

CENTRAL AMERICAN & CARIBBEAN
ATHLETIC CONFEDERATION
CONFEDERACION CENTROAMERICANA Y DEL
CARIBE DE ATLETISMO

**CAC COMBINED TABLES AGE GROUP
PENTATLON – HEPTATLON
TABLAS DE PUNTUACION PARA PRUEBAS
COMBINADAS, CATEGORÍAS INFANTILES CAC
(Revised March 17th, 2009)**

60 Meters		80 Meters		60 Meters Hurdles		
6.8 = 1029	11.0 = 209	8.8 = 1015	13.0 = 312	7.6 = 1000	11.8 = 371	16.0 = 72
6.9 = 998	11.1 = 197	8.9 = 996	13.1 = 301	7.7 = 978	11.9 = 361	16.1 = 66
7.0 = 968	11.2 = 185	9.0 = 990	13.2 = 290	7.8 = 955	12.0 = 352	16.2 = 61
7.1 = 938	11.3 = 174	9.1 = 943	13.3 = 279	7.9 = 933	12.1 = 342	16.3 = 56
7.2 = 910	11.4 = 162	9.2 = 920	13.4 = 268	8.0 = 912	12.2 = 333	16.4 = 51
7.3 = 882	11.5 = 151	9.3 = 898	13.5 = 258	8.1 = 891	12.3 = 324	16.5 = 46
7.4 = 855	11.6 = 140	9.4 = 876	13.6 = 247	8.2 = 871	12.4 = 316	16.6 = 41
7.5 = 825	11.7 = 130	9.5 = 854	13.7 = 237	8.3 = 851	12.5 = 307	16.7 = 36
7.6 = 803	11.8 = 119	9.6 = 834	13.8 = 227	8.4 = 832	12.6 = 298	16.8 = 31
7.7 = 778	11.9 = 109	9.7 = 813	13.9 = 217	8.5 = 813	12.7 = 290	16.9 = 27
7.8 = 754	12.0 = 98	9.8 = 793	14.0 = 207	8.6 = 795	12.8 = 282	17.0 = 22
7.9 = 730	12.1 = 88	9.9 = 773	14.1 = 197	8.7 = 777	12.9 = 273	17.1 = 17
8.0 = 707	12.2 = 78	10.0 = 754	14.2 = 188	8.8 = 759	13.0 = 265	17.2 = 13
8.1 = 648	12.3 = 69	10.1 = 735	14.3 = 178	8.9 = 742	13.1 = 258	17.3 = 8
8.2 = 662	12.4 = 59	10.2 = 716	14.4 = 169	9.0 = 725	13.2 = 250	17.4 = 4
8.3 = 641	12.5 = 50	10.3 = 698	14.5 = 160	9.1 = 709	13.3 = 242	
8.4 = 620	12.6 = 40	10.4 = 680	14.6 = 151	9.2 = 693	13.4 = 235	
8.5 = 600	12.7 = 31	10.5 = 663	14.7 = 142	9.3 = 677	13.5 = 227	
8.6 = 580	12.8 = 22	10.6 = 645	14.8 = 133	9.4 = 662	13.6 = 220	
8.7 = 560	12.9 = 13	10.7 = 629	14.9 = 124	9.5 = 647	13.7 = 213	
8.8 = 541	13.0 = 5	10.8 = 612	15.0 = 116	9.6 = 632	13.8 = 206	
8.9 = 522		10.9 = 596	15.1 = 107	9.7 = 617	13.9 = 198	
9.0 = 504		11.0 = 580	15.2 = 99	9.8 = 603	14.0 = 192	
9.1 = 486		11.1 = 564	15.3 = 91	9.9 = 589	14.1 = 185	
9.2 = 469		11.2 = 549	15.4 = 83	10.0 = 576	14.2 = 178	
9.3 = 452		11.3 = 534	15.5 = 75	10.1 = 563	14.3 = 171	
9.4 = 435		11.4 = 519	15.6 = 67	10.2 = 549	14.4 = 165	
9.5 = 419		11.5 = 504	15.7 = 59	10.3 = 537	14.5 = 158	
9.6 = 404		11.6 = 490	15.8 = 51	10.4 = 524	14.6 = 152	
9.7 = 387		11.7 = 476	15.9 = 44	10.5 = 512	14.7 = 146	
9.8 = 372		11.8 = 462	16.0 = 36	10.6 = 500	14.8 = 140	
9.9 = 357		11.9 = 448	16.1 = 29	10.7 = 488	14.9 = 134	
10.0 = 342		12.0 = 435	16.2 = 21	10.8 = 476	15.0 = 128	
10.1 = 327		12.1 = 422	16.3 = 14	10.9 = 465	15.1 = 122	
10.2 = 313		12.2 = 409	16.4 = 7	11.0 = 454	15.2 = 116	
10.3 = 299		12.3 = 396		11.1 = 443	15.3 = 110	
10.4 = 286		12.4 = 383		11.2 = 432	15.4 = 104	
10.5 = 272		12.5 = 371		11.3 = 421	15.5 = 99	
10.6 = 259		12.6 = 359		11.4 = 411	15.6 = 93	
10.7 = 246		12.7 = 347		11.5 = 400	15.7 = 88	
10.8 = 234		12.8 = 335		11.6 = 390	15.8 = 82	
10.9 = 221		12.9 = 324		11.7 = 380	15.9 = 77	

80 Meters Hurdles				800 Meters			
10.0 = 1022	14.0 = 529	18.0 = 255	22.0 = 81	1:54.0 = 1015	1:58.0 = 951	2:02.0 = 809	
10.1 = 1004	14.1 = 520	18.1 = 250	22.1 = 77	1:54.1 = 1013	1:58.1 = 949	2:02.1 = 889	
10.2 = 988	14.2 = 511	18.2 = 245	22.2 = 74	1:54.2 = 1012	1:58.2 = 948	2:02.2 = 888	
10.3 = 971	14.3 = 503	18.3 = 239	22.3 = 70	1:54.3 = 1010	1:58.3 = 946	2:02.3 = 886	
10.4 = 955	14.4 = 495	18.4 = 234	22.4 = 67	1:54.4 = 1008	1:58.4 = 944	2:02.4 = 885	
10.5 = 939	14.5 = 486	18.5 = 229	22.5 = 63	1:54.5 = 1007	1:58.5 = 943	2:02.5 = 883	
10.6 = 924	14.6 = 478	18.6 = 224	22.6 = 60	1:54.6 = 1005	1:58.6 = 941	2:02.6 = 882	
10.7 = 909	14.7 = 470	18.7 = 219	22.7 = 57	1:54.7 = 1003	1:58.7 = 940	2:02.7 = 880	
10.8 = 894	14.8 = 462	18.8 = 214	22.8 = 53	1:54.8 = 1002	1:58.8 = 938	2:02.8 = 879	
10.9 = 879	14.9 = 454	18.9 = 209	22.9 = 50	1:54.9 = 1000	1:58.9 = 937	2:02.9 = 877	
11.0 = 865	15.0 = 447	19.0 = 205	23.0 = 47	1:55.0 = 999	1:59.0 = 935	2:03.0 = 876	
11.1 = 851	15.1 = 439	19.1 = 200	23.1 = 44	1:55.1 = 997	1:59.1 = 934	2:03.1 = 875	
11.2 = 837	15.2 = 432	19.2 = 195	23.2 = 40	1:55.2 = 995	1:59.2 = 932	2:03.2 = 873	
11.3 = 823	15.3 = 424	19.3 = 191	23.3 = 37	1:55.3 = 994	1:59.3 = 931	2:03.3 = 872	
11.4 = 810	15.4 = 417	19.4 = 186	23.4 = 34	1:55.4 = 992	1:59.4 = 929	2:03.4 = 870	
11.5 = 797	15.5 = 410	19.5 = 181	23.5 = 31	1:55.5 = 990	1:59.5 = 928	2:03.5 = 869	
11.6 = 784	15.6 = 402	19.6 = 177	23.6 = 28	1:55.6 = 989	1:59.6 = 926	2:03.6 = 867	
11.7 = 771	15.7 = 395	19.7 = 172	23.7 = 25	1:55.7 = 987	1:59.7 = 925	2:03.7 = 866	
11.8 = 758	15.8 = 388	19.8 = 168	23.8 = 22	1:55.8 = 986	1:59.8 = 923	2:03.8 = 865	
11.9 = 746	15.9 = 382	19.9 = 164	23.9 = 19	1:55.9 = 984	1:59.9 = 922	2:03.9 = 863	
12.0 = 734	16.0 = 375	20.0 = 159	24.0 = 16	1:56.0 = 982	2:00.0 = 920	2:04.0 = 862	
12.1 = 722	16.1 = 368	20.1 = 155	24.1 = 13	1:56.1 = 981	2:00.1 = 919	2:04.1 = 860	
12.2 = 711	16.2 = 362	20.2 = 151	24.2 = 10	1:56.2 = 979	2:00.2 = 917	2:04.2 = 859	
12.3 = 699	16.3 = 355	20.3 = 147	24.3 = 7	1:56.3 = 977	2:00.3 = 916	2:04.3 = 858	
12.4 = 688	16.4 = 349	20.4 = 142	24.4 = 4	1:56.4 = 976	2:00.4 = 914	2:04.4 = 856	
12.5 = 677	16.5 = 342	20.5 = 138	24.5 = 1	1:56.5 = 974	2:00.5 = 913	2:04.5 = 855	
12.6 = 666	16.6 = 336	20.6 = 134		1:56.6 = 973	2:00.6 = 911	2:04.6 = 853	
12.7 = 655	16.7 = 330	20.7 = 130		1:56.7 = 971	2:00.7 = 910	2:04.7 = 852	
12.8 = 644	16.8 = 324	20.8 = 126		1:56.8 = 969	2:00.8 = 908	2:04.8 = 851	
12.9 = 634	16.9 = 317	20.9 = 122		1:56.9 = 968	2:00.9 = 907	2:04.9 = 849	
13.0 = 624	17.0 = 311	21.0 = 118		1:57.0 = 966	2:01.0 = 905	2:05.0 = 848	
13.1 = 613	17.1 = 306	21.1 = 114		1:57.1 = 965	2:01.1 = 904	2:05.1 = 846	
13.2 = 603	17.2 = 300	21.2 = 110		1:57.2 = 963	2:01.2 = 902	2:05.2 = 845	
13.3 = 594	17.3 = 294	21.3 = 107		1:57.3 = 962	2:01.3 = 901	2:05.3 = 844	
13.4 = 584	17.4 = 288	21.4 = 103		1:57.4 = 960	2:01.4 = 899	2:05.4 = 842	
13.5 = 574	17.5 = 282	21.5 = 99		1:57.5 = 958	2:01.5 = 898	2:05.5 = 841	
13.6 = 565	17.6 = 277	21.6 = 95		1:57.6 = 957	2:01.6 = 896	2:05.6 = 840	
13.7 = 556	17.7 = 271	21.7 = 92		1:57.7 = 955	2:01.7 = 895	2:05.7 = 838	
13.8 = 547	17.8 = 266	21.8 = 88		1:57.8 = 954	2:01.8 = 893	2:05.8 = 837	
13.9 = 538	17.9 = 260	21.9 = 84		1:57.9 = 952	2:01.9 = 892	2:05.9 = 835	

