

PERFORMANCE ASSESSMENT TABLES - ATHLETICS - FEMALE CANDIDATES

	100M (s)	200M (s)	400M (s)	800M (min.s)	1500M (min.s)	3000M (min.s)	110H (s)	400H (s)	HJ (M)	LJ (M)	TJ (M)	PV (M)	4kg SHOT (M)	1kg DISCUS (M)	600gm JAVELIN (M)	4kg HAMMER (M)	WALK 5000M (min.s)	WALK 3000M min.s)
60	12.90	26.4	61.5	2.25	5.00	10.48	16.3	68.7	1.57	4.85	9.40	2.51	9.10	30.00	33.00	32.00	30.29	18.20
59	12.95	26.6	62.9	2.26	5.02	10.54	16.4	69.1	1.56	4.82	9.35	2.49	9.01	29.71	32.00	31.67	30.45	18.29
58	13.00	26.8	63.3	2.27	5.04	11.00	16.5	69.5	1.55	4.79	9.30	2.47	8.92	29.42	32.38	31.34	31.02	18.38
57	13.05	27.0	63.7	2.28	5.06	11.06	16.6	69.9	1.54	4.76	9.25	2.45	8.83	29.13	32.04	31.01	31.18	18.47
56	13.10	27.2	64.1	2.29	5.08	11.12	16.7	70.3	1.53	4.73	9.20	2.43	8.74	28.84	31.72	30.68	31.35	18.56
55	13.15	27.4	64.5	2.30	5.10	11.18	16.8	70.7	1.52	4.70	9.15	2.41	8.65	28.55	31.40	30.35	31.51	19.05
54	13.20	27.6	64.9	2.31	5.12	11.24	16.9	71.1	1.51	4.66	9.10	2.39	8.56	28.26	31.08	30.02	32.08	19.14
53	13.25	27.8	65.3	2.32	5.14	11.30	17.0	71.5	1.50	4.62	9.05	2.37	8.47	27.97	30.76	29.69	32.34	19.23
52	13.30	28.0	65.7	2.33	5.16	11.36	17.1	71.9	1.49	4.58	9.00	2.35	8.38	27.68	30.44	29.36	32.51	19.32
51	13.35	28.2	66.1	2.34	5.18	11.42	17.2	72.3	1.48	4.54	8.95	2.33	8.29	27.39	30.12	29.03	33.07	19.41
50	13.40	28.4	66.5	2.35	5.20	11.48	17.3	72.7	1.47	4.50	8.90	2.31	8.20	27.10	29.80	28.70	33.24	19.50
49	13.45	28.6	66.9	2.36	5.22	11.54	17.4	73.1	1.46	4.46	8.85	2.29	8.11	26.81	29.48	28.37	33.40	19.59
48	13.50	28.8	67.3	2.37	5.24	12.00	17.5	73.5	1.45	4.42	8.80	2.27	8.02	26.52	29.16	28.04	33.57	20.08
47	13.55	29.0	67.7	2.38	5.26	12.06	17.6	73.9	1.44	4.38	8.75	2.25	7.93	26.23	28.84	27.71	34.13	20.13
46	13.60	29.2	68.1	2.39	5.28	12.12	17.7	74.3	1.43	4.34	8.70	2.23	7.84	25.94	28.52	27.38	34.30	20.26
45	13.65	29.4	68.5	2.40	5.30	12.18	17.8	74.7	1.42	4.30	8.65	2.21	7.75	25.65	28.20	27.05	34.46	20.35
44	13.70	29.6	68.9	2.41	5.32	12.24	17.9	75.1	1.41	4.26	8.60	2.19	7.66	25.36	27.88	26.72	35.03	20.44
43	13.75	29.8	69.3	2.42	5.34	12.30	18.0	75.5	1.40	4.22	8.55	2.17	7.57	25.07	27.56	26.39	35.19	20.53
42	13.80	30.0	69.7	2.43	5.36	12.36	18.1	75.9	1.39	4.18	8.50	2.15	7.48	24.78	27.24	26.06	35.36	21.02
41	13.85	30.2	70.1	2.44	5.38	12.42	18.2	76.3	1.38	4.14	8.45	2.13	7.39	24.49	26.92	25.73	35.52	21.11
