

**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 0/19				Minimum vir Top 10 A							
	750	800	850	900	950	1000	1050	1100	1150	1200	
Aflos	50,27	49,29	48,35	47,45	46,60	45,79	45,06	44,42	43,89	43,46	
100m	13,00	12,74	12,50	12,27	12,05	11,84	11,65	11,49	11,35	11,24	
200m	26,43	25,91	25,42	24,94	24,50	24,05	23,68	23,35	23,07	22,85	
400m	59,28	58,12	57,02	55,96	54,96	54,00	53,13	52,39	51,76	51,26	
800m	2,19.80	2,17.61	2,14.99	2,12.50	2,10.12	2,07.85	2,05.79	2,04.03	2,02.56	2,01.36	
1500m	4,46.40	4,40.79	4,35.45	4,30.35	4,25.50	4,20.87	4,16.67	4,13.08	4,10.07	4,07.62	
3000m	10,20.93	10,08.78	9,57.19	9,46.14	9,35.61	9,25.58	9,16.47	9,08.68	9,02.16	8,56.66	
5000m	17,57.66	17,36.56	17,16.44	16,57.27	16,38.99	16,21.59	16,05.78	15,52.26	15,40.94	15,31.74	
100mH	15,15	14,85	14,57	14,30	14,04	13,80	13,58	13,39	13,23	13,10	
400mH	65,18	63,90	62,69	61,53	60,42	59,37	58,41	57,60	56,91	56,36	
Verspring	5,13	5,34	5,55	5,74	5,93	6,10	6,25	6,42	6,57	6,72	
Hoogsprin	1,51	1,57	1,63	1,69	1,74	1,79	1,84	1,89	1,93	1,97	
Driespron	10,98	11,44	11,88	12,30	12,69	13,10	13,41	13,75	14,07	14,38	
Discus	41,09	43,33	45,52	47,63	49,64	51,53	53,28	54,88	56,30	57,54	
Spiesgooi	41,49	43,75	45,96	48,09	50,12	52,03	53,80	55,41	56,85	58,10	
Gewigstoc	12,26	12,93	13,59	14,22	14,82	15,38	15,90	16,38	16,80	17,17	
5 Km Road	17,45.91	17,25.04	17,05.14	16,46.18	16,28.11	16,10.89	15,56.26	15,41.88	15,30.69	15,21.59	
10Km Road	36,35.64	35,52.65	35,11.67	34,32.60	33,55.37	33,19.91	32,47.71	32,20.16	31,57.09	31,38.35	

ABSA TABEL SEUNS/ASA Tabel 0/19				Minimum vir Top 10 A							
	750	800	850	900	950	1000	1050	1100	1150	1200	
Aflos	44,42	43,55	42,72	41,93	41,18	40,39	39,81	39,25	38,78	38,41	
100m	11,63	11,40	11,18	10,97	10,78	10,57	10,42	10,27	10,15	10,05	
200m	23,40	22,94	22,50	22,08	21,69	21,31	20,97	20,67	20,45	20,23	
400m	51,34	50,33	49,37	48,46	47,59	46,76	45,94	45,36	44,82	44,39	
800m	1,58.18	1,58.18	1,55.93	1,53.78	1,51.74	1,49.79	1,48.02	1,46.51	1,45.24	1,44.21	

1500m	4,09.08	4,04.21	3,59.56	3,55.13	3,50.90	3,46.88	3,43.23	3,40.10	3,37.48	3,35.36
5000m	15,34.29	15,16.00	14,58.55	14,41.93	14,26.09	14,11.00	13,57.30	13,45.58	13,35.76	13,27.78
110mH	15,68	15,37	15,08	14,80	14,53	14,28	14,05	13,85	13,69	13,55
400mH	56,91	55,80	54,74	53,72	52,76	51,84	51,01	50,29	49,69	49,21
Verspring	6,31	6,58	6,83	7,07	7,30	7,51	7,71	7,91	8,09	8,27
Hoogsprin	1,80	1,87	1,95	2,01	2,08	2,14	2,20	2,25	2,31	2,36
Driespron	13,25	13,80	14,33	14,84	15,31	15,76	16,18	16,59	16,98	17,36
Discus 2K	44,32	46,74	49,10	51,37	53,54	55,58	57,47	59,19	60,73	62,06
Discus 1,7	47,21	49,79	52,30	54,73	57,04	59,21	61,23	63,06	64,70	66,11
Spiesgooi	55,10	58,11	61,04	63,87	66,56	69,10	71,45	73,59	75,50	77,16
Gewigstoc	14,70	15,51	16,29	17,04	17,76	18,44	19,07	19,64	20,15	20,59
Gewigstoc	14,06	14,83	15,57	16,29	16,98	17,63	18,23	18,78	19,26	19,69
3000mH	9,43.39	9,31.96	9,21.07	9,10.69	9,00.80	8,51.38	8,42.82	8,35.50	8,29.8	8,24.40
5 Km Road	15,16.72	14,58.77	14,41.66	14,25.35	14,09.81	13,55.00	13,41.55	13,30.05	13,20.42	13,12.60
10Km Road	31,16.64	31,38.73	31,02.57	30,28.11	29,55.28	29,24.00	28,55.60	28,31.30	28,10.95	27,54.42