	4.49.9	227	5.01.3	182	5.14.4	137	5.28.2	92
4.39.5	271	4.50.1	226	5.01.6	181	5.14.8	136	5.28.5	91
4.39.8	270	450.3	225	5.01.8	180	5.15.0	135	5.28.8	90
4.40.0	269	4.50.6	224	5.02.1	179	5.15.3	134	5.29.2	89

1200 METERS / 1200 METROS (13-14)

MARK	POINT	MARK	POINT
5.29.5	88	5.44.8	43
5.29.8	87	5.45.2	42
5.30.1	86	5.45.5	41
5.30.5	85	5.45.9	40
5.30.8	84	5.46.2	39
5.31.1	83	5.46.6	38
5.31.4	82	5.47.0	37
5.31.8	81	5.47.3	36
5.32.1	80	5.47.7	35
5.32.4	79	5.48.1	34
5.32.8	78	5.48.4	33
5.33.1	77	5.48.8	32
5.33.4	76	5.49.2	31
5.33.7	75	5.49.5	30
5.34.1	74	5.49.9	29
5.34.4	73	5.50.3	28
5.34.8	72	5.50.6	27
5.35.1	71	5.51.0	26
5.35.4	70	5.51.4	25
5.35.8	69	5.51.8	24
5.36.1	68	5.52.1	23
5.36.4	67	5.52.5	22
5.36.8	66	5.52.9	21
5.37.1	65	5.53.3	20
5.37.5	64	5.53.6	19
5.37.8	63	5.54.0	18
5.38.1	62	5.54.4	17
5.38.5	61	5.54.8	16
5.38.8	60	5.55.2	15
5.39.2	59	5.55.5	14
5.39.5	58	5.55.9	13
5.39.9	57	5.56.2	12
5.40.2	56	5.56.7	11
5.40.6	55	5.57.1	10
5.40.9	54	5.57.5	9
5.41.3	53	5.57.9	8
5.41.6	52	5.58.2	7
5.42.0	51	5.58.6	6
5.42.3	50	5.59.0	5
5.42.7	49	5.59.4	4
5.43.0	48	5.59.6	3
5.43.4	47	5.59.8	2
5.43.7	46	6.00.0	1
5.44.0	45	6.00.1	0
5.44.4	44		

High Jump

Salto de

Altura

HIGH JUMP / SALTO DE ALTURA (11-12)(13-14)							
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
2.07	1046	1.64	733	1.21	396	0.78	81
2.06	1039	1.63	726	1.20	389	0.77	74
2.05	1032	1.62	718	1.19	382	0.76	66
2.04	1025	1.61	710	1.18	374	0.75	59
2.03	1019	1.60	702	1.17	367	0.74	52
2.02	1012	1.59	695	1.16	360	0.73	44
2.01	1005	1.58	687	1.15	352	0.72	37
2.00	998	1.57	679	1.14	345	0.71	30
1.99	991	1.56	671	1.13	338	0.70	22
1.98	984	1.55	663	1.12	330	0.69	15
1.97	977	1.54	655	1.11	323	0.68	8
1.96	970	1.53	647	1.10	316	0.67	0
1.95	962	1.52	639	1.09	308		
1.94	955	1.51	631	1.08	301		
1.93	948	1.50	623	1.07	294		
1.92	941	1.49	615	1.06	286		
1.91	934	1.48	607	1.05	279		
1.90	927	1.47	599	1.04	272		
1.89	920	1.46	590	1.03	264		
1.88	912	1.45	582	1.02	257		
1.87	905	1.44	574	1.01	250		
1.86	898	1.43	566	1.00	242		
1.85	891	1.42	557	0.99	235		
1.84	883	1.41	549	0.98	228		
1.83	876	1.40	541	0.97	220		
1.82	869	1.39	532	0.96	213		
1.81	861	1.38	524	0.95	206		
1.80	854	1.37	516	0.94	198		
1.79	847	1.36	507	0.93	191		
1.78	839	1.35	499	0.92	184		
1.77	832	1.34	492	0.91	176		
1.76	824	1.33	484	0.90	169		
1.75	817	1.32	477	0.89	162		
1.74	810	1.31	470	0.88	154		
1.73	802	1.30	462	0.87	147		
1.72	795	1.29	455	0.86	140		
1.71	787	1.28	448	0.85	132		
1.70	779	1.27	440	0.84	125		
1.69	772	1.26	433	0.83	118		
1.68	764	1.25	426	0.82	110		
1.67	757	1.24	418	0.81	103		
1.66	749	1.23	411	0.80	96		
1.65	741	1.22	404	0.79	88		

