



Athletics

Sport Rules

Special Olympics



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1. GOVERNING RULES

The Official Special Olympics Sports Rules for Athletics shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based World Athletics rules for athletics found at <http://www.worldathletics.org/>. World Athletics or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Athletics or Article I. In such cases, the Official Special Olympics Sports Rules for Athletics shall apply.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

An athlete with Down syndrome who has been diagnosed with Atlanto-axial instability may not participate in the pentathlon and high jump events.

2. OFFICIAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

The following is a list of official events available in Special Olympics.

2.1 Track Events

- 2.1.1 25 Meters
- 2.1.2 50 Meters
- 2.1.3 100 Meters
- 2.1.4 200 Meters
- 2.1.5 400 Meters
- 2.1.6 800 Meters
- 2.1.7 1500 Meters
- 2.1.8 3000 Meters
- 2.1.9 5000 Meters
- 2.1.10 10,000 Meters

2.2 Hurdle events

- 2.2.1 Men 110 Meters
- 2.2.2 Women 100 Meters
- 2.2.3 4 x 100 Meter Relay
- 2.2.4 4 x 200 Meter Relay
- 2.2.5 4 x 400 Meter Relay
- 2.2.6 4 x 100 Meter Unified Sports® Relay
- 2.2.7 4 x 200 Meter Unified Sports® Relay
- 2.2.8 4 x 400 Meter Unified Sports® Relay

2.3 Field Events

- 2.3.1 Long Jump
- 2.3.2 Standing Long Jump
- 2.3.3 High Jump
- 2.3.4 Softball Throw
- 2.3.5 Tennis Ball Throw



- 2.3.6 Shot Put
 - 2.3.6.1 Male: 4.0 kg/ 8.8 lbs.
 - 2.3.6.2 Female: 3.0 kg/ 6.6 lbs.
 - 2.3.6.3 Male (8–11 years): 3.0 kg/ 6.6 lbs.
 - 2.3.6.4 Female (8–11 years): 2kg/ 4.4 lbs.
- 2.3.7 Mini-Javelin
 - 2.3.7.1 Male: 400g
 - 2.3.7.2 Female: 300g
 - 2.3.7.3 Male and Female (8–15 years): 300g Combined Events
- 2.3.8 Pentathlon (100 Meters, Long Jump, Shot Put, High Jump, 800 Meters)
- 2.4 Race Walking Events
 - 2.4.1 25 Meter Walk
 - 2.4.2 50 Meter Walk
 - 2.4.3 100 Meter Walk
 - 2.4.4 400 Meter Walk
 - 2.4.5 800 Meter Walk
 - 2.4.6 1500 Meter Walk
- 2.5 Assisted Walk Events
 - 2.5.1 10 Meter Assisted Walk
 - 2.5.2 25 Meter Assisted Walk
 - 2.5.3 50 Meter Assisted Walk
- 2.6 Wheelchair Events
 - 2.6.1 10 Meter Wheelchair Race
 - 2.6.2 25 Meter Wheelchair Race
 - 2.6.3 30 Meter Wheelchair Slalom
 - 2.6.4 4 x 25 Meter Wheelchair Shuttle Relay
 - 2.6.5 30 Meter Motorized Wheelchair Slalom
 - 2.6.6 50 Meter Motorized Wheelchair Slalom
 - 2.6.7 25 Meter Motorized Wheelchair Obstacle Race
 - 2.6.8 100 Meter Wheelchair Race
 - 2.6.9 200 Meter Wheelchair Race
 - 2.6.10 400 Meter Wheelchair Race
 - 2.6.11 Wheelchair Shot Put
 - 2.6.11.1 Men 2 kg/ 4.4 lbs.
 - 2.6.11.2 Women 2 kg / 4.4 lbs.
- 2.7 Road Races
 - 2.7.1 Half-Marathon
 - 2.7.2 Marathon
- 2.8 Team Competition
 - 2.8.1 Unified Sports Team Athletics

3. RULES AND MODIFICATIONS

- 3.1 General Rules and Modifications for Track Events
 - 3.1.1 Use of Blocks and Starting Race



- 3.1.1.1 In running events: 100 Meter, 200 Meter, 400 Meter, 100 Meter Hurdles, 110 Meter Hurdles, 4x100 Meter Relay, the athletes have the option of using or not using blocks.
- 3.1.2 Starting Race/Commands
 - 3.1.2.1 In these events the commands of the starter shall be "on your marks", "set", and when all competitors are steady, the gun shall be fired.
 - 3.1.2.2 In all other running events, all walking events and all wheelchair races the commands shall be "on your marks" and when all the competitors are steady, the gun shall be fired. A competitor shall not touch the ground with his/her hand(s).
 - 3.1.2.3 The starter may give the commands in English or his/her own language. The language to be used will be communicated to all participants prior to the competition. For the Special Olympics World Summer Games, the commands of the starter shall be given in English.
- 3.1.3 Starting races longer than 400 meters
 - 3.1.3.1 800 meters distance: Runner will run in the lanes through the first turn as far as the nearer edge of the breakline where athletes may leave their respective lanes.
 - 3.1.3.2 1500 meters and greater distances: A waterfall start shall be used.
- 3.1.4 Starting Relays
 - 3.1.4.1 4 x 400 Meters: A three-turn stagger will be used for the start. The first leg will be run entirely in lanes. The second leg runner will start in his/her lane and will run in their lanes through the first turn as far as the edge of the breakline where athletes may leave their respective lanes. In the 4 x 400 meters relay where not more than four teams are competing, it is recommended that only the first bend of the first lap should be run in lanes. In a given competition, however, all races of 4 x 400 meters relay shall be run only in one of the above mentioned formats.
- 3.1.5 The starter shall give each competitor a chance to give his/her best effort by:
 - 3.1.5.1 Giving the competitors ample time to settle down after taking their marks;
 - 3.1.5.2 Starting the sequence over if any runner is off-balance; and
 - 3.1.5.3 Not holding the runners too long after the set command.
- 3.1.6 False Starts
 - 3.1.6.1 Only one false start per race shall be allowed without the disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts in the race shall be disqualified.
- 3.1.7 Lane Violations
 - 3.1.7.1 In all races run in lanes, each competitor shall keep within his/her allocated lane from start to finish.
 - 3.1.7.2 If a competitor is pushed or forced by another person to run outside his/her lane, and if no material advantage is gained, the competitor should not be disqualified.
 - 3.1.7.3 If an athlete either runs outside his/her lane in the straight or runs outside the outer lane on the bend, with no material advantage thereby being gained, and if no other runner is obstructed, then the competitor shall not be disqualified.
- 3.1.8 Race Walking
 - 3.1.8.1 Athletes are not allowed to enter walking events and running events. They must select one method of movement for all their track events.
 - 3.1.8.2 Athlete must have one foot in touch with the ground at all times.
 - 3.1.8.3 In all race walking events, an athlete does not have to have a straight advancing leg while competing.
 - 3.1.8.4 In race walking events, up to and including the 400 meters, the competitor shall be disqualified with no prior warning when, in the opinion of two or more officials, a technical violation has been committed that results in an advantage being gained.
- 3.1.9 Hurdle Events