800 Metres continues....

2:06.0 = 834	2:10.0 = 781	2:14.0 = 731	2:18.0 = 685	2:22.0 = 640	2:26.0 = 599	2:30.0 = 559	
2:06.1 = 833	2:10.1 = 780	2:14.1 = 730	2:18.1 = 683	2:22.1 = 639	2:26.1 = 598	2:30.1 = 558	
2:06.2 = 831	2:10.2 = 779	2:14.2 = 729	2:18.2 = 682	2:22.2 = 638	2:26.2 = 597	2:30.2 = 557	
2:06.3 = 830	2:10.3 = 777	2:14.3 = 728	2:18.3 = 681	2:22.3 = 637	2:26.3 = 596	2:30.3 = 556	
2:06.4 = 829	2:10.4 = 776	2:14.4 = 727	2:18.4 = 680	2:22.4 = 636	2:26.4 = 595	2:30.4 = 555	
2:06.5 = 827	2:10.5 = 775	2:14.5 = 725	2:18.5 = 679	2:22.5 = 635	2:26.5 = 594	2:30.5 = 554	
2:06.6 = 826	2:10.6 = 774	2:14.6 = 724	2:18.6 = 678	2:22.6 = 634	2:26.6 = 593	2:30.6 = 553	
2:06.7 = 825	2:10.7 = 772	2:14.7 = 723	2:18.7 = 677	2:22.7 = 633	2:26.7 = 592	2:30.7 = 552	
2:06.8 = 823	2:10.8 = 771	2:14.8 = 722	2:18.8 = 676	2:22.8 = 632	2:26.8 = 591	2:30.8 = 551	
2:06.9 = 822	2:10.9 = 770	2:14.9 = 721	2:18.9 = 674	2:22.9 = 631	2:26.9 = 590	2:30.9 = 550	
2:07.0 = 821	2:11.0 = 768	2:15.0 = 719	2:19.0 = 673	2:23.0 = 630	2:27.0 = 589	2:31.0 = 549	
2:07.1 = 819	2:11.1 = 767	2:15.1 = 718	2:19.1 = 672	2:23.1 = 629	2:27.1 = 588	2:31.1 = 549	
2:07.2 = 818	2:11.2 = 766	2:15.2 = 717	2:19.2 = 671	2:23.2 = 628	2:27.2 = 587	2:31.2 = 548	
2:07.3 = 817	2:11.3 = 765	2:15.3 = 716	2:19.3 = 670	2:23.3 = 627	2:27.3 = 586	2:31.3 = 547	
2:07.4 = 815	2:11.4 = 763	2:15.4 = 715	2:19.4 = 669	2:23.4 = 625	2:27.4 = 585	2:31.4 = 546	
2:07.5 = 814	2:11.5 = 762	2:15.5 = 714	2:19.5 = 668	2:23.5 = 624	2:27.5 = 584	2:31.5 = 545	
2:07.6 = 813	2:11.6 = 761	2:15.6 = 712	2:19.6 = 667	2:23.6 = 623	2:27.6 = 583	2:31.6 = 544	
2:07.7 = 811	2:11.7 = 760	2:15.7 = 711	2:19.7 = 665	2:23.7 = 622	2:27.7 = 582	2:31.7 = 543	
2:07.8 = 810	2:11.8 = 758	2:15.8 = 710	2:19.8 = 664	2:23.8 = 621	2:27.8 = 581	2:31.8 = 542	
2:07.9 = 809	2:11.9 = 757	2:15.9 = 709	2:19.9 = 663	2:23.9 = 620	2:27.9 = 580	2:31.9 = 541	
2:08.0 = 807	2:12.0 = 756	2:16.0 = 708	2:20.0 = 662	2:24.0 = 619	2:28.0 = 579	2:32.0 = 540	
2:08.1 = 806	2:12.1 = 755	2:16.1 = 707	2:20.1 = 661	2:24.1 = 618	2:28.1 = 578	2:32.1 = 539	
2:08.2 = 805	2:12.2 = 753	2:16.2 = 705	2:20.2 = 660	2:24.2 = 617	2:28.2 = 577	2:32.2 = 538	
2:08.3 = 803	2:12.3 = 752	2:16.3 = 704	2:20.3 = 659	2:24.3 = 616	2:28.3 = 576	2:32.3 = 537	
2:08.4 = 802	2:12.4 = 751	2:16.4 = 703	2:20.4 = 658	2:24.4 = 615	2:28.4 = 575	2:32.4 = 536	
2:08.5 = 801	2:12.5 = 750	2:16.5 = 702	2:20.5 = 657	2:24.5 = 614	2:28.5 = 574	2:32.5 = 535	
2:08.6 = 799	2:12.6 = 749	2:16.6 = 701	2:20.6 = 656	2:24.6 = 613	2:28.6 = 573	2:32.6 = 534	
2:08.7 = 790	2:12.7 = 747	2:16.7 = 700	2:20.7 = 654	2:24.7 = 612	2:28.7 = 572	2:32.7 = 533	
2:08.8 = 797	2:12.8 = 746	2:16.8 = 698	2:20.8 = 653	2:24.8 = 611	2:28.8 = 571	2:32.8 = 533	
2:08.9 = 795	2:12.9 = 745	2:16.9 = 697	2:20.9 = 652	2:24.9 = 610	2:28.9 = 570	2:32.9 = 532	
2:09.0 = 794	2:13.0 = 744	2:17.0 = 696	2:21.0 = 651	2:25.0 = 609	2:29.0 = 569	2:33.0 = 531	
2:09.1 = 793	2:13.1 = 742	2:17.1 = 695	2:21.1 = 650	2:25.1 = 608	2:29.1 = 568	2:33.1 = 530	
2:09.2 = 792	2:13.2 = 741	2:17.2 = 694	2:21.2 = 649	2:25.2 = 607	2:29.2 = 567	2:33.2 = 529	
2:09.3 = 790	2:13.3 = 740	2:17.3 = 693	2:21.3 = 648	2:25.3 = 606	2:29.3 = 566	2:33.3 = 528	
2:09.4 = 789	2:13.4 = 739	2:17.4 = 691	2:21.4 = 647	2:25.4 = 605	2:29.4 = 565	2:33.4 = 527	
2:09.5 = 788	2:13.5 = 738	2:17.5 = 690	2:21.5 = 646	2:25.5 = 604	2:29.5 = 564	2:33.5 = 526	
2:09.6 = 786	2:13.6 = 736	2:17.6 = 689	2:21.6 = 645	2:25.6 = 603	2:29.6 = 563	2:33.6 = 525	
2:09.7 = 785	2:13.7 = 735	2:17.7 = 688	2:21.7 = 644	2:25.7 = 602	2:29.7 = 562	2:33.7 = 524	
2:09.8 = 784	2:13.8 = 734	2:17.8 = 687	2:21.8 = 643	2:25.8 = 601	2:29.8 = 561	2:33.8 = 523	
2:09.9 = 762	2:13.9 = 733	2:17.9 = 686	2:21.9 = 641	2:25.9 = 600	2:29.9 = 560	2:33.9 = 522	

800 Meters continues...

2:34.0 = 522	2:38.0 = 486	2:42.0 = 452	2:46.0 = 420	2:50.0 = 389	2:54.0 = 360	2:58.0 = 332			
2:34.1 = 521	2:38.1 = 485	2:42.1 = 451	2:46.1 = 419	2:50.2 = 388	2:54.1 = 359	2:58.2 = 331			
2:34.2 = 520	2:38.2 = 484	2:42.3 = 450	2:46.2 = 418	2:50.3 = 387	2:54.3 = 358	2:58.3 = 330			
2:34.3 = 519	2:38.3 = 483	2:42.4 = 449	2:46.4 = 417	2:50.4 = 386	2:54.4 = 357	2:58.4 = 329			
2:34.4 = 518	2:38.5 = 482	2:42.5 = 448	2:46.5 = 416	2:50.6 = 385	2:54.6 = 356	2:58.6 = 328			
2:34.5 = 517	2:38.6 = 481	2:42.6 = 447	2:46.6 = 415	2:50.7 = 384	2:54.7 = 355	2:58.7 = 327			
2:34.6 = 516	2:38.7 = 480	2:42.7 = 446	2:46.8 = 414	2:50.8 = 383	2:54.8 = 354	2:58.9 = 326			
2:34.7 = 515	2:38.8 = 479	2:42.9 = 445	2:46.9 = 413	2:51.0 = 382	2:55.0 = 353	2:59.0 = 325			
2:34.8 = 514	2:38.9 = 478	2:43.0 = 444	2:47.0 = 412	2:51.1 = 381	2:55.1 = 352	2:59.2 = 324			
2:34.9 = 513	2:39.0 = 477	2:43.1 = 443	2:47.1 = 411	2:51.2 = 380	2:55.3 = 351	2:59.3 = 323			
2:35.0 = 512	2:39.2 = 476	2:43.2 = 442	2:47.3 = 410	2:51.4 = 379	2:55.5 = 350	2:59.5 = 322			
2:35.1 = 511	2:39.3 = 475	2:43.4 = 441	2:47.4 = 409	2:51.5 = 378	2:55.6 = 349	2:59.6 = 321			
2:35.2 = 510	2:39.4 = 474	2:43.5 = 440	2:47.5 = 408	2:51.7 = 377	2:55.7 = 348	2:59.8 = 320			
2:35.3 = 510	2:39.5 = 473	2:43.6 = 439	2:47.7 = 407	2:51.8 = 376	2:55.8 = 347	2:59.9 = 319			
2:35.4 = 509	2:39.6 = 472	2:43.7 = 438	2:47.8 = 406	2:51.9 = 375	2:56.0 = 346	3:00.1 = 318			
2:35.5 = 508	2:39.7 = 471	2:43.9 = 437	2:47.9 = 405	2:52.1 = 374	2:56.1 = 345	3:00.2 = 317			
2:35.6 = 507	2:39.9 = 470	2:44.0 = 436	2:48.1 = 404	2:52.2 = 373	2:56.3 = 344	3:00.4 = 316			
2:35.7 = 506	2:40.0 = 469	2:44.1 = 435	2:48.2 = 403	2:52.3 = 372	2:56.4 = 343	3:00.5 = 315			
2:35.8 = 505	2:40.1 = 468	2:44.2 = 434	2:48.3 = 402	2:52.5 = 371	2:56.6 = 342	3:00.6 = 314			
2:35.9 = 504	2:40.2 = 467	2:44.4 = 433	2:48.4 = 401	2:52.6 = 370	2:56.7 = 341	3:00.8 = 313			
2:36.0 = 503	2:40.3 = 466	2:44.5 = 432	2:48.6 = 400	2:52.8 = 369	2:56.8 = 340	3:01.0 = 312			
2:36.1 = 503	2:40.5 = 465	2:44.6 = 431	2:48.7 = 399	2:52.9 = 368	2:57.0 = 339	3:01.1 = 311			
2:36.2 = 502	2:40.6 = 464	2:44.7 = 430	2:48.8 = 398	2:53.0 = 367	2:57.1 = 338	3:01.3 = 310			
2:36.3 = 501	2:40.7 = 463	2:44.9 = 429	2:49.0 = 397	2:53.2 = 366	2:57.3 = 337	3:01.4 = 309			
2:36.4 = 500	2:40.8 = 462	2:45.0 = 428	2:49.1 = 396	2:53.3 = 365	2:57.4 = 336	3:01.6 = 308			
2:36.5 = 499	2:40.9 = 461	2:45.1 = 427	2:49.2 = 395	2:53.4 = 364	2:57.6 = 335	3:01.7 = 307			
2:36.6 = 498	2:41.1 = 460	2:45.2 = 426	2:49.4 = 394	2:53.6 = 363	2:57.7 = 334	3:01.9 = 306			
2:36.7 = 497	2:41.2 = 459	2:45.4 = 425	2:49.5 = 393	2:53.7 = 362	2:57.9 = 333				
2:36.9 = 496	2:41.3 = 458	2:45.5 = 424	2:49.6 = 392	2:53.9 = 361					
2:37.0 = 495	2:41.4 = 457	2:45.6 = 423	2:49.8 = 391						
2:37.1 = 494	2:41.5 = 456	2:45.7 = 422	2:49.9 = 390						
2:37.2 = 493	2:41.7 = 455	2:45.9 = 421							
2:37.3 = 492	2:41.8 = 454								
2:37.4 = 491	2:41.9 = 453								
2:37.5 = 490									
2:37.6 = 489									
2:37.7 = 488									
2:37.8 = 487									
2:37.9 = 487									

800 Meters continues...

3:02.0 =	305	3:08.1 =	267	3:14.0 =	232	3:21.0 =	193	3:28.1 =	156	3:36.0 =	118
3:02.2 =	304	3:08.2 =	266	3:14.1 =	231	3:21.2 =	192	3:28.3 =	155	3:36.2 =	117
3:02.4 =	303	3:08.4 =	265	3:14.3 =	230	3:21.3 =	191	3:28.5 =	154	3:36.4 =	116
3:02.5 =	302	3:08.5 =	264	3:14.5 =	229	3:21.5 =	190	3:28.7 =	153	3:36.7 =	115
3:02.7 =	301	3:08.7 =	263	3:14.7 =	228	3:21.7 =	189	3:28.9 =	152	3:36.9 =	114
3:02.8 =	300	3:08.9 =	262	3:14.8 =	227	3:21.9 =	188	2:29.1 =	151	3:37.1 =	113
3:03.0 =	299	3:09.0 =	261	3:15.0 =	226	3:22.1 =	187	2:29.3 =	150	3:37.3 =	112
3:03.1 =	298	3:09.2 =	260	3:15.2 =	225	3:22.3 =	186	2:29.5 =	149	3:37.5 =	111
3:03.3 =	297	3:09.4 =	259	3:15.4 =	224	3:22.5 =	185	2:29.7 =	148	3:37.8 =	110
3:03.4 =	296	3:09.5 =	258	3:15.5 =	223	3:22.7 =	184	2:29.9 =	147	3:38.0 =	109
3:03.6 =	295	3:09.7 =	257	3:15.7 =	222	3:22.9 =	183	3:30.1 =	146	3:38.2 =	108
3:03.7 =	294	3:09.9 =	256	3:15.9 =	221	3:23.0 =	182	3:30.3 =	145	3:38.4 =	107
3:03.9 =	293	3:10.0 =	255	3:16.1 =	220	3:23.2 =	181	3:30.6 =	144	3:38.6 =	106
3:04.1 =	292	3:10.2 =	254	3:16.2 =	219	3:23.4 =	180	3:30.8 =	143	3:38.9 =	105
3:04.2 =	291	3:10.4 =	253	3:16.4 =	218	3:23.6 =	179	3:31.0 =	142	3:39.1 =	104
3:04.4 =	290	3:10.5 =	252	3:16.6 =	217	3:23.8 =	178	3:31.2 =	141	3:39.3 =	103
3:04.5 =	289	3:10.7 =	251	3:16.8 =	216	3:24.0 =	177	3:31.4 =	140	3:39.5 =	102
3:04.7 =	288	3:10.9 =	250	3:17.0 =	215	3:24.2 =	176	3:31.6 =	139	3:39.7 =	101
3:04.8 =	287	3:11.0 =	249	3:17.1 =	214	3:24.4 =	175	3:31.8 =	138	3:40.0 =	100
3:05.0 =	286	3:11.2 =	248	3:17.3 =	213	3:24.6 =	174	3:32.0 =	137	3:40.2 =	99
3:05.2 =	285	3:11.4 =	247	3:17.5 =	212	3:24.8 =	173	3:32.2 =	136	3:40.4 =	98
3:05.3 =	284	3:11.6 =	246	3:17.7 =	211	3:25.0 =	172	3:32.4 =	135	3:40.6 =	97
3:05.4 =	283	3:11.7 =	245	3:17.9 =	210	3:25.2 =	171	3:32.6 =	134	3:40.9 =	96
3:05.6 =	282	3:11.9 =	244	3:18.0 =	209	3:25.4 =	170	3:32.8 =	133	3:41.1 =	95
3:05.8 =	281	3:12.1 =	243	3:18.2 =	208	3:25.6 =	169	3:33.0 =	132	3:41.3 =	94
3:06.0 =	280	3:12.2 =	242	3:18.4 =	207	3:25.8 =	168	3:33.2 =	131	3:41.5 =	93
3:06.1 =	279	3:12.4 =	241	3:18.6 =	206	3:25.9 =	167	3:33.5 =	130	3:41.8 =	92
3:06.3 =	278	3:12.6 =	240	3:18.8 =	205	3:26.1 =	166	3:33.7 =	129	3:43.0 =	91
3:06.4 =	277	3:12.7 =	239	3:18.9 =	204	3:26.3 =	165	3:33.9 =	128	3:43.2 =	90
3:06.6 =	276	3:12.9 =	238	3:19.1 =	203	3:26.5 =	164	3:34.1 =	127	3:43.5 =	89
3:06.8 =	275	3:13.1 =	237	3:19.3 =	202	3:26.7 =	163	3:34.3 =	126	3:43.7 =	88
3:06.9 =	274	3:13.3 =	236	3:19.5 =	201	3:26.9 =	162	3:34.5 =	125	3:43.9 =	87
3:07.1 =	273	3:13.4 =	235	3:19.7 =	200	3:27.1 =	161	3:34.7 =	124	3:43.1 =	86
3:07.2 =	272	3:13.6 =	234	3:19.9 =	199	3:27.3 =	160	3:34.9 =	123	3:43.4 =	85
3:07.4 =	271	3:13.8 =	233	3:20.0 =	198	3:27.5 =	159	3:35.2 =	122	3:43.6 =	84
3:07.6 =	270			3:20.2 =	197	3:27.7 =	158	3:35.4 =	121	3:43.8 =	83
3:07.8 =	269			3:20.4 =	196	3:27.9 =	157	3:35.6 =	120	3:44.1 =	82
3:07.9 =	268			3:20.6 =	195			3:35.8 =	119	3:44.3 =	81
				3:20.8 =	194					3:44.5 =	80
										3:44.8 =	79

