

**KWALIFISERENDE STANDAARDE ABSA TABEL & ASA TABEL ALLE
PRESTIGE SPANNE (ASA TABEL NA PRESTIGE SPANNE TEL)**

(ASA tabel 50 tot 200 punte moeiliker op ABSA tabel veral 100 tot 400m & Verspring & Skyfwerp) JJ Smith

Op Alle naellope Items tot 200m sit by,25 by vir grasbaan tye

ABSA TABEL Dogters/ASA Tabel 0/15					Minimum vir Top 10 A							
	750	800	850	900	950	1000	1050	1100	1150	1200		
Aflos	54,02	52,96	51,95	50,99	50,07	49,12	48,41	47,73	47,16	46,70		
100m	13,64	13,37	13,11	12,87	12,64	12,42	12,22	12,05	11,91	11,79		
200m	27,84	27,30	26,78	26,28	25,81	25,36	24,95	24,60	24,31	24,07		
400m	63,36	62,12	60,93	59,81	58,73	57,71	56,78	55,99	55,32	54,78		
800m	2,26.71	2,23.84	2,21.10	2,18.49	2,16.00	2,13.63	2,11.48	2,09.64	2,08.10	2,06.84		
1500m	5,05.01	4,59.04	4,53.34	4,47.92	4,42.75	4,37.34	4,33.35	4,29.52	4,26.32	4,23.71		
3000m	1,09.61	10,56.50	10,44.00	10,32.09	10,20.73	10,09.92	10,00.00	9,51.70	9,44.66	9,38.95		
90mH	14,35	14,07	13,80	13,55	13,30	13,07	12,86	12,68	12,53	12,41		
300mH	48,67	47,72	46,81	45,84	45,12	44,33	43,62	43,01	42,49	42,08		
Verspring	4,59	4,78	4,97	5,14	5,31	5,46	5,61	5,75	5,88	6,01		
Hoogsprin	1,38	1,44	1,49	1,54	1,59	1,64	1,68	1,73	1,77	1,81		
Driespron	9,94	10,35	10,75	11,13	11,49	11,82	12,14	12,44	12,74	13,02		
Discus	28,99	30,58	32,12	33,61	35,02	36,36	37,60	38,72	39,73	40,60		
Spiesgooi	31,58	33,30	34,98	36,60	38,15	39,60	40,95	42,18	43,27	44,22		
Gewigstoc	10,63	11,21	11,77	12,32	12,84	13,33	13,78	14,20	14,57	14,88		
5 Km Road	19,03.39	18,41.00	18,19.66	17,59.31	17,39.93	17,21.46	17,04.69	16,50.35	16,38.33	16,28.57		
10Km road	39,15.25	38,29.14	37,45.17	37,03.26	36,23.33	35,45.29	35,10.75	34,41.20	34,16.45	33,56.35		

ABSA TABEL SEUNS/ASA Tabel 0/15					Minimum vir Top 10 A							
	750	800	850	900	950	1000	1050	1100	1150	1200		
Aflos	49,39	48,43	47,50	46,63	45,79	44,99	44,27	43,65	43,15	42,71		
100m	12,35	12,11	11,88	11,68	11,45	11,25	11,07	10,91	10,78	10,68		
200m	24,91	24,42	23,96	23,51	23,09	22,69	22,32	22,01	21,75	21,54		
400m	55,69	54,60	53,56	52,57	51,63	50,73	49,91	49,21	48,63	48,15		
800m	2,12.68	2,10.08	2,07.60	2,05.24	2,02.99	2,00.85	1,58.90	1,57.24	1,55.85	1,54.71		
1500m	4,32.9	4,27.25	4,22.16	4,17.31	4,12.69	4,08.29	4,04.29	4,00.87	3,58.01	3,55.68		

3000m	9,54.08	9,42.45	9,31.36	9,20.79	9,10.71	9,01.12	8,52.41	8,44.95	8,38.71	8,33.64
100mH	14,93	14,64	14,36	14,09	13,84	13,60	13,38	13,19	13,04	12,91
300mH	42,56	41,73	40,94	40,18	39,46	38,77	38,15	37,61	37,16	36,80
Verspring	5,43	5,66	5,87	6,08	6,28	6,46	6,63	6,80	6,98	7,11
Hoogsprin	1,56	1,62	1,68	1,74	1,80	1,85	1,90	1,95	1,99	2,04
Driespron	11,10	11,56	12,00	12,43	12,83	13,20	13,55	13,89	14,22	14,54
Discus	39,84	42,02	44,14	46,19	48,14	49,97	51,67	53,22	54,60	55,80
Spiesgooi	48,48	51,24	53,82	56,32	58,69	60,93	63,00	64,89	66,58	68,03
Gewigstoc	13,12	13,84	14,54	15,21	15,86	16,46	17,02	17,53	17,99	18,38
1500mStee	5,05.23	4,59.25	4,53.56	4,48.12	4,42.95	4,38.02	4,33.54	4,29.71	4,26.51	4,23.90
5 Km Road	16,39.06	16,19.50	16,00.85	15,43.07	15,26.14	15,10.00	14,55.35	14,42.81	14,32.32	14,23.9
10Km road	35,13.40	34,32.02	33,52.57	33,14.97	32,39.13	32,05.00	31,34.00	31,07.49	30,45.29	30,27.24