- 3.1.9.1 The height for the 100 meter hurdles shall be 0.762 meters, with the distance to the first hurdle from the starting line being 13.00 meters, the distance between hurdles being 8.50 meters and the distance from the last hurdle to the finish line being 10.50 meters.
 - 3.1.9.2 The height for the 110 meter hurdles shall be 0.840 meters, with the distance to the first hurdle from the starting line being 13.72 meters, the distance between hurdles being 9.14 meters, and the distance from the last hurdle to the finish line being 14.02 meters.
 - 3.1.10 Use of Wind Gauge
 - 3.1.10.1 For all competitions, the use of the wind gauge and the recording of wind readings are not required.
- 3.2 General Rules for Field Events
 - 3.2.1 Time Requirements to Initiate an Attempt and Measurements
 - 3.2.1.1 In the long jump, standing long jump and throwing events (shot put, softball throw, mini-javelin and tennis ball throw) each athlete shall be allowed three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring. Athletes' second best, and then third best, attempts shall be used to break ties. All measurements shall be made in metric units.
 - 3.2.1.2 For individual field event competitions Long Jump, Standing Long Jump, and throws) and combined events, a competitor shall be charged with a foul if the competitor does not initiate and attempt within one minute after the competitor's name has been called, in addition to a visual indication made by the event judge. For the High Jump, where there are three or more athletes remaining in the competition the time shall be one minute. Where there are two or three athletes remaining in the competition the time shall be one and a half minutes. Where there is one remaining athlete in the competition the time shall be two minutes.
 - 3.2.2 Use of Wind Gauge
 - 3.2.2.1 For all competitions the use of the wind gauge and the recording of wind readings are not required.
 - 3.2.3 Long Jump
 - 3.2.3.1 In the long jump, an athlete must be able to jump at least 1 meter, which is the maximum distance between the takeoff board and the sandpit. The takeoff board may be set anywhere from the front edge of the sandpit up to 1 meter in front of it.
 - 3.2.3.2 All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete's body or clothing.
 - 3.2.3.3 Prior to competition, an athlete may receive assistance from an official to mark their runway starting point.
 - 3.2.4 Standing Long Jump
 - 3.2.4.1 Competitors shall start with both feet behind a designated foul line. The takeoff board shall be the same as that specified for the long jump takeoff board. The athlete may initiate their attempt on the takeoff board.
 - 3.2.4.2 The athlete shall initiate all attempts from behind the designated foul line.
 - 3.2.4.3 A competitor shall use both feet on the take-off. He/she may rock backward and forward lifting his/her heels and toes alternately, but he/she may not lift either foot completely off the ground.
 - 3.2.4.4 All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete's body or clothing.
 - 3.2.4.5 When possible, it is strongly suggested that the standing long jump event be conducted in sand-filled jumping pits. The foul line shall be placed at the end of the running long jump runway. If a mat is used, it should be long enough to include both take-off and landing areas, and the mat must be secured safely to the surface to prevent slipping.

