

## Senior Women

STEP UP !

	10	9	8	7	6	5	4	3	2	1
50m indoors	6.44	6.52	6.61	6.69	6.78	6.86	6.95	7.03	7.12	7.20
<i>ht</i>	6.2	6.3	6.4	6.5	-	6.6	6.7	6.8	6.9	7.0
60m indoors	7.45	7.55	7.65	7.76	7.86	7.96	8.06	8.17	8.27	8.37
<i>ht</i>	7.2	7.3	7.4	7.5	7.6	7.7	7.8	7.9	8.0	8.1
100m	11.51	11.68	11.84	12.01	12.17	12.34	12.50	12.67	12.83	13.00
<i>et - wa/nwi</i>	11.39	11.56	11.72	11.89	12.05	12.22	12.37	12.54	12.70	12.87
<i>ht</i>	11.3	11.4	11.6	11.8	11.9	12.1	12.3	12.4	12.6	12.8
<i>ht - wa/nwi</i>	11.2	11.3	11.5	11.7	11.8	12.0	12.1	12.3	12.5	12.6
200m	23.53	23.92	24.31	24.70	25.09	25.48	25.87	26.26	26.65	27.04
<i>et - wa/nwi</i>	23.41	23.80	24.19	24.58	24.96	25.35	25.74	26.13	26.52	26.90
<i>ht</i>	23.3	23.7	24.1	24.5	24.9	25.2	25.6	26.0	26.4	26.8
<i>ht - wa/nwi</i>	23.2	23.6	24.0	24.3	24.7	25.1	25.5	25.9	26.3	26.7
200m indoor	24.03	24.42	24.81	25.20	25.59	25.98	26.37	26.76	27.15	27.54
<i>ht</i>	23.8	24.2	24.6	25.0	25.4	25.7	26.1	26.5	26.9	27.3
300m indoor	38.42	39.09	39.76	40.43	41.10	41.77	42.44	43.11	43.78	44.45
<i>ht</i>	38.3	39.0	39.6	40.3	41.0	41.6	42.3	43.0	43.6	44.3
400m	52.62	53.64	54.66	55.67	56.69	57.71	58.73	59.74	60.76	61.78
<i>ht</i>	52.5	53.5	54.5	55.5	56.6	57.6	58.6	59.6	60.6	61.6
400m indoor	53.72	54.74	55.76	56.77	57.79	58.81	59.83	60.84	61.86	62.88
<i>ht</i>	53.6	54.6	55.6	56.6	57.7	58.7	59.7	60.7	61.7	62.7
600m indoor	1:28.24	1:29.93	1:31.62	1:33.30	1:34.99	1:36.68	1:38.37	1:40.05	1:41.74	1:43.43
800m	2:04.06	2:06.50	2:08.94	2:11.39	2:13.83	2:16.27	2:18.71	2:21.16	2:23.60	2:26.04
800m indoor	2:06.46	2:08.90	2:11.34	2:13.79	2:16.23	2:18.67	2:21.11	2:23.56	2:26.00	2:28.44
1000m	2:44.24	2:47.71	2:51.18	2:54.65	2:58.12	3:01.58	3:05.05	3:08.52	3:11.99	3:15.46
1000m indoor	2:47.14	2:50.61	2:54.08	2:57.55	3:01.02	3:04.48	3:07.95	3:11.42	3:14.89	3:18.36
1500m	4:11.61	4:16.68	4:21.75	4:26.82	4:31.89	4:36.97	4:42.04	4:47.11	4:52.18	4:57.25
1500m indoor	4:15.51	4:20.58	4:25.65	4:30.72	4:35.79	4:40.87	4:45.94	4:51.01	4:56.08	5:01.15
Mile	4:32.14	4:37.63	4:43.12	4:48.62	4:54.11	4:59.60	5:05.09	5:10.59	5:16.08	5:21.57
Mile indoor	4:36.24	4:41.73	4:47.22	4:52.72	4:58.21	5:03.70	5:09.19	5:14.69	5:20.18	5:25.67
2000m	5:52.15	5:59.15	6:06.15	6:13.15	6:20.15	6:27.16	6:34.16	6:41.16	6:48.16	6:55.16
3000m	9:02.75	9:14.09	9:25.44	9:36.78	9:48.13	9:59.47	10:10.82	10:22.16	10:33.51	10:44.85
3000m indoor	9:08.65	9:19.99	9:31.34	9:42.68	9:54.03	10:05.37	10:16.72	10:28.06	10:39.41	10:50.75
5000m (t or r)	15:53.16	16:13.37	16:33.58	16:53.79	17:14.00	17:34.22	17:54.43	18:14.64	18:34.85	18:55.06

