

**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 0/17					Minimum vir Top 10 A						
	750	800	850	900	950	1000	1050	1100	1150	1200	
Aflos	52,71	51,68	50,69	49,75	48,86	48,01	47,24	46,58	46,02	45,57	
100m	13,13	12,87	12,63	12,39	12,17	11,96	11,77	11,60	11,46	11,3	
200m	26,80	26,27	25,77	25,30	24,84	24,41	24,02	12,68	23,40	23,17	
400m	60,2	59,01	58,01	55,91	56,94	55,91	54,94	53,30	52,66	52,15	
800m	2,24.90	2,22.06	2,19.36	2,16.78	2,14.32	2,11.98	2,09.85	2,08.04	2,06.51	2,05.28	
1500m	4,54.70	4,48.35	4,42.86	4,37.12	4,32.64	4,27.89	4,23.85	4,19.89	4,16.80	4,14.29	
3000m	10,27.98	10,15.69	10,03.96	9,52.79	9,42.14	9,32.00	9,22.79	9,14.91	9,08.31	9,02.95	
100mH	15,40	15,10	14,81	14,54	14,28	14,03	13,80	13,90	13,61	13,32	
400mH	66,5	65,2	63,95	62,77	61,64	60,57	59,59	58,76	58,06	57,49	
Verspring	4,95	5,16	5,36	5,55	5,72	5,89	6,05	6,20	6,35	6,47	
Hoogspring	1,46	1,52	1,59	1,64	1,70	1,74	1,79	1,84	1,88	1,92	
Driesprong	10,55	10,99	11,41	11,82	12,20	12,55	12,89	13,21	13,52	13,82	
Discus	35,59	37,53	39,42	41,25	42,99	44,63	46,15	47,53	48,76	49,33	
Spiesgooi	37,18	39,21	41,19	43,10	44,92	46,63	48,22	49,66	50,95	52,07	
Gewigstoot	11,24	11,86	12,46	13,03	13,58	14,10	14,58	15,02	15,41	15,74	
5 Km Road	18,20.87	17,59.31	17,38.76	17,19.18	17,00.51	16,42.73	16,26.58	16,12.77	16,01.21	15,51.81	
10Km Road	37,47.66	37,03.26	36,20.93	35,40.58	35,02.13	34,25.51	33,52.25	33,23.80	32,59.98	32,40.62	

ABSA TABEL SEUNS/ASA Tabel 0/17					Minimum vir Top 10 A						
	750	800	850	900	950	1000	1050	1100	1150	1200	
Aflos	46,41	45,50	44,63	43,81	43,02	42,27	41,59	41,01	40,52	40,12	
100m	11,80	11,57	11,35	11,14	10,94	10,75	10,58	10,43	10,30	10,20	
200m	24,07	23,59	23,14	22,72	22,31	21,92	21,57	21,27	21,01	20,81	
400m	53,25	52,20	51,21	50,26	49,36	48,50	47,72	47,05	46,49	46,04	
800m	2,05.62	2,03.16	2,00.81	1,58.58	1,56.45	1,54.42	1,52.58	1,51.00	1,49.68	1,48.61	
1500m	4,18.88	4,13.81	4,08.98	4,04.37	3,59.98	3,55.39	3,52.00	3,48.76	3,46.04	3,43.83	
3000m	9,15.06	9,04.19	8,53.83	8,43.96	8,34.54	8,25.58	8,17.44	8,10.48	8,04.64	7,59.91	

110mH	15,28	14,98	14,70	14,43	14,17	13,92	13,70	13,50	13,34	13,21
400mH	58,35	57,21	56,12	55,08	54,09	53,15	52,29	51,56	50,95	50,45
Verspring	6,14	6,39	6,64	6,87	7,09	7,30	7,50	7,68	7,87	8,04
Hoogspring	1,72	1,80	1,86	1,93	1,99	2,05	2,10	2,16	2,21	2,26
Driesprong	12,59	13,11	13,61	14,09	14,55	14,97	15,37	15,76	16,13	16,49
Discus	44,12	46,53	48,88	51,14	53,30	55,33	57,21	58,93	60,46	61,78
Spiesgooi	54,48	57,45	60,35	63,15	65,81	68,32	70,65	72,76	74,65	76,28
Gewigstoot	14,07	14,84	15,59	16,31	17,00	17,65	18,25	18,80	19,29	19,71
2000mH	6,29.74	6,22.11	6,14.84	6,07.90	6,01.29	5,55.00	5,49.28	5,44.39	5,40.30	5,36.97
5 Km Road	15,52.95	15,34.29	15,16.50	14,59.55	14,43.39	14,28.00	14,14.02	14,02.07	13,52.06	13,43.92
10Km Road	33,35.69	32,56.23	31,18.60	31,42.73	31,08.55	30,36.00	30,06.44	29,41.15	29,19.97	29,02.76