



Quadrathlon

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



YOUNG ATHLETES QUADRATHLON POINTS SCORING TABLES

Points	75m	100m	600m	800m	Long Jump (U9/U11)	Long Jump (U13/U15)	Shot	Vortex	Points
	Seconds	Seconds	Minutes	Minutes	Metres	Metres	Metres	Metres	
1	25.0	26.0	05:00.00	05:00.00	00:00.0	00:00.0	00:00.0	0.50	1
2	19.0		04:03.10	04:05.40	00:00.0	00:00.0	00:00.0	4.50	2
3	18.2	19.0	04:01.00	04:03.90	55:12.0	00:00.0	00:00.0	4.68	3
4	17.9	18.1	03:59.00	04:02.40	12:00.0	00:00.0	00:00.0	4.86	4
5	17.7	17.7	03:56.90	04:00.90	40:48.0	50:24.0	12:00.0	5.04	5
6	17.6	17.6	03:54.90	03:59.40	09:36.0	48:00.0	09:36.0	5.22	6
7	17.5	17.5	03:52.80	03:57.90	38:24.0	45:36.0	36:00.0	5.40	7
8	17.4	17.4	03:50.80	03:56.40	07:12.0	43:12.0	02:24.0	5.58	8
9	17.3	17.3	03:48.80	03:54.90	36:00.0	40:48.0	28:48.0	5.76	9
10	17.2	17.2	03:46.70	03:53.40	04:48.0	38:24.0	55:12.0	5.94	10
11	17.1	17.1	03:44.60	03:51.90	33:36.0	36:00.0	21:36.0	6.12	11
12	17.0	17.0	03:42.60	03:50.40	02:24.0	33:36.0	48:00.0	6.30	12
13	16.9	16.9	03:40.50	03:48.90	31:12.0	31:12.0	14:24.0	6.48	13
14	16.8	16.8	03:38.50	03:47.40	00:00.0	28:48.0	40:48.0	6.66	14
15	16.7	16.7	03:36.40	03:45.90	28:48.0	26:24.0	07:12.0	6.84	15
16	16.6	16.6	03:34.40	03:44.40	57:36.0	24:00.0	33:36.0	7.02	16
17	16.5	16.5	03:32.20	03:42.90	26:24.0	21:36.0	00:00.0	7.20	17
18	16.4	16.4	03:30.20	03:41.40	55:12.0	19:12.0	52:48.0	7.38	18
19	16.3	16.3	03:28.20	03:39.90	24:00.0	16:48.0	45:36.0	7.56	19
20	16.2	16.2	03:26.20	03:38.40	52:48.0	14:24.0	38:24.0	7.74	20
21	16.1	16.1	03:24.10	03:36.90	21:36.0	12:00.0	31:12.0	7.92	21
22	16.0	16.0	03:22.10	03:35.60	50:24.0	09:36.0	24:00.0	8.10	22
23	15.9	15.9	03:20.00	03:34.30	19:12.0	07:12.0	16:48.0	8.28	23
