

POINTS per extra point	SPRINTS					ENDURANCE								JUMPS				THROWS				HURDLES						S/CHASE		WALKS			
	100m	150m	200m	300m	400m	600m	800m	1000m	1200m	1500m	3000m	5000m	High Jump	Long Jump	Triple Jump	Pole Vault	Shot	Discus	Javelin	Hammer	55m	70m	75m	80m	100m	110m	300m	400m	1500m	2000m	1000m	1500m	2000m
	0.1	0.2	0.2	0.2	0.3	0.5s	2s	2s	2s	3s	10s	15s	2cm	10cm	15cm	10cm	20cm	1m	1m	1m					0.1	0.5	0.5	4s	5s				
100	11.3	14.8	23.0	40.0	52.0	1:26.0	2.00	2.31	3.02	4.03	8.50	15.10	1.88	6.50	13.45	3.70	13.80	44.00	52.00	44.00					13.80	41.00	58.50	4.36	6.05				8.25
99	11.4	15.0	23.2	40.2	52.4	1:27.2	2.02	2.33	3.04	4.06	9.00	15.27	1.86	6.40	13.30	3.60	13.60	43.00	51.00	43.00					13.90	41.50	59.00	4.40	6.10				8.30
98	11.5	15.2	23.4	40.4	52.7	1:28.3	2.04	2.35	3.07	4.09	9.10	15.44	1.84	6.30	13.15	3.50	13.40	42.00	50.00	42.00					14.00	42.00	59.50	4.44	6.15				8.35
97	11.6	15.4	23.6	40.6	53.0	1:29.5	2.06	2.38	3.09	4.12	9.20	16.01	1.82	6.20	13.00	3.40	13.20	41.00	49.00	41.00					14.10	42.50	60.00	4.48	6.20				8.40
96	11.7	15.6	23.8	40.8	53.4	1:30.7	2.08	2.40	3.12	4.15	9.30	16.19	1.80	6.10	12.85	3.30	13.00	40.00	48.00	40.00					14.20	43.00	01:00.5	4.52	6.25				8.45
95	11.8	15.8	24.0	41.0	53.7	1:31.9	2.10	2.42	3.14	4.18	9.35	16.27	1.78	6.00	12.70	3.20	12.80	39.00	47.00	39.00					14.30	43.50	01:01.0	4.56	6.30				8.50
94	11.9	16.0	24.2	41.5	54.0	1:32.5	2.11	2.44	3.16	4.21	9.40	16.36	1.76	5.90	12.55	3.10	12.60	38.00	46.00	38.00			11.40	14.40	44.00	01:01.5	5.00	6.35				8.55	
93	12.0	16.2	24.4	42.0	54.4	1:33.2	2.12	2.45	3.18	4.24	9.45	16.44	1.74	5.80	12.40	3.00	12.40	37.00	45.00	37.00			11.50	14.50	44.50	01:02.0	5.04	6.40				9.00	
92	12.1	16.4	24.6	42.5	54.7	1:33.9	2.13	2.47	3.20	4.27	9.50	16.53	1.72	5.70	12.25	2.95	12.20	36.00	44.00	36.00			11.60	14.60	45.00	01:02.5	5.08	6.45				9.05	
91	12.2	16.6	24.8	43.0	55.0	1:34.5	2.14	2.48	3.22	4.30	9.55	17.01	1.70	5.60	12.10		12.00	35.00	43.00	35.00			11.70	14.70	45.50	01:03.0	5.12	6.50				9.10	
90	12.3	16.8	25.0	43.5	55.5	1:35.3	2.15	2.50	3.24	4.33	10.00	17.10	1.68	5.50	11.95	2.90	11.80	34.00	42.00	34.00			11.80	14.80	46.00	01:03.5	5.16	6.55				9.15	
89	12.4	17.0	25.2	44.0	56.0	1:36.0	2.16	2.51	3.26	4.36	10.05	17.19	1.66	5.40	11.80		11.60	33.00	41.00	33.00			11.90	14.90	46.50	01:04.0	5.20	7.00				9.20	