40	13.90	30.4	70.5	2.45	5.40	12.48	18.3	76.7	1.37	4.10	8.40	2.11	7.30	24.20	26.60	25.40	36.09	21.20
39	13.95	30.6	70.9	2.46	5.42	12.54	18.4	77.1	1.36	4.06	8.35	2.09	7.22	23.91	26.28	24.07	36.25	21.29
38	14.00	30.8	71.3	2.47	5.44	13.00	18.5	77.5	1.35	4.02	8.30	2.07	7.14	23.62	25.96	24.74	36.42	21.38
37	14.05	31.0	71.7	2.48	5.46	13.06	18.6	77.9	1.34	3.98	8.25	2.05	7.06	23.33	25.64	24.41	36.58	21.47
36	14.10	31.2	72.1	2.49	5.48	13.12	18.7	78.3	1.33	3.94	8.20	2.03	6.98	23.04	25.32	24.08	37.15	21.56
35	14.15	31.4	72.5	2.50	5.50	13.18	18.8	78.7	1.32	3.90	8.15	2.01	6.90	22.75	25.00	23.75	37.31	22.05
34	14.20	31.6	72.9	2.51	5.52	13.24	18.9	79.1	1.31	3.86	8.10	1.99	6.82	22.46	24.68	23.42	37.48	22.14
33	14.25	31.8	73.3	2.52	5.54	13.30	19.0	79.5	1.30	3.82	8.05	1.97	6.74	22.17	24.36	23.09	38.04	22.23
32	14.30	32.0	73.7	2.53	5.56	13.36	19.1	79.9	1.29	3.78	8.00	1.95	6.66	21.88	24.04	22.76	38.21	22.32
31	14.35	32.2	74.1	2.54	5.58	13.42	19.2	80.3	1.28	3.74	7.95	1.93	6.58	21.59	23.72	22.43	38.37	22.41
30	14.40	32.4	74.5	2.55	6.00	13.48	19.3	80.7	1.27	3.70	7.90	1.91	6.50	21.30	23.40	22.10	38.54	22.50
29	14.45	32.6	74.9	2.56	6.02	13.54	19.4	81.1	1.26	3.66	7.85	1.89	6.42	21.02	23.08	21.77	39.10	22.59
28	14.50	32.8	75.3	2.57	6.04	14.00	19.5	81.5	1.25	3.62	7.80	1.87	6.34	20.74	22.76	21.44	39.27	23.06
27	14.55	33.0	75.7	2.58	6.06	14.06	19.6	81.9	1.24	3.58	7.75	1.85	6.26	20.46	22.44	21.11	39.43	23.15
26	14.60	33.2	76.1	2.59	6.08	14.12	19.7	82.3	1.23	3.54	7.70	1.83	6.18	20.18	22.12	20.78	40.00	23.24
25	14.65	33.4	76.5	3.00	6.10	14.18	19.8	82.7	1.22	3.50	7.65	1.81	6.10	19.90	21.80	20.45	40.16	23.33
24	14.70	33.6	76.9	3.01	6.12	14.24	19.9	83.1	1.21	3.46	7.60	1.79	6.02	19.62	21.48	20.12	40.33	23.42
23	14.75	33.8	77.3	3.02	6.14	14.30	20.0	83.5	1.20	3.42	7.55	1.77	5.94	19.34	21.16	19.79	40.49	23.52
22	14.80	34.0	77.7	3.03	6.16	14.36	20.1	83.9	1.19	3.38	7.50	1.75	5.86	19.06	20.84	19.46	41.06	24.01
21	14.85	34.2	78.1	3.04	6.18	14.42	20.2	84.3	1.18	3.34	7.45	1.73	5.78	18.78	20.52	19.13	41.22	24.10

PERFORMANCE ASSESSMENT TABLES – ATHLETICS – FEMALE CANDIDATES

	100M (s)	200M (s)	400M (s)	800M (min.s)	1500M (min.s)	3000M (min.s)	110H (s)	400H (s)	HJ (M)	LJ (M)	TJ (M)	PV (M)	4kg SHOT (M)	1kg DISCUS (M)	600gm JAVELIN (M)	4kg HAMMER (M)	WALK 5000M (min.s)	WALK 3000M (min.s)