24	15.8	15.8	03:18.00	03:33.00	48:00.0	04:48.0	09:36.0	8.46	24
25	15.7	15.7	03:15.90	03:31.70	16:48.0	02:24.0	02:24.0	8.64	25
26	15.6	15.6	03:13.90	03:30.40	45:36.0	00:00.0	55:12.0	8.82	26
27	15.5	15.5	03:11.80	03:29.10	14:24.0	57:36.0	48:00.0	9.00	27
28	15.4	15.4	03:09.80	03:27.80	43:12.0	55:12.0	40:48.0	9.18	28
29	15.3	15.3	03:07.70	03:26.50	12:00.0	52:48.0	33:36.0	9.36	29
30	15.2	15.2	03:05.70	03:25.20	40:48.0	50:24.0	26:24.0	9.54	30
31	15.1	15.1	03:03.60	03:23.90	09:36.0	48:00.0	19:12.0	9.72	31
32	15.0	15.0	03:01.60	03:22.60	38:24.0	45:36.0	12:00.0	9.90	32
33	14.9		02:59.50	03:21.30	07:12.0	43:12.0	38:24.0	10.08	33
34	14.8	14.9	02:57.50	03:20.00	36:00.0	40:48.0	04:48.0	10.26	34
35	14.7		02:55.40	03:18.70	04:48.0	38:24.0	31:12.0	10.44	35
36	14.6	14.8	02:53.40	03:17.40	33:36.0	36:00.0	57:36.0	10.62	36
37	14.5		02:51.40	03:16.10	02:24.0	33:36.0	24:00.0	10.80	37
38	14.4	14.7	02:49.30	03:14.80	31:12.0	31:12.0	50:24.0	10.98	38
39	14.3		02:47.20	03:13.50	00:00.0	28:48.0	16:48.0	11.16	39
40	14.2	14.6	02:45.20	03:12.20	28:48.0	26:24.0	43:12.0	11.34	40
41	14.1		02:43.10	03:10.90	57:36.0	24:00.0	09:36.0	11.52	41
42	14.0	14.5	02:41.10	03:09.60	26:24.0	21:36.0	36:00.0	11.70	42
43	13.9		02:39.00	03:08.30	55:12.0	19:12.0	02:24.0	11.88	43
44	13.8	14.4	02:37.00	03:07.00	24:00.0	16:48.0	28:48.0	12.06	44
45	13.7		02:34.90	03:05.70	52:48.0	14:24.0	55:12.0	12.24	45
46	13.6	14.3	02:32.90	03:04.40	21:36.0	12:00.0	21:36.0	12.42	46
47	13.5		02:30.80	03:03.10	50:24.0	09:36.0	48:00.0	12.60	47
48	13.4	14.2	02:28.80	03:01.80	19:12.0	07:12.0	14:24.0	12.78	48
49	13.3		02:26.80	03:00.50	48:00.0	04:48.0	40:48.0	12.96	49
50	13.2	14.1	02:24.70	02:59.30	31:12.0	02:24.0	36:00.0	13.24	50