88	12.5	17.2	25.4	44.5	56.5	1:36.7	2.17	2.53	3.28	4.39	10.10	17.27	1.64	5.35	11.65	2.85	11.40	32.00	40.00	32.00			12.00	15.00	47.00	01:04.5	5.24	7.05				9.25	
87	12.6	17.4	25.6	45.0	57.0	1:37.5	2.18	2.54	3.30	4.42	10.15	17.36	1.62	5.30	11.50		11.20	31.00	39.00	31.00			12.10	15.10	47.50	01:05.0	5.28	7.10				9.30	
86	12.7	17.6	25.8	45.5	57.5	1:38.3	2.19	2.56	3.32	4.45	10.20	17.44	1.60	5.25	11.35	2.80	11.00	30.00	38.00	30.00			12.20	15.20	48.00	01:05.5	5.32	7.15				9.35	
85	12.8	17.8	26.0	46.0	58.0	1:39.0	2.20	2.57	3.34	4.48	10.25	17.53	1.58	5.20	11.20		10.80	29.00	37.00	29.00			12.30	15.30	48.50	01:06.0	5.36	7.20				9.40	
84	12.9	18.0	26.2	46.5	58.5	1:39.8	2.21	2.59	3.36	4.51	10.30	18.02	1.56	5.15	11.05	2.75	10.60	28.00	36.00	28.00			12.40	15.40	49.00	01:06.5	5.40	7.25				9.45	
83	13.0	18.2	26.4	47.0	59.0	1:40.5	2.22	3.00	3.38	4.54	10.35	18.10	1.54	5.10	10.90		10.40	27.00	35.00	27.00			12.50	15.50	49.50	01:07.0	5.44	7.30				9.50	
82	13.1	18.4	26.6	47.5	59.5	1:41.3	2.23	3.02	3.40	4.57	10.40	18.19	1.52	5.05	10.75	2.70	10.20	26.50	34.00	26.50			12.60	15.60	50.00	01:07.5	5.48	7.35				9.55	
81	13.2	18.6	26.8	48.0	60.0	1:42.0	2.24	3.03	3.42	5.00	10.45	18.27	1.50	5.00	10.60		10.00	26.00	33.00	26.00			12.70	15.70	50.50	01:08.0	5.52	7.40				10.00	
80	13.3	18.8	27.0	48.5	60.5	1:42.8	2.25	3.05	3.44	5.03	10.50	18.36	1.48	4.90	10.45	2.65	9.80	25.50	32.00	25.50			12.80	15.80	51.00	01:08.5	5.56	7.45		7.30		10.06	
79	13.4	19.0	27.2	49.0	61.0	1:43.5	2.26	3.06	3.46	5.06	10.55	18.44	1.46	4.80	10.30		9.60	25.00	31.00	25.00			12.90	15.90	51.50	01:09.0	6.00	7.50		7.34		10.12	
78	13.5	19.2	27.4	49.5	61.5	1:44.2	2.27	3.08	3.48	5.09	11.00	18.53	1.44	4.70	10.15	2.60	9.40	24.50	30.00	24.50			13.00	16.00	52.00	01:09.5	6.04	7.55		7.38		10.18	
77	13.6	19.4	27.6	50.0	62.0	1:45.0	2.28	3.09	3.50	5.12	11.05	19.02	1.42	4.60	10.00		9.20	24.00	29.00	24.00			13.10	16.10	52.50	01:10.0	6.08	8.00		7.42		10.24	
76	13.7	19.6	27.8	50.5	62.5	1:45.8	2.29	3.11	3.52	5.15	11.10	19.10	1.40	4.50	9.90	2.55	9.00	23.50	28.00	23.50			13.20	16.20	53.00	01:10.5	6.12	8.05		7.46		10.30	
75	13.8	19.8	28.0	51.0	63.0	1:46.5	2.30	3.12	3.54	5.18	11.15	19.19	1.39	4.40	9.80		8.80	23.00	27.00	23.00			13.30	16.30	53.50	01:11.0	6.16	8.10		7.50		10.36	
74	13.9	20.0	28.2	51.5	63.5	1:47.8	2.32	3.14	3.57	5.21	11.20	19.27	1.38	4.30	9.70	2.50	8.60	22.50	26.00	22.50			13.40	16.40	54.00	01:11.5	6.20	8.15		7.54		10.42	