20	14.90	34.6	78.5	3.05	6.20	14.48	20.3	84.7	1.17	3.30	7.40	1.71	5.70	18.50	20.20	18.80	41.39	24.19
19	14.95	34.8	78.9	3.06	6.22	14.54	20.4	85.1	1.16	3.26	7.35	1.69	5.62	18.22	19.88	18.47	41.55	25.28
18	15.00	35.0	79.3	3.07	6.24	15.00	20.5	85.5	1.15	3.22	7.30	1.67	5.54	17.94	19.56	18.14	42.02	25.37
17	15.05	35.2	79.7	3.08	6.26	15.07	20.6	85.9	1.14	3.18	7.25	1.65	5.46	17.66	19.24	17.81	42.18	25.46
16	15.10	35.4	80.1	3.09	6.28	15.14	20.7	86.3	1.13	3.14	7.20	1.63	5.38	17.38	18.92	17.48	42.35	25.55
15	15.15	35.6	80.5	3.10	6.30	15.21	20.8	86.7	1.12	3.10	7.15	1.61	5.30	17.10	18.60	17.15	42.51	26.04
14	15.20	35.8	80.9	3.11	6.33	15.28	20.9	87.1	1.11	3.06	7.10	1.59	5.22	16.82	18.28	16.80	43.08	26.13
13	15.30	36.0	81.3	3.12	6.36	15.35	21.0	87.5	1.10	3.02	7.05	1.57	5.14	16.54	17.96	16.49	42.15	25.22
12	15.40	36.2	81.7	3.13	6.39	15.42	21.2	87.9	1.09	2.98	7.00	1.55	5.06	16.26	17.64	16.16	42.30	25.31
11	15.50	36.4	82.1	3.14	6.42	15.49	21.4	88.3	1.08	2.94	6.95	1.53	4.96	15.98	17.32	15.83	42.45	25.40
10	15.60	36.7	82.6	3.15	6.45	15.56	21.6	88.7	1.07	2.90	6.90	1.51	4.88	15.70	17.00	15.50	43.00	25.49
9	15.70	37.0	83.1	3.16	6.48	16.03	21.8	89.1	1.06	2.86	6.85	1.49	4.80	15.42	16.68	15.17	43.45	25.58
8	15.80	37.3	83.6	3.17	6.51	16.10	22.0	89.5	1.05	2.82	6.80	1.47	4.72	15.14	16.36	14.84	44.00	26.07
7	15.90	37.6	84.1	3.18	6.54	16.17	22.2	89.9	1.04	2.78	6.75	1.45	4.64	14.86	16.04	14.51	44.15	26.16
6	16.00	37.9	84.6	3.19	6.57	16.24	22.4	90.3	1.03	2.74	6.70	1.43	4.56	14.58	15.72	14.18	44.30	26.25
5	16.10	38.2	85.1	3.20	7.00	16.31	22.6	90.7	1.02	2.70	6.65	1.41	4.46	14.30	15.40	13.85	44.45	26.34
4	16.20	38.5	85.6	3.22	7.03	16.38	22.8	91.1	1.01	2.66	6.60	1.39	4.36	13.80	15.08	13.52	45.00	26.43
3	16.30	38.8	86.1	3.24	7.06	16.45	23.0	91.5	0.99	2.62	6.55	1.37	4.26	13.30	14.76	13.02	45.15	26.52
2	16.40	39.1	86.6	3.26	7.09	16.52	23.2	92.0	0.98	2.58	6.50	1.32	4.16	12.80	14.44	12.52	45.30	27.01
1	16.50	39.4	87.1	3.28	7.12	16.59	23.4	93.0	0.97	2.54	6.45	1.27	4.06	12.30	14.12	12.02	45.45	27.10

PERFORMANCE ASSESSMENT TABLES – ATHLETICS – MALE CANDIDATES

	100M (s)	200M (s)	400M (s)	800M (min.s)	1500M (min.s)	3000M (min.s)	110H (s)	400H (s)	2000M (min.s)	HJ (M)	LJ (M)	TJ (M)	PV (M)	6.25kg SHOT (M)	1.75kg DISCUS (M)	800gm JAVELIN (M)	6.25kg HAMMER (M)	WALK 10000M (min.s)	WALK 5000M (min.s)