800 Meters cont...	1,000 Meters
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3:45.0 =	78	3:55.0 =	37	2:30.0 =	1007	2:34.0 =	959	2:38.0 =	914	2:42.0 =	870
3:45.2 =	77	3:55.3 =	36	2:30.1 =	1006	2:34.1 =	958	2:38.1 =	912	2:42.1 =	869
3:45.5 =	76	3:55.5 =	35	2:30.2 =	1005	2:34.2 =	957	2:38.2 =	911	2:42.2 =	868
3:45.7 =	75	3:55.8 =	34	2:30.3 =	1003	2:34.3 =	956	2:38.3 =	910	2:42.3 =	867
3:45.9 =	74	3:56.0 =	33	2:30.4 =	1002	2:34.4 =	954	2:38.4 =	909	2:42.4 =	866
3:46.2 =	73	3:56.3 =	32	2:30.5 =	1001	2:34.5 =	953	2:38.5 =	908	2:42.5 =	865
3:46.4 =	72	3:56.5 =	31	2:30.6 =	1000	2:34.6 =	952	2:38.6 =	907	2:42.6 =	864
3:46.6 =	71	3:56.8 =	30	2:30.7 =	999	2:34.7 =	951	2:38.7 =	906	2:42.7 =	863
3:46.9 =	70	5:57.1 =	29	2:30.8 =	997	2:34.8 =	950	2:38.8 =	905	2:42.8 =	862
3:47.1 =	69	5:57.3 =	28	2:30.9 =	996	2:34.9 =	949	2:38.9 =	904	2:42.9 =	861
3:47.4 =	68	5:57.6 =	27	2:31.0 =	995	2:35.0 =	948	2:39.0 =	903	2:43.0 =	860
3:47.6 =	67	5:57.8 =	26	2:31.1 =	994	2:35.1 =	946	2:39.1 =	901	2:43.1 =	859
3:47.8 =	66	3:58.1 =	25	2:31.2 =	992	2:35.2 =	945	2:39.2 =	900	2:43.2 =	858
3:48.1 =	65	3:58.4 =	24	2:31.3 =	991	2:35.3 =	944	2:39.3 =	899	2:43.3 =	857
3:48.3 =	64	3:58.6 =	23	2:31.4 =	990	2:35.4 =	943	2:39.4 =	898	2:43.4 =	856
3:48.6 =	63	3:58.9 =	22	2:31.5 =	989	2:35.5 =	942	2:39.5 =	897	2:43.5 =	855
3:48.8 =	62	3:59.2 =	21	2:31.6 =	988	2:35.6 =	941	2:39.6 =	896	2:43.6 =	854
4:49.1 =	61	3:59.4 =	20	2:31.7 =	986	2:35.7 =	939	2:39.7 =	895	2:43.7 =	853
4:49.3 =	60	3:59.7 =	19	2:31.8 =	985	2:35.8 =	938	2:39.8 =	894	2:43.8 =	852
4:49.5 =	59	4:00.0 =	18	2:31.9 =	984	2:35.9 =	937	2:39.9 =	893	2:43.9 =	851
4:49.8 =	58	4:00.2 =	17	2:32.0 =	983	2:36.0 =	936	2:40.0 =	892	2:44.0 =	849
3:50.0 =	57	4:00.5 =	16	2:32.1 =	982	2:36.1 =	935	2:40.1 =	891	2:44.1 =	848
3:50.3 =	56	4:00.6 =	15	2:32.2 =	980	2:36.2 =	934	2:40.2 =	890	2:44.2 =	847
3:50.5 =	55	4:01.0 =	14	2:32.3 =	979	2:36.3 =	933	2:40.3 =	888	2:44.3 =	846
3:50.7 =	54	4:01.3 =	13	2:32.4 =	978	2:36.4 =	932	2:40.4 =	887	2:44.4 =	845
3:51.0 =	53	4:01.6 =	12	2:32.5 =	977	2:36.5 =	930	2:40.5 =	886	2:44.5 =	844
3:51.2 =	52	4:01.8 =	11	2:32.6 =	976	2:36.6 =	929	2:40.6 =	885	2:44.6 =	843
3:51.5 =	51	4:02.1 =	10	2:32.7 =	974	2:36.7 =	928	2:40.7 =	884	2:44.7 =	842
3:51.7 =	50	4:02.4 =	9	2:32.8 =	973	2:36.8 =	927	2:40.8 =	883	2:44.8 =	841
3:52.0 =	49	4:02.6 =	8	2:32.9 =	972	2:36.9 =	926	2:40.9 =	882	2:44.9 =	840
3:52.2 =	48	4:02.9 =	7	2:33.0 =	971	2:37.0 =	925	2:41.0 =	881	2:45.0 =	839
3:52.5 =	47	4:03.2 =	6	2:33.1 =	970	2:37.1 =	924	2:41.1 =	880	2:45.1 =	838
3:52.7 =	46	4:03.5 =	5	2:33.2 =	969	2:37.2 =	923	2:41.2 =	879	2:45.2 =	837
3:53.0 =	45	4:03.7 =	4	2:33.3 =	967	2:37.3 =	921	2:41.3 =	878	2:45.3 =	836
3:53.2 =	44	4:04.0 =	3	2:33.4 =	966	2:37.4 =	920	2:41.4 =	877	2:45.4 =	835
3:53.5 =	43	4:04.3 =	2	2:33.5 =	965	2:37.5 =	919	2:41.5 =	876	2:45.5 =	834
3:53.7 =	42	4:04.6 =	1	2:33.6 =	964	2:37.6 =	918	2:41.6 =	875	2:45.6 =	833
3:54.0 =	41			2:33.7 =	963	2:37.7 =	917	2:41.7 =	874	2:45.7 =	832
3:54.2 =	40			2:33.8 =	961	2:37.8 =	916	2:41.8 =	872	2:45.8 =	831
3:54.5 =	39			2:33.9 =	960	2:37.9 =	915	2:41.9 =	871	2:45.9 =	830
3:54.8 =	38										

1000 Meters continues...

2:46.0	=	829	2:50.0	=	790	2:54.0	=	752	2:58.0	=	717	3:02.0	=	682	3:06.0	=	650
2:46.1	=	828	2:50.1	=	789	2:54.1	=	752	2:58.1	=	716	3:02.1	=	682	3:06.1	=	649
2:46.2	=	827	2:50.2	=	788	2:54.2	=	751	2:58.2	=	715	3:02.2	=	681	3:06.2	=	648
2:46.3	=	826	2:50.3	=	787	2:54.3	=	750	2:58.3	=	714	3:02.3	=	680	3:06.3	=	647
2:46.4	=	825	2:50.4	=	786	2:54.4	=	749	2:58.4	=	713	3:02.4	=	679	3:06.4	=	647
2:46.5	=	824	2:50.5	=	785	2:54.5	=	748	2:58.5	=	712	3:02.5	=	678	3:06.5	=	646
2:46.6	=	823	2:50.6	=	784	2:54.6	=	747	2:58.6	=	711	3:02.6	=	677	3:06.6	=	645
2:46.7	=	822	2:50.7	=	783	2:54.7	=	746	2:58.7	=	711	3:02.7	=	677	3:06.7	=	644
2:46.8	=	821	2:50.8	=	782	2:54.8	=	745	2:58.8	=	710	3:02.8	=	676	3:06.8	=	643
2:46.9	=	820	2:50.9	=	781	2:54.9	=	744	2:58.9	=	709	3:02.9	=	675	3:06.9	=	643
2:47.0	=	819	2:51.0	=	780	2:55.0	=	743	2:59.0	=	708	3:03.0	=	674	3:07.0	=	642
2:47.1	=	818	2:51.1	=	779	2:55.1	=	742	2:59.1	=	707	3:03.1	=	673	3:07.1	=	641
2:47.2	=	817	2:51.2	=	778	2:55.2	=	742	2:59.2	=	706	3:03.2	=	673	3:07.2	=	640
2:47.3	=	816	2:51.3	=	778	2:55.3	=	741	2:59.3	=	705	3:03.3	=	672	3:07.3	=	639
2:47.4	=	815	2:51.4	=	777	2:55.4	=	740	2:59.4	=	705	3:03.4	=	672	3:07.4	=	639
2:47.5	=	814	2:51.5	=	776	2:55.5	=	739	2:59.5	=	704	3:03.5	=	671	3:07.5	=	638
2:47.6	=	813	2:51.6	=	775	2:55.6	=	738	2:59.6	=	703	3:03.6	=	660	3:07.6	=	637
2:47.7	=	812	2:51.7	=	774	2:55.7	=	737	2:59.7	=	702	3:03.7	=	669	3:07.7	=	636
2:47.8	=	811	2:51.8	=	773	2:55.8	=	736	2:59.8	=	701	3:03.8	=	668	3:07.8	=	636
2:47.9	=	810	2:51.9	=	772	2:55.9	=	735	2:59.9	=	700	3:03.9	=	668	3:07.9	=	635
2:48.0	=	809	2:52.0	=	771	2:56.0	=	734	3:00.0	=	699	3:04.0	=	667	3:08.0	=	634
2:48.1	=	808	2:52.1	=	771	2:56.1	=	733	3:00.1	=	699	3:04.1	=	666	3:08.1	=	633
2:48.2	=	807	2:52.2	=	770	2:56.2	=	733	3:00.2	=	698	3:04.2	=	665	3:08.2	=	632
2:48.3	=	806	2:52.3	=	769	2:56.3	=	732	3:00.3	=	697	3:04.3	=	664	3:08.3	=	632
2:48.4	=	805	2:52.4	=	768	2:56.4	=	731	3:00.4	=	696	3:04.4	=	664	3:08.4	=	631
2:48.5	=	804	2:52.5	=	767	2:56.5	=	730	3:00.5	=	695	3:04.5	=	663	3:08.5	=	630
2:48.6	=	803	2:52.6	=	766	2:56.6	=	729	3:00.6	=	694	3:04.6	=	662	3:08.6	=	629
2:48.7	=	802	2:52.7	=	765	2:56.7	=	728	3:00.7	=	693	3:04.7	=	661	3:08.7	=	628
2:48.8	=	801	2:52.8	=	764	2:56.8	=	727	3:00.8	=	693	3:04.8	=	660	3:08.8	=	628
2:48.9	=	801	2:52.9	=	763	2:56.9	=	726	3:00.9	=	692	3:04.9	=	659	3:08.9	=	627
2:49.0	=	800	2:53.0	=	762	2:57.0	=	725	3:01.0	=	691	3:05.0	=	659	3:09.0	=	626
2:49.1	=	799	2:53.1	=	761	2:57.1	=	725	3:01.1	=	690	3:05.1	=	628	3:09.1	=	625
2:49.2	=	798	2:53.2	=	760	2:57.2	=	724	3:01.2	=	689	3:05.2	=	627	3:09.2	=	625
2:49.3	=	797	2:53.3	=	759	2:57.3	=	723	3:01.3	=	688	3:05.3	=	626	3:09.3	=	624
2:49.4	=	796	2:53.4	=	758	2:57.4	=	722	3:01.4	=	688	3:05.4	=	655	3:09.4	=	623
2:49.5	=	795	2:53.5	=	757	2:57.5	=	721	3:01.5	=	687	3:05.5	=	655	3:09.5	=	622
2:49.6	=	794	2:53.6	=	756	2:57.6	=	720	3:01.6	=	686	3:05.6	=	654	3:09.6	=	622
2:49.7	=	793	2:53.7	=	755	2:57.7	=	719	3:01.7	=	685	3:05.7	=	653	3:09.7	=	621
2:49.8	=	792	2:53.8	=	754	2:57.8	=	718	3:01.8	=	684	3:05.8	=	651	3:09.8	=	620
2:49.9	=	791	2:53.9	=	753	2:57.9	=	718	3:01.9	=	683	3:05.9	=	651	3:09.9	=	619

1,000 Meters continues...