Long Jump Salto de Longitud

LONG JUMP / SALTO DE LONGITUD (11-12)(13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
7.39	1049	6.95	976	6.51	901	6.07	823	5.63	742
7.38	1047	6.94	974	6.50	899	6.06	821	5.62	740
7.37	1046	6.93	973	6.49	897	6.05	819	5.61	738
7.36	1044	6.92	971	6.48	895	6.04	817	5.60	736
7.35	1042	6.91	969	6.47	894	6.03	816	5.59	734
7.34	1041	6.90	968	6.46	892	6.02	814	5.58	733
7.33	1039	6.89	966	6.45	890	6.01	812	5.57	731
7.32	1038	6.88	964	6.44	888	6.00	810	5.56	729
7.31	1036	6.87	962	6.43	887	5.99	808	5.55	727
7.30	1034	6.86	961	6.42	885	5.98	806	5.54	725
7.29	1033	6.85	959	6.41	883	5.97	805	5.53	723
7.28	1031	6.84	957	6.40	881	5.96	803	5.52	721
7.27	1029	6.83	956	6.39	880	5.95	801	5.51	719
7.26	1028	6.82	954	6.38	878	5.94	799	5.50	718
7.25	1026	6.81	952	6.37	876	5.93	797	5.49	716
7.24	1024	6.80	951	6.36	874	5.92	796	5.48	714
7.23	1023	6.79	949	6.35	873	5.91	794	5.47	712
7.22	1021	6.78	947	6.34	871	5.90	792	5.46	710
7.21	1019	6.77	945	6.33	869	5.89	790	5.45	708
7.20	1018	6.76	944	6.32	867	5.88	788	5.44	706
7.19	1016	6.75	942	6.31	866	5.87	786	5.43	704
7.18	1014	6.74	940	6.30	864	5.86	785	5.42	702
7.17	1013	6.73	939	6.29	862	5.85	783	5.41	700
7.16	1011	6.72	937	6.28	860	5.84	781	5.40	699
7.15	1009	6.71	935	6.27	859	5.83	779	5.39	697
7.14	1008	6.70	934	6.26	857	5.82	777	5.38	695
7.13	1006	6.69	932	6.25	855	5.81	775	5.37	693
7.12	1004	6.68	930	6.24	853	5.80	774	5.36	691
7.11	1003	6.67	928	6.23	851	5.79	772	5.35	689
7.10	1001	6.66	927	6.22	850	5.78	770	5.34	687
7.09	999	6.65	925	6.21	848	5.77	768	5.33	685
7.08	998	6.64	923	6.20	846	5.76	766	5.32	683
7.07	996	6.63	921	6.19	844	5.75	764	5.31	681
7.06	994	6.62	920	6.18	843	5.74	762	5.30	679
7.05	993	6.61	918	6.17	841	5.73	761	5.29	677
7.04	991	6.60	916	6.16	839	5.72	759	5.28	675
7.03	989	6.59	915	6.15	837	5.71	757	5.27	674
7.02	988	6.58	913	6.14	835	5.70	755	5.26	672
7.01	986	6.57	911	6.13	834	5.69	753	5.25	670
7.00	984	6.56	909	6.12	832	5.68	751	5.24	668
6.99	983	6.55	908	6.11	830	5.67	749	5.23	666
6.98	981	6.54	906	6.10	828	5.66	748	5.22	664
6.97	979	6.53	904	6.09	826	5.65	746	5.21	662
6.96	978	6.52	902	6.08	825	5.64	744	5.20	660

LONG JUMP / SALTO DE LONGITUD (11-12)(13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
5.19	658	4.75	570	4.31	480	3.87	392	3.43	304
5.18	656	4.74	568	4.30	478	3.86	390	3.42	302
5.17	654	4.73	566	4.29	476	3.85	388	3.41	300
5.16	652	4.72	564	4.28	474	3.84	386	3.40	298
5.15	650	4.71	562	4.27	472	3.83	384	3.39	296
5.14	648	4.70	560	4.26	470	3.82	382	3.38	294
5.13	646	4.69	558	4.25	468	3.81	380	3.37	292
5.12	644	4.68	556	4.24	466	3.80	378	3.36	290
5.11	642	4.67	554	4.23	464	3.79	376	3.35	288
5.10	640	4.66	552	4.22	462	3.78	374	3.34	286
5.09	638	4.65	550	4.21	460	3.77	372	3.33	284
5.08	636	4.64	548	4.20	458	3.76	370	3.32	282
5.07	634	4.63	546	4.19	456	3.75	368	3.31	280
5.06	632	4.62	544	4.18	454	3.74	366	3.30	278
5.05	631	4.61	542	4.17	452	3.73	364	3.29	276
5.04	629	4.60	540	4.16	450	3.72	362	3.28	274
5.03	627	4.59	537	4.15	448	3.71	360	3.27	272
5.02	625	4.58	535	4.14	446	3.70	358	3.26	270
5.01	623	4.57	533	4.13	444	3.69	356	3.25	268
5.00	621	4.56	531	4.12	442	3.68	354	3.24	266
4.99	619	4.55	529	4.11	440	3.67	352	3.23	264
4.98	617	4.54	527	4.10	438	3.66	350	3.22	262
4.97	615	4.53	525	4.09	436	3.65	348	3.21	260
4.96	613	4.52	523	4.08	434	3.64	346	3.20	258
4.95	611	4.51	521	4.07	432	3.63	344	3.19	256
4.94	609	4.50	519	4.06	430	3.62	342	3.18	254
4.93	607	4.49	517	4.05	428	3.61	340	3.17	252
4.92	605	4.48	515	4.04	426	3.60	338	3.16	250
4.91	603	4.47	512	4.03	424	3.59	336	3.15	248
4.90	601	4.46	510	4.02	422	3.58	334	3.14	246
4.89	599	4.45	508	4.01	420	3.57	332	3.13	244
4.88	597	4.44	506	4.00	418	3.56	330	3.12	242
4.87	595	4.43	504	3.99	416	3.55	328	3.11	240
4.86	593	4.42	502	3.98	414	3.54	326	3.10	238
4.85	591	4.41	500	3.97	412	3.53	324	3.09	236
4.84	589	4.40	498	3.96	410	3.52	322	3.08	234
4.83	587	4.39	496	3.95	408	3.51	320	3.07	232
4.82	585	4.38	494	3.94	406	3.50	318	3.06	230
4.81	583	4.37	492	3.93	404	3.49	316	3.05	228
4.80	580	4.36	490	3.92	402	3.48	314	3.04	226
4.79	578	4.35	488	3.91	400	3.47	312	3.03	224
4.78	576	4.34	486	3.90	398	3.46	310	3.02	222
4.77	574	4.33	484	3.89	396	3.45	308	3.01	220
4.76	572	4.32	482	3.88	394	3.44	306	3.00	218

