

Grade 12 Athletics Chart - Girls

%	x1	x1		x1		x1 (or endurance swim)		%
	100m* (sec)	Long Jump * (m)	High Jump * (m)	Shotput* (m)	Javelin (m)	800m* (17yrs)	3000m* (18yrs)	
100	13.2	4.60	1.42	9.25	30	02:37	15:00	100
95	13.5	4.50	1.40	9.00	29	02:45	15:30	95
90	13.8	4.40	1.38	8.75	28	02:53	16:00	90
85	14.1	4.30	1.36	8.50	27	03:01	16:30	85
80	14.4	4.20	1.34	8.25	26	03:09	17:00	80
77.5	14.7	4.10	1.32	8.00	25	03:17	17:30	77.5
75	15	4.00	1.30	7.75	24	03:25	18:00	75
72.5	15.3	3.90	1.28	7.50	23	03:33	18:30	72.5
70	15.6	3.80	1.26	7.25	22	03:41	19:00	70
67.5	15.9	3.70	1.24	7.00	21	03:49	19:30	67.5
65	16.2	3.60	1.22	6.75	20	03:57	20:00	65
62.5	16.5	3.50	1.20	6.50	19	04:05	20:30	62.5
60	16.8	3.40	1.18	6.25	18	04:13	21:00	60
58	17.1	3.30	1.16	6.00	17	04:21	21:30	58
56	17.4	3.20	1.14	5.75	16	04:29	22:00	56
54	17.7	3.10	1.12	5.50	15	04:37	22:30	54
52	18	3.00	1.10	5.25	14	04:45	23:00	52
50	18.2	2.90	1.08	5.00	13	04:53	23:30	50
48	18.6	2.80	1.06	4.75	12	05:01	24:00	48
46	18.9	2.70	1.04	4.50	11	05:09	24:30	46
44	19.2	2.60	1.02	4.25	10	05:17	25:00	44
42	19.5	2.50	1.00	4.00	9	05:25	25:30	42
40	19.8	2.40	0.98	3.75	8	05:33	26:00	40
35	20.8	2.15	0.88	3.25	7	05:53	27:00	35
30	21.8	1.90	0.78	2.75	6	06:13	28:00	30
25	22.8	1.65	0.68	2.25	5	06:33	29:00	25
20	23.8	1.40	0.58	1.75	4	06:53	30:00	20
15	24.8	1.15	0.48	1.25	3	07:13	31:00	15
10	25.8	0.90	0.38	0.75	2	07:33	32:00	10
5	26.8	0.65	0.28	0.25	1	07:53	33:00	5

*can be used for Sportabzeichen (age 18-19)

Gold

Silver

Bronze