10,000m (t or r)	33:31.22	34:13.13	34:55.04	35:36.94	36:18.85	37:00.76	37:42.66	38:24.57	39:06.48	39:48.38
20km (t or r)	1:09:24	1:10:58	1:12.32	1:14:06	1:15:40	1:17:15	1:18:49	1:20:23	1:21:57	1:23:31
Half Marathon	1:13:52	1:15.32	1:17:12	1:18:52	1:20:32	1:22:13	1:23:53	1:25:33	1:27:13	1:28:53
Marathon	2:36:03	2:39:34	2:43:06	2:46:37	2:50:09	2:53:40	2:57:12	3:00:43	3:04:15	3:07:46
50mH indoor	7.15	7.28	7.41	7.54	7.67	7.80	7.93	8.06	8.19	8.32
<i>ht</i>	6.9	7.0	7.2	7.3	7.4	7.6	7.7	7.8	8.0	8.1
60mH indoor	8.45	8.61	8.76	8.92	9.08	9.23	9.39	9.55	9.70	9.86
<i>ht</i>	8.2	8.4	8.5	8.7	8.8	9.0	9.2	9.3	9.5	9.6
100mH	13.54	13.80	14.06	14.32	14.58	14.84	15.10	15.36	15.62	15.88
<i>et - wa/nwi</i>	13.40	13.66	13.92	14.18	14.43	14.69	14.95	15.21	15.46	15.72
<i>ht</i>	13.3	13.6	13.8	14.1	14.3	14.6	14.9	15.1	15.4	15.6
<i>ht - wa/nwi</i>	13.2	13.4	13.7	13.9	14.2	14.5	14.7	15.0	15.2	15.5
400mH	57.94	59.20	60.47	61.73	62.99	64.26	65.52	66.78	68.05	69.31
<i>ht</i>	57.8	59.1	60.3	61.6	62.9	64.1	65.4	66.6	67.9	69.2
3000mSC	9:54.09	10:09.09	10:24.09	10:39.08	10:54.08	11:09.08	11:24.08	11:39.07	11:54.07	12:09.07
3kmW indoor	13:35.00	13:51.56	14:08.11	14:24.67	14:41.22	14:57.78	15:14.34	15:30.89	15:47.45	16:04.00
5kmWalk	22:40.70	23:08.66	23:36.61	24:04.57	24:32.52	25:00.48	25:28.43	25:56.39	26:24.34	26:52.30
10kmWalk	47:14.00	48:14.56	49:15.11	50:15.67	51:16.22	52:16.78	53:17.33	54:17.89	55:18.44	56:19.00
20kmWalk	1:36:30	1:38:33	1:40:36	1:42:39	1:44:42	1:46:45	1:48:49	1:50:52	1:52:55	1:54:58
One Hour Walk	12,631	12,410	12,189	11,967	11,746	11,525	11,304	11,082	10,861	10,640
HJ	1.84	1.80	1.76	1.72	1.68	1.65	1.61	1.57	1.53	1.49
PV	4.00	3.89	3.78	3.68	3.57	3.46	3.35	3.25	3.14	3.03
LJ	6.28	6.13	5.99	5.84	5.70	5.55	5.41	5.26	5.12	4.97
<i>wa/nwi</i>	6.34	6.19	6.05	5.90	5.76	5.61	5.46	5.31	5.17	5.02
TJ	12.61	12.30	11.99	11.68	11.37	11.05	10.74	10.43	10.12	9.81
<i>wa/nwi</i>	12.74	12.42	12.11	11.80	11.48	11.16	10.85	10.53	10.22	9.91
SP (4.0kg)	15.38	14.73	14.09	13.44	12.79	12.15	11.50	10.85	10.21	9.56
WT indoor (20lb.)	17.79	17.04	16.29	15.55	14.80	14.05	13.30	12.55	11.81	11.06
DT (1.0kg)	53.22	50.84	48.45	46.07	43.68	41.30	38.91	36.53	34.14	31.76
HT (4.0kg)	55.81	53.56	51.30	49.05	46.79	44.54	42.28	40.03	37.77	35.52
JT(600g - new)	51.99	49.76	47.53	45.31	43.08	40.85	38.62	36.39	34.16	31.93
<i>600g - old specs.</i>	53.60	51.30	49.00	46.71	44.41	42.11	39.81	37.52	35.22	32.92
Pentathlon indoor	3789	3627	3465	3304	3142	2980	2818	2656	2495	2333
Heptathlon	5446	5214	4981	4749	4516	4284	4051	3819	3586	3354

Specifications:

100m Hurdles - 84cm/13.00m/8.50m

400m Hurdles - 76.2cm/45.00m/35.00m

3000mSC- 76.2cm