LONG JUMP / SALTO DE LONGITUD (11-12)(13-14)					
MARK	POINT	MARK	POINT	MARK	POINT
2.99	216	2.55	128	2.11	40
2.98	214	2.54	126	2.10	38
2.97	212	2.53	124	2.09	36
2.96	210	2.52	122	2.08	34
2.95	208	2.51	120	2.07	32
2.94	206	2.50	118	2.06	30
2.93	204	2.49	116	2.05	28
2.92	202	2.48	114	2.04	26
2.91	200	2.47	112	2.03	24
2.90	198	2.46	110	2.02	22
2.89	196	2.45	108	2.01	20
2.88	194	2.44	106	2.00	18
2.87	192	2.43	104	1.99	16
2.86	190	2.42	102	1.98	14
2.85	188	2.41	100	1.97	12
2.84	186	2.40	98	1.96	10
2.83	184	2.39	96	1.95	8
2.82	182	2.38	94	1.94	6
2.81	180	2.37	92	1.93	4
2.80	178	2.36	90	1.92	2
2.79	176	2.35	88	1.91	0
2.78	174	2.34	86		
2.77	172	2.33	84		
2.76	170	2.32	82		
2.75	168	2.31	80		
2.74	166	2.30	78		
2.73	164	2.29	76		
2.72	162	2.28	74		
2.71	160	2.27	72		
2.70	158	2.26	70		
2.69	156	2.25	68		
2.68	154	2.24	66		
2.67	152	2.23	64		
2.66	150	2.22	62		
2.65	148	2.21	60		
2.64	146	2.20	58		
2.63	144	2.19	56		
2.62	142	2.18	54		
2.61	140	2.17	52		
2.60	138	2.16	50		
2.59	136	2.15	48		
2.58	134	2.14	46		
2.57	132	2.13	44		
2.56	130	2.12	42		

Throwing Ball

(400g)

Lanzamiento

de Bola (400g)

THROWING BALL / LANZAMIENTO DE BOLA (11-12)(13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
122.50	1050	100.50	917	78.50	770	56.50	601	34.50	394
122.00	1047	100.00	914	78.00	767	56.00	597	34.00	389
121.50	1044	99.50	911	77.50	763	55.50	593	33.50	383
121.00	1041	99.00	908	77.00	760	55.00	588	33.00	376
120.50	1038	98.50	905	76.50	756	54.50	584	32.50	372
120.00	1035	98.00	901	76.00	752	54.00	580	32.00	367
119.50	1032	97.50	898	75.50	749	53.50	576	31.50	361
119.00	1029	97.00	895	75.00	745	53.00	571	31.00	356
118.50	1026	96.50	892	74.50	742	52.50	567	30.50	350
118.00	1023	96.00	889	74.00	736	52.00	536	30.00	344
117.50	1020	95.50	885	73.50	734	51.50	558	29.50	338
117.00	1017	95.00	882	73.00	731	51.00	554	29.00	333
116.50	1014	94.50	879	72.50	727	50.50	549	28.50	327
116.00	1011	94.00	876	72.00	723	50.00	545	28.00	321
115.50	1008	93.50	872	71.50	719	49.50	540	27.50	315
115.00	1005	93.00	869	71.00	716	49.00	536	27.00	309
114.50	1002	92.50	866	70.50	712	48.50	531	26.50	303
114.00	999	92.00	863	70.00	708	48.00	527	26.00	296
113.50	996	91.50	859	69.50	704	47.50	522	25.50	290
113.00	993	91.00	856	69.00	701	47.00	518	25.00	284
112.50	990	90.50	853	68.50	697	46.50	513	24.50	278
112.00	987	90.00	849	68.00	693	46.00	509	24.00	271
111.50	984	89.50	846	67.50	689	45.50	504	23.50	265
111.00	981	89.00	843	67.00	685	45.00	499	23.00	258
110.50	978	88.50	839	66.50	681	44.50	495	22.50	252
110.00	975	88.00	836	66.00	678	44.00	490	22.00	245
109.50	972	87.50	833	65.50	674	43.50	485	21.50	238
109.00	969	87.00	829	65.00	670	43.00	480	21.00	231
108.50	966	86.50	826	64.50	666	42.50	475	20.50	224
108.00	963	86.00	822	64.00	662	42.00	471	20.00	217
107.50	960	85.50	819	63.50	658	41.50	466	19.50	210
107.00	957	85.00	816	63.00	654	41.00	461	19.00	203
106.50	954	84.50	812	62.50	650	40.50	456	18.50	196
106.00	951	84.00	809	62.00	646	40.00	451	18.00	189
105.50	948	83.50	805	61.50	642	39.50	446	17.50	181
105.00	945	83.00	802	61.00	638	39.00	441	17.00	174
104.50	942	82.50	798	60.50	634	38.50	436	16.50	166
104.00	939	82.00	795	60.00	630	38.00	431	16.00	158
103.50	936	81.50	791	59.50	625	37.50	426	15.50	150
103.00	933	81.00	788	59.00	622	37.00	420	15.00	142
102.50	930	80.50	784	58.50	618	36.50	415	14.50	134
102.00	927	80.00	781	58.00	614	36.00	410	14.00	125
101.50	923	79.50	777	57.50	609	35.50	405	13.50	117
101.00	920	79.00	774	57.00	605	35.00	399	13.00	108



THROWING BALL / LANZAMIENTO DE BOLA (11-12)(13-14)

MARK	POINT
12.50	99
12.00	90
11.50	81
11.00	72
10.50	62
10.00	52
9.50	42
9.00	32
8.50	21
8.00	10
7.50	1

Shot Put (3kg)