60	11.40	23.1	51.5	2.00	4.09	9.06	16.0	59.0	6.23	1.87	6.35	13.05	3.65	11.90	36.00	48.00	41.00	64.30	28.50
59	11.45	23.2	52.0	2.01	4.11	9.11	16.1	59.4	6.26	1.86	6.30	12.96	3.61	11.80	35.65	47.50	40.60	65.00	29.05
58	11.50	23.3	52.5	2.02	4.13	9.16	16.2	59.8	6.29	1.85	6.25	12.87	3.57	11.70	35.30	47.00	40.20	65.30	29.20
57	11.55	23.4	53.0	2.03	4.15	9.21	16.3	60.2	6.32	1.84	6.20	12.78	3.53	11.60	34.95	46.50	38.80	66.00	29.35
56	11.60	23.5	53.5	2.04	4.17	9.26	16.4	60.6	6.35	1.83	6.15	12.69	3.49	11.50	34.60	46.00	39.40	66.30	29.50
55	11.65	23.6	54.0	2.05	4.19	9.31	16.5	61.0	6.38	1.82	6.10	12.60	3.45	11.40	34.25	45.00	39.00	67.00	30.05
54	11.70	23.7	54.5	2.06	4.21	9.36	16.6	61.4	6.41	1.81	6.05	12.51	3.41	11.30	33.90	44.50	38.60	67.30	30.20
53	11.75	23.8	55.0	2.07	4.23	9.41	16.7	61.8	6.44	1.80	6.00	12.42	3.37	11.20	33.55	44.00	38.20	68.00	30.35
52	11.80	23.9	55.5	2.08	4.25	9.46	16.8	62.2	6.47	1.79	5.95	12.33	3.33	11.10	33.20	43.50	37.80	68.30	30.50
51	11.85	24.0	56.0	2.09	4.27	9.51	16.9	62.6	6.50	1.78	5.90	12.24	3.29	11.00	32.85	43.00	37.40	69.00	31.05
50	11.90	24.1	56.5	2.10	4.29	9.56	17.0	63.0	6.53	1.77	5.85	12.15	3.25	10.90	32.50	42.50	37.00	69.30	31.30
49	11.95	24.2	57.0	2.11	4.31	10.01	17.2	63.4	6.56	1.76	5.80	12.06	3.21	10.80	32.05	42.00	36.60	70.00	31.35
48	12.00	24.4	57.5	2.12	4.33	10.06	17.4	63.8	6.59	1.75	5.75	11.97	3.17	10.70	31.70	41.50	36.20	70.30	31.50
47	12.05	24.6	58.0	2.13	4.35	10.11	17.6	64.2	7.02	1.74	5.70	11.88	3.13	10.60	31.35	41.00	35.80	71.00	32.05
46	12.10	24.8	58.5	2.14	4.37	10.16	17.8	64.6	7.05	1.73	5.65	11.79	3.09	10.50	31.00	40.50	35.40	71.30	32.20
45	12.15	25.0	59.0	2.15	4.39	10.21	18.0	65.0	7.08	1.72	5.60	11.70	3.05	10.40	30.65	40.00	35.00	72.00	32.35
44	12.20	25.2	59.5	2.16	4.41	10.26	18.2	65.4	7.11	1.71	5.55	11.61	3.01	10.30	30.30	39.50	34.60	72.30	32.50
43	12.25	25.4	60.0	2.17	4.43	10.31	18.4	65.8	7.14	1.70	5.50	11.52	2.97	10.20	29.95	39.00	34.20	73.00	33.05
42	12.30	25.6	60.5	2.18	4.45	10.36	18.6	66.2	7.17	1.69	5.45	11.43	2.93	10.10	29.60	38.50	33.80	73.30	33.20
41	12.35	25.8	61.0	2.19	4.47	10.41	18.8	66.6	7.20	1.68	5.40	11.34	2.89	10.00	29.25	38.00	33.40	74.00	33.35