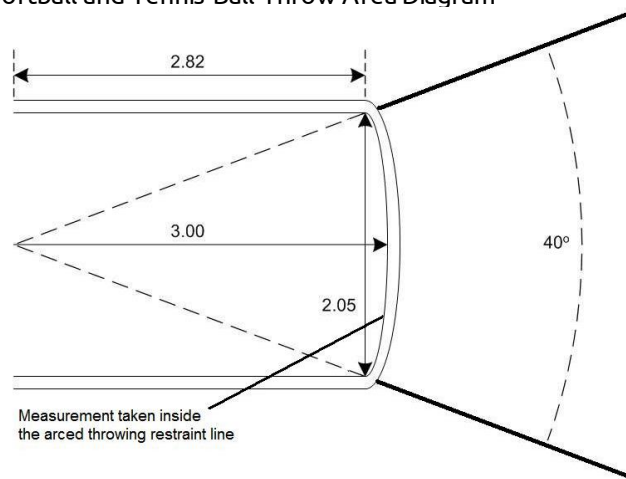


- 3.2.5 High Jump
 - 3.2.5.1 The competitor shall take off from one foot.
 - 3.2.5.2 The minimum opening height for all high jump competitions shall be 1.00 meter.
 - 3.2.5.3 Competitors shall not dive forward over the bar or take off from a two-footed take-off.
 - 3.2.5.4 An athlete with Down syndrome, who has been diagnosed with Atlanto-axial instability or an athlete who has not been screened, may not participate in the pentathlon or the high jump. For additional information and the procedure for waiver of this restriction, please refer to Article I, Addendum F.
 - 3.2.5.5 When there is a tie in the high jump event after the count back of failures, the athletes tying shall be awarded the same place in the competition – there is no jump-off to break the tie.
 - 3.2.5.6 In jumping events, prior to competition, athletes may have assistance from an official to mark their take-off mark.
 - 3.2.5.7 A competitor shall be charged with a foul if the competitor does not initiate and attempt within 1 minute after the competitor's name has been called, in addition to a visual indication made by the event judge. For the High Jump, where there are three or more athletes remaining in the competition the time shall be one minute. Where there are two or three athletes remaining in the competition the time shall be one and a half minutes. Where there is one remaining athlete in the competition the time shall be two minutes.
- 3.2.6 Shot Put
 - 3.2.6.1 The shot may be steel, brass, or a synthetic-covered implement.
 - 3.2.6.2 It is acceptable to include wheelchair athlete in the regular divisions of the shot put, but the weight of shot must be the same for all competitors.
 - 3.2.6.3 A legal put shall be made from within the circle. In the course of an attempt, the athlete, or his/her wheelchair, may not touch the top edge of the stop-board, the top of the iron ring or any surface outside of the circle. It is legal to touch the inside of the stop-board or the iron band.
 - 3.2.6.4 The use of any mechanical aid shall not be allowed. For protective purposes only the wrist may be taped.
 - 3.2.6.5 The shot shall be put from the shoulder with one hand only. When the competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.
 - 3.2.6.6 The put shall be declared foul and shall not be measured if, after entering the circle and starting the put, the competitor commits any of the following:
 - 3.2.6.6.1 Uses any method contrary to the definition of legal put (as defined in Section B.2.3.5); or
 - 3.2.6.6.2 Causes the shot to fall on or outside the lines marking the landing sector.
- 3.2.7 Softball Throw and Tennis Ball Throw
 - 3.2.7.1 The Implement
 - 3.2.7.1.1 Softball Throw: 30 centimeters (11 3/4 in) in circumference softball shall be used.
 - 3.2.7.1.2 Ball Throw: a tennis ball shall be used.
 - 3.2.7.2 Competitors may use any type of throw.
 - 3.2.7.3 The throwing area should be set up as follows:
 - 3.2.7.3.1 The runway shall be marked by two parallel white lines 5 centimeters wide and 2.05 meters apart (2.82 meters in length). The throw shall be made from behind the arc of a circle drawn with a radius of 3.00 meters. The landing sector shall be marked with white lines five centimeters wide such that the



inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the center of the circle of which the arc is part. The center of the circle is the point for the measurement and shall be marked. The sector is 40°.

3.2.7.4 Softball and Tennis Ball Throw Area Diagram



3.2.7.5 The measurement of each throw shall be made from where the ball first touched the ground to the inside edge of the arc.

3.2.7.6 It is counted as a foul if the competitor:

3.2.7.6.1 Does not throw the softball/tennis ball so that it initially lands completely within the inner edges of the landing sector lines.

3.2.7.6.2 Where the competitor touches with any part of the body the arc as marked, or any ground beyond the arc or throw ing box.

3.2.8 Mini-Javelin

3.2.8.1 The shaft, grip and fins shall be made out of plastic or suitable rigid material.

3.2.8.2 The tip shall be made of soft rubber with a blunt, rounded end.

3.2.8.3 The mini-javelin may have three or four fins. The fins shall be flat (without protrusions or roughness) and shall be perpendicular to the surface of the mini-javelin.

3.2.8.4 The minimum weights shall be 300g for Male and Female (8–15 years), 300 grams for Female and 400 grams for Male.

3.2.8.5 Mini-Javelin 300 gram and 400 gram Specification Table (all dimensions in millimeters)

Dimension	Min	Max
Overall length	685	705
Length of head	84	94
Diameter of tip at thickest point	37	43
Distance from tip to centre of gravity	365	380
Diameter of shaft forward of grip	30	38
Diameter of shaft behind the grip	24	30
Diameter of shaft at the grip	34	40
Width of grip	99	109
Distance from front of grip to tip of tail	322	332

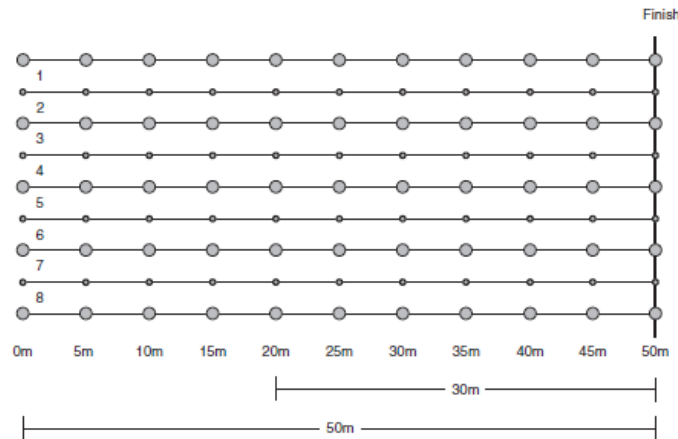


Length of fin	162	168
Diameter of fin (peak to peak opposing fins)	95	105
No of fins	3	4