73	14.0	20.2	28.4	52.0	64.0	1:49.0	2.34	3.17	3.59	5.24	11.25	19.36	1.37	4.20	9.60		8.40	22.00	25.00	22.00			13.50	16.50	54.50	01:12.0	6.24	8.20		7.58		10.48	
72		20.4	28.6	52.5	64.5	1:50.2	2.36	3.19	4.02	5.27	11.30	19.45	1.36	4.10	9.50	2.45	8.20	21.75	24.00	21.75			13.60	16.60	55.00	01:12.5	6.28	8.25		8.02		10.54	
71	14.1	20.6	28.8	53.0	65.0	1:51.5	2.38	3.21	4.04	5.30	11.35	19.53	1.35	4.00	9.40		8.00	21.50	23.00	21.50			13.70	16.70	55.50	01:13.0	6.32	8.30		8.06		11.00	
70		20.8	29.0	53.5	65.5	1:52.8	2.40	3.23	4.07	5.33	11.40	20.02	1.34	3.97	9.30	2.40	7.90	21.25	22.00	21.25			13.80	16.80	56.00	01:13.5	6.36	8.35		8.10		11.06	
69	14.2	21.0	29.2	54.0	66.0	1:54.0	2.42	3.26	4.09	5.36	11.45	20.10	1.33	3.94	9.20		7.80	21.00	21.00	21.00			13.90	16.90	56.50	01:14.0	6.40	8.40		8.14		11.12	
68		21.2	29.4	54.5	66.5	1:55.3	2.44	3.28	4.11	5.39	11.50	20.19	1.32	3.91	9.10	2.35	7.70	20.75	20.75	20.75			14.00	17.00	57.00	01:14.5	6.44	8.45		8.18		11.18	
67	14.3	21.4	29.6	55.0	67.0	1:56.5	2.46	3.30	4.14	5.42	11.55	20.27	1.31	3.88	9.00		7.60	20.50	20.50	20.50			14.10	17.10	57.50	01:15.0	6.48	8.50		8.22		11.24	
66		21.6	29.8	55.5	67.5	1:57.7	2.48	3.32	4.17	5.45	12.00	20.36	1.30	3.85	8.90	2.30	7.50	20.25	20.25	20.25			14.20	17.20	58.00	01:15.5	6.52	8.55		8.26		11.30	
65	14.4	21.8	30.0	56.0	68.0	1:59.0	2.50	3.35	4.19	5.48	12.05	20.45	1.29	3.82	8.80		7.40	20.00	20.00	20.00			14.30	17.30	58.50	01:16.0	6.56	9.00	5.30	8.30		11.36	
64		22.0	30.2	56.5	68.5	2:00.2	2.52	3.37	4.21	5.51	12.10	20.53	1.28	3.79	8.70	2.25	7.30	19.75	19.75	19.75			14.40	17.40	59.00	01:16.5	7.00	9.05	5.33	8.34		11.42	
63	14.5	22.2	30.4	57.0	69.0	2:01.5	2.54	3.39	4.24	5.54	12.15	21.02	1.27	3.76	8.60		7.20	19.50	19.50	19.50			14.50	17.50	59.50	01:17.0	7.04	9.10	5.36	8.38		11.48	
62		22.4	30.6	57.5	69.5	2:02.7	2.56	3.41	4.27	5.57	12.20	21.10	1.26	3.73	8.50	2.20	7.10	19.25	19.25	19.25			14.60	17.60	60.00	01:17.5	7.08	9.15	5.39	8.42		11.54	
61	14.6	22.6	30.8	58.0	70.0	2:04.0	2.58	3.44	4.29	6.00	12.25	21.19	1.25	3.70	8.40		7.00	19.00	19.00	19.00			14.70	17.70	01:00.5	01:18.0	7.12	9.20	5.42	8.46		12.00	
60		22.8	31.0	58.5	71.0	2:05.5	3.00	3.46	4.32	6.03	12.30	21.28																					

POINTS	SPRINTS					ENDURANCE								JUMPS				THROWS				HURDLES						S/CHASE		WALKS		