3:10.1	=	618	3:16.0	=	574	3:21.0	=	539	3:26.1	=	505	3:32.1	=	467	3:38.1	=	430
3:10.2	=	617	3:16.1	=	573	3:21.1	=	538	3:26.2	=	504	3:32.2	=	466	3:38.4	=	429
3:10.3	=	616	3:16.3	=	572	3:21.3	=	537	3:26.4	=	503	3:32.4	=	465	3:38.6	=	428
3:10.5	=	615	3:16.4	=	571	3:21.4	=	536	3:26.5	=	502	3:32.6	=	464	3:38.7	=	427
3:10.6	=	614	3:16.6	=	570	3:21.6	=	535	3:26.7	=	501	3:32.7	=	463	3:38.9	=	426
3:10.7	=	613	3:16.7	=	569	3:21.7	=	534	3:26.8	=	500	3:32.9	=	462	3:39.1	=	425
3:10.9	=	612	3:16.8	=	568	3:21.8	=	533	3:27.0	=	499	3:33.0	=	461	3:39.3	=	424
3:11.0	=	611	3:17.0	=	567	3:21.9	=	532	3:27.1	=	498	3:33.2	=	460	3:39.5	=	423
3:11.1	=	610	3:17.1	=	566	3:22.0	=	531	3:27.3	=	497	3:33.4	=	459	3:39.6	=	422
3:11.3	=	609	3:17.3	=	565	3:22.1	=	530	3:27.5	=	496	3:33.5	=	458	3:39.8	=	421
3:11.4	=	608	3:17.4	=	564	3:22.3	=	529	3:27.6	=	495	3:33.7	=	457	3:40.0	=	420
3:11.5	=	607	3:17.5	=	563	3:22.4	=	528	3:27.8	=	494	3:33.9	=	456	3:40.2	=	419
3:11.7	=	606	3:17.7	=	562	3:22.6	=	527	3:27.9	=	493	3:34.0	=	455	3:40.3	=	418
3:11.8	=	605	3:17.8	=	561	3:22.7	=	526	3:28.1	=	492	3:34.2	=	454	3:40.5	=	417
3:11.9	=	604	3:18.0	=	560	3:23.0	=	525	3:28.2	=	491	3:34.4	=	453	3:40.7	=	416
3:12.0	=	603	3:18.1	=	559	3:23.2	=	524	3:28.4	=	490	3:34.5	=	452	3:40.9	=	415
3:12.1	=	602	3:18.2	=	558	3:23.3	=	523	3:28.5	=	489	3:34.7	=	451	3:41.0	=	414
3:12.3	=	601	3:18.4	=	557	3:23.5	=	522	3:28.7	=	488	3:34.9	=	450	3:41.2	=	413
3:12.4	=	600	3:18.5	=	556	3:23.6	=	521	3:28.9	=	487	3:35.0	=	449	3:41.4	=	412
3:12.5	=	599	3:18.7	=	555	3:23.8	=	520	3:29.0	=	486	3:35.2	=	448	3:41.6	=	411
3:12.7	=	598	3:18.8	=	554	3:23.9	=	519	3:29.2	=	485	3:35.4	=	447	3:41.7	=	410
3:12.9	=	597	3:19.0	=	553	3:24.1	=	518	3:29.3	=	484	3:35.5	=	446	3:41.9	=	409
3:13.0	=	596	3:19.1	=	552	3:24.2	=	517	3:29.5	=	483	3:35.7	=	445	3:42.1	=	408
3:13.1	=	595	3:19.2	=	551	3:24.4	=	516	3:29.7	=	482	3:35.9	=	444	3:42.3	=	407
3:13.3	=	594	3:19.4	=	550	3:24.5	=	515	3:29.8	=	481	3:36.0	=	443	3:42.5	=	406
3:13.4	=	593	3:19.5	=	549	3:24.7	=	514	3:30.0	=	480	3:36.2	=	442	3:42.6	=	405
3:13.5	=	592	3:19.7	=	548	3:24.8	=	513	3:30.1	=	479	3:36.4	=	441	3:42.8	=	404
3:13.7	=	591	3:19.8	=	547	3:25.0	=	512	3:30.3	=	478	3:36.5	=	440	3:43.0	=	403
3:13.8	=	590	3:20.0	=	546	3:25.1	=	511	3:30.4	=	477	3:36.7	=	439	3:43.2	=	402
3:13.9	=	589	3:20.1	=	545	3:25.3	=	510	3:30.6	=	476	3:36.9	=	438	3:43.4	=	401
3:14.1	=	588	3:20.2	=	544	3:25.5	=	509	3:30.8	=	475	3:37.1	=	437	3:43.5	=	400
3:14.2	=	587	3:20.4	=	543	3:25.6	=	508	3:30.9	=	474	3:37.2	=	436	3:43.7	=	399
3:14.3	=	586	3:20.5	=	542	3:25.8	=	507	3:31.1	=	473	3:37.4	=	435	3:43.9	=	398
3:14.5	=	585	3:20.7	=	541	3:25.9	=	506	3:31.3	=	472	3:37.6	=	434	3:44.1	=	397
3:14.6	=	584	3:20.8	=	540		=		3:31.4	=	471	3:37.7	=	433	3:44.3	=	396
3:14.8	=	583		=			=		3:31.6	=	470	3:37.9	=	432	3:44.4	=	395
3:14.9	=	582		=			=		3:31.7	=	469		=		3:44.6	=	394
	=			=			=		3:31.9	=	468		=		3:44.8	=	393

1,000 Meters continues...

3:45.0	=	392	3:53.1	=	349	4:02.1	=	305	4:11.1	=	264	4:21.1	=	222	4:32.1	=	179
3:45.2	=	391	3:53.3	=	348	4:02.3	=	304	4:11.3	=	263	4:21.3	=	221	4:32.4	=	178
3:45.4	=	390	3:53.5	=	347	4:02.5	=	303	4:11.6	=	262	4:21.6	=	220	4:32.6	=	177
3:45.5	=	389	3:53.7	=	346	4:02.7	=	302	4:11.8	=	261	4:21.8	=	219	4:32.9	=	176
3:45.7	=	388	3:53.9	=	345	4:03.0	=	301	4:12.0	=	260	4:22.1	=	218	4:33.2	=	175
3:45.9	=	387	3:54.1	=	344	4:03.2	=	300	4:12.3	=	259	4:22.3	=	217	4:33.4	=	174
3:46.1	=	386	3:54.3	=	343	4:03.4	=	299	4:12.5	=	258	4:22.6	=	216	4:33.7	=	173
3:46.3	=	385	3:54.5	=	342	4:03.6	=	298	4:12.7	=	257	4:22.8	=	215	4:34.0	=	172
3:46.5	=	384	3:54.7	=	341	4:03.8	=	297	4:13.0	=	256	4:23.0	=	214	4:34.3	=	171
3:46.6	=	383	3:54.9	=	340	4:04.0	=	296	4:13.2	=	255	4:23.3	=	213	4:34.5	=	170
3:46.8	=	382	3:55.1	=	339	4:04.2	=	295	4:13.3	=	254	4:23.6	=	212	4:34.8	=	169
3:47.0	=	381	3:55.3	=	338	4:04.5	=	294	4:13.6	=	253	4:23.8	=	211	4:35.1	=	168
3:47.2	=	380	3:55.5	=	337	4:04.7	=	293	4:13.9	=	252	4:24.1	=	210	4:35.3	=	167
3:47.4	=	379	3:55.7	=	336	4:04.9	=	292	4:14.1	=	251	4:24.3	=	209	4:35.6	=	166
3:47.6	=	378	3:55.9	=	335	4:05.1	=	291	4:14.3	=	250	4:24.6	=	208	4:35.9	=	165
3:47.8	=	377	3:56.1	=	334	4:05.3	=	290	4:14.6	=	249	4:24.8	=	207	4:36.2	=	164
3:48.0	=	376	3:56.3	=	333	4:05.5	=	289	4:14.8	=	248	4:25.1	=	206	4:36.4	=	163
3:48.1	=	375	3:56.5	=	332	4:05.8	=	288	4:15.1	=	247	4:25.6	=	205	4:36.7	=	162
3:48.3	=	374	3:56.7	=	331	4:06.0	=	287	4:15.3	=	246	4:25.6	=	204	4:37.0	=	161
3:48.5	=	373	3:56.9	=	330	4:06.2	=	286	4:15.5	=	245	4:25.8	=	203	4:37.3	=	160
3:48.7	=	372	3:57.1	=	329	4:06.4	=	285	4:15.8	=	244	4:26.1	=	202	4:37.6	=	159
3:48.9	=	371	3:57.3	=	328	4:06.6	=	284	4:16.0	=	243	4:26.3	=	201	4:37.8	=	158
3:49.1	=	370	3:57.5	=	327	4:06.9	=	283	4:16.5	=	242	4:26.6	=	200	4:38.1	=	157
3:49.3	=	369	3:57.7	=	326	4:07.1	=	282	4:16.5	=	241	4:26.9	=	199	4:38.4	=	156
3:49.5	=	368	3:57.9	=	325	4:07.3	=	281	4:16.7	=	240	4:27.1	=	198	4:38.7	=	155
3:49.7	=	367	3:58.2	=	324	4:07.5	=	280	4:16.9	=	239	4:27.4	=	197	4:39.0	=	154
3:49.8	=	366	3:58.4	=	323	4:07.7	=	279	4:17.2	=	238	4:27.6	=	196	4:39.2	=	153
3:50.0	=	365	3:58.6	=	322	4:08.0	=	278	4:17.4	=	237	4:27.9	=	195	4:39.5	=	152
3:50.2	=	364	3:58.8	=	321	4:08.2	=	277	4:17.7	=	236	4:28.1	=	194	4:39.8	=	151
3:50.4	=	363	3:59.0	=	320	4:08.4	=	276	4:17.9	=	235	4:28.4	=	193	4:40.1	=	150
3:50.6	=	362	3:59.2	=	319	4:08.6	=	275	4:18.1	=	234	4:28.7	=	192	4:40.3	=	149
3:50.8	=	361	3:59.4	=	318	4:08.9	=	274	4:18.4	=	233	4:28.9	=	191	4:40.7	=	148
3:51.0	=	360	3:59.6	=	317	4:09.1	=	273	4:18.6	=	232	4:29.2	=	190	4:40.9	=	147
3:51.2	=	359	3:59.8	=	316	4:09.3	=	272	4:18.9	=	231	4:29.5	=	189	4:41.1	=	146
3:51.4	=	358	4:00.0	=	315	4:09.5	=	271	4:19.1	=	230	4:29.7	=	188	4:41.5	=	145
3:51.6	=	357	4:00.2	=	314	4:09.8	=	270	4:19.4	=	229	4:30.0	=	187	4:41.8	=	144
3:51.8	=	356	4:00.4	=	313	4:10.0	=	269	4:19.6	=	228	4:30.2	=	186	4:42.1	=	143
3:52.0	=	355	4:00.6	=	312	4:10.2	=	268	4:19.9	=	227	4:30.5	=	185	4:42.4	=	142
3:52.2	=	354	4:00.8	=	311	4:10.4	=	267	4:20.1	=	226	4:30.8	=	184	4:42.7	=	141
3:52.4	=	353	4:01.1	=	310	4:10.7	=	266	4:20.3	=	225	4:31.0	=	183	4:42.9	=	140
3:52.6	=	352	4:01.3	=	309	4:10.9	=	265	4:20.6	=	224	4:31.3	=	182	4:43.2	=	139
3:52.7	=	351	4:01.5	=	308				4:20.8	=	223	4:31.6	=	181	4:43.5	=	138
3:52.9	=	350	4:01.7	=	307							4:31.8	=	180	4:43.8	=	137
			4:01.9	=	306												

1,000 Meters continues...	1,200 Meters
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4:44.1	=	136	4:57.2	=	93	5:11.3	=	51	5:27.1	=	8	3:00.0	=	1007	3:04.0	=	959
4:44.4	=	135	4:57.5	=	92	5:11.6	=	50	5:27.5	=	7	3:00.1	=	1006	3:04.1	=	958
4:44.7	=	134	4:57.9	=	91	5:12.0	=	49	5:27.9	=	6	3:00.2	=	1005	3:04.2	=	957
4:45.0	=	133	4:58.2	=	90	5:12.3	=	48	5:28.2	=	5	3:00.3	=	1003	3:04.3	=	956
4:45.3	=	132	4:58.5	=	89	5:12.7	=	47	5:28.6	=	4	3:00.4	=	1002	3:04.4	=	954
4:45.6	=	131	4:58.8	=	88	5:13.0	=	46	5:29.0	=	3	3:00.5	=	1001	3:04.5	=	953
4:45.9	=	130	4:59.2	=	87	5:13.4	=	45	5:29.4	=	2	3:00.6	=	1000	3:04.6	=	952
4:46.2	=	129	4:59.5	=	86	5:13.7	=	44	5:29.8	=	1	3:00.7	=	999	3:04.7	=	951
4:46.5	=	128	4:59.8	=	85	5:14.0	=	43				3:00.8	=	997	3:04.8	=	950
4:46.8	=	127	5:00.1	=	84	5:14.4	=	42				3:00.9	=	996	3:04.9	=	949
4:47.1	=	126	5:00.5	=	83	5:14.8	=	41				3:01.0	=	995	3:05.0	=	948
4:47.4	=	125	5:00.8	=	82	5:15.2	=	40				3:01.1	=	994	3:05.1	=	946
4:47.7	=	124	5:01.1	=	81	5:15.5	=	39				3:01.2	=	992	3:05.2	=	945
4:48.0	=	123	5:01.4	=	80	5:15.9	=	38				3:01.3	=	991	3:05.3	=	944
4:48.2	=	122	5:01.8	=	79	5:16.2	=	37				3:01.4	=	990	3:05.4	=	943
4:48.6	=	121	5:02.1	=	78	5:16.6	=	36				3:01.5	=	989	3:05.5	=	942
4:48.9	=	120	5:02.4	=	77	5:17.0	=	35				3:01.6	=	988	3:05.6	=	941
4:49.2	=	119	5:02.8	=	76	5:17.3	=	34				3:01.7	=	986	3:05.7	=	940
4:49.5	=	118	5:03.1	=	75	5:17.7	=	33				3:01.8	=	985	3:05.8	=	938
4:49.8	=	117	5:03.4	=	74	5:18.1	=	32				3:01.9	=	984	3:05.9	=	937
4:50.1	=	116	5:03.7	=	73	5:18.4	=	31				3:02.0	=	983	3:06.0	=	936
4:50.4	=	115	5:04.1	=	72	5:18.8	=	30				3:02.1	=	982	3:06.1	=	935
4:50.7	=	114	5:04.4	=	71	5:19.2	=	29				3:02.2	=	980	3:06.2	=	934
4:51.0	=	113	5:04.6	=	70	5:19.5	=	28				3:02.3	=	979	3:06.3	=	933
4:51.3	=	112	5:05.1	=	69	5:19.9	=	27				3:02.4	=	978	3:06.4	=	932
4:51.6	=	111	5:05.4	=	68	5:20.3	=	26				3:02.5	=	977	3:06.5	=	930
4:51.9	=	110	5:05.8	=	67	2:20.6	=	25				3:02.6	=	976	3:06.6	=	929
4:52.2	=	109	5:06.1	=	66	5:21.1	=	24				3:02.7	=	974	3:06.7	=	928
4:52.5	=	108	5:06.4	=	65	5:21.4	=	23				3:02.8	=	973	3:06.8	=	927
4:52.8	=	107	5:06.8	=	64	5:21.8	=	22				3:02.9	=	972	3:06.9	=	926
4:53.1	=	106	5:07.1	=	63	5:22.1	=	21				3:03.0	=	971	3:07.0	=	925
4:53.4	=	105	5:07.5	=	62	5:22.5	=	20				3:03.1	=	970	3:07.1	=	924
4:53.8	=	104	5:07.8	=	61	5:22.9	=	19				3:03.2	=	968	3:07.2	=	923
4:54.1	=	103	5:08.1	=	60	5:23.3	=	18				3:03.3	=	967	3:07.3	=	921
4:54.4	=	102	5:08.5	=	59	5:26.6	=	17				3:03.4	=	966	3:07.4	=	920
4:54.7	=	101	5:08.8	=	58	5:24.0	=	16				3:03.5	=	965	3:07.5	=	919
4:55.0	=	100	5:09.2	=	57	5:24.4	=	15				3:03.6	=	964	3:07.6	=	918
4:55.3	=	99	5:09.5	=	56	5:24.8	=	14				3:03.7	=	963	3:07.7	=	917
4:55.6	=	98	5:09.9	=	55	5:25.2	=	13				3:03.8	=	961	3:07.8	=	916
4:56.0	=	97	5:10.2	=	54	5:25.5	=	12				3:03.9	=	960	3:07.9	=	915
4:56.3	=	96	5:10.6	=	53	5:25.9	=	11									
4:56.6	=	95	5:10.9	=	52	5:26.3	=	10									
4:56.9	=	94				5:26.7	=	9									