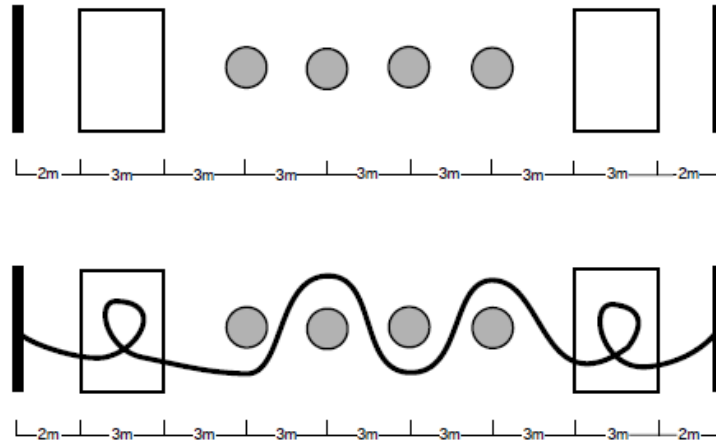
- 3.2.8.6 The mini-javelin must be held by the grip with one hand only.
- 3.2.8.7 The mini-javelin shall be thrown over the shoulder or upper part of the throwing arm and may not be slung or hurled.
- 3.2.8.8 At no time may the competitor turn completely around so that his/her back is towards the throwing area.
- 3.2.8.9 The measurement of each throw shall be made from where the tip first struck the ground to the inside edge of the arc.
- 3.2.8.10 The mini-javelin runway and landing sector shall be those as described in IAAF Rules: Chapter 5, Section IV Field Events, Rule 187, 9, 10, 11 and 12.
- 3.2.8.11 It is counted as a foul if the competitor:
- 3.2.8.11.1 Does not use the proper throwing technique.
 - 3.2.8.11.2 Does not throw the mini-javelin so that the point (tip) lands before any other part of the implement.
 - 3.2.8.11.3 Does not throw the mini-javelin so that the point (tip) falls completely within the inner edges of the sector lines.
 - 3.2.8.11.4 Where the competitor touches with any part of the body the arc as marked, or any ground beyond the arc or throwing box.
- 3.3 General Rules for Combined Events
- 3.3.1 Pentathlon
- 3.3.1.1 The five events comprising the pentathlon shall be conducted in the following order: 100 meter run, long jump, shot put, high jump and 800-meter run.
 - 3.3.1.2 The Special Olympics Pentathlon Scoring Tables may be found at the end of this section. If achieved time or distance is not given in the table, the score for the nearest lesser performance should be read.
 - 3.3.1.3 The pentathlon shall be conducted on a one-day or a two consecutive day format. In the two-day format events one, two and three are on the first day, and events four and five on the second day.
- 3.4 General Rules for Wheelchair Events
- 3.4.1 Athletes entering wheelchair events may also enter other events in athletics competition.
- 3.4.2 Wheelchair Shot Put
- 3.4.2.1 It is acceptable to include wheelchair athlete in the regular divisions of the shot put, but the weight of shot must be the same for all competitors.
 - 3.4.2.2 Refer to Section 3.2.6.
- 3.4.3 Main Principles for Wheelchair Races
- 3.4.3.1 Athletes shall start with all wheels behind the start line.
 - 3.4.3.2 Athlete is timed from the smoke of the starter's gun to when all front wheels (two or one) of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.
 - 3.4.3.3 Motorized wheelchairs shall not be allowed in regular wheelchair races.
 - 3.4.3.4 Only athletes who ambulate by use of a wheelchair may participate in the events.
 - 3.4.3.5 Athletes shall not be pushed, pulled or otherwise assisted during these events.
 - 3.4.3.6 The lanes for the wheelchair events shall be made two track-lanes wide.
- 3.4.4 10 Meter / 25 Meter Wheelchair Races



- 3.4.4.1 Each competitor must keep in his/her lane from start to finish and may not interfere, obstruct or impede the progress of another competitor. Infractions, at the discretion of the judges, may result in disqualification.
 - 3.4.5 30 Meter Wheelchair Slalom
 - 3.4.5.1 Beginning at the start line, place one cone in each lane at five meter intervals. Cones should be placed in the middle of the lanes (see diagram 3.5.2.4).
 - 3.4.5.2 Athlete maneuvers his/her chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course.
 - 3.4.5.3 Knocking down a marker constitutes a violation, and a three-second penalty will be assessed.
 - 3.4.6 4 x 25 Meter Wheelchair Shuttle Relay
 - 3.4.6.1 Four persons shall make up a team. Each competitor will complete 25 meters of the relay.
 - 3.4.6.2 The second, third and fourth competitors of a team may not leave the start line until the leading wheel(s) on the wheelchair of the teammate who precedes him/her crosses a takeoff line 1 meter in front and parallel to the starting line.
- 3.5 General Rules for Motorized Wheelchair Events
 - 3.5.1 Main Principles
 - 3.5.1.1 These events are restricted to motorized wheelchairs only.
 - 3.5.1.2 The first two wheels on each competitor's wheelchair will be regarded as the starting and finishing points of all races.
 - 3.5.1.3 If a competitor varies from a sequence of obstacles, he/she must, without notice from any official, resume progress at the point prior to the incorrectly passed obstacle before entering the next obstacle and complete the course in its entirety, or be disqualified. In essence, failure to complete the course as designed will result in disqualification.
 - 3.5.1.4 A competitor will be disqualified if that individual's coach (or assistants) enters the course boundaries during the running of the obstacle course. Coaches may instruct from outside the marked boundaries of the course. Judges and officials will not give directional cues.
 - 3.5.1.5 When submitting entry times for motorized wheelchair events, the entry form should state whether the time was achieved with a "high-speed" or a "low-speed" setting.
 - 3.5.1.6 Athlete is timed from the smoke of the starter's gun to when the front wheels of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.
 - 3.5.2 Motorized Wheelchair Slalom
 - 3.5.2.1 Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for wheelchairs.
 - 3.5.2.2 Place the cones on the start and finish lines 2.44 meters apart (two track-lanes width) to create four start and four finish gates and four lanes.
 - 3.5.2.3 Beginning at the start line, place one traffic cone (slalom flagpoles minimum of 1.22 meter) in each lane at 5-meter intervals. Cones should be placed in the middle of the lanes.
 - 3.5.2.4 Diagram: 30 and 50 Meter Motorized Wheelchair Slalom



- 3.5.2.5 Athlete maneuvers his/her chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course. Knocking down a cone constitutes a violation, and a three-second penalty will be assessed.
- 3.5.2.6 No penalty will be incurred as a result of touching/ moving a cone.
- 3.5.3 25 Meter Motorized Wheelchair Obstacle Course
- 3.5.3.1 Mark one box two meters from the start line and one box two meters from the finish line. Each box should be meters meters by three meters.
- 3.5.3.2 Place four cones between the boxes, each three meters apart.
- 3.5.3.3 Rules:
- 3.5.3.3.1 Athlete starts facing the course.
- 3.5.3.3.2 The athlete completes a 360 degree circle between the starting line and the first cone. Upon completion, the athlete weaves in and out of four cones set three meters apart, then completes a second 360 degree circle between the fourth cone and the finish line.
- 3.5.3.3.3 The box (3 meters x 3 meters) is used only as an indicator for the athlete to complete the 360-degree circle. No points and/or time shall be deducted for touching or going over the lines. The box can be outlined with tape.
- 3.5.3.3.4 Knocking down a marker constitutes a violation, and a three-second penalty will be assessed. Competitors who do not make an obvious attempt to go between each pair of
- 3.5.3.3.5 markers are subject to disqualification at the discretion of the referee.
- 3.5.3.3.6 No more than three athletes, on a track at one time, per race.



