

| 2024             |          | Y8-9  | 4      | 3        | 2      | 1      | Y10-11   |       |        |          |        | Y12-13   |       |        |          |        |       |   |
|------------------|----------|-------|--------|----------|--------|--------|----------|-------|--------|----------|--------|----------|-------|--------|----------|--------|-------|---|
| Boys             | National | Entry | County | District | School |        | National | Entry | County | District | School | National | Entry | County | District | School |       |   |
| 100              | 11.40    | 11.60 | 12.20  | 12.50    | 13.00  | 100    | 10.90    | 11.10 | 11.70  | 12.00    | 12.30  | 100      | 10.80 | 11.00  | 11.50    | 12.00  | 12.20 | 4<br><u>COUNTY</u><br>select<br>COUNTY<br>TEAM for<br>National<br>Champs.       |
| 200              | 23.20    | 23.80 | 24.80  | 25.60    | 27.00  | 200    | 22.20    | 22.70 | 23.70  | 24.40    | 26.00  | 200      | 21.90 | 22.20  | 23.40    | 24.40  | 25.20 |   |
| 300              | 36.80    | 38.00 | 40.00  | 42.00    | 45.00  | 400    | 49.70    | 51.10 | 53.50  | 55.50    | 59.00  | 400      | 48.80 | 49.70  | 53.00    | 55.50  | 57.00 |   |
| 800              | 2.02     | 2.05  | 2.13   | 2.20     | 2.27   | 800    | 1.55     | 1.57  | 2.05   | 2.10     | 2.20   | 800      | 1.52  | 1.54   | 2.02     | 2.10   | 2.15  |   |
| 1500             | 4.13     | 4.20  | 4.36   | 4.50     | 5.05   | 1500   | 4.03     | 4.06  | 4.20   | 4.30     | 4.55   | 1500     | 3.55  | 3.58   | 4.15     | 4.30   | 4.45  |   |
|                  |          |       |        |          |        | 3000   | 8.50     | 8.55  | 9.35   | 10.00    | 10.45  | 3000     | 8.33  | 8.36   | 9.20     | 10.00  | 10.30 |   |
| 80h@84cm         | 11.70    | 12.10 | 12.80  | 13.80    | 15.00  | 100h   | 13.50    | 14.00 | 15.20  | 16.00    | 17.00  | 110h     | 14.60 | 15.30  | 17.50    | 18.50  | 19.50 |   |
|                  |          |       |        |          |        | 400h   | 56.50    | 58.80 | 64.00  | 68.00    | 72.00  | 400h     | 55.00 | 57.50  | 64.00    | 68.00  | 72.00 |   |
|                  |          |       |        |          |        | 1500SC | 4.32     | 4.37  | 5.05   | 5.20     | 5.55   | 2000SC   | 6.08  | 6.18   | 6.50     | 7.15   | 7.40  |   |
| 4x100            | 45.60    | 47.50 | 49.50  | 51.20    | 53.50  | 4x100  | 43.60    | 45.00 | 47.00  | 48.00    | 50.00  | 4x100    | 43.50 | 44.50  | 46.50    | 47.20  | 49.00 |   |
| HJ               | 1.78     | 1.72  | 1.60   | 1.50     | 1.45   | HJ     | 1.94     | 1.88  | 1.70   | 1.60     | 1.50   | HJ       | 2.01  | 1.95   | 1.70     | 1.60   | 1.50  | 3<br><u>COUNTY</u><br>select<br>COUNTY<br>TEAM for<br>South West<br>Champs.     |
| PV               | 3.30     | 3.00  | 2.30   | 2.10     | 2.00   | PV     | 4.20     | 3.90  | 2.80   | 2.20     | 2.00   | PV       | 4.50  | 4.20   | 2.80     | 2.20   | 2.00  |   |
| LJ               | 5.95     | 5.80  | 5.30   | 5.00     | 4.70   | LJ     | 6.80     | 6.40  | 5.80   | 5.50     | 5.30   | LJ       | 6.80  | 6.70   | 5.80     | 5.50   | 5.10  |   |
| TJ               | 12.40    | 12.00 | 11.00  | 10.00    | 9.25   | TJ     | 13.70    | 13.20 | 12.00  | 11.00    | 10.50  | TJ       | 14.20 | 13.50  | 12.00    | 11.00  | 10.00 |   |
| SP               | 13.30    | 12.30 | 10.50  | 9.50     | 9.00   | SP     | 14.20    | 13.00 | 11.00  | 10.00    | 9.50   | SP       | 13.70 | 12.80  | 10.50    | 9.50   | 8.50  |   |
| DT               | 38.00    | 35.00 | 28.00  | 24.00    | 20.00  | DT     | 44.00    | 41.00 | 33.00  | 26.00    | 24.00  | DT       | 46.00 | 40.00  | 30.00    | 24.00  | 20.00 |   |