1,200 Meters continues...

3:08.0	=	914	3:12.0	=	870	3:16.0	=	829	3:20.0	=	790	3:24.0	=	752	3:28.0	=	717
3:08.1	=	912	3:12.1	=	869	3:16.1	=	828	3:20.1	=	789	3:24.1	=	752	3:28.1	=	716
3:08.2	=	911	3:12.2	=	868	3:16.2	=	827	3:20.2	=	788	3:24.2	=	751	3:28.2	=	715
3:08.3	=	910	3:12.3	=	867	3:16.3	=	826	3:20.3	=	787	3:24.3	=	750	3:28.3	=	714
3:08.4	=	909	3:12.4	=	866	3:16.4	=	825	3:20.4	=	786	3:24.4	=	749	3:28.4	=	713
3:08.5	=	908	3:12.5	=	865	3:16.5	=	824	3:20.5	=	785	3:24.5	=	748	3:28.5	=	712
3:08.6	=	907	3:12.6	=	864	3:16.6	=	823	3:20.6	=	784	3:24.6	=	747	3:28.6	=	711
3:08.7	=	906	3:12.7	=	863	3:16.7	=	822	3:20.7	=	783	3:24.7	=	746	3:28.7	=	711
3:08.8	=	905	3:12.8	=	862	3:16.8	=	821	3:20.8	=	782	3:24.8	=	745	3:28.8	=	710
3:08.9	=	904	3:12.9	=	861	3:16.9	=	820	3:20.9	=	781	3:24.9	=	744	3:28.9	=	709
3:09.0	=	903	3:13.0	=	860	3:17.0	=	819	3:21.0	=	780	3:25.0	=	743	3:29.0	=	708
3:09.1	=	901	3:13.1	=	859	3:17.1	=	818	3:21.1	=	779	3:25.1	=	742	3:29.1	=	707
3:09.2	=	900	3:13.2	=	858	3:17.2	=	817	3:21.2	=	778	3:25.2	=	742	3:29.2	=	706
3:09.3	=	899	3:13.3	=	857	3:17.3	=	816	3:21.3	=	778	3:25.3	=	741	3:29.3	=	705
3:09.4	=	898	3:13.4	=	856	3:17.4	=	815	3:21.4	=	777	3:25.4	=	740	3:29.4	=	705
3:09.5	=	897	3:13.5	=	855	3:17.5	=	814	3:21.5	=	776	3:25.5	=	739	3:29.5	=	704
3:09.6	=	896	3:13.6	=	854	3:17.6	=	813	3:21.6	=	775	3:25.6	=	738	3:29.6	=	703
3:09.7	=	895	3:13.7	=	853	3:17.7	=	812	3:21.7	=	774	3:25.7	=	737	3:29.7	=	702
3:09.8	=	894	3:13.8	=	852	3:17.8	=	811	3:21.8	=	773	3:25.8	=	736	3:29.8	=	701
3:09.9	=	893	3:13.9	=	851	3:17.9	=	810	3:21.9	=	772	3:25.9	=	735	3:29.9	=	700
3:10.0	=	892	3:14.0	=	849	3:18.0	=	809	3:22.0	=	771	3:26.0	=	734	3:30.0	=	699
3:10.1	=	891	3:14.1	=	848	3:18.1	=	808	3:22.1	=	770	3:26.1	=	733	3:30.1	=	699
3:10.2	=	890	3:14.2	=	847	3:18.2	=	807	3:22.2	=	769	3:26.2	=	733	3:30.2	=	698
3:10.3	=	888	3:14.3	=	846	3:18.3	=	806	3:22.3	=	768	3:26.3	=	732	3:30.3	=	697
3:10.4	=	887	3:14.4	=	845	3:18.4	=	805	3:22.4	=	767	3:26.4	=	731	3:30.4	=	696
3:10.5	=	886	3:14.5	=	844	3:18.5	=	804	3:22.5	=	766	3:26.5	=	730	3:30.5	=	695
3:10.6	=	885	3:14.6	=	843	3:18.6	=	803	3:22.6	=	765	3:26.6	=	729	3:30.6	=	694
3:10.7	=	884	3:14.7	=	842	3:18.7	=	802	3:22.7	=	764	3:26.7	=	728	3:30.7	=	693
3:10.8	=	883	3:14.8	=	841	3:18.8	=	801	3:22.8	=	764	3:26.8	=	727	3:30.8	=	693
3:10.9	=	882	3:14.9	=	840	3:18.9	=	801	3:22.9	=	763	3:26.9	=	726	3:30.9	=	692
3:11.0	=	881	3:15.0	=	839	3:19.0	=	800	3:23.0	=	762	3:27.0	=	752	3:31.0	=	691
3:11.1	=	880	3:15.1	=	838	3:19.1	=	799	3:23.1	=	761	3:27.1	=	725	3:31.1	=	690
3:11.2	=	879	3:15.2	=	837	3:19.2	=	798	3:23.2	=	760	3:27.2	=	724	3:31.2	=	689
3:11.3	=	878	3:15.3	=	836	3:19.3	=	797	3:23.3	=	759	3:27.3	=	723	3:31.3	=	688
3:11.4	=	877	3:15.4	=	835	3:19.4	=	796	3:23.4	=	758	3:27.4	=	722	3:31.4	=	688
3:11.5	=	876	3:15.5	=	834	3:19.5	=	795	3:23.5	=	757	3:27.5	=	721	3:31.5	=	687
3:11.6	=	875	3:15.6	=	833	3:19.6	=	794	3:23.6	=	756	3:27.6	=	720	3:31.6	=	686
3:11.7	=	874	3:15.7	=	832	3:19.7	=	793	3:23.7	=	755	3:27.7	=	719	3:31.7	=	685
3:11.8	=	872	3:15.8	=	831	3:19.8	=	792	3:23.8	=	754	3:27.8	=	718	3:31.8	=	684
3:11.9	=	871	3:15.9	=	830	3:19.9	=	791	3:23.9	=	753	3:27.9	=	718	3:31.9	=	683

1,200 Meters continues...

3:32.0	=	682	3:36.0	=	650	3:40.1	=	618	3:46.0	=	574	3:52.0	=	532	3:59.0	=	486
3:32.1	=	682	3:36.1	=	649	3:40.2	=	617	3:46.1	=	573	3:52.1	=	531	3:59.2	=	485
3:32.2	=	681	3:36.2	=	648	3:40.3	=	616	3:46.2	=	572	3:52.3	=	530	3:59.3	=	484
3:32.3	=	680	3:36.3	=	647	3:40.4	=	615	3:46.4	=	571	3:52.4	=	529	3:59.5	=	483
3:32.4	=	679	3:36.4	=	647	3:40.5	=	614	3:46.6	=	570	3:52.6	=	528	3:59.7	=	482
3:32.5	=	678	3:36.5	=	646	3:40.6	=	613	3:46.7	=	569	3:52.7	=	527	3:59.8	=	481
3:32.6	=	677	3:36.6	=	645	3:40.7	=	612	3:46.8	=	568	3:52.9	=	526	4:00.0	=	480
3:32.7	=	677	3:36.7	=	644	3:41.0	=	611	3:47.0	=	567	3:53.0	=	525	4:00.1	=	479
3:32.8	=	676	3:36.8	=	643	3:41.1	=	610	3:47.1	=	566	3:53.2	=	524	4:00.3	=	478
3:32.9	=	675	3:36.9	=	643	3:41.2	=	609	3:47.3	=	565	3:53.3	=	523	4:00.4	=	477
3:33.0	=	674	3:37.0	=	642	3:41.3	=	608	3:47.4	=	564	3:53.5	=	522	4:00.6	=	476
3:33.1	=	673	3:37.1	=	641	3:41.4	=	607	3:47.5	=	563	3:53.6	=	521	4:00.8	=	475
3:33.2	=	673	3:37.2	=	640	3:41.7	=	606	3:47.7	=	562	3:53.8	=	520	4:00.9	=	474
3:33.3	=	672	3:37.3	=	639	3:41.8	=	605	3:47.8	=	561	3:53.9	=	519	4:01.1	=	473
3:33.4	=	671	3:37.4	=	639	3:41.9	=	604	3:48.0	=	560	3:54.1	=	518	4:01.3	=	472
3:33.5	=	670	3:37.5	=	638	4:42.0	=	603	3:48.1	=	559	3:54.2	=	517	4:01.4	=	471
3:33.6	=	669	3:37.6	=	637	4:42.2	=	602	3:48.2	=	558	3:54.4	=	516	4:01.6	=	470
3:33.7	=	668	3:37.7	=	636	4:42.3	=	601	3:48.4	=	557	3:54.5	=	515	4:01.7	=	469
3:33.8	=	668	3:37.8	=	636	4:42.5	=	600	3:48.5	=	556	3:54.7	=	514	4:01.9	=	468
3:33.9	=	667	3:37.9	=	635	4:42.6	=	599	3:48.7	=	555	3:54.8	=	513	4:02.1	=	467
3:34.0	=	666	3:38.0	=	634	4:42.7	=	598	3:48.8	=	554	3:55.0	=	512	4:02.2	=	466
3:34.1	=	665	3:38.1	=	633	4:42.9	=	597	3:49.0	=	553	3:55.1	=	511	4:02.4	=	465
3:34.2	=	664	3:38.2	=	632	3:43.0	=	596	3:49.1	=	552	3:55.3	=	510	4:02.6	=	464
3:34.3	=	664	3:38.3	=	632	3:43.1	=	595	3:49.2	=	551	3:55.5	=	509	4:02.7	=	463
3:34.4	=	663	3:38.4	=	631	3:43.3	=	594	3:49.4	=	550	3:55.6	=	508	4:02.9	=	462
3:34.5	=	662	3:38.5	=	630	3:43.4	=	593	3:49.5	=	549	3:55.8	=	507	4:03.0	=	461
3:34.6	=	661	3:38.6	=	629	3:43.5	=	592	3:49.7	=	548	3:55.9	=	506	4:03.2	=	460
3:34.7	=	660	3:38.7	=	628	3:43.7	=	591	3:49.8	=	547	3:56.1	=	505	4:03.4	=	459
3:34.8	=	659	3:38.8	=	628	3:43.8	=	590	3:50.0	=	546	3:56.2	=	504	4:03.5	=	458
3:34.9	=	659	3:38.9	=	627	3:43.9	=	589	3:50.1	=	545	3:56.4	=	503	4:03.7	=	457
3:35.0	=	658	3:39.0	=	626	3:44.0	=	588	3:50.2	=	544	3:56.5	=	502	4:03.9	=	456
3:35.1	=	657	3:39.1	=	625	3:44.2	=	587	3:50.4	=	543	3:56.7	=	501	4:04.0	=	455
3:35.2	=	656	3:39.2	=	625	3:44.3	=	586	3:50.5	=	542	3:56.8	=	500	4:04.2	=	454
3:35.3	=	655	3:39.3	=	624	3:44.5	=	585	3:50.7	=	541	3:57.0	=	499	4:04.4	=	453
3:35.4	=	655	3:39.4	=	623	3:44.6	=	584	3:50.8	=	540	3:57.1	=	498	4:04.5	=	452
3:35.5	=	654	3:39.5	=	622	3:44.8	=	583	3:51.0	=	539	3:57.3	=	497	4:04.7	=	451
3:35.6	=	653	3:39.6	=	622	3:44.9	=	582	3:51.1	=	538	3:57.5	=	496	4:04.9	=	450
3:35.7	=	652	3:39.7	=	621	3:45.0	=	581	3:51.3	=	537	3:57.6	=	495	4:05.0	=	449
3:35.8	=	651	3:39.8	=	620	3:45.2	=	580	3:51.4	=	536	3:57.8	=	494	4:05.2	=	448
3:35.9	=	651	3:39.9	=	619	3:45.3	=	579	3:51.6	=	535	3:57.9	=	493	4:05.4	=	447
						3:45.4	=	578	3:51.7	=	534	3:58.1	=	492	4:05.5	=	446
						3:45.6	=	577	3:51.9	=	533	3:58.2	=	491	4:05.7	=	445
						3:45.7	=	576				3:58.4	=	490	4:05.9	=	444
						3:45.9	=	575				3:58.5	=	489			
												3:58.7	=	488			
												3:58.9	=	487			

1,200 Meters continues...