3.6 General Rules for Assisted Walk

3.6.1 Athletes must provide their own assisted devices. Assisted devices may consist of canes, crutches or walker.

3.6.2 Set-Up:

3.6.2.1 Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for assistive devices.

3.6.2.2 Place cones on the start and finish lines, 2.44 meters apart (two track-lanes width) to create four start and four finish gates and four lanes.

3.6.2.2.1 Beginning at the start line, place one cone on each lane line at five meter intervals. Cones should be placed in the middle of the lane line.

3.6.3 Rules:

3.6.3.1 Athlete starts behind the start line with a walking aid.

3.6.3.2 Athlete walks using a walking aid.

3.6.3.3 Athlete stays in his/her designated lane.

3.6.3.4 Athlete may not receive physical assistance from coaches, officials, etc.

3.6.3.5 Athlete is timed from the smoke of the starter's gun to when his/her torso reaches the perpendicular plane of the nearer edge of the finish line.

3.7 General Rules for Blind and Deaf Athletes

3.7.1 A rope or sighted guide runner may be provided to assist athletes who are visually impaired.

3.7.2 A sighted guide runner may not be ahead of the athlete in any manner. At no time may the guide runner pull the athlete or propel the athlete forward by pushing.

3.7.3 A tap start will be used for an athlete who is both deaf and blind.

3.7.4 Guide runners must wear a bright orange running vest so that they are clearly distinguished from competitors. These vests will be provided by the Games Organizing Committee.

3.8 General Rules for Unified Sports® Relays

3.8.1 Each Unified Sports relay team shall consist of two athletes and two partners.

3.8.2 Runners on a relay team may be assigned to run in any order.

3.9 General Rules for Unified Sports Team Athletics

3.9.1 Special Olympics Unified Team Athletics program rules are governed by ruling body International Association of Athletics Federation (IAAF) and Special Olympics Athletics Rules. Unified Sports Team Athletics provides team competition opportunities among schools, agencies, clubs, or groups. A Unified Sports Team Athletics competition is a separate event in which only Unified teams compete



against each other. This event may be held as its own Unified Sports Athletics competition or may be held within a Special Olympics athletics competition.

3.9.2 Roster Size and Coaches

3.9.2.1 Team Roster Size: A team roster consists of no more than 20 participants. The roster shall contain an equal number of athletes and partners.

3.9.2.2 Each team shall have an adult non-playing coach responsible for the lineup and conduct of the team during competition.

3.9.3 Official Events and Entry Requirements

3.9.3.1 Following are the recommended events which may be offered at Unified Team Athletics competitions:

3.9.3.2 Track Events:

3.9.3.2.1 100 Meters

3.9.3.2.2 200 Meters

3.9.3.2.3 400 Meters

3.9.3.2.4 800 Meters

3.9.3.2.5 1500 Meters

3.9.3.3 Field Events

3.9.3.3.1 Shot Put

3.9.3.3.2 Running Long Jump

3.9.3.3.3 Mini-Javelin

3.9.3.4 Relay Events

3.9.3.4.1 4 x 100 Meter Relay

3.9.3.4.2 4 x 400 Meter Relay

3.9.3.5 Each participant on a team may be entered into a maximum of three events including relays.

3.9.3.6 Teams are not required to enter participants in all events.

3.9.3.7 For relay events, teams must consist of two Special Olympics athletes and two Unified partners. Coaches can place their runners in any order.

3.9.4 Divisioning

3.9.4.1 All Special Olympics athletes and Unified partners on Unified Sports Athletics teams compete against each other in their competitive divisions. These divisions consist of athletes and partners who are of similar ability levels. This is determined by qualifying times in track events or distances in field events.

3.9.5 Team Scoring

3.9.5.1 Participants score points for their Unified Athletics team based upon their final place of finish in every event competition division. 1st place scores 5 points, 2nd place scores 3 points, 3rd place scores 1 point.

3.9.5.2 This is a team competition. The place of finish is determined by adding together the points earned by all of the participants on the team for its final score. The team with the most amount of points finishes in first place.



3.10

Pentathlon First Event — 100 Meter Race (Score recorded in seconds. hundredths)