Points	75m	100m	600m	800m	Long Jump (U9/U11)	Long Jump (U13/U15)	Shot	Vortex	Points
	Seconds	Seconds	Minutes	Minutes	Metres	Metres	Metres	Metres	
51	13.1		02:23.80	02:58.10	14:24.0	45:36.0	43:12.0	13.52	51
52	13.0	14.0	02:22.90	02:56.90	12:00.0	43:12.0	50:24.0	13.80	52
53	12.9		02:22.00	02:55.70	09:36.0	26:24.0	57:36.0	14.08	53
54	12.8	13.9	02:21.10	02:54.50	07:12.0	09:36.0	04:48.0	14.36	54
55	12.7		02:20.20	02:53.30	04:48.0	52:48.0	12:00.0	14.74	55
56	12.6	13.8	02:19.30	02:52.10	02:24.0	36:00.0	19:12.0	15.12	56
57	12.5		02:18.40	02:50.90	00:00.0	19:12.0	26:24.0	15.50	57
58	12.4	13.7	02:17.40	02:49.70	57:36.0	02:24.0	33:36.0	15.88	58
59	12.3		02:16.60	02:48.50	55:12.0	45:36.0	40:48.0	16.26	59
60	12.2	13.6	02:15.70	02:47.40	52:48.0	28:48.0	48:00.0	16.74	60
61	12.1		02:14.80	02:46.30	50:24.0	12:00.0	55:12.0	17.22	61
62	12.0	13.5	02:13.90	02:45.20	48:00.0	55:12.0	02:24.0	17.70	62
63	11.9		02:13.00	02:44.10	45:36.0	38:24.0	09:36.0	18.18	63
64	11.8	13.4	02:12.10	02:43.00	43:12.0	21:36.0	16:48.0	18.66	64
65	11.7		02:11.20	02:41.90	40:48.0	04:48.0	24:00.0	19.24	65
66	11.6	13.3	02:10.30	02:40.80	38:24.0	48:00.0	31:12.0	19.82	66
67	11.5		02:09.40	02:39.70	36:00.0	31:12.0	38:24.0	20.40	67
68	11.4	13.2	02:08.50	02:38.60	33:36.0	14:24.0	45:36.0	20.98	68
69	11.3		02:07.60	02:37.50	31:12.0	57:36.0	52:48.0	21.56	69
70	11.2	13.1	02:06.70	02:36.50	28:48.0	40:48.0	00:00.0	22.24	70
71	11.1		02:05.80	02:35.30	26:24.0	24:00.0	21:36.0	22.92	71
72	11.0	13.0	02:04.90	02:34.20	24:00.0	07:12.0	43:12.0	23.60	72
73	10.9		02:04.00	02:33.10	21:36.0	50:24.0	04:48.0	24.28	73
74	10.8	12.9	02:03.10	02:32.00	19:12.0	33:36.0	26:24.0	24.96	74
75	10.7		02:02.20	02:30.90	16:48.0	16:48.0	48:00.0	25.74	75
76	10.6	12.8	02:01.30	02:29.80	14:24.0	00:00.0	09:36.0	26.52	76
77	10.5		02:00.40	02:28.70	12:00.0	43:12.0	31:12.0	27.30	77
78	10.4	12.7	01:59.50	02:27.60	09:36.0	26:24.0	52:48.0	28.08	78
79	10.3		01:58.60	02:26.50	07:12.0	09:36.0	14:24.0	28.86	79
80	10.2	12.6	01:57.70	02:25.40	04:48.0	52:48.0	36:00.0	29.74	80
81	10.1		01:56.80	02:24.30	02:24.0	36:00.0	57:36.0	30.62	81
82	10.0	12.5	01:55.90	02:23.20	00:00.0	19:12.0	19:12.0	31.50	82
83	9.9		01:55.00	02:22.10	12:00.0	02:24.0	40:48.0	32.38	83
84	9.8	12.4	01:54.10	02:21.00	24:00.0	45:36.0	02:24.0	33.26	84
85	9.7		01:53.20	02:19.90	36:00.0	28:48.0	24:00.0	34.14	85
86	9.6	12.3	01:52.30	02:18.80	48:00.0	12:00.0	45:36.0	35.02	86
87	9.5		01:51.40	02:17.70	00:00.0	55:12.0	07:12.0	35.90	87
88	9.4	12.2	01:50.50	02:16.60	12:00.0	38:24.0	28:48.0	36.78	88
89	9.3		01:49.60	02:15.50	24:00.0	21:36.0	50:24.0	37.66	89
90	9.2	12.1	01:48.70	02:14.40	36:00.0	33:36.0	12:00.0	38.54	90
91	9.1	9.4	01:47.80	02:13.30	48:00.0	45:36.0	33:36.0	39.42	91
92	9.0	12.0	01:46.90	02:12.20	00:00.0	57:36.0	55:12.0	40.60	92
93	9.3		01:46.00	02:11.10	12:00.0	09:36.0	16:48.0	41.58	93
94	9.2	11.9	01:45.10	02:10.00	24:00.0	21:36.0	38:24.0	42.56	94
95	9.1		01:44.20	02:08.90	36:00.0	33:36.0	00:00.0	43.54	95
96	9.0	11.8	01:43.30	02:07.80	48:00.0	45:36.0	21:36.0	44.52	96
97	9.1		01:42.40	02:06.70	00:00.0	57:36.0	43:12.0	45.50	97
98	9.0	11.7	01:41.50	02:05.60	12:00.0	09:36.0	04:48.0	46.48	98
99	9.0		01:40.60	02:04.50	24:00.0	21:36.0	26:24.0	47.46	99
100	9.0	11.6	01:39.70	02:03.40	36:00.0	02:24.0	48:00.0	48.44	100

NB Points Scale continues beyond 100 for higher scores

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