4:06.0	=	443	4:15.0	=	392	4:23.1	=	349	4:32.1	=	305	4:42.0	=	260	4:53.0	=	214
4:06.2	=	442	4:15.2	=	391	4:23.3	=	348	4:32.3	=	304	4:42.3	=	259	4:53.3	=	213
4:06.4	=	441	4:15.4	=	390	4:23.5	=	347	4:32.5	=	303	4:42.5	=	258	4:53.6	=	212
4:06.5	=	440	4:15.5	=	389	4:23.7	=	346	4:32.7	=	302	4:42.7	=	257	4:53.8	=	211
4:06.7	=	439	4:15.7	=	388	4:23.9	=	345	4:33.0	=	301	4:43.0	=	256	4:54.1	=	210
4:06.9	=	438	4:15.9	=	387	4:24.1	=	344	4:33.2	=	300	4:43.2	=	255	4:54.3	=	209
4:07.1	=	437	4:16.1	=	386	4:24.3	=	343	4:33.4	=	299	4:43.3	=	254	4:54.6	=	208
4:07.2	=	436	4:16.3	=	385	4:24.5	=	342	4:33.6	=	298	4:43.6	=	253	4:54.8	=	207
4:07.4	=	435	4:16.5	=	384	4:24.7	=	341	4:33.8	=	297	4:43.9	=	252	4:55.1	=	206
4:07.6	=	434	4:16.6	=	383	4:24.9	=	340	4:34.0	=	296	4:44.1	=	251	4:55.3	=	205
4:07.7	=	433	4:16.8	=	382	4:25.1	=	339	4:34.2	=	295	4:44.3	=	250	4:55.6	=	204
4:07.9	=	432	4:17.0	=	381	4:25.3	=	338	4:34.5	=	294	4:44.6	=	249	4:55.8	=	203
4:08.1	=	431	4:17.2	=	380	4:25.5	=	337	4:34.7	=	293	4:44.8	=	248	4:56.1	=	202
4:08.2	=	430	4:17.4	=	379	4:25.7	=	336	4:34.9	=	292	4:45.1	=	247	4:56.3	=	201
4:08.4	=	429	4:17.6	=	378	4:25.9	=	335	4:35.1	=	291	4:45.3	=	246	4:56.6	=	200
4:08.6	=	428	4:17.8	=	377	4:26.1	=	334	4:35.3	=	290	4:45.5	=	245	4:56.9	=	199
4:08.8	=	427	4:18.0	=	376	4:26.3	=	333	4:35.5	=	289	4:45.8	=	244	4:57.1	=	198
4:08.9	=	426	4:18.1	=	375	4:26.5	=	332	4:35.8	=	288	4:46.0	=	243	4:57.4	=	197
4:09.1	=	425	4:18.3	=	374	4:26.7	=	331	4:36.0	=	287	4:46.2	=	242	4:57.6	=	196
4:09.3	=	424	4:18.5	=	373	4:26.9	=	330	4:36.2	=	286	4:46.5	=	241	4:57.9	=	195
4:09.5	=	423	4:18.7	=	372	4:27.1	=	329	4:36.4	=	285	4:46.7	=	240	4:58.1	=	194
4:09.6	=	422	4:18.9	=	371	4:27.3	=	328	4:36.6	=	284	4:46.9	=	239	4:58.4	=	193
4:09.8	=	421	4:19.1	=	370	4:27.5	=	327	4:36.9	=	283	4:47.2	=	238	4:58.7	=	192
4:10.0	=	420	4:19.3	=	369	4:27.7	=	326	4:37.1	=	282	4:47.4	=	237	4:58.9	=	191
4:10.2	=	419	4:19.5	=	368	4:27.9	=	325	4:37.3	=	281	4:47.7	=	236	4:59.2	=	190
4:10.3	=	418	4:19.7	=	367	4:28.2	=	324	4:37.5	=	280	4:47.9	=	235	4:59.5	=	189
4:10.5	=	417	4:19.8	=	366	4:28.4	=	323	4:37.7	=	279	4:48.1	=	234	4:59.7	=	188
4:10.7	=	416	4:20.0	=	365	4:28.6	=	322	4:38.0	=	278	4:48.4	=	233	5:00.0	=	187
4:10.9	=	415	4:20.2	=	364	4:28.8	=	321	4:38.2	=	277	4:48.6	=	232	5:00.2	=	186
4:11.0	=	414	4:20.4	=	363	4:29.0	=	320	4:38.4	=	276	4:48.9	=	231	5:00.5	=	185
4:11.2	=	413	4:20.6	=	362	4:29.2	=	319	4:38.6	=	275	4:49.1	=	230	5:00.8	=	184
4:11.4	=	412	4:20.8	=	361	4:29.4	=	318	4:38.9	=	274	4:49.4	=	229	5:01.0	=	183
4:11.6	=	411	4:21.0	=	360	4:29.6	=	317	4:39.1	=	273	4:49.6	=	228	5:01.3	=	182
4:11.7	=	410	4:21.2	=	359	4:29.8	=	316	4:39.3	=	272	4:49.9	=	227	5:01.6	=	181
4:11.9	=	409	4:21.4	=	358	4:30.0	=	315	4:39.5	=	271	4:50.1	=	226	5:01.8	=	180
4:12.1	=	408	4:21.6	=	357	4:30.2	=	314	4:39.8	=	270	4:50.3	=	225	5:02.1	=	179
4:12.3	=	407	4:21.8	=	356	4:30.4	=	313	4:40.0	=	269	4:50.6	=	224	5:02.4	=	178
4:12.5	=	406	4:22.0	=	355	4:30.6	=	312	4:40.2	=	268	4:50.8	=	223	5:02.6	=	177
4:12.6	=	405	4:22.2	=	354	4:30.8	=	311	4:40.4	=	267	4:51.1	=	222	5:02.9	=	176
4:12.8	=	404	4:22.4	=	353	4:31.1	=	310	4:40.7	=	266	4:51.3	=	221	5:03.2	=	175
4:13.0	=	403	4:22.6	=	352	4:31.3	=	309	4:40.9	=	265	4:51.6	=	220	5:03.4	=	174
4:13.2	=	402	4:22.7	=	351	4:31.5	=	308	4:41.1	=	264	4:51.8	=	219	5:03.7	=	173
4:13.4	=	401	4:22.9	=	350	4:31.7	=	307	4:41.3	=	263	4:52.1	=	218	5:04.0	=	172
4:13.5	=	400				4:31.9	=	306	4:41.6	=	262	4:52.3	=	217	5:04.3	=	171
4:13.7	=	399							4:41.8	=	261	4:52.6	=	216	5:04.5	=	170
4:13.9	=	398										4:52.8	=	215	5:04.8	=	169

1,200 Meters continues...

5:05.1	=	168	5:16.2	=	131	5:28.2	=	92	5:42.0	=	51	5:56.2	=	12				
5:05.3	=	167	5:16.5	=	130	5:28.5	=	91	5:42.3	=	50	5:56.7	=	11				
5:05.6	=	166	5:16.8	=	129	5:28.8	=	90	5:42.7	=	49	5:57.1	=	10				
5:05.9	=	165	5:17.1	=	128	5:29.2	=	89	5:43.0	=	48	5:57.5	=	9				
5:06.2	=	164	5:17.4	=	127	5:29.5	=	88	5:43.4	=	47	5:57.9	=	8				
5:06.4	=	163	5:17.8	=	126	5:29.8	=	87	5:43.7	=	46	5:58.2	=	7				
5:06.7	=	162	5:18.0	=	125	5:30.1	=	86	5:44.0	=	45	5:58.6	=	6				
5:07.0	=	161	5:18.2	=	124	5:30.5	=	85	5:44.4	=	44	5:59.0	=	5				
5:07.3	=	160	5:18.6	=	123	5:30.8	=	84	5:44.8	=	43	5:59.4	=	4				
5:07.6	=	159	5:18.9	=	122	5:31.1	=	83	5:45.2	=	42	5:59.8	=	2				
5:07.8	=	158	5:19.2	=	121	5:31.4	=	82	5:45.5	=	41	6:00.0	=	1				
5:08.1	=	157	5:19.5	=	120	5:31.8	=	81	5:45.9	=	40							
5:08.4	=	156	5:19.8	=	119	5:32.1	=	80	5:46.2	=	39							
5:08.7	=	155	5:20.1	=	118	5:32.4	=	79	5:46.6	=	38							
5:09.0	=	154	5:20.4	=	117	5:32.8	=	78	5:47.0	=	37							
5:09.2	=	153	5:20.7	=	116	5:33.1	=	77	5:47.3	=	36							
5:09.5	=	152	5:21.0	=	115	5:33.4	=	76	5:47.7	=	35							
5:09.8	=	151	5:21.3	=	114	5:33.7	=	75	5:48.1	=	34							
5:10.1	=	150	5:21.6	=	113	5:34.1	=	74	5:48.4	=	33							
5:10.3	=	149	5:21.9	=	112	5:34.4	=	73	5:48.8	=	32							
5:10.7	=	149	5:22.2	=	111	5:34.8	=	72	5:49.2	=	31							
5:10.9	=	149	5:22.5	=	110	5:35.1	=	71	5:49.5	=	30							
5:11.2	=	148	5:22.8	=	109	5:35.4	=	70	5:49.9	=	29							
5:11.5	=	147	5:23.1	=	108	5:35.8	=	69	5:50.3	=	28							
5:11.8	=	146	5:23.4	=	107	5:36.1	=	68	5:50.6	=	27							
5:12.1	=	145	5:23.8	=	106	5:36.4	=	67	5:51.0	=	26							
5:12.4	=	144	5:24.1	=	105	5:36.8	=	66	5:51.4	=	25							
5:12.7	=	143	5:24.4	=	104	5:37.1	=	65	5:51.8	=	24							
5:12.9	=	142	5:24.7	=	103	5:37.5	=	64	5:52.1	=	23							
5:13.2	=	141	5:25.0	=	102	5:37.8	=	63	5:52.5	=	22							
5:13.5	=	140	5:25.3	=	101	5:38.1	=	62	5:52.9	=	21							
5:13.8	=	139	5:25.6	=	100	5:38.5	=	61	5:53.3	=	20							
5:14.1	=	138	5:26.0	=	99	5:38.8	=	60	5:53.6	=	19							
5:14.4	=	137	5:26.3	=	98	5:39.2	=	59	5:54.0	=	18							
5:14.8	=	136	5:26.6	=	97	5:39.5	=	58	5:54.4	=	17							
5:15.0	=	135	5:26.9	=	96	5:39.9	=	57	5:54.8	=	16							
5:15.3	=	134	5:27.2	=	95	5:40.2	=	56	5:55.2	=	15							
5:15.6	=	133	5:27.5	=	94	5:40.6	=	55	5:55.5	=	14							
5:15.9	=	132	5:27.9	=	93	5:40.9	=	54	5:55.9	=	13							
						5:41.3	=	53										
						5:41.6	=	52										