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
10.24	1200	10.69	1077	11.14	964	11.59	859	12.04	765
10.25	1197	10.70	1074	11.15	961	11.60	857	12.05	763
10.26	1194	10.71	1072	11.16	959	11.61	855	12.06	761
10.27	1191	10.72	1069	11.17	956	11.62	853	12.07	759
10.28	1188	10.73	1067	11.18	954	11.63	851	12.08	757
10.29	1186	10.74	1064	11.19	952	11.64	848	12.09	755
10.30	1183	10.75	1061	11.20	949	11.65	846	12.10	753
10.31	1180	10.76	1059	11.21	947	11.66	844	12.11	751
10.32	1177	10.77	1056	11.22	944	11.67	842	12.12	749
10.33	1174	10.78	1054	11.23	942	11.68	840	12.13	747
10.34	1172	10.79	1051	11.24	940	11.69	838	12.14	745
10.35	1169	10.80	1048	11.25	937	11.70	835	12.15	743
10.36	1166	10.81	1046	11.26	935	11.71	833	12.16	741
10.37	1163	10.82	1043	11.27	933	11.72	831	12.17	739
10.38	1160	10.83	1041	11.28	930	11.73	829	12.18	737
10.39	1158	10.84	1038	11.29	928	11.74	827	12.19	735
10.40	1155	10.85	1036	11.30	926	11.75	825	12.20	733
10.41	1152	10.86	1033	11.31	923	11.76	823	12.21	731
10.42	1149	10.87	1031	11.32	921	11.77	820	12.22	729
10.43	1147	10.88	1028	11.33	919	11.78	818	12.23	727
10.44	1144	10.89	1025	11.34	916	11.79	816	12.24	725
10.45	1141	10.90	1023	11.35	914	11.80	814	12.25	724
10.46	1138	10.91	1020	11.36	912	11.81	812	12.26	722
10.47	1136	10.92	1018	11.37	909	11.82	810	12.27	720
10.48	1133	10.93	1015	11.38	907	11.83	808	12.28	718
10.49	1130	10.94	1013	11.39	905	11.84	806	12.29	716
10.50	1128	10.95	1010	11.40	902	11.85	804	12.30	714
10.51	1125	10.96	1008	11.41	900	11.86	801	12.31	712
10.52	1122	10.97	1005	11.42	898	11.87	799	12.32	710
10.53	1120	10.98	1003	11.43	895	11.88	797	12.33	708
10.54	1117	10.99	1000	11.44	893	11.89	795	12.34	707
10.55	1114	11.00	998	11.45	891	11.90	793	12.35	705
10.56	1111	11.01	995	11.46	889	11.91	791	12.36	703
10.57	1109	11.02	993	11.47	886	11.92	789	12.37	701
10.58	1106	11.03	990	11.48	884	11.93	787	12.38	699
10.59	1103	11.04	988	11.49	882	11.94	785	12.39	697
10.60	1101	11.05	986	11.50	880	11.95	783	12.40	695
10.61	1098	11.06	983	11.51	877	11.96	781	12.41	694
10.62	1095	11.07	981	11.52	875	11.97	779	12.42	692
10.63	1093	11.08	978	11.53	873	11.98	777	12.43	690
10.64	1090	11.09	976	11.54	871	11.99	775	12.44	688
10.65	1087	11.10	973	11.55	868	12.00	773	12.45	686
10.66	1085	11.11	971	11.56	866	12.01	771	12.46	684
10.67	1082	11.12	968	11.57	864	12.02	769	12.47	683
10.68	1080	11.13	966	11.58	862	12.03	767	12.48	681

**Pentathlon First Event — 100 Meter Race (Score recorded in seconds. hundredths)**

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
12.49	679	12.94	603	13.39	536	13.84	478	14.73	431
12.50	677	12.95	601	13.40	534	13.85	477	14.75	430
12.51	675	12.96	600	13.41	533	13.86	475	14.78	429
12.52	674	12.97	598	13.42	532	13.87	474	14.80	428
12.53	672	12.98	596	13.43	530	13.88	473	14.83	427
12.54	670	12.99	595	13.44	529	13.89	472	14.85	426
12.55	668	13.00	593	13.45	527	13.90	471	14.88	425
12.56	667	13.01	592	13.46	526	13.91	470	14.91	424
12.57	665	13.02	590	13.47	525	13.92	469	14.93	423
12.58	663	13.03	589	13.48	523	13.93	467	14.96	422
12.59	661	13.04	587	13.49	522	13.94	466	14.98	421
12.60	660	13.05	585	13.50	521	13.95	465	15.01	420
12.61	658	13.06	584	13.51	519	13.96	464	15.04	419
12.62	656	13.07	582	13.52	518	13.97	463	15.06	418
12.63	654	13.08	581	13.53	517	13.98	462	15.09	417
12.64	653	13.09	579	13.54	515	13.99	461	15.11	416
12.65	651	13.10	578	13.55	514	14.00	460	15.14	415
12.66	649	13.11	576	13.56	513	14.02	459	15.17	414
12.67	647	13.12	575	13.57	511	14.04	458	15.19	413
12.68	646	13.13	573	13.58	510	14.07	457	15.22	412
12.69	644	13.14	572	13.59	509	14.09	456	15.25	411
12.70	642	13.15	570	13.60	508	14.12	455	15.27	410
12.71	641	13.16	569	13.61	506	14.14	454	15.30	409
12.72	639	13.17	567	13.62	505	14.17	453	15.32	408
12.73	637	13.18	566	13.63	504	14.19	452	15.35	407
12.74	635	13.19	564	13.64	502	14.22	451	15.38	406
12.75	634	13.20	563	13.65	501	14.24	450	15.40	405
12.76	632	13.21	561	13.66	500	14.27	449	15.43	404
12.77	630	13.22	560	13.67	499	14.29	448	15.46	403
12.78	629	13.23	558	13.68	497	14.32	447	15.48	402
12.79	627	13.24	557	13.69	496	14.35	446	15.51	401
12.80	625	13.25	556	13.70	495	14.37	445	15.54	400
12.81	624	13.26	554	13.71	494	14.40	444	15.56	399
12.82	622	13.27	553	13.72	492	14.42	443	15.59	398
12.83	621	13.28	551	13.73	491	14.45	442	15.62	397
12.84	619	13.29	550	13.74	490	14.47	441	15.64	396
12.85	617	13.30	548	13.75	489	14.50	440	15.67	395
12.86	616	13.31	547	13.76	487	14.52	439	15.70	394
12.87	614	13.32	545	13.77	486	14.55	438	15.72	393
12.88	612	13.33	544	13.78	485	14.57	437	15.75	392
12.89	611	13.34	543	13.79	484	14.60	436	15.78	391
12.90	609	13.35	541	13.80	483	14.62	435	15.80	390
12.91	608	13.36	540	13.81	481	14.65	434	15.83	389
12.92	606	13.37	538	13.82	480	14.68	433	15.86	388
12.93	604	13.38	537	13.83	479	14.70	432	15.88	387

