



# YOUNG ATHLETES INDOOR QUADRATHLON POINTS SCORING TABLES

Each Participant completes all four events in their respective age group and points are allocated based on their performances. The athlete with the highest total number of points will win the competition. In team competition the teams with the highest total will be declared the winner



Points	60m	60m	Long Jump	Long Jump	400m	600m	800m	Chest Push	Shot Put	Points
	(U9/U11)	(U13/U15)	(U9/U11)	(U13/U15)	Minutes	Minutes	Minutes	Metres	Metres	
	Seconds	Seconds	Metres	Metres	Minutes	Minutes	Minutes	Metres	Metres	
1	19.8	15.5	0.50	0.50	03:28.0	05:00.0	05:00.0	0.25	0.50	1
2	19.7	15.3	1.00	1.00	03:27.0	04:03.1	04:05.4		1.00	2
3	19.6	15.1	1.33	1.50	03:26.0	04:01.0	04:03.9		1.75	3
4	19.5	14.9	1.80	2.00	03:25.0	03:59.0	04:02.4		2.00	4
5	19.4	14.7	1.82	2.16	03:24.0	03:56.9	04:00.9	0.50	2.55	5
6	19.3	14.5	1.84	2.20	03:23.0	03:54.9	03:59.4		2.84	6
7	19.2	14.3	1.86	2.24	03:22.0	03:52.8	03:57.9		2.90	7
8	19.1	14.1	1.88	2.28	03:21.0	03:50.8	03:56.4		2.96	8
9	19.0	13.9	1.90	2.32	03:20.0	03:48.8	03:54.9		3.02	9
10	18.9	13.7	1.92	2.36	03:16.0	03:46.7	03:53.4	0.75	3.08	10
11	18.8	13.5	1.94	2.40	03:12.0	03:44.6	03:51.9		3.14	11
12	18.7	13.4	1.96	2.44	03:10.0	03:42.6	03:50.4		3.20	12
13	18.6	13.1	1.98	2.48	03:00.0	03:40.5	03:48.9		3.26	13
14	18.5	12.8	2.00	2.52	03:00.0	03:38.5	03:47.4		3.32	14
15	18.4	12.5	2.02	2.56	02:52.0	03:36.4	03:45.9	1.00	3.38	15
16	18.3	12.4	2.04	2.60		03:34.4	03:44.4		3.44	16
17	18.2	12.3	2.06	2.64	02:48.0	03:32.2	03:42.9		3.50	17
18	18.1	12.2	2.08	2.68	02:44.0	03:30.2	03:41.4		3.62	18
19	18.0	12.1	2.10	2.72		03:28.2	03:39.9		3.74	19
20	17.9	12.0	2.12	2.76	02:42.0	03:26.2	03:38.4	1.25	3.86	20
21	17.7	11.9	2.14	2.80	02:40.0	03:24.1	03:36.9		3.98	21
22	17.5	11.8	2.16	2.84	02:36.0	03:22.1	03:35.6		4.10	22
23	17.0	11.7	2.18	2.88	02:36.0	03:20.0	03:34.3		4.22	23
24	16.5	11.6	2.20	2.92	02:32.0	03:18.0	03:33.0		4.34	24
25	16.0		2.22	2.96	02:28.0	03:15.9	03:31.7	1.50	4.46	25
26	15.5	11.5	2.24	3.00	02:28.0	03:13.9	03:30.4		4.58	26
27	15.0	11.4	2.26	3.04	02:24.0	03:11.8	03:29.1		4.70	27
28	14.5		2.28	3.08		03:09.8	03:27.8		4.82	28
29	14.0	11.3	2.30	3.12	02:20.0	03:07.7	03:26.5		4.94	29
30	13.5	11.2	2.32	3.16	02:16.0	03:05.7	03:25.2	1.75	5.06	30
31	13.4		2.34	3.20		03:03.6	03:23.9		5.18	31
32	13.1	11.1	2.36	3.24	02:12.0	03:01.6	03:22.6		5.30	32
33	12.8	11.0	2.38	3.28	02:08.0	02:59.5	03:21.3		5.36	33
34	12.5		2.40	3.32	02:04.0	02:57.5	03:20.0		5.42	34
35	12.4	10.9	2.42	3.36	02:04.0	02:55.4	03:18.7	2.00	5.48	35
36	12.3	10.8	2.44	3.40	01:58.0	02:53.4	03:17.4		5.54	36
37	12.2		2.46	3.44	01:56.0	02:51.4	03:16.1		5.60	37
38	12.1	10.7	2.48	3.48	01:54.0	02:49.3	03:14.8		5.66	38
39	12.0	10.6	2.50	3.52	01:52.0	02:47.2	03:13.5	2.25	5.72	39
40	11.9		2.52	3.56	01:50.0	02:45.2	03:12.2		5.78	40
41	11.8	10.5	2.54	3.60	01:48.0	02:43.1	03:10.9		5.84	41
42	11.7		2.56	3.64	01:46.0	02:41.1	03:09.6		5.90	42
43	11.6		2.58	3.68	01:45.0	02:39.0	03:08.3	2.50	5.96	43
44	11.6	10.4	2.60	3.72	01:44.0	02:37.0	03:07.0		6.02	44
45	11.5		2.62	3.76	01:42.0	02:34.9	03:05.7		6.08	45
46			2.64	3.80		02:32.9	03:04.4		6.14	46
47	11.4	10.3	2.66	3.84	01:40.0	02:30.8	03:03.1	2.75	6.20	47
48	11.3		2.68	3.88	01:39.0	02:28.8	03:01.8		6.26	48
49	11.2		2.70	3.92		02:26.8	03:00.5		6.32	49
50	11.2	10.2	2.73	3.96	01:38.0	02:24.7	02:59.3		6.40	50