Long Jump

7.09	=	999	6.59	=	915	6.09	=	826	5.59	=	734	5.09	=	638	4.59	=	537
7.08	=	998	6.58	=	913	6.08	=	825	5.58	=	733	5.08	=	636	4.58	=	535
7.07	=	996	6.57	=	911	6.07	=	823	5.57	=	731	5.07	=	634	4.57	=	533
7.06	=	994	6.56	=	909	6.06	=	821	5.56	=	729	5.06	=	632	4.56	=	531
7.05	=	993	6.55	=	908	6.05	=	819	5.55	=	727	5.05	=	631	4.55	=	529
7.04	=	991	6.54	=	906	6.04	=	817	5.54	=	725	5.04	=	629	4.54	=	527
7.03	=	989	6.53	=	904	6.03	=	816	5.53	=	723	5.03	=	627	4.53	=	525
7.02	=	988	6.52	=	902	6.02	=	814	5.52	=	721	5.02	=	625	4.52	=	523
7.01	=	986	6.51	=	901	6.01	=	812	5.51	=	719	5.01	=	623	4.51	=	521
7.00	=	984	6.50	=	899	6.00	=	810	5.50	=	718	5.00	=	621	4.50	=	519
6.99	=	983	6.49	=	897	5.99	=	808	5.49	=	716	4.99	=	619	4.49	=	517
6.98	=	881	6.48	=	895	5.98	=	806	5.48	=	714	4.98	=	617	4.48	=	515
6.97	=	979	6.47	=	894	5.97	=	805	5.47	=	712	4.97	=	615	4.47	=	512
6.96	=	978	6.46	=	892	5.96	=	803	5.46	=	710	4.96	=	613	4.46	=	510
6.95	=	976	6.45	=	890	5.95	=	801	5.45	=	708	4.95	=	611	4.45	=	508
6.94	=	974	6.44	=	888	5.94	=	799	5.44	=	706	4.94	=	609	4.44	=	506
6.93	=	973	6.43	=	887	5.93	=	797	5.43	=	704	4.93	=	607	4.43	=	504
6.92	=	971	6.42	=	885	5.92	=	796	5.42	=	702	4.92	=	605	4.42	=	502
6.91	=	969	6.41	=	883	5.91	=	794	5.41	=	700	4.91	=	603	4.41	=	500
6.90	=	968	6.40	=	881	5.90	=	792	5.40	=	699	4.90	=	601	4.40	=	498
6.89	=	966	6.39	=	880	5.89	=	790	5.39	=	697	4.89	=	599	4.39	=	496
6.88	=	964	6.38	=	878	5.88	=	788	5.38	=	695	4.88	=	597	4.38	=	494
6.87	=	962	6.37	=	876	5.87	=	786	5.37	=	693	4.87	=	595	4.37	=	492
6.86	=	961	6.36	=	874	5.86	=	785	5.36	=	691	4.86	=	593	4.36	=	490
6.85	=	959	6.35	=	873	5.85	=	783	5.35	=	689	4.85	=	591	4.35	=	488
6.84	=	957	6.34	=	871	5.84	=	781	5.34	=	687	4.84	=	589	4.34	=	486
6.83	=	956	6.33	=	869	5.83	=	779	5.33	=	685	4.83	=	587	4.33	=	484
6.82	=	954	6.32	=	867	5.82	=	777	5.32	=	683	4.82	=	585	4.32	=	482
6.81	=	952	6.31	=	866	5.81	=	775	5.31	=	681	4.81	=	583	4.31	=	480
6.80	=	951	6.30	=	864	5.80	=	774	5.30	=	679	4.80	=	580	4.30	=	478
6.79	=	949	6.29	=	862	5.79	=	772	5.29	=	677	4.79	=	578	4.29	=	476
6.78	=	947	6.28	=	860	5.78	=	770	5.28	=	675	4.78	=	576	4.28	=	474
6.77	=	945	6.27	=	859	5.77	=	768	5.27	=	674	4.77	=	574	4.27	=	472
6.76	=	944	6.26	=	857	5.76	=	766	5.26	=	672	4.76	=	572	4.26	=	470
6.75	=	942	6.25	=	855	5.75	=	764	5.25	=	670	4.75	=	570	4.25	=	468
6.74	=	940	6.24	=	853	5.74	=	762	5.24	=	668	4.74	=	568	4.24	=	466
6.73	=	939	6.23	=	851	5.73	=	761	5.23	=	666	4.73	=	566	4.23	=	464
6.72	=	937	6.22	=	850	5.72	=	759	5.22	=	664	4.72	=	564	4.22	=	462
6.71	=	935	6.21	=	848	5.71	=	757	5.21	=	662	4.71	=	562	4.21	=	460
6.70	=	934	6.20	=	846	5.70	=	755	5.20	=	660	4.70	=	560	4.20	=	458
6.69	=	932	6.19	=	844	5.69	=	753	5.19	=	658	4.69	=	558	4.19	=	456
6.68	=	930	6.18	=	843	5.68	=	751	5.18	=	656	4.68	=	556	4.18	=	454
6.67	=	928	6.17	=	841	5.67	=	749	5.17	=	654	4.67	=	554	4.17	=	452
6.66	=	926	6.16	=	839	5.66	=	748	5.16	=	652	4.66	=	552	4.16	=	450
6.65	=	924	6.15	=	837	5.65	=	746	5.15	=	650	4.65	=	550	4.15	=	448
6.63	=	921	6.14	=	835	5.64	=	744	5.14	=	648	4.64	=	548	4.14	=	446
6.62	=	920	6.13	=	834	5.63	=	742	5.13	=	646	4.63	=	546	4.13	=	444
6.61	=	918	6.12	=	832	5.62	=	740	5.12	=	644	4.62	=	544	4.12	=	442

6.60	=	916	6.11	=	830	5.61	=	738	5.11	=	642	4.61	=	542	4.11	=	440
			6.10	=	828	5.60	=	736	5.10	=	640	4.60	=	540	4.10	=	438

Long Jump cont...	Throwing Baseball Ball
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4.09	=	436	3.59	=	336	104.50	=	942	79.50	=	777	54.50	=	584	29.50	=	338
4.08	=	434	3.58	=	334	.00	=	939	.00	=	774	.00	=	580	.00	=	33
4.07	=	432	3.57	=	332	103.50	=	936	78.50	=	770	53.50	=	576	28.50	=	327
4.06	=	430	3.56	=	330	.00	=	933	.00	=	767	.00	=	571	.00	=	321
4.05	=	428	3.55	=	328	102.50	=	930	77.50	=	763	52.50	=	567	27.50	=	315
4.04	=	426	3.54	=	326	.00	=	927	.00	=	760	.00	=	563	.00	=	309
4.03	=	424	3.53	=	324	101.50	=	923	76.50	=	756	51.50	=	558	26.50	=	303
4.02	=	422	3.52	=	322	.00	=	920	.00	=	752	.00	=	554	.00	=	296
4.01	=	420	3.51	=	320	100.50	=	917	75.50	=	749	50.50	=	549	25.50	=	290
4.00	=	418	3.50	=	318	.00	=	914	.00	=	745	.00	=	545	.00	=	284
3.99	=	416	3.49	=	316	99.50	=	911	74.50	=	742	49.50	=	540	24.50	=	278
3.98	=	414	3.48	=	314	.00	=	908	.00	=	736	.00	=	536	.00	=	271
3.97	=	412	3.47	=	312	98.50	=	905	73.50	=	734	48.50	=	531	23.50	=	265
3.96	=	410	3.46	=	310	.00	=	901	.00	=	731	.00	=	527	.00	=	258
3.95	=	408	3.45	=	308	97.50	=	898	72.50	=	727	47.50	=	522	22.50	=	252
3.94	=	406	3.44	=	306	.00	=	895	.00	=	723	.00	=	518	.00	=	245
3.93	=	404	3.43	=	304	96.50	=	892	71.50	=	719	46.50	=	5136	21.50	=	238
3.92	=	402	3.42	=	302	.00	=	889	.00	=	716	.00	=	509	.00	=	231
3.91	=	400	3.41	=	300	95.50	=	885	70.50	=	712	45.50	=	504	20.50	=	224
3.90	=	398	3.40	=	298	.00	=	882	.00	=	708	.00	=	499	.00	=	217
3.89	=	396	3.39	=	296	94.50	=	879	69.50	=	704	44.50	=	495	19.50	=	210
3.88	=	394	3.38	=	294	.00	=	876	.00	=	701	.00	=	490	.00	=	203
3.87	=	392	3.37	=	292	93.50	=	872	68.50	=	697	43.50	=	485	18.50	=	196
3.86	=	390	3.36	=	290	.00	=	869	.00	=	693	.00	=	480	.00	=	189
3.85	=	388	3.35	=	288	92.50	=	866	67.50	=	689	42.50	=	475	17.50	=	181
3.84	=	386	3.34	=	286	.00	=	863	.00	=	685	.00	=	471	.00	=	174
3.83	=	384	3.33	=	284	91.50	=	859	66.50	=	681	41.50	=	466	16.50	=	166
3.82	=	382	3.32	=	282	.00	=	856	.00	=	678	.00	=	461	.00	=	158
3.81	=	360	3.31	=	280	90.50	=	853	65.50	=	674	40.50	=	456	15.50	=	150
3.80	=	378	3.30	=	278	.00	=	849	.00	=	670	.00	=	451	.00	=	142
3.79	=	376	3.29	=	276	89.50	=	846	64.50	=	666	39.50	=	446	14.50	=	134
3.78	=	374	3.28	=	274	.00	=	843	.00	=	662	.00	=	441	.00	=	125
3.77	=	372	3.27	=	272	88.50	=	839	63.50	=	658	38.50	=	436	13.50	=	117
3.76	=	370	3.26	=	270	.00	=	836	.00	=	654	.00	=	431	.00	=	108
3.75	=	368	3.25	=	268	87.50	=	833	62.50	=	650	37.50	=	426	12.50	=	99
3.74	=	366	3.24	=	266	.00	=	829	.00	=	646	.00	=	420	.00	=	90
3.73	=	364	3.23	=	264	86.50	=	826	61.50	=	642	36.50	=	415	11.50	=	81
3.72	=	362	3.22	=	262	.00	=	822	.00	=	638	.00	=	410	.00	=	72
3.71	=	360	3.21	=	260	85.50	=	819	60.50	=	634	35.50	=	405	10.50	=	62
3.70	=	358	3.20	=	258	.00	=	816	.00	=	630	.00	=	399	.00	=	52
3.69	=	356	3.19	=	256	84.50	=	812	59.50	=	625	34.50	=	394	9.50	=	42
3.68	=	354	3.18	=	254	.00	=	809	.00	=	622	.00	=	389	.00	=	32
3.67	=	352	3.17	=	252	83.50	=	805	58.50	=	618	33.50	=	383	8.50	=	21
3.66	=	350	3.16	=	250	.00	=	802	.00	=	614	.00	=	376	.00	=	10

3.65	=	348	3.15	=	248	82.50	=	798	57.50	=	609	32.50	=	372			
3.64	=	346	3.14	=	246	.00	=	795	.00	=	605	.00	=	367			
3.63	=	344	3.13	=	244	81.50	=	791	56.50	=	601	31.50	=	361			
3.62	=	342	3.12	=	242	.00	=	788	.00	=	597	.00	=	356			
3.61	=	340	3.11	=	240	80.50	=	784	55.50	=	593	30.50	=	350			
3.60	=	338	3.10	=	238	.00	=	781	.00	=	588	.00	=	344			

Shot Put (3kgs)																	
22.37	=	999	20.99	=	954	19.66	=	909	18.51	=	869	17.39	=	829	16.31	=	789
.16	=	998	.96	=	953	.63	=	908	.48	=	868	.36	=	828	.28	=	788
.12	=	997	.93	=	952	.60	=	907	.45	=	867	.34	=	827	.26	=	787
.09	=	996	.90	=	951	.57	=	906	.42	=	866	.31	=	826	.23	=	786
.25	=	995	.87	=	950	.54	=	905	.39	=	865	.28	=	825	.21	=	785
.22	=	994	20.84	=	949	.51	=	904	.37	=	864	.26	=	824	.18	=	784
.19	=	993	.81	=	948	.48	=	903	.34	=	863	.23	=	823	.15	=	783
.16	=	992	.78	=	947	.45	=	902	.31	=	862	.20	=	822	.13	=	782
.12	=	991	.75	=	946	.43	=	901	.28	=	861	.17	=	821	.10	=	781
.09	=	990	.72	=	945	.40	=	900	.25	=	860	.15	=	820	.07	=	780
22.06	=	989	.69	=	944	19.37	=	899	18.23	=	859	17.12	=	819	16.05	=	779
.03	=	988	.66	=	943	.34	=	898	.20	=	858	.09	=	818	.02	=	778
.00	=	987	.63	=	942	.31	=	897	.17	=	857	.06	=	817	15.99	=	777
21.97	=	986	.60	=	941	.28	=	896	.14	=	856	.04	=	816	.97	=	776
.94	=	985	.57	=	940	.25	=	895	.11	=	855	.01	=	815	.94	=	775
.91	=	984	20.54	=	939	.22	=	894	.09	=	854	16.98	=	814	.92	=	774
.88	=	983	.51	=	938	.19	=	893	.06	=	853	.96	=	813	.89	=	773
.85	=	982	.48	=	937	.17	=	892	.03	=	852	.93	=	812	.86	=	772
.82	=	981	.45	=	936	.14	=	891	.00	=	851	.90	=	811	.84	=	771
.79	=	980	.42	=	935	.11	=	890	17.97	=	850	.87	=	810	.81	=	770
21.75	=	979	.39	=	934	19.08	=	889	.95	=	849	16.85	=	809	15.78	=	769
.72	=	978	.37	=	933	.05	=	888	.92	=	848	.82	=	808	.76	=	768
.69	=	977	.34	=	932	.02	=	887	.89	=	847	.79	=	807	.73	=	767
.66	=	976	.31	=	931	18.99	=	886	.86	=	846	.77	=	806	.71	=	766
.63	=	975	.28	=	930	.96	=	885	.83	=	845	.74	=	805	.68	=	765
.60	=	974	20.25	=	929	.94	=	884	.81	=	844	.71	=	804	.65	=	764
.57	=	973	.22	=	928	.91	=	883	.78	=	843	.69	=	803	.63	=	763
.54	=	972	.19	=	927	.88	=	882	.75	=	842	.66	=	802	.60	=	762
.51	=	971	.16	=	926	.85	=	881	.72	=	841	.63	=	801	.58	=	761
.48	=	970	.13	=	925	.82	=	880	.70	=	840	.61	=	800	.55	=	760
21.45	=	969	.10	=	924	18.79	=	879	17.67	=	839	15.58	=	799	15.52	=	759
.42	=	968	.07	=	923	.76	=	878	.64	=	838	.55	=	798	.50	=	758
.39	=	967	.04	=	922	.74	=	877	.61	=	837	.52	=	797	.47	=	757
.36	=	966	.01	=	921	.71	=	876	.59	=	836	.50	=	796	.45	=	756
.33	=	965	19.38	=	920	.68	=	875	.56	=	835	.47	=	795	.42	=	755
.30	=	964	.95	=	919	.65	=	874	.53	=	834	.44	=	794	.39	=	754
.27	=	963	.92	=	918	.62	=	873	.50	=	833	.42	=	793	.37	=	753
.24	=	962	.89	=	917	.59	=	872	.47	=	832	.39	=	792	.34	=	752
.21	=	961	.86	=	916	.56	=	871	.45	=	831	.36	=	791	.32	=	751
.18	=	960	.83	=	915	.54	=	870	.42	=	830	.34	=	790	.29	=	750
21.15	=	959	.80	=	914		=			=			=			=	

.11 = 958	.78 = 913												
.08 = 957	.75 = 912												
.05 = 956	.72 = 911												
.02 = 955	.69 = 910												