	100m	150m	200m	300m	400m	600m	800m	1000m	1200m	1500m	3000m	5000m	High Jump	Long Jump	Triple Jump	Pole Vault	Shot	Discus	Javelin	Hammer	55m	70m	75m	80m	100m	110m	300m	400m	1500m	2000m	1000m	1500m
51	15.1	24.0	32.8	63.0	80.0	2:19.0	3.18	4.06	4.54	6.30	13.30	23.11	1.15	3.40	7.40		6.00	16.50	16.50	16.50	10.60	15.70	18.70	01:05.5	01:28.0	7.52	10.10	6.12	9.26	13.00		
50		24.1	33.0	63.5	81.0	2:20.5	3.20	4.08	4.57	6.33	13.40	23.28	1.14	3.37	7.30	1.90	5.90	16.25	16.25	16.25	10.70	15.80	18.80	01:06.0	01:29.0	7.56	10.15	6.15	9.30	13.06		
49	15.2	24.2	33.2	64.0	82.0	2:22.0	3.22	4.11	4.59	6.36	13.50	23.45	1.13	3.34	7.20		5.80	16.00	16.00	16.00	10.80	15.90	18.90	01:07.0	01:30.0	8.00	10.20	6.18	9.35	13.12		
48	15.3	24.4	33.4	64.5	83.0	2:23.5	3.24	4.13	5.02	6.39	14.00	24.02	1.12	3.31	7.10	1.85	5.70	15.75	15.75	15.75	10.90	16.00	19.00	01:08.0	01:31.0	8.04	10.25	6.21	9.40	13.18		
47	15.4	24.5	33.6	65.0	84.0	2:25.0	3.26	4.15	5.04	6.42	14.10	24.19	1.11	3.28	7.00		5.60	15.50	15.50	15.50	11.00	16.10	19.10	01:09.0	01:32.0	8.08	10.30	6.24	9.45	13.24		
46	15.5	24.7	33.8	65.5	85.0	2:26.5	3.28	4.17	5.07	6.45	14.20	24.36	1.10	3.25	6.90	1.80	5.50	15.25	15.25	15.25	11.10	16.20	19.20	01:10.0	01:33.0	8.12	10.35	6.27	9.50	13.30		
45	15.6	24.8	34.0	66.0	86.0	2:28.0	3.30	4.20	5.09	6.48	14.30	24.54	1.09	3.22	6.80		5.40	15.00	15.00	15.00	11.20	16.30	19.30	01:11.0	01:34.0	8.16	10.40	6.30	9.55	13.36		
44	15.7	25.0	34.2	66.5	87.0	2:29.5	3.32	4.22	5.12	6.51	14.40	25.11	1.08	3.19	6.70	1.75	5.30	14.75	14.75	14.75	11.30	16.40	19.40	01:12.0	01:35.0	8.20	10.45	6.33	9.59	13.42		
43	15.8	25.1	34.4	67.0	88.0	2:31.0	3.34	4.24	5.14	6.54	14.50	25.28	1.07	3.16	6.60		5.20	14.50	14.50	14.50	11.40	16.50	19.50	01:13.0	01:36.0	8.24	10.50	6.36	10.03	13.48		
42	15.9	25.3	34.6	67.5	89.0	2:32.5	3.36	4.26	5.17	6.57	15.00	25.45	1.06	3.13	6.50	1.70	5.10	14.25	14.25	14.25	11.50	16.60	19.60	01:14.0	01:37.0	8.28	10.55	6.39	10.07	13.54		
41	16.0	25.4	34.8	68.0	90.0	2:34.0	3.38	4.29	5.19	7.00	15.10	26.02	1.05	3.10	6.40		5.00	14.00	14.00	14.00	11.60	16.70	19.70	01:15.0	01:38.0	8.32	11.00	6.42	10.11	14.00		
40	16.1	25.6	35.0	68.5	91.0	2:35.5	3.40	4.31	5.22	7.03	15.20	26.19	1.04	3.07	6.30	1.65	4.90	13.75	13.75	13.75	11.70	16.80	19.80	01:16.0	01:39.0	8.36		6.45	10.15	14.06		