**Pentathlon First Event — 100 Meter Race (Score recorded in seconds. hundredths)**

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
15.91	386	17.17	341	18.52	296	19.97	251	21.56	206
15.94	385	17.20	340	18.55	295	20.00	250	21.59	205
15.97	384	17.23	339	18.58	294	20.04	249	21.63	204
15.99	383	17.26	338	18.61	293	20.07	248	21.67	203
16.02	382	17.28	337	18.64	292	20.10	247	21.71	202
16.05	381	17.31	336	18.67	291	20.14	246	21.74	201
16.08	380	17.34	335	18.70	290	20.17	245	21.78	200
16.10	379	17.37	334	18.74	289	20.21	244	21.82	199
16.13	378	17.40	333	18.77	288	20.24	243	21.86	198
16.16	377	17.43	332	18.80	287	20.27	242	21.90	197
16.18	376	17.46	331	18.83	286	20.31	241	21.93	196
16.21	375	17.49	330	18.86	285	20.34	240	21.97	195
16.24	374	17.52	329	18.89	284	20.38	239	22.01	194
16.27	373	17.55	328	18.92	283	20.41	238	22.05	193
16.29	372	17.58	327	18.96	282	20.45	237	22.09	192
16.32	371	17.61	326	18.99	281	20.48	236	22.12	191
16.35	370	17.64	325	19.02	280	20.52	235	22.16	190
16.38	369	17.67	324	19.05	279	20.55	234	22.20	189
16.41	368	17.69	323	19.08	278	20.59	233	22.24	188
16.43	367	17.72	322	19.12	277	20.62	232	22.28	187
16.46	366	17.75	321	19.15	276	20.66	231	22.32	186
16.49	365	17.78	320	19.18	275	20.69	230	22.36	185
16.52	364	17.81	319	19.21	274	20.73	229	22.40	184
16.54	363	17.84	318	19.24	273	20.76	228	22.44	183
16.57	362	17.87	317	19.28	272	20.80	227	22.48	182
16.60	361	17.90	316	19.31	271	20.83	226	22.52	181
16.63	360	17.93	315	19.34	270	20.87	225	22.56	180
16.66	359	17.96	314	19.37	269	20.90	224	22.60	179
16.68	358	17.99	313	19.41	268	20.94	223	22.64	178
16.71	357	18.02	312	19.44	267	20.97	222	22.68	177
16.74	356	18.05	311	19.47	266	21.01	221	22.72	176
16.77	355	18.08	310	19.50	265	21.05	220	22.76	175
16.80	354	18.11	309	19.54	264	21.08	219	22.80	174
16.83	353	18.14	308	19.57	263	21.12	218	22.84	173
16.85	352	18.17	307	19.60	262	21.15	217	22.88	172
16.88	351	18.21	306	19.64	261	21.19	216	22.92	171
16.91	350	18.24	305	19.67	260	21.23	215	22.96	170
16.94	349	18.27	304	19.70	259	21.26	214	23.00	169
16.97	348	18.30	303	19.73	258	21.30	213	23.04	168
17.00	347	18.33	302	19.77	257	21.34	212	23.08	167
17.03	346	18.36	301	19.80	256	21.37	211	23.12	166
17.05	345	18.39	300	19.83	255	21.41	210	23.16	165
17.08	344	18.42	299	19.87	254	21.45	209	23.20	164
17.11	343	18.45	298	19.90	253	21.48	208	23.25	163
17.14	342	18.48	297	19.94	252	21.52	207	23.29	162

**Pentathlon First Event — 100 Meter Race (Score recorded in seconds. hundredths)**

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
23.33	161	25.37	116	27.87	71	31.42	26
23.37	160	25.42	115	27.93	70	31.53	25
23.41	159	25.47	114	28.00	69	31.63	24
23.46	158	25.52	113	28.06	68	31.75	23
23.50	157	25.57	112	28.13	67	31.86	22
23.54	156	25.62	111	28.19	66	31.98	21
23.58	155	25.67	110	28.26	65	32.10	20
23.63	154	25.72	109	28.32	64	32.22	19
23.67	153	25.77	108	28.39	63	32.34	18
23.71	152	25.82	107	28.46	62	32.47	17
23.76	151	25.88	106	28.53	61	32.60	16
23.80	150	25.93	105	28.59	60	32.74	15
23.84	149	25.98	104	28.66	59	32.88	14
23.89	148	26.03	103	28.73	58	33.02	13
23.93	147	26.09	102	28.80	57	33.18	12
23.97	146	26.14	101	28.87	56	33.34	11
24.02	145	26.19	100	28.95	55	33.50	10
24.06	144	26.25	99	29.02	54	33.68	9
24.11	143	26.30	98	29.09	53	33.86	8
24.15	142	26.35	97	29.17	52	34.06	7
24.20	141	26.41	96	29.24	51	34.28	6
24.24	140	26.46	95	29.32	50	34.51	5
24.29	139	26.52	94	29.39	49	34.77	4
24.33	138	26.57	93	29.47	48	35.07	3
24.38	137	26.63	92	29.55	47	35.43	2
24.42	136	26.68	91	29.63	46	35.90	1
24.47	135	26.74	90	29.71	45		
24.51	134	26.80	89	29.79	44		
24.56	133	26.85	88	29.87	43		
24.61	132	26.91	87	29.95	42		
24.65	131	26.97	86	30.03	41		
24.70	130	27.03	85	30.11	40		
24.75	129	27.08	84	30.20	39		
24.79	128	27.14	83	30.28	38		
24.84	127	27.20	82	30.37	37		
24.89	126	27.26	81	30.46	36		
24.93	125	27.32	80	30.55	35		
24.98	124	27.38	79	30.64	34		
25.03	123	27.44	78	30.73	33		
25.08	122	27.50	77	30.83	32		
25.13	121	27.56	76	30.92	31		
25.17	120	27.62	75	31.02	30		
25.22	119	27.68	74	31.12	29		
25.27	118	27.75	73	31.22	28		
25.32	117	27.81	72	31.32	27		

