

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

STEP UP !

	10	9	8	7	6	5	4	3	2	1
50m indoors	5.86	5.92	5.98	6.05	6.11	6.17	6.23	6.30	6.36	6.42
<i>ht</i>	5.6	5.7	5.8	-	5.9	-	6.0	6.1	-	6.2
60m indoors	6.78	6.85	6.93	7.00	7.07	7.15	7.22	7.29	7.37	7.44
<i>ht</i>	6.5	6.6	6.7	6.8	-	6.9	7.0	7.1	-	7.2
100m	10.46	10.58	10.70	10.82	10.94	11.06	11.18	11.30	11.42	11.54
<i>et - wa/nwi</i>	10.36	10.47	10.59	10.71	10.83	10.95	11.08	11.19	11.31	11.42
<i>ht</i>	10.2	10.3	10.5	10.6	10.7	10.8	10.9	11.1	11.2	11.3
<i>ht - wa/nwi</i>	10.1	10.2	10.4	10.5	10.6	10.7	10.8	11.0	11.1	11.2
200m	21.35	21.63	21.90	22.18	22.45	22.73	23.00	23.28	23.55	23.83
<i>et - wa/nwi</i>	21.24	21.52	21.79	22.07	22.34	22.62	22.89	23.16	23.43	23.71
<i>ht</i>	21.1	21.4	21.7	21.9	22.2	22.5	22.8	23.0	23.3	23.6
<i>ht - wa/nwi</i>	21.0	21.3	21.6	21.8	22.1	22.4	22.7	22.9	23.2	23.5
200m indoor	21.85	22.13	22.40	22.68	22.95	23.23	23.50	23.78	24.05	24.33
<i>ht</i>	21.6	21.9	22.2	22.4	22.7	23.0	23.3	23.5	23.8	24.1
300m indoor	34.83	35.31	35.78	36.26	36.74	37.21	37.69	38.17	38.64	39.12
<i>ht</i>	34.7	35.2	35.6	36.1	36.6	37.1	37.6	38.0	38.5	39.0
400m	47.91	48.63	49.36	50.08	50.80	51.53	52.25	52.97	53.70	54.42
<i>ht</i>	47.8	48.5	49.2	49.9	50.7	51.4	52.1	52.8	53.6	54.3
400m indoor	49.01	49.73	50.46	51.18	51.90	52.63	53.35	54.07	54.80	55.52
<i>ht</i>	48.9	49.6	50.3	51.0	51.8	52.5	53.2	53.9	54.7	55.4
600m indoor	1:18.96	1:20.13	1:21.29	1:22.46	1:23.62	1:24.79	1:25.95	1:27.12	1:28.28	1:29.45
800m	1:51.16	1:52.83	1:54.51	1:56.18	1:57.86	1:59.53	2:01.20	2:02.88	2:04.55	2:06.23
800m indoor	1:53.56	1:55.23	1:56.91	1:58.58	2:00.26	2:01.93	2:03.60	2:05.28	2:06.95	2:08.63
1000m	2:23.80	2:25.97	2:28.13	2:30.30	2:32.46	2:34.63	2:36.79	2:38.96	2:41.12	2:43.29
1000m indoor	2:26.70	2:28.87	2:31.03	2:33.20	2:35.36	2:37.53	2:39.69	2:41.86	2:44.02	2:46.19
1500m	3:48.78	3:52.35	3:55.91	3:59.48	4:03.04	4:06.61	4:10.18	4:13.74	4:17.31	4:20.87
1500m indoor	3:52.68	3:56.25	3:59.81	4:03.38	4:06.94	4:10.51	4:14.08	4:17.64	4:21.21	4:24.77
Mile	4:07.43	4:11.29	4:15.14	4:19.00	4:22.85	4:26.71	4:30.56	4:34.42	4:38.27	4:42.13
Mile indoor	4:11.53	4:15.39	4:19.24	4:23.10	4:26.95	4:30.81	4:34.66	4:38.52	4:42.37	4:46.23
2000m	5:16.68	5:21.62	5:26.55	5:31.49	5:36.42	5:41.36	5:46.29	5:51.23	5:56.16	6:01.10
3000m	8:11.86	8:19.18	8:26.50	8:33.82	8:41.14	8:48.46	8:55.77	9:03.09	9:10.41	9:17.73
3000m indoor	8:17.76	8:25.08	8:32.40	8:39.72	8:47.04	8:54.36	9:01.67	9:08.99	9:16.31	9:23.63
5000m	14:05.28	14:18.85	14:32.43	14:46.00	14:59.58	15:13.15	15:26.72	15:40.30	15:53.87	16:07.45