Impulsion

de Bala (3kg)

SHOT PUT / IMPULSION DE BALA (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
23.99	1050	22.59	1006	21.24	962	19.92	918	18.65	874
23.96	1049	22.56	1005	21.21	961	19.89	917	18.62	873
23.93	1048	22.53	1004	21.18	960	19.86	916	18.59	872
23.89	1047	22.50	1003	21.15	959	19.83	915	18.56	871
23.86	1046	22.47	1002	21.11	958	19.80	914	18.54	870
23.83	1045	22.44	1001	21.08	957	19.78	913	18.51	869
23.80	1044	22.40	1000	21.05	956	19.75	912	15.48	868
23.76	1043	22.37	999	21.02	955	19.72	911	18.45	867
23.73	1042	22.34	998	20.99	954	19.69	910	18.42	866
23.70	1041	22.31	997	20.96	953	19.66	909	18.39	865
23.67	1040	22.28	996	20.93	952	19.63	908	18.37	864
23.64	1039	22.25	995	20.90	951	19.60	907	18.34	863
23.60	1038	22.22	994	20.87	950	19.57	906	18.31	862
23.57	1037	22.19	993	20.84	949	19.54	905	18.28	861
23.54	1036	22.16	992	20.81	948	19.51	904	18.25	860
23.51	1035	22.12	991	20.78	947	19.48	903	18.23	859
23.48	1034	22.09	990	20.75	946	19.45	902	18.20	858
23.44	1033	22.06	989	20.72	945	19.43	901	18.17	857
23.41	1032	22.03	988	20.69	944	19.40	900	18.14	856
23.38	1031	22.00	987	20.66	943	19.37	899	18.11	855
23.35	1030	21.97	986	20.63	942	19.34	898	18.09	854
23.32	1029	21.94	985	20.60	941	19.31	897	18.06	853
23.29	1028	21.91	984	20.57	940	19.28	896	18.03	852
23.25	1027	21.88	983	20.54	939	19.25	895	18.00	851
23.22	1026	21.85	982	20.51	938	19.22	894	17.97	850
23.19	1025	21.82	981	20.48	937	19.19	893	17.95	849
23.16	1024	21.79	980	20.45	936	19.17	892	17.92	848
23.13	1023	21.75	979	20.42	935	19.14	891	17.89	847
23.10	1022	21.72	978	20.39	934	19.11	890	17.86	846
23.06	1021	21.69	977	20.37	933	19.08	889	17.83	845
23.03	1020	21.66	976	20.34	932	19.05	888	17.81	844
23.00	1019	21.63	975	20.31	931	19.02	887	17.78	843
22.97	1018	21.60	974	20.28	930	18.99	886	17.75	842
22.94	1017	21.57	973	20.25	929	18.96	885	17.72	841
22.91	1016	21.54	972	20.22	928	18.94	884	17.70	840
22.87	1015	21.51	971	20.19	927	18.91	883	17.67	839
22.84	1014	21.48	970	20.16	926	18.88	882	17.64	838
22.81	1013	21.45	969	20.13	925	18.85	881	17.61	837
22.78	1012	21.42	968	20.10	924	18.82	880	17.59	836
22.75	1011	21.39	967	20.07	923	18.79	879	17.56	835
22.72	1010	21.36	966	20.04	922	18.76	878	17.53	834
22.69	1009	21.33	965	20.01	921	18.74	877	17.50	833
22.65	1008	21.30	964	19.98	920	18.71	876	17.47	832
22.62	1007	21.27	963	19.95	919	18.68	875	17.45	831

SHOT PUT / IMPULSION DE BALA (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
17.42	830	16.23	786	15.09	742	13.98	698	12.92	654
17.39	829	16.21	785	15.06	741	13.96	697	12.90	653
17.36	828	16.18	784	15.03	740	13.93	696	12.87	652
17.34	827	16.15	783	15.01	739	13.91	695	12.85	651
17.31	826	16.13	782	14.98	738	13.88	694	12.82	650
17.28	825	16.10	781	14.96	737	13.86	693	12.80	649
17.26	824	16.07	780	14.93	736	13.83	692	12.78	648
17.23	823	16.05	779	14.91	735	13.81	691	12.75	647
17.20	822	16.02	778	14.88	734	13.79	690	12.73	646
17.17	821	15.99	777	14.86	733	13.76	689	12.71	645
17.15	820	15.97	776	14.83	732	13.74	688	12.68	644
17.12	819	15.94	775	14.81	731	13.71	687	12.66	643
17.09	818	15.92	774	14.78	730	13.69	686	12.64	642
17.06	817	15.89	773	14.76	729	13.66	685	12.61	641
17.04	816	15.86	772	14.73	728	13.64	684	12.59	640
17.01	815	15.84	771	14.70	727	13.61	683	12.57	639
16.98	814	15.81	770	14.68	726	13.59	682	12.54	638
16.96	813	15.78	769	14.65	725	13.57	681	12.52	637
16.93	812	15.76	768	14.63	724	13.54	680	12.50	636
16.90	811	15.73	767	14.60	723	13.52	679	12.47	635
16.87	810	15.71	766	14.58	722	13.49	678	12.45	634
16.85	809	15.68	765	14.55	721	13.47	677	12.43	633
16.82	808	15.65	764	14.53	720	13.45	676	12.40	632
16.79	807	15.63	763	14.50	719	13.42	675	12.38	631
16.77	806	15.60	762	14.48	718	13.4	674	12.36	630
16.74	805	15.58	761	14.45	717	13.37	673	12.33	629
16.71	804	15.55	760	14.43	716	13.35	672	12.31	628
16.69	803	15.52	759	14.40	715	13.32	671	12.29	627
16.66	802	15.50	758	14.38	714	13.3	670	12.27	626
16.63	801	15.47	757	14.35	713	13.28	669	12.24	625
16.61	800	15.45	756	14.33	712	13.25	668	12.22	624
16.58	799	15.42	755	14.30	711	13.23	667	12.20	623
16.55	798	15.39	754	14.28	710	13.2	666	12.17	622
16.52	797	15.37	753	14.25	709	13.18	665	12.15	621
16.50	796	15.34	752	14.23	708	13.16	664	12.13	620
16.47	795	15.32	751	14.20	707	13.13	663	12.10	619
16.44	794	15.29	750	14.18	706	13.11	662	12.08	618
16.42	793	15.27	749	14.15	705	13.09	661	12.06	617
16.39	792	15.24	748	14.13	704	13.06	660	12.04	616
16.36	791	15.21	747	14.10	703	13.04	659	12.01	615
16.34	790	15.19	746	14.08	702	13.01	658	11.99	614
16.31	789	15.16	745	14.06	701	12.99	657	11.97	613
16.28	788	15.14	744	14.03	700	12.97	656	11.94	612
16.26	787	15.11	743	14.01	699	12.94	655	11.92	611