40	12.40	26.0	61.5	2.20	4.49	10.46	19.0	67.0	7.23	1.67	5.35	11.25	2.85	9.90	28.90	37.50	33.00	74.30	33.50
39	12.45	26.2	62.0	2.21	4.51	10.51	19.2	67.4	7.26	1.66	5.30	11.16	2.81	9.80	28.55	37.00	32.60	75.00	34.05
38	12.50	26.4	62.5	2.22	4.53	10.56	19.4	67.8	7.29	1.65	5.25	11.07	2.77	9.70	28.20	36.50	32.20	75.30	34.20
37	12.55	26.6	63.0	2.23	4.55	11.01	19.6	68.2	7.32	1.64	5.20	10.98	2.73	9.60	27.85	36.00	31.80	76.00	34.35
36	12.60	26.8	63.5	2.24	4.57	11.06	19.8	68.6	7.35	1.63	5.15	10.89	2.69	9.50	27.50	35.50	31.40	76.30	34.50
35	12.65	27.0	64.0	2.25	4.59	11.11	20.0	69.0	7.38	1.62	5.10	10.80	2.65	9.40	27.15	35.00	31.00	77.00	35.05
34	12.70	27.2	64.5	2.26	5.01	11.16	20.2	69.4	7.41	1.61	5.05	10.71	2.61	9.30	26.80	34.50	30.60	77.30	35.20
33	12.80	27.4	65.0	2.27	5.03	11.21	20.4	69.8	7.44	1.60	5.00	10.62	2.57	9.20	26.45	34.00	30.20	78.00	35.35
32	12.90	27.6	65.5	2.28	5.05	11.26	20.6	70.2	7.47	1.59	4.95	10.53	2.53	9.10	26.10	33.50	29.80	78.30	35.50
31	13.00	27.8	66.0	2.29	5.07	11.31	20.8	70.6	7.50	1.58	4.90	10.44	2.49	9.00	25.75	33.00	29.40	79.00	36.05
30	13.10	28.0	66.5	2.30	5.09	11.36	21.0	71.0	7.53	1.57	4.85	10.35	2.45	8.90	25.40	32.50	29.00	79.30	36.20
29	13.20	28.2	67.0	2.31	5.11	11.41	21.2	71.4	7.56	1.56	4.80	10.26	2.41	8.80	25.05	32.00	28.60	80.00	36.35
28	13.30	28.4	67.5	2.32	5.13	11.46	21.4	71.8	8.00	1.55	4.76	10.18	2.37	8.70	24.70	31.50	28.20	80.30	36.50
27	13.40	28.6	68.0	2.33	5.15	11.51	21.6	72.2	8.04	1.54	4.72	10.10	2.33	8.60	24.35	31.00	27.80	81.00	37.05
26	13.50	28.8	68.5	2.34	5.17	11.56	21.8	72.6	8.08	1.53	4.68	10.02	2.29	8.50	24.00	30.50	27.40	81.30	37.20
25	13.60	29.0	69.0	2.35	5.19	12.01	22.0	73.0	8.12	1.51	4.64	9.94	2.25	8.40	23.65	30.00	27.00	82.00	37.35
24	13.70	29.2	69.5	2.36	5.21	12.07	22.1	73.4	8.16	1.49	4.60	9.86	2.22	8.30	23.30	29.50	26.60	82.30	37.50
23	13.80	29.4	70.0	2.37	5.23	12.13	22.2	73.8	8.20	1.47	4.56	9.78	2.19	8.20	22.95	29.00	26.20	83.00	38.05
22	13.90	29.6	70.5	2.38	5.25	12.19	22.3	74.2	8.24	1.45	4.52	9.70	2.16	8.10	22.60	28.50	25.80	83.30	38.20
21	14.00	29.8	71.0	2.39	5.27	12.25	22.4	74.6	8.28	1.43	4.48	9.62	2.13	8.00	22.25	28.00	25.40	84.00	38.35

PERFORMANCE ASSESSMENT TABLES – ATHLETICS – MALE CANDIDATES