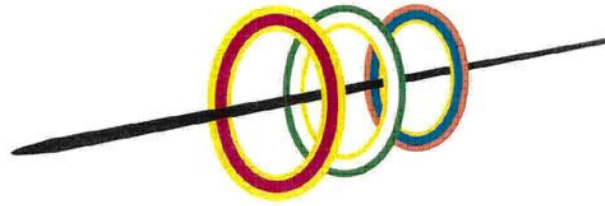
Shot Put (3kgs) continues...													
15.27 = 749	14.25 = 709	13.28 = 669	12.33 = 629	11.43 = 589	10.55 = 549								
.24 = 748	.23 = 708	.25 = 668	.31 = 628	.40 = 588	.53 = 548								
.21 = 747	.20 = 707	.23 = 667	.29 = 627	.38 = 587	.51 = 547								
.19 = 746	.18 = 706	.20 = 666	.27 = 626	.36 = 586	.49 = 546								
.16 = 745	.15 = 705	.18 = 665	.24 = 625	.34 = 585	.47 = 545								
.14 = 744	.13 = 704	.16 = 664	.22 = 624	.32 = 584	.45 = 544								
.11 = 743	.10 = 703	.13 = 663	.20 = 623	.29 = 583	.43 = 543								
.09 = 742	.08 = 702	.11 = 662	.17 = 622	.27 = 582	.41 = 542								
.06 = 741	.06 = 701	.09 = 661	.15 = 621	.25 = 581	.38 = 541								
.03 = 740	.03 = 700	.06 = 660	.13 = 620	.23 = 580	.36 = 540								
.01 = 739	.01 = 699	.04 = 659	12.10 = 619	11.21 = 579	10.34 = 539								
14.98 = 738	13.98 = 698	.01 = 658	.08 = 618	.18 = 578	.32 = 538								
.96 = 737	.96 = 697	12.99 = 657	.06 = 617	.16 = 577	.30 = 537								
.93 = 736	.93 = 696	.97 = 656	.04 = 616	.14 = 576	.28 = 536								
.91 = 735	.91 = 695	.94 = 655	.01 = 615	.12 = 575	.26 = 535								
.88 = 734	.88 = 694	.92 = 654	11.99 = 614	.10 = 574	.24 = 534								
.86 = 733	.86 = 693	.90 = 653	.97 = 613	.07 = 573	.21 = 533								
.83 = 732	.83 = 692	.87 = 652	.94 = 612	.05 = 572	.19 = 532								
.81 = 731	.81 = 691	.85 = 651	.92 = 611	.03 = 571	.17 = 531								
.78 = 730	.79 = 690	.82 = 650	.90 = 610	.01 = 570	.15 = 530								
17.76 = 729	13.76 = 689	12.80 = 649	11.88 = 609	10.99 = 569	10.13 = 529								
.73 = 728	.74 = 688	.78 = 648	.85 = 608	.96 = 568	.11 = 528								
.70 = 727	.71 = 687	.75 = 647	.83 = 607	.94 = 567	.09 = 527								
.68 = 726	.69 = 686	.73 = 646	.81 = 606	.92 = 566	.07 = 526								
.65 = 725	.66 = 685	.71 = 645	.79 = 605	.90 = 565	.05 = 525								
.63 = 724	.64 = 684	.68 = 644	.76 = 604	.88 = 564	.03 = 524								
.60 = 723	.61 = 683	.66 = 643	.74 = 603	.86 = 563	.01 = 523								
.58 = 722	.59 = 682	.64 = 642	.72 = 602	.83 = 562	9.98 = 522								
.55 = 721	.57 = 681	.61 = 641	.70 = 601	.81 = 561	.96 = 521								
.53 = 720	.54 = 680	.59 = 640	.67 = 600	.79 = 560	.94 = 520								
14.50 = 719	13.52 = 679	12.57 = 639	11.65 = 599	10.77 = 559	9.92 = 519								
.48 = 718	.49 = 678	.54 = 638	.63 = 598	.75 = 558	.90 = 518								
.45 = 717	.47 = 677	.52 = 637	.61 = 597	.73 = 557	.88 = 517								
.43 = 716	.45 = 676	.50 = 636	.58 = 596	.70 = 556	.86 = 516								
.40 = 715	.42 = 675	.47 = 635	.56 = 595	.68 = 555	.84 = 515								
.38 = 714	.40 = 674	.45 = 634	.54 = 594	.66 = 554	.82 = 514								
.35 = 713	.37 = 673	.43 = 633	.52 = 593	.64 = 553	.80 = 513								
.33 = 712	.35 = 672	.40 = 632	.49 = 592	.62 = 552	.78 = 512								
.30 = 711	.32 = 671	.38 = 631	.47 = 591	.60 = 551	.76 = 511								
.28 = 710	.30 = 670	.36 = 630	.45 = 590	.58 = 550	.74 = 510								

Shot Put (3kgs) continues...

9.72	=	509	8.91	=	469	8.14	=	429	7.41	=	389	6.71	=	349	5.98	=	305
.70	=	508	.89	=	468	.12	=	428	.39	=	388	.69	=	348	.96	=	304
.68	=	507	.87	=	467	.11	=	427	.37	=	387	.67	=	347	.95	=	303
.65	=	506	.85	=	466	.09	=	426	.36	=	386	.65	=	346	.93	=	302
.63	=	505	.83	=	465	.07	=	425	.34	=	385	.64	=	345	.92	=	301
.61	=	504	.81	=	464	.05	=	424	.32	=	384	.63	=	344	.90	=	300
.59	=	503	.80	=	463	.03	=	423	.30	=	383	.61	=	343	5.88	=	299
.57	=	502	.78	=	462	.01	=	422	.28	=	382	.59	=	342	.87	=	298
.55	=	501	.76	=	461	7.99	=	421	.27	=	381	.57	=	341	.86	=	297
.53	=	500	.74	=	460	.98	=	420	.25	=	380	.56	=	340	.84	=	296
9.51	=	499	8.72	=	459	.96	=	419	7.23	=	379	6.54	=	339	.82	=	295
.49	=	498	.70	=	458	.94	=	418	.21	=	378	.52	=	338	.80	=	294
.47	=	497	.68	=	457	.92	=	417	.20	=	377	.51	=	337	.79	=	293
.45	=	496	.66	=	456	.90	=	416	.18	=	376	.49	=	336	.77	=	292
.43	=	495	.64	=	455	.88	=	415	.16	=	375	.47	=	335	.76	=	291
.41	=	494	.62	=	454	.86	=	414	.14	=	374	.46	=	334	.74	=	290
.39	=	493	.60	=	453	.85	=	413	.13	=	373	.44	=	333	5.73	=	289
.37	=	492	.58	=	452	.83	=	412	.11	=	372	.42	=	332	.71	=	288
.35	=	491	.56	=	451	.61	=	411	.09	=	371	.41	=	331	.69	=	287
.33	=	490	.54	=	450	.79	=	410	.07	=	370	.39	=	330	.68	=	286
9.31	=	489	8.52	=	449	7.77	=	409	7.06	=	369	6.37	=	329	.66	=	285
.29	=	488	.50	=	448	.75	=	408	.04	=	368	.36	=	328	.65	=	284
.27	=	487	.49	=	447	.74	=	407	.02	=	367	.34	=	327	.63	=	283
.25	=	486	.47	=	446	.72	=	406	.00	=	366	.32	=	326	.62	=	282
.23	=	485	.45	=	445	.70	=	405	6.99	=	365	.31	=	325	.60	=	281
.21	=	484	.43	=	444	.68	=	404	.97	=	364	.29	=	324	.58	=	280
.19	=	483	.41	=	443	.66	=	403	.95	=	363	.27	=	323	5.57	=	279
.17	=	482	.39	=	442	.64	=	402	.93	=	362	.26	=	322	.55	=	278
.15	=	481	.37	=	441	.63	=	401	.92	=	361	.24	=	321	.54	=	277
.13	=	480	.35	=	440	.61	=	400	.90	=	360	.22	=	320	.52	=	276
9.11	=	479	8.33	=	439	7.59	=	399	6.88	=	359	6.21	=	319	.51	=	275
.09	=	478	.31	=	438	.57	=	398	.86	=	358	.19	=	318	.49	=	274
.07	=	477	.29	=	437	.55	=	397	.85	=	357	.18	=	317	.48	=	273
.05	=	476	.28	=	436	.54	=	396	.83	=	356	.16	=	316	.46	=	272
.03	=	475	.26	=	435	.52	=	395	.81	=	355	.14	=	315	.45	=	271
.01	=	474	.24	=	434	.50	=	394	.80	=	354	.13	=	314	.43	=	270
8.99	=	473	.22	=	433	.48	=	393	.78	=	353	.11	=	313	5.42	=	269
.97	=	472	.20	=	432	.46	=	392	.76	=	352	.09	=	312	.40	=	268
.95	=	471	.18	=	431	.45	=	391	.74	=	351	.08	=	311	.38	=	267
.93	=	470	.16	=	430	.43	=	390	.73	=	350	.06	=	310	.37	=	266
												6.05	=	309	.35	=	265
												.03	=	308	.34	=	264
												.01	=	307	.32	=	263
												.00	=	306	.31	=	262
														.29	=	261	
														.28	=	260	

Shot Put (3kgs) continues...

5.26	=	259	4.68	=	219	4.12	=	179	3.61	=	139	3.12	=	99	2.57	=	49
.25	=	258	.66	=	218	.11	=	178	.59	=	138	.11	=	98	.56	=	48
.23	=	257	.65	=	217	.10	=	177	.58	=	137	.10	=	97	.55	=	47
.22	=	256	.63	=	216	.08	=	176	.57	=	136	.09	=	96	.54	=	46
.20	=	255	.62	=	215	.07	=	175	.56	=	135	.08	=	95	.53	=	45
.19	=	254	.61	=	214	.06	=	174	.55	=	134	.07	=	94	.52	=	44
.17	=	253	.59	=	213	.05	=	173	.53	=	133	.06	=	93	.51	=	43
.16	=	252	.58	=	212	.03	=	172	.52	=	132	.04	=	92	.50	=	42
.14	=	251	.56	=	211	.02	=	171	.51	=	131	.03	=	91	.49	=	41
.13	=	250	.55	=	210	.01	=	170	.50	=	130	.02	=	90	.48	=	40
5.11	=	249	4.54	=	209	3.99	=	169	3.48	=	129	3.01	=	89	2.47	=	39
.10	=	248	.52	=	208	.98	=	168	.47	=	128	.00	=	88	.46	=	38
.08	=	247	.51	=	207	.97	=	167	.46	=	127	2.99	=	87	.45	=	37
.07	=	246	.49	=	206	.95	=	166	.45	=	126	.98	=	86	.44	=	36
.05	=	245	.48	=	205	.94	=	165	.43	=	125	.96	=	85	.42	=	35
.04	=	244	.47	=	204	.93	=	164	.42	=	124	.95	=	84	.41	=	34
.02	=	243	.45	=	203	.91	=	163	.41	=	123	.94	=	83	.40	=	33
.01	=	242	.44	=	202	.90	=	162	.40	=	122	.93	=	82	.39	=	32
4.99	=	241	.42	=	201	.89	=	161	.39	=	121	.92	=	81	.38	=	31
.98	=	240	.41	=	200	.87	=	160	.37	=	120	.91	=	80	.37	=	30
4.97	=	239	4.40	=	199	3.86	=	159	3.36	=	119	2.90	=	79	2.36	=	29
.95	=	238	.38	=	198	.85	=	158	.35	=	118	.89	=	78	.35	=	28
.94	=	237	.37	=	197	.84	=	157	.34	=	117	.87	=	77	.34	=	27
.92	=	236	.36	=	196	.62	=	156	.33	=	116	.86	=	76	.33	=	26
.91	=	235	.34	=	195	.81	=	155	.31	=	115	.85	=	75	.32	=	25
.89	=	234	.33	=	194	.80	=	154	.30	=	114	.84	=	74	.31	=	24
.88	=	233	.31	=	193	.78	=	153	.29	=	113	.83	=	73	.30	=	23
.86	=	232	.30	=	192	.77	=	152	.28	=	112	.82	=	72	.29	=	22
.85	=	231	.29	=	191	.76	=	151	.27	=	111	.81	=	71	.28	=	21
.83	=	230	.27	=	190	.75	=	150	.25	=	110	.80	=	70	.27	=	20
4.82	=	229	4.26	=	189	3.73	=	149	3.24	=	109	2.79	=	69	2.26	=	19
.81	=	228	.25	=	188	.72	=	148	.23	=	108	.77	=	68	.25	=	18
.79	=	227	.23	=	187	.71	=	147	.22	=	107	.76	=	67	.24	=	17
.78	=	226	.22	=	186	.70	=	146	.21	=	106	.75	=	66	.23	=	16
.76	=	225	.21	=	185	.68	=	145	.20	=	105	.74	=	65	.22	=	15
.75	=	224	.19	=	184	.67	=	144	.18	=	104	.73	=	64	.21	=	14
.73	=	223	.18	=	183	.66	=	143	.17	=	103	.72	=	63	.20	=	13
.72	=	222	.16	=	182	.65	=	142	.16	=	102	.71	=	62	.19	=	11
.70	=	221	.15	=	181	.63	=	141	.15	=	101	.70	=	61	.18	=	10
.69	=	220	.14	=	180	.62	=	140	.14	=	100	.69	=	60	2.17	=	9
												2.68	=	59	.16	=	8
												.67	=	58	.15	=	7
												.66	=	57	.14	=	6
												.64	=	56	.13	=	5
												.63	=	55	.12	=	4
												.62	=	54	.11	=	3
												.61	=	53	.10	=	2
												.60	=	52	.09	=	1
												.59	=	51		=	



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Please send comments or corrections to
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Favor enviar comentarios o correcciones a los correos arriba mencionados.

**Revised by:
Carlos Clemente
Technical Delegate
CAC Age Group
Freeport Bahamas, 2009**