SHOT PUT / IMPULSION DE BALA (13-14)

MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
11.90	610	10.92	566	9.98	522	9.09	478	8.24	434
11.88	609	10.90	565	9.96	521	9.07	477	8.22	433
11.85	608	10.88	564	9.94	520	9.05	476	8.20	432
11.83	607	10.86	563	9.92	519	9.03	475	8.18	431
11.81	606	10.83	562	9.90	518	9.01	474	8.16	430
11.79	605	10.81	561	9.88	517	8.99	473	8.14	429
11.76	604	10.79	560	9.86	516	8.97	472	8.13	428
11.74	603	10.77	559	9.84	515	8.95	471	8.11	427
11.72	602	10.75	558	9.82	514	8.93	470	8.09	426
11.70	601	10.73	557	9.80	513	8.91	469	8.07	425
11.67	600	10.70	556	9.78	512	8.89	468	8.05	424
11.65	599	10.68	555	9.76	511	8.87	467	8.03	423
11.63	598	10.66	554	9.74	510	8.85	466	8.01	422
11.61	597	10.64	553	9.72	509	8.83	465	7.99	421
11.58	596	10.62	552	9.70	508	8.81	464	7.98	420
11.56	595	10.60	551	9.68	507	8.80	463	7.96	419
11.54	594	10.58	550	9.65	506	8.78	462	7.94	418
11.52	593	10.55	549	9.63	505	8.76	461	7.92	417
11.49	592	10.53	548	9.61	504	8.74	460	7.90	416
11.47	591	10.51	547	9.59	503	8.72	459	7.88	415
11.45	590	10.49	546	9.57	502	8.70	458	7.86	414
11.43	589	10.47	545	9.55	501	8.68	457	7.85	413
11.40	588	10.45	544	9.53	500	8.66	456	7.83	412
11.38	587	10.43	543	9.51	499	8.64	455	7.81	411
11.36	586	10.41	542	9.49	498	8.62	454	7.79	410
11.34	585	10.38	541	9.47	497	8.60	453	7.77	409
11.32	584	10.36	540	9.45	496	8.58	452	7.75	408
11.29	583	10.34	539	9.43	495	8.56	451	7.74	407
11.27	582	10.32	538	9.41	494	8.54	450	7.72	406
11.25	581	10.30	537	9.39	493	8.52	449	7.70	405
11.23	580	10.28	536	9.37	492	8.50	448	7.68	404
11.21	579	10.26	535	9.35	491	8.49	447	7.66	403
11.18	578	10.24	534	9.33	490	8.47	446	7.64	402
11.16	577	10.21	533	9.31	489	8.45	445	7.63	401
11.14	576	10.19	532	9.29	488	8.43	444	7.61	400
11.12	575	10.17	531	9.27	487	8.41	443	7.59	399
11.10	574	10.15	530	9.25	486	8.39	442	7.57	398
11.07	573	10.13	529	9.23	485	8.37	441	7.55	397
11.05	572	10.11	528	9.21	484	8.35	440	7.54	396
11.03	571	10.09	527	9.19	483	8.33	439	7.52	395
11.01	570	10.07	526	9.17	482	8.31	438	7.50	394
10.99	569	10.05	525	9.15	481	8.29	437	7.48	393
10.96	568	10.03	524	9.13	480	8.28	436	7.46	392
10.94	567	10.01	523	9.11	479	8.26	435	7.45	391