39	16.2	25.7	35.2	69.0	92.0	2:37.0	3.42	4.33	5.24	7.06	15.30	26.37	1.03	3.04	6.20		4.80	13.50	13.50	13.50	11.80	16.90	19.90	01:17.0	01:40.0	8.40		6.48	10.19	14.12		
38	16.3	25.9	35.4	69.5	93.0	2:38.5	3.44	4.35	5.27	7.09	15.40	26.54	1.02	3.01	6.10	1.60	4.70	13.25	13.25	13.25	11.90	17.00	20.00	01:18.0	01:42.0	8.44		6.51	10.23	14.18		
37	16.4	26.0	35.6	70.0	94.0	2:40.0	3.46	4.38	5.29	7.12	15.50	27.11	1.01	2.98	6.00		4.60	13.00	13.00	13.00	12.00	17.10	20.20	01:19.0	01:44.0	8.48		6.54	10.27	14.24		
36	16.5	26.2	35.8	70.5	95.0	2:41.5	3.48	4.40	5.32	7.15	16.00	27.28	1.00	2.95	5.95	1.55	4.50	12.75	12.75	12.75	12.10	17.20	20.40	01:20.0	01:46.0	8.52		6.57	10.31	14.30		
35	16.6	26.3	36.0	71.0	96.0	2:43.0	3.50	4.42	5.34	7.18	16.10	27.45	0.99	2.92	5.90		4.40	12.50	12.50	12.50	12.20	17.30	20.60	01:22.0	01:48.0	8.56		7.00	10.35	14.36		
34	16.7	26.5	36.2	71.5	97.0	2:44.5	3.52	4.44	5.37	7.21	16.20	28.02	0.98	2.89	5.85	1.50	4.30	12.25	12.25	12.25	12.30	17.40	20.80	01:24.0	01:50.0	9.00		7.03	10.40	14.42		
33	16.8	26.6	36.4	72.0	98.0	2:46.0	3.54	4.47	5.39	7.24	16.30	28.20	0.97	2.86	5.80		4.20	12.00	12.00	12.00	12.40	17.50	21.00	01:26.0	01:52.0	9.05		7.06	10.45	14.48		
32	16.9	26.8	36.6	72.5	99.0	2:47.5	3.56	4.49	5.42	7.27	16.40	28.37	0.96	2.83	5.75	1.45	4.10	11.75	11.75	11.75	12.50	17.60	21.20	01:28.0	01:54.0	9.10		7.09	10.50	14.54		
31	17.0	26.9	36.8	73.0	100.0	2:49.0	3.58	4.51	5.44	7.30	16.50	28.54	0.95	2.80	5.70		4.00	11.50	11.50	11.50	12.60	17.70	21.40	01:30.0	01:56.0	9.15		7.12	10.55	15.00		
30	17.1	27.1	37.0	73.5	101.0	2:50.5	4.00	4.54	5.48	7.35	17.00	29.11	0.94	2.77	5.65	1.40	3.90	11.25	11.25	11.25	12.70	17.80	21.60	01:32.0	01:58.0	9.20		7.15	11.00	15.06		
29	17.2	27.2	37.2	74.0	102.0	2:52.0	4.02	4.57	5.51	7.40	17.10	29.28	0.93	2.74	5.60		3.80	11.00	11.00	11.00	12.80	17.90	21.80	01:34.0	02:00.0	9.25		7.18	11.04	15.12		
28	17.3	27.4	37.4	74.5	103.0	2:53.5	4.04	4.59	5.55	7.45	17.20	29.45	0.92	2.71	5.55	1.35	3.70	10.75	10.75	10.75	12.90	18.00	22.00	01:36.0	02:02.0	9.30		7.21	11.08	15.18		
27	17.4	27.5	37.6	75.0	104.0	2:55.0	4.06	5.02	5.58	7.50	17.30	30.03	0.91	2.68	5.50		3.60	10.50	10.50	10.50	13.00	18.10	22.20	01:38.0	02:04.0	9.35		7.24	11.12	15.24		
26	17.5	27.6	37.8	75.5	105.0	2:56.5	4.08	5.05	6.02	7.55	17.40	30.20	0.90	2.65	5.45	1.30	3.50	10.25	10.25	10.25	13.10	18.20	22.40	01:40.0	02:06.0	9.40		7.27	11.16	15.30		
