

Distance	Average Pace				Boys Times (400/400h)		Girls Times (400/400h)				
<b>100m</b>	11.6s - 12.0s	12.3s - 12.6s	13.0s - 13.3s	13.6s - 14.0s	46s - 47s 48h -49h	48s - 49s 50h -51h	52s - 53s 54h -55h	54s - 55s 56h -57h			
<b>150m</b>	17.4s - 18s	18.4s - 18.9s	19.5s - 19.9s	20.4s - 21.0s	46s - 47s 48h -49h	48s - 49s 50h -51h	52s - 53s 54h -55h	54s - 55s 56h -57h			
<b>200m</b>	23.2s - 24s	24.6s - 25.2s	26s - 26.6s	27.2s - 28s	46s - 47s 48h -49h	48s - 49s 50h -51h	52s - 53s 54h -55h	54s - 55s 56h -57h			
<b>250m</b>	29s - 30s	30.7s - 31.5s	32.5s - 33.2s	34s - 35s	46s - 47s 48h -49h	48s - 49s 50h -51h	52s - 53s 54h -55h	54s - 55s 56h -57h			
<b>300m</b>	35s - 36s	37s - 38s	39s - 40s	41s - 42s	46s - 47s 48h -49h	48s - 49s 50h -51h	52s - 53s 54h -55h	54s - 55s 56h -57h			
<b>Additional Paces:</b>											
110m @ 12s = 46s/48h Pace											
120m @ 13s = 46s/48h Pace											
140m @ 16s = 46s/48h Pace											
160m @ 19s = 46s/48h Pace											
180m @ 22s = 46s/48h Pace											
<b>Note:</b> To estimate 'PR' of 100m - 300m, suntract '2sec' from 'Average Pace'											
<b>Legend</b>											
m = Meters , s = Seconds, h = Hurdles, PR = Personal Record/Best											