SHOT PUT / IMPULSION DE BALA (13-14)									
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
7.43	390	6.66	346	5.93	302	5.25	258	4.61	214
7.41	389	6.64	345	5.92	301	5.23	257	4.59	213
7.39	388	6.63	344	5.90	300	5.22	256	4.58	212
7.37	387	6.61	343	5.88	299	5.20	255	4.56	211
7.36	386	6.59	342	5.87	298	5.19	254	4.55	210
7.34	385	6.57	341	5.85	297	5.17	253	4.54	209
7.32	384	6.56	340	5.84	296	5.16	252	4.52	208
7.30	383	6.54	339	5.82	295	5.14	251	4.51	207
7.28	382	6.52	338	5.81	294	5.13	250	4.49	206
7.27	381	6.51	337	5.79	293	5.11	249	4.48	205
7.25	380	6.49	336	5.77	292	5.10	248	4.47	204
7.23	379	6.47	335	5.76	291	5.08	247	4.45	203
7.21	378	6.46	334	5.74	290	5.07	246	4.44	202
7.20	377	6.44	333	5.73	289	5.05	245	4.42	201
7.18	376	6.42	332	5.71	288	5.04	244	4.41	200
7.16	375	6.41	331	5.69	287	5.02	243	4.40	199
7.14	374	6.39	330	5.68	286	5.01	242	4.38	198
7.13	373	6.37	329	5.66	285	5.00	241	4.37	197
7.11	372	6.36	328	5.65	284	4.98	240	4.36	196
7.09	371	6.34	327	5.63	283	4.97	239	4.34	195
7.07	370	6.32	326	5.62	282	4.65	238	4.33	194
7.06	369	6.31	325	5.60	281	4.94	237	4.31	193
7.04	368	6.29	324	5.59	280	4.92	236	4.30	192
7.02	367	6.27	323	5.57	279	4.91	235	4.29	191
7.00	366	6.26	322	5.55	278	4.89	234	4.27	190
6.99	365	6.24	321	5.54	277	4.88	233	4.26	189
6.97	364	6.22	320	5.52	276	4.86	232	4.25	188
6.95	363	6.21	319	5.51	275	4.85	231	4.23	187
6.93	362	6.19	318	5.49	274	4.83	230	4.22	186
6.92	361	6.18	317	5.48	273	4.82	229	4.21	185
6.90	360	6.16	316	5.46	272	4.81	228	4.19	184
6.88	359	6.14	315	5.45	271	4.79	227	4.18	183
6.86	358	6.13	314	5.43	270	4.78	226	4.17	182
6.85	357	6.11	313	5.42	269	4.76	225	4.15	181
6.83	356	6.09	312	5.40	268	4.75	224	4.14	180
6.81	355	6.08	311	5.39	267	4.73	223	4.12	179
6.80	354	6.06	310	5.37	266	4.72	222	4.11	178
6.78	353	6.05	309	5.35	265	4.71	221	4.10	177
6.76	352	6.03	308	5.34	264	4.69	220	4.08	176
6.74	351	6.01	307	5.32	263	4.68	219	4.07	175
6.73	350	6.00	306	5.31	262	4.66	218	4.06	174
6.71	349	5.98	305	5.29	261	4.65	217	4.05	173
6.69	348	5.97	304	5.28	260	4.63	216	4.03	172
6.68	347	5.95	303	5.26	259	4.62	215	4.02	171

SHOT PUT / IMPULSION DE BALA (13-14)							
MARK	POINT	MARK	POINT	MARK	POINT	MARK	POINT
4.01	170	3.45	126	2.93	82	2.46	38
3.99	169	3.43	125	2.92	81	2.45	37
3.98	168	3.42	124	2.91	80	2.44	36
3.97	167	3.41	123	2.90	79	2.43	35
3.95	166	3.40	122	2.89	78	2.41	34
3.94	165	3.39	121	2.87	77	2.40	33
3.93	164	3.37	120	2.86	76	2.39	32
3.91	163	3.36	119	2.85	75	2.38	31
3.90	162	3.35	118	2.84	74	2.37	30
3.89	161	3.34	117	2.83	73	2.36	29
3.87	160	3.33	116	2.82	72	2.35	28
3.86	159	3.31	115	2.81	71	2.34	27
3.85	158	3.30	114	2.80	70	2.33	26
3.84	157	3.29	113	2.79	69	2.32	25
3.82	156	3.28	112	2.77	68	2.31	24
3.81	155	3.27	111	2.76	67	2.30	23
3.80	154	3.25	110	2.75	66	2.29	22
3.78	153	3.24	109	2.74	65	2.28	21
3.77	152	3.23	108	2.73	64	2.27	20
3.76	151	3.22	107	2.72	63	2.26	19
3.75	150	3.21	106	2.71	62	2.25	18
3.73	149	3.20	105	2.70	61	2.24	17
3.72	148	3.18	104	2.69	60	2.23	16
3.71	147	3.17	103	2.68	59	2.22	15
3.70	146	3.16	102	2.67	58	2.21	14
3.68	145	3.15	101	2.66	57	2.20	13
3.67	144	3.14	100	2.64	56	2.19	11
3.66	143	3.13	99	2.63	55	2.18	10
3.65	142	3.11	98	2.62	54	2.17	9
3.63	141	3.10	97	2.61	53	2.16	8
3.62	140	3.09	96	2.60	52	2.15	7
3.61	139	3.08	95	2.59	51	2.14	6
3.60	138	3.07	94	2.58	50	2.13	5
3.58	137	3.06	93	2.57	49	2.12	4
3.57	136	3.04	92	2.56	48	2.11	3
3.56	135	3.03	91	2.55	47	2.10	2
3.55	134	3.02	90	2.54	46	2.09	1
3.53	133	3.01	89	2.53	45	2.08	0
3.52	132	3.00	88	2.52	44		
3.51	131	2.99	87	2.51	43		
3.50	130	2.98	86	2.50	42		
3.48	129	2.96	85	2.49	41		
3.47	128	2.95	84	2.48	40		
3.46	127	2.94	83	2.47	39		



visit www.athleticsnacac.org

Please send comments or corrections to:
Favor enviar comentarios o correcciones a:
clementecarlos@yahoo.com

Edited and revised by:

Carlos Clemente

Technical Delegate

NACAC Age Group Championships

Bahamas, 2009

British Virgin Islands, 2011

Curacao 2013

Trinidad and Tobago, 2017



TECHNICAL RULES

ENTRIES

- Each team may enter two competitors in each combined event per category.
- A maximum of eight (8) athletes in 4 categories will be accepted per country.
- A country can enter a team in one of the categories and be eligible to win that category's championship.
- Countries unable or unwilling to enter full teams in the various categories may enter an individual athlete in any category. No country may enter more than two athletes in any category.