25	17.6	27.8	38.0	76.0	106.0	2:58.0	4.10	5.08	6.05	8.00	17.50	30.37	0.89	2.62	5.40		3.40	10.00	10.00	10.00	13.20	18.30	22.60	01:42.0	02:08.0	9.45		7.30	11.20	15.36		
24	17.7	28.1	38.5	76.5	107.0	2:59.5	4.12	5.10	6.09	8.05	18.00	30.54	0.88	2.59	5.35	1.25	3.30	9.75	9.75	9.75	13.30	18.40	22.80	01:44.0	02:10.0	9.50		7.35	11.25	15.42		
23	17.8	28.4	39.0	77.0	108.0	3:00.0	4.14	5.13	6.12	8.10	18.10	31.11	0.87	2.56	5.30		3.20	9.50	9.50	9.50	13.40	18.50	23.00	01:46.0	02:12.0	9.55		7.40	11.30	15.48		
22	17.9	28.7	39.5	77.5	109.0	3:02.5	4.16	5.16	6.16	8.15	18.20	31.28	0.86	2.53	5.25	1.20	3.10	9.25	9.25	9.25	13.50	18.60	23.20	01:48.0	02:14.0	10.00		7.45	11.35	15.54		
21	18.0	29.0	40.0	78.0	110.0	3:04.0	4.18	5.19	6.19	8.20	18.30	31.46	0.85	2.50	5.20		3.00	9.00	9.00	9.00	13.60	18.70	23.40	01:50.0	02:16.0			7.50	11.40	16.00		
20	18.1	29.3	40.5	78.5	111.0	3:05.5	4.20	5.21	6.23	8.25	18.40	32.03	0.84	2.47	5.15	1.15	2.90	8.50	8.50	8.50	13.70	18.80	23.60	01:52.0	02:18.0			7.55	11.45	16.06		
19	18.2	29.6	41.0	79.0	112.0	3:06.0	4.22	5.24	6.26	8.30	18.50	32.20	0.83	2.44	5.10		2.80	8.00	8.00	8.00	13.80	18.90	23.80	01:54.0	02:20.0			8.00	11.50	16.12		
18	18.3	29.9	41.5	79.5	113.0	3:08.5	4.24	5.27	6.30	8.35	19.00	32.37	0.82	2.41	5.05	1.10	2.70	7.50	7.50	7.50	13.90	19.00							8.05	11.55	16.18	
17	18.4	30.2	42.0	80.0	114.0	3:09.0	4.26	5.29	6.33	8.40	19.10	32.54	0.81	2.38	5.00		2.60	7.00	7.00	7.00	14.00	19.10							8.10	12.00	16.24	
16	18.5	30.5	42.5	80.5	115.0	3:11.5	4.28	5.32	6.37	8.45	19.20	33.11	0.80	2.35	4.95	1.05	2.50	6.50	6.50	6.50	14.10	19.20							8.15	12.05	16.30	
15	18.6	30.8	43.0	81.0	116.0	3:12.0	4.30	5.35	6.40	8.50	19.30	33.29	0.79	2.32	4.90		2.40	6.00	6.00	6.00	14.20	19.30							8.20	12.10	16.36	
14	18.7	31.1	43.5	81.5	117.0	3:14.5	4.32	5.38	6.44	8.55	19.40	33.46	0.78	2.29	4.85	1.00	2.30	5.50	5.50	5.50	14.30	19.40							8.25	12.16	16.42	
13	18.8	31.4	44.0	82.0	118.0	3:15.0	4.34	5.41	6.47	9.00	19.50	34.03	0.77	2.26	4.80		2.20	5.00	5.00	5.00	14.40	19.50							8.30	12.22	16.48	
12	18.9	31.7	44.5	82.5	119.0	3:17.5	4.36	5.43	6.51	9.05	20.00	34.20	0.76	2.23	4.75		2.10	4.50	4.50	4.50	14.50	19.60							8.35	12.28	16.54	
11	19.0	32.0	45.0	83.0	120.0	3:18.0	4.38	5.46	6.54	9.10			0.75	2.20	4.70		2.00	4.00	4.00	4.00	14.60	19.70							8.40	12.34	17.00	
10	19.2	32.4	45.5	83.5	121.0	3:20.5	4.40	5.49	6.57	9.15	</																					