5000m indoor	14:15.08	14:28.65	14:42.23	14:55.80	15:09.38	15:22.95	15:36.52	15:50.10	16:03.67	16:17.25
10,000m(t)	29:29.43	29:59.12	30:28.80	30:58.49	31:28.17	31:57.86	32:27.54	32:57.23	33:26.91	33:56.60
50mH ind.(104cm)	6.99	7.12	7.26	7.39	7.52	7.66	7.79	7.92	8.06	8.19
ht	6.8	6.9	7.0	7.2	7.3	7.4	7.6	7.7	7.8	8.0
50mH ind.(99cm)	6.72	6.85	6.98	7.11	7.24	7.36	7.49	7.62	7.75	7.88
ht	6.5	6.6	6.7	6.9	7.0	7.1	7.3	7.4	7.5	7.6
60mH ind.(104cm)	8.26	8.42	8.58	8.74	8.90	9.05	9.21	9.37	9.53	9.69
ht	8.0	8.2	8.3	8.5	8.7	8.8	9.0	9.1	9.3	9.5
60mH ind.(99cm)	7.95	8.10	8.25	8.41	8.56	8.71	8.86	9.02	9.17	9.32
ht	7.7	7.9	8.0	8.2	8.3	8.5	8.6	8.8	8.9	9.1
110mH (104cm)	14.63	14.91	15.19	15.47	15.75	16.03	16.31	16.59	16.87	17.15
et - wa/nwi	14.48	14.76	15.04	15.32	15.59	15.87	16.15	16.42	16.70	16.98
ht	14.4	14.7	15.0	15.2	15.5	15.8	16.1	16.4	16.6	16.9
ht - wa/nwi	14.2	14.5	14.8	15.1	15.4	15.6	15.9	16.2	16.5	16.7
110mH (99cm)	14.07	14.34	14.61	14.88	15.15	15.41	15.68	15.95	16.22	16.49
et - wa/nwi	13.93	14.20	14.46	14.73	15.00	15.26	15.52	15.79	16.06	16.33
ht	13.8	14.1	14.4	14.6	14.9	15.2	15.4	15.7	16.0	16.3
ht - wa/nwi	13.7	14.0	14.2	14.5	14.8	15.0	15.3	15.6	15.8	16.1
400mH	53.01	54.01	55.00	56.00	56.99	57.99	58.98	59.98	60.97	61.97
ht	52.9	53.9	54.9	55.9	56.9	57.9	58.8	59.8	60.8	61.8
2000mSC	5:35.75	5:42.14	5:48.52	5:54.91	6:01.30	6:07.69	6:14.07	6:20.46	6:26.85	6:33.23
3000mSC	9:00.79	9:11.08	9:21.37	9:31.65	9:41.94	9:52.23	10:02.52	10:12.81	10:23.09	10:33.38
3kmWalk indoor	12:50.00	13:04.46	13:18.92	13:33.37	13:47.83	14:02.29	14:16.75	14:31.20	14:45.66	15:00.12
5kmWalk indoor	21:29.41	21:51.64	22:13.88	22:36.11	22:58.35	23:20.58	23:42.82	24:05.05	24:27.29	24:49.52
10kmWalk	44:11.49	44:57.22	45:42.94	46:28.67	47:14.39	48:00.12	48:45.84	49:31.57	50:17.29	51:03.02
HJ	2.16	2.12	2.09	2.05	2.01	1.98	1.94	1.90	1.87	1.83
PV	4.86	4.73	4.60	4.47	4.34	4.20	4.07	3.94	3.81	3.68
LJ	7.32	7.18	7.04	6.90	6.76	6.63	6.49	6.35	6.21	6.07
wa/nwi	7.39	7.25	7.11	6.97	6.83	6.69	6.55	6.41	6.27	6.13
TJ	15.12	14.81	14.51	14.20	13.89	13.59	13.28	12.97	12.67	12.36
wa/nwi	15.27	14.96	14.66	14.34	14.03	13.73	13.41	13.10	12.80	12.48
SP - 6.00kg	18.27	17.63	16.99	16.34	15.70	15.06	14.42	13.77	13.13	12.49
SP - 7.26kg	16.29	15.72	15.15	14.57	14.00	13.43	12.86	12.29	11.71	11.14
DT - 1.75kg	56.04	54.00	51.95	49.91	47.86	45.82	43.77	41.73	39.68	37.64
DT - 2.00kg	51.53	49.65	47.77	45.89	44.01	42.13	40.25	38.37	36.49	34.61
HT - 6.00 kg	64.42	61.82	59.22	56.61	54.01	51.41	48.81	46.20	43.60	41.00
HT - 7.26kg	57.44	55.12	52.80	50.48	48.16	45.84	43.52	41.20	38.88	36.56

WT indoor (35lb.)	18.62	17.97	17.31	16.66	16.01	15.35	14.70	14.05	13.39	12.74
JT - 800g	61.77	59.41	57.05	54.70	52.34	49.98	47.62	45.26	42.91	40.55
Pentathlon ind.- A	3610	3471	3332	3192	3053	2914	2775	2635	2496	2357
Decathlon-AC	6839	6573	6306	6040	5773	5507	5240	4974	4707	4441
Decathlon-IAAF	6769	6503	6237	5971	5705	5439	5173	4907	4641	4375

Specifications:

Decathlon-AC - 110mH at 99cm; Shot - 6.00kg; Discus - 1.75kg Decathlon-IAAF - 110mH at 104cm; Shot - 6.00kg; Discus - 1.75kg
110m Hurdles - 99.0 or 104cm/13.72m/9.14m Pentathlon indoor - AC - 60mH at 99cm; Shot - 6.00kg
400m Hurdles - 91.4cm/45.00m/35.00m