EVENTS AND CATEGORIES

"INFANTILE B" PENTATHLON (11 - 12 years)

Events: 60 meter dash, 800/1000 meters, Long Jump, High Jump, Baseball Throw.

Note: 10 year old athletes or younger and 13 year old athletes or older will not be able to participate in this category.

"INFANTILE A" HEPTATHLON (13 – 14 years)

Events: 80 meter dash, 1000/1200 meters, 60/80 meter hurdles, Long Jump, High Jump, Baseball Throw and Shot Put.

Note: 12 year old athletes or younger and 15 year old athletes or older will not be able to participate in this category.

1. REGULATION AND SCORES

Except in cases where something else is specified, the IAAF competition rulebook and the NACAC age group combined events scoring tables will be used. Photo finish equipment will be used for the track events.

2. SPRINTING EVENTS

- 60 meter dash
- 80 meter dash
- 60 meter hurdles (girls)
- 80 meter hurdles (boys)

Hurdle measurements for girls: (6 hurdles) height: 0.76mts - 30''

- Start to 1st hurdle 12.00 meters
- Between hurdles 8.00 meters
- Last hurdle to finish line 8.00 meters

Hurdle measurements for boys: (8 hurdles) height: 0.84mts - 33''

- Start to 1st hurdle 13.00 meters
- Between hurdles 8.50 meters
- Last hurdle to finish line 7.50 meters

- Starting blocks are optional but all athletes have to start the sprint events in a starting position. The athletes will receive 2 commands: “on your marks” and “set” before the gun shot.
- Each competitor will have the right to two (2) false starts; if the athlete has a third false start the athlete will be disqualified.
- In track events, the competitors will have to stay inside their assigned lane and could be disqualified for running outside their lanes.
- In order to obtain points all competitors must complete each race. A competitor who falls will have to stand up and finish the race to accumulate points.

3. HIGH JUMP

Each competitor has a right to complete three (3) tries at each height, starting the jump in two consecutive occasions without completing the jump will constitute a try and will be taken as a foul.

a. The starting height for each category will be:

- Boys 11-12 1.10 cm
- Boys 13-14 1.25 cm
- Girls 11-12 1.00 cm
- Girls 13-14 1.15 cm

b. The cross bar will be elevated:

- 5 cm until three (3) competitors are left.
- 3 cm until the event is completed.

4. LONG JUMP

- The take-off board will be white and it must be 1.22m long and 30cm wide.
- The take-off board must be set at least 2.00m away from the landing pit.
- Each competitor will have the right to complete three (3) attempts.

5. BASEBALL THROW

- An official baseball ball (400g) will be used.
- The throw must be executed over the shoulder.
- Each competitor will have the right to complete three (3) attempts.

6. SHOT PUT

- The shot will weight 3 kg.
- Each competitor will have the right to complete three (3) attempts.
- The competitor shall use either the full technique or the final phase.

7. RELAYS

- A 4x100m mixed gender relay will be run for each category. (Infantile B and Infantile A)
- The relay must be composed of two (2) boys and two (2) girls
- The order of the team is decision of each team (e.g. boy, girl, boy, girl)
- The Exchange zone of the baton will be of twenty (20) meters and there will be no pre-zone or acceleration zone.
- No points will be awarded for the relays. Nevertheless, the first three (3) places of each category will be awarded.

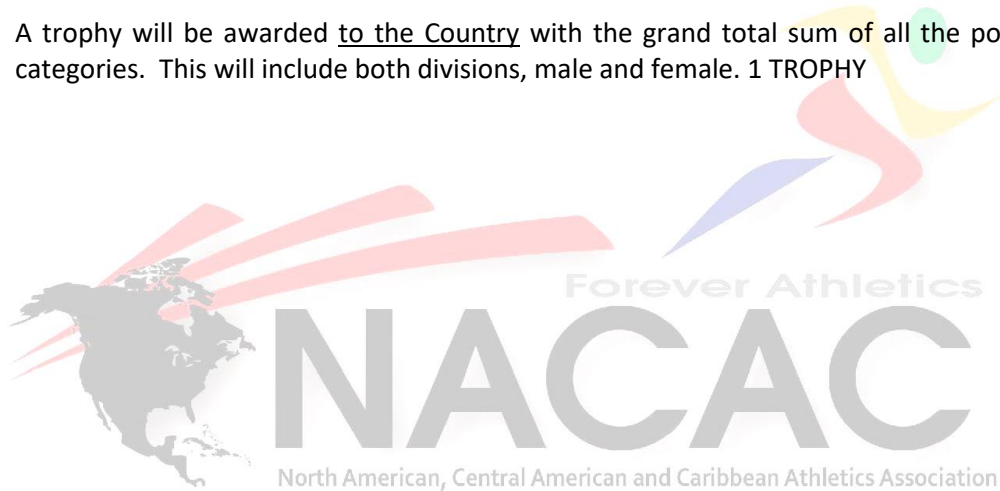


NACAC AGE GROUP CHAMPIONSHIPS (11-12)(13-14)

AWARDS AND SCORING

Scoring will be done in accordance with the games scoring tables for NACAC age group competition. Awards will be presented in the following way:

- A Gold, Silver and Bronze medal will be awarded for the first three places in each event in each category. Competitors who finish 4th - 8th in each event will receive a ribbon.
- A trophy will be awarded to the first three overall individual winners in each category with the highest total number of cumulative points in the entire competition. TOTAL 12 TROPHIES (4 categories)
- A trophy will be awarded to the first three teams in each category with the highest total number of cumulative points in the entire competition. TOTAL 12 TROPHIES (4 categories)
- A trophy will be awarded to the Country with the grand total sum of all the points of all the categories. This will include both divisions, male and female. 1 TROPHY



REGLAS TECNICAS

INSCRIPCIONES

- Cada equipo puede inscribir a 2 atletas por categoría como máximo.
- Un máximo de 8 atletas en las 4 categorías serán permitidos.
- Un país puede inscribir un equipo en una de las categorías y será legible para participar por el campeonato de esa categoría.
- Los países que no puedan inscribir equipos completos en cualquier categoría pueden inscribir atletas individuales. Pero no podrá inscribir más de dos atletas en cada categoría.