	100M (s)	200M (s)	400M (s)	800M (min.s)	1500M (min.s)	3000M (min.s)	110H (s)	400H (s)	2000M (min.s)	HJ (M)	LJ (M)	TJ (M)	PV (M)	6.25kg SHOT (M)	1.75kg DISCUS (M)	800gm JAVELIN (M)	6.25kg HAMMER (M)	WALK 10000M (min.s))	WALK 5000M (min.s)
20	14.10	30.0	71.5	2.40	5.29	12.31	22.5	75.0	8.32	1.41	4.44	9.54	2.09	7.85	21.90	27.50	25.00	84.30	38.50
19	14.20	30.3	72.0	2.41	5.31	12.37	22.6	75.4	8.36	1.39	4.40	9.46	2.06	7.70	21.55	26.95	24.60	85.00	39.05
18	14.30	30.6	72.5	2.42	5.33	12.43	22.7	75.8	8.40	1.37	4.36	9.38	2.03	7.55	21.20	26.40	24.20	85.30	39.20
17	14.40	30.9	73.0	2.43	5.35	12.49	22.8	76.2	8.44	1.35	4.32	9.30	2.00	7.40	20.85	25.85	23.80	86.00	39.35
16	14.50	31.2	73.5	2.44	5.37	12.55	22.9	76.6	8.48	1.33	4.28	9.22	1.97	7.25	20.50	25.30	23.70	86.30	39.50
15	14.60	31.5	74.0	2.45	5.39	13.01	23.0	77.0	8.52	1.31	4.24	9.14	1.94	7.10	20.15	24.75	23.00	87.00	40.05
14	14.70	31.8	74.5	2.46	5.41	13.06	23.1	77.4	8.56	1.29	4.20	9.06	1.91	6.95	19.80	24.20	22.60	87.30	40.20
13	14.80	32.1	75.0	2.47	5.43	13.11	23.2	77.8	9.00	1.27	4.16	8.98	1.88	6.80	19.45	23.65	22.20	88.00	40.35
12	14.90	32.4	75.5	2.48	5.45	13.17	23.3	78.2	9.06	1.25	4.12	8.90	1.85	6.65	19.10	23.10	21.80	88.30	40.50
11	15.00	32.7	76.0	2.49	5.47	13.23	23.4	78.6	9.12	1.23	4.08	8.82	1.82	6.50	18.75	22.55	21.40	89.00	41.05
10	15.10	33.0	76.5	2.50	5.49	13.24	23.5	79.0	9.18	1.21	4.04	8.74	1.79	6.35	18.40	22.00	21.00	89.30	41.20
9	15.20	33.3	77.0	2.51	5.51	13.35	23.6	79.4	9.24	1.19	4.00	8.66	1.76	6.20	18.05	21.45	20.60	90.00	41.30
8	15.30	33.6	77.5	2.52	5.53	13.41	23.7	79.8	9.30	1.17	3.96	8.58	1.73	6.05	17.70	20.90	20.20	90.30	41.40
7	15.40	33.9	78.0	2.53	5.55	13.47	23.8	80.2	9.36	1.15	3.92	8.50	1.70	5.90	17.35	20.35	19.80	91.00	41.50
6	15.50	34.2	78.5	2.54	5.57	13.53	23.9	80.6	9.42	1.13	3.88	8.42	1.67	5.75	17.00	19.80	19.40	91.30	42.00
5	15.60	34.5	79.0	3.00	5.59	13.59	24.0	81.0	9.48	1.11	3.82	8.34	1.64	5.60	16.65	19.25	19.00	92.00	42.10
4	15.70	34.8	79.5	3.05	6.01	14.05	24.1	81.4	9.54	1.09	3.78	8.28	1.61	5.35	16.30	18.70	18.60	92.30	42.20
3	15.80	35.1	80.0	3.10	6.05	14.15	24.2	81.8	10.00	1.07	3.74	8.20	1.58	5.20	15.95	18.15	18.20	93.00	42.30
2	15.90	35.4	80.5	3.15	6.10	14.22	24.3	82.2	10.15	1.05	3.70	8.12	1.55	5.05	15.60	17.60	17.80	93.30	42.40
1	16.00	35.7	81.0	3.20	6.15	14.30	24.4	82.6	10.30	1.03	3.66	8.04	1.52	4.90	15.25	17.05	17.40	94.00	42.50