Points	60m	60m	Long Jump	Long Jump	400m	600m	800m	Chest Push	Shot Put	Points
	(U9/U11)	(U13/U15)	(U9/U11)	(U13/U15)	Minutes	Minutes	Minutes	Metres	Metres	
	Seconds	Seconds	Metres	Metres	Minutes	Minutes	Minutes	Metres	Metres	
51	11.1		2.76	3.99	01:37.0	02:23.8	02:58.1	3.00	6.53	51
52		10.1	2.80	4.03	01:36.0	02:22.9	02:56.9		6.66	52
53	11.0		2.84	4.06		02:22.0	02:55.7		6.79	53
54	10.9	10.0	2.88	4.09	01:35.0	02:21.1	02:54.5	3.25	6.92	54
55			2.92	4.12	01:34.0	02:20.2	02:53.3		7.05	55
56	10.8	9.9	2.96	4.15	01:33.0	02:19.3	02:52.1		7.18	56
57	10.7		3.00	4.18	01:32.0	02:18.4	02:50.9	3.50	7.31	57
58		9.8	3.04	4.21	02:17.4	02:17.4	02:49.7		7.44	58
59	10.6		3.08	4.24	01:31.0	02:16.6	02:48.5		7.57	59
60	10.5	9.7	3.12	4.27	01:30.0	02:15.7	02:47.4	3.75	7.70	60
61			3.16	4.30	01:28.0	02:14.8	02:46.3		7.83	61
62		9.6	3.20	4.33	01:27.0	02:13.9	02:45.2	4.00	7.96	62
63	10.4		3.24	4.36	01:26.0	02:13.0	02:44.1		8.09	63
64		9.5	3.28	4.39	01:24.0	02:12.1	02:43.0	4.25	8.22	64
65			3.32	4.42		02:11.2	02:41.9		8.35	65
66	10.3	9.4	3.36	4.45	01:23.0	02:10.3	02:40.8	4.50	8.48	66
67			3.40	4.48	02:09.4	02:09.4	02:39.7		8.61	67
68		9.3	3.44	4.51	01:22.0	02:08.5	02:38.6	4.75	8.74	68
69	10.2		3.48	4.54		02:07.6	02:37.5		8.87	69
70		9.2	3.52	4.57	01:20.0	02:06.7	02:36.5	5.00	9.00	70
71	10.1		3.56	4.60		02:05.8	02:35.3	5.25	9.14	71
72		9.1	3.60	4.63	01:19.0	02:04.9	02:34.2	5.50	9.28	72
73	10.0		3.64	4.66		02:04.0	02:33.1	5.75	9.42	73
74		9.0	3.68	4.69	01:18.0	02:03.1	02:32.0	6.00	9.56	74
75	9.9		3.72	4.72		02:02.2	02:30.9	6.25	9.70	75
76		8.9	3.76	4.75	01:16.0	02:01.3	02:29.8	6.50	9.84	76
77	9.8		3.80	4.78		02:00.4	02:28.7	6.75	9.98	77
78		8.8	3.84	4.81	01:15.0	01:59.5	02:27.6	7.00	10.12	78
79	9.7		3.88	4.84	01:14.0	01:58.6	02:26.5		10.26	79
80		8.7	3.92	4.87	01:14.0	01:57.7	02:25.4	7.25	10.40	80
81	9.6		3.96	4.90	01:13.0	01:56.8	02:24.3		10.54	81
82		8.6	4.00	4.93	01:12.0	01:55.9	02:23.2	7.50	10.68	82
83	9.5		4.05	4.96		01:55.0	02:22.1		10.82	83
84		8.5	4.10	4.99	01:11.0	01:54.1	02:21.0	7.75	10.96	84
85	9.4		4.15	5.02	01:10.0	01:53.2	02:19.9		11.10	85
86		8.4	4.20	5.05		01:52.3	02:18.8	8.00	11.24	86
87	9.3		4.25	5.08	01:09.0	01:51.4	02:17.7		11.38	87
88		8.3	4.30	5.11	01:08.0	01:50.5	02:16.6	8.25	11.52	88
89	9.2		4.35	5.14		01:49.6	02:15.5		11.66	89
90		8.2	4.40	5.19	01:07.0	01:48.7	02:14.4	8.50	11.80	90
91	9.1		4.45	5.24	01:06.0	01:47.8	02:13.3	8.75	11.94	91
92		8.1	4.50	5.29		01:46.9	02:12.2	9.00	12.08	92
93	9.0		4.55	5.34	01:05.0	01:46.0	02:11.1	9.25	12.22	93
94		8.0	4.60	5.39	01:04.0	01:45.1	02:10.0	9.50	12.36	94
95	8.9		4.65	5.44		01:44.2	02:08.9	9.75	12.50	95
96		7.9	4.70	5.49	01:03.0	01:43.3	02:07.8	10.00	12.64	96
97	8.8		4.75	5.54	01:02.0	01:42.4	02:06.7	10.25	12.78	97
98		7.8	4.80	5.59		01:41.5	02:05.6	10.50	12.92	98
99	8.7		4.85	5.64	01:01.0	01:40.6	02:04.5	10.75	13.06	99
100		7.7	4.90	5.71		01:39.7	02:03.4	11.00	13.20	100

NB Points Scale continues beyond 100 for higher scores

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