EVENTOS Y CATEGORIAS

"INFANTIL B" PENTATLON (11 - 12 años de edad)

Eventos: 60 metros, 800/1000 metros, Salto de Longitud, Salto de Altura, Lanzamiento de Pelota.

Nota: atletas de 10 años de edad o menores y de 13 años de edad o mayores no pueden participar en esta categoría.

"INFANTIL A" HEPTATLON (13 - 14 años de edad)

Eventos: 80 metros, 1000/1200 metros, 60/80 metros vallas, Salto de Longitud, Salto de Altura, Impulsión de Bala y Lanzamiento de Pelota.

Nota: atletas de 12 años de edad o menores y de 15 años de edad o mayores no pueden participar en esta categoría.

1. REGLAMENTO Y PUNTUACIONES

Excepto en casos donde se haya especificado lo contrario, serán utilizadas las reglas de la IAAF y la tabla de puntuación de pruebas combinadas de NACAC. Equipo de fotofinish será utilizado en eventos de pista.

2. PRUEBAS DE VELOCIDAD:

- 60 metros planos
- 80 metros planos
- 60 metros vallas femenino
- 80 metros vallas masculino

Distancia de vallas niñas: (6 vallas) altura de valla: 0.76mts - 30''

- de la salida a la primera valla 12.00 metros
- distancia entre vallas 8.00 metros
- de la última valla a la meta 8.00 metros

Distancia de vallas Masculino: (8 vallas) altura de valla: 0.84mts - 33''

- de la salida a la primera valla 13.00 metros
- distancia entre vallas 8.50 metros
- de la última valla a la meta 7.50 metros

- Los bloques de salida son opcionales pero los atletas deberán iniciar las pruebas de velocidad desde la posición de “a sus marcas” con las dos manos y dos rodillas en el suelo. Los atletas recibirán dos llamados “a sus marcas” y “listos” después se dará el disparo de salida.
- Cada competidor tendrá derecho a dos (2) falsas salidas, a la tercera será descalificado.
- En los eventos por carriles los competidores deberán mantenerse dentro de los mismos o podrán ser descalificados por correr fuera de estos.
- Para lograr puntos todo competidor deberá finalizar cada carrera. Un competidor que se caiga deberá pararse y terminar la carrera para acumular puntos.

3. SALTO DE ALTURA

Cada competidor tendrá derecho a tres (3) intentos en cada altura. Comenzar a intentar a saltar en dos ocasiones sin completar el salto constituirá un intento y será tomado como falta.

a. Las alturas a comenzar a saltar en cada categoría serán:

- Masculino 11-12 1.10 cms.
- Masculino 13-14 1.25 cms.
- Niñas 11-12 1.00 cms.
- Niñas 13-14 1.15 cms.

b. La varilla o listón será elevado de la siguiente manera:

- 5 cms. hasta que queden tres (3) competidores
- 3 cms. hasta finalizar la prueba

4. SALTO DE LONGITUD

- La tabla de despegue será blanca y debe de medir 1.22 metros de largo por 30 cms. de ancho.
- La tabla deberá de estar a una distancia mínima de 2 metros de la fosa de arena.
- Cada competidor tendrá derecho a tres (3) intentos.

5. LANZAMIENTO DE PELOTA

- La bola a utilizarse será la bola oficial de béisbol (400 grs.)
- El lanzamiento deberá hacerse por encima del hombro
- Cada competidor tendrá derecho a tres intentos

6. IMPULSION DE BALA

- La bala tendrá un peso de 3 kilogramos
- Cada competidor tendrá derecho a tres intentos
- El competidor puede utilizar la técnica completa o solo la fase de posición final.

7. RELEVOS

- Se correrá un relevo mixto por categoría de 4 x 100 metros. Este será compuesto por dos (2) varones y dos (2) niñas
- El orden de los corredores es decisión de cada equipo (Ej. varón, niña, varón, niña)
- La zona de cambio de la estafeta será de veinte (20) metros y no habrá pre-zona o zona de aceleración.
- No se acumulará puntuación en los relevos, sin embargo se premiarán los primeros tres (3) lugares en cada categoría.



NACAC AGE GROUP CHAMPIONSHIPS (11-12)(13-14)

PREMIACIONES

Las puntuaciones de las pruebas combinadas se realizarán de acuerdo a las tablas de puntuación para infantiles de CACAC. Se premiará de la siguiente manera:

- Medalla de oro, plata y bronce serán otorgadas a las primeras tres posiciones en cada evento en cada categoría. Competidores que finalicen del 4to al 8vo lugar en cada prueba recibirán un listón.
- Trofeo a los tres primeros ganadores individuales de cada categoría con el mayor puntaje de la prueba combinada. TOTAL 12 TROFEOS (4 categorías)
- Trofeo a los primeros tres equipos de cada categoría con el mayor número de puntos acumulados. TOTAL 12 TROFEOS (4 categorías)
- Trofeo de Campeón Absoluto al País que acumule la mayor cantidad de puntos en todas las categorías. Suma de ambas categorías femenino y masculino. 1 TROFEO