| JT               | 47.00    | 44.00 | 35.00  | 30.00    | 28.00  | JT     | 54.00    | 52.00 | 40.00  | 33.00    | 30.00  | JT       | 56.00 | 52.00  | 38.00    | 32.00  | 28.00 |   |
| HT               | 45.00    | 38.00 | 27.00  | 24.00    | 21.00  | HT     | 56.00    | 49.00 | 30.00  | 24.00    | 20.00  | HT       | 58.00 | 50.00  | 28.00    | 22.00  | 18.00 |   |
| <b>Girls 100</b> | 12.40    | 12.70 | 13.20  | 13.50    | 14.20  | 100    | 12.20    | 12.50 | 13.00  | 13.40    | 14.10  | 100      | 12.10 | 12.40  | 13.00    | 13.40  | 14.10 | 2<br><u>DISTRICT</u><br>to Consider<br>you for<br>COUNTY<br>champs              |
| 200              | 25.50    | 26.20 | 27.20  | 28.00    | 30.00  | 200    | 25.10    | 25.80 | 26.80  | 27.50    | 29.50  | 200      | 25.10 | 25.70  | 26.80    | 27.50  | 29.00 |   |
| 300              | 41.00    | 42.00 | 44.20  | 46.00    | 48.00  | 300    | 40.20    | 41.20 | 43.50  | 45.50    | 50.00  | 400      | 57.00 | 58.30  | 62.00    | 65.00  | 69.00 |   |
| 800              | 2.15     | 2.18  | 2.26   | 2.33     | 2.50   | 800    | 2.13     | 2.16  | 2.25   | 2.32     | 2.47   | 800      | 2.12  | 2.16   | 2.25     | 2.32   | 2.45  |   |
| 1500             | 4.40     | 4.48  | 5.03   | 5.20     | 5.55   | 1500   | 4.39     | 4.45  | 5.00   | 5.15     | 5.50   | 1500     | 4.36  | 4.42   | 5.00     | 5.15   | 5.40  |   |
|                  |          |       |        |          |        | 3000   | 10.10    | 10.20 | 11.10  | 12.00    | 12.20  | 3000     | 10.06 | 10.16  | 11.10    | 12.00  | 12.30 |   |
| 75h              | 11.50    | 11.90 | 12.50  | 13.50    | 14.10  | 80h    | 11.60    | 12.00 | 13.00  | 14.00    | 15.00  | 100h     | 14.60 | 15.30  | 17.50    | 18.50  | 20.00 |   |
|                  |          |       |        |          |        | 300h   | 45.00    | 46.40 | 51.00  | 54.00    | 60.00  | 400h     | 64.00 | 65.50  | 73.00    | 76.00  | 79.00 |   |
|                  |          |       |        |          |        | 1500SC | 5.13     | 5.23  | 5.50   | 6.15     | 6.30   | 1500SC   | 5.10  | 5.17   | 6.00     | 6.15   | 6.25  |   |
| 4x100            | 50.00    | 52.00 | 54.00  | 55.40    | 58.00  | 4x100  | 48.20    | 50.20 | 52.50  | 54.20    | 57.00  | 4x100    | 49.00 | 50.00  | 52.50    | 54.00  | 57.00 |   |
| HJ               | 1.62     | 1.56  | 1.45   | 1.40     | 1.30   | HJ     | 1.71     | 1.65  | 1.50   | 1.45     | 1.35   | HJ       | 1.72  | 1.66   | 1.50     | 1.45   | 1.35  | 1<br><u>Your</u><br><u>SCHOOL</u><br>consider<br>you for<br>DISTRICT<br>TRIALS. |
| PV               | 3.00     | 2.70  | 2.00   | 1.80     | 1.70   | PV     | 3.40     | 3.10  | 2.20   | 1.90     | 1.80   | PV       | 3.50  | 3.20   | 2.20     | 1.90   | 1.75  |   |
| LJ               | 5.20     | 5.10  | 4.70   | 4.40     | 4.10   | LJ     | 5.50     | 5.40  | 4.90   | 4.60     | 4.20   | LJ       | 5.60  | 5.40   | 4.90     | 4.60   | 4.30  |   |
|                  |          |       |        |          |        | TJ     | 11.30    | 10.90 | 10.00  | 9.00     | 8.60   | TJ       | 11.40 | 11.10  | 10.00    | 9.00   | 8.20  |   |
| SP               | 11.20    | 10.60 | 9.00   | 8.00     | 7.00   | SP     | 12.70    | 11.60 | 10.00  | 8.70     | 7.75   | SP       | 11.40 | 10.50  | 9.00     | 7.50   | 6.50  |   |
| DT               | 30.00    | 27.00 | 22.00  | 19.00    | 18.00  | DT     | 37.00    | 33.00 | 26.00  | 21.00    | 20.00  | DT       | 39.00 | 36.00  | 26.00    | 21.00  | 19.00 |   |
| JT               | 36.00    | 34.00 | 28.00  | 23.00    | 21.00  | JT     | 41.00    | 38.00 | 30.00  | 25.00    | 23.00  | JT       | 40.00 | 37.00  | 28.00    | 23.00  | 19.00 |   |
| HT               | 43.00    | 37.00 | 25.00  | 21.00    | 20.00  | HT     | 53.00    | 48.00 | 34.00  | 23.00    | 20.00  | HT       | 47.00 | 43.00  | 30.00    | 22.00  | 18.00 |   |