**Pentathlon Second Event — Long Jump (Score recorded in meters. centimeters)**

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
8.10	1200	7.63	1083	7.16	973	6.69	868	6.22	768
8.09	1197	7.62	1081	7.15	971	6.68	866	6.21	766
8.08	1194	7.61	1079	7.14	968	6.67	864	6.20	764
8.07	1192	7.60	1076	7.13	966	6.66	861	6.19	762
8.06	1189	7.59	1074	7.12	964	6.65	859	6.18	760
8.05	1187	7.58	1071	7.11	961	6.64	857	6.17	758
8.04	1184	7.57	1069	7.10	959	6.63	855	6.16	756
8.03	1182	7.56	1067	7.09	957	6.62	853	6.15	754
8.02	1179	7.55	1064	7.08	955	6.61	851	6.14	752
8.01	1177	7.54	1062	7.07	952	6.60	848	6.13	750
8.00	1174	7.53	1059	7.06	950	6.59	846	6.12	748
7.99	1172	7.52	1057	7.05	948	6.58	844	6.11	746
7.98	1169	7.51	1055	7.04	946	6.57	842	6.10	744
7.97	1167	7.50	1052	7.03	943	6.56	840	6.09	742
7.96	1164	7.49	1050	7.02	941	6.55	838	6.08	740
7.95	1162	7.48	1048	7.01	939	6.54	836	6.07	738
7.94	1159	7.47	1045	7.00	937	6.53	833	6.06	736
7.93	1157	7.46	1043	6.99	934	6.52	831	6.05	734
7.92	1154	7.45	1040	6.98	932	6.51	829	6.04	732
7.91	1152	7.44	1038	6.97	930	6.50	827	6.03	730
7.90	1149	7.43	1036	6.96	928	6.49	825	6.02	728
7.89	1147	7.42	1033	6.95	925	6.48	823	6.01	726
7.88	1145	7.41	1031	6.94	923	6.47	821	6.00	724
7.87	1142	7.40	1029	6.93	921	6.46	819	5.99	722
7.86	1140	7.39	1026	6.92	919	6.45	816	5.98	720
7.85	1137	7.38	1024	6.91	916	6.44	814	5.97	718
7.84	1135	7.37	1022	6.90	914	6.43	812	5.96	716
7.83	1132	7.36	1019	6.89	912	6.42	810	5.95	714
7.82	1130	7.35	1017	6.88	910	6.41	808	5.94	712
7.81	1127	7.34	1015	6.87	907	6.40	806	5.93	710
7.80	1125	7.33	1012	6.86	905	6.39	804	5.92	708
7.79	1122	7.32	1010	6.85	903	6.38	802	5.91	706
7.78	1120	7.31	1008	6.84	901	6.37	800	5.90	704
7.77	1117	7.30	1005	6.83	899	6.36	797	5.89	702
7.76	1115	7.29	1003	6.82	896	6.35	795	5.88	700
7.75	1113	7.28	1001	6.81	894	6.34	793	5.87	698
7.74	1110	7.27	998	6.80	892	6.33	791	5.86	696
7.73	1108	7.26	996	6.79	890	6.32	789	5.85	694
7.72	1105	7.25	994	6.78	888	6.31	787	5.84	692
7.71	1103	7.24	991	6.77	885	6.30	785	5.83	690
7.70	1100	7.23	989	6.76	883	6.29	783	5.82	688
7.69	1098	7.22	987	6.75	881	6.28	781	5.81	686
7.68	1096	7.21	984	6.74	879	6.27	779	5.80	684
7.67	1093	7.20	982	6.73	877	6.26	777	5.79	682
7.66	1091	7.19	980	6.72	874	6.25	775	5.78	680
7.65	1088	7.18	978	6.71	872	6.24	773	5.77	678
7.64	1086	7.17	975	6.70	870	6.23	770	5.76	676

**Pentathlon Second Event — Long Jump (Score recorded in meters. centimeters)**

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
5.75	674	5.28	586	4.81	503	4.34	426	3.87	354
5.74	673	5.27	584	4.80	501	4.33	424	3.86	352
5.73	671	5.26	582	4.79	500	4.32	423	3.85	351
5.72	669	5.25	581	4.78	498	4.31	421	3.84	349
5.71	667	5.24	579	4.77	496	4.30	419	3.83	348
5.70	665	5.23	577	4.76	495	4.29	418	3.82	347
5.69	663	5.22	575	4.75	493	4.28	416	3.81	345
5.68	661	5.21	573	4.74	491	4.27	415	3.80	344
5.67	659	5.20	572	4.73	490	4.26	413	3.79	342
5.66	657	5.19	570	4.72	488	4.25	412	3.78	341
5.65	655	5.18	568	4.71	486	4.24	410	3.77	339
5.64	653	5.17	566	4.70	484	4.23	408	3.76	338
5.63	651	5.16	564	4.69	483	4.22	407	3.75	336
5.62	649	5.15	563	4.68	481	4.21	405	3.74	335
5.61	648	5.14	561	4.67	479	4.20	404	3.73	334
5.60	646	5.13	559	4.66	478	4.19	402	3.72	332
5.59	644	5.12	557	4.65	476	4.18	401	3.71	331
5.58	642	5.11	555	4.64	474	4.17	399	3.70	329
5.57	640	5.10	554	4.63	473	4.16	398	3.69	328
5.56	638	5.09	552	4.62	471	4.15	396	3.68	326
5.55	636	5.08	550	4.61	469	4.14	394	3.67	325
5.54	634	5.07	548	4.60	468	4.13	393	3.66	324
5.53	632	5.06	547	4.59	466	4.12	391	3.65	322
5.52	630	5.05	545	4.58	465	4.11	390	3.64	321
5.51	629	5.04	543	4.57	463	4.10	388	3.63	319
5.50	627	5.03	541	4.56	461	4.09	387	3.62	318
5.49	625	5.02	539	4.55	460	4.08	385	3.61	316
5.48	623	5.01	538	4.54	458	4.07	384	3.60	315
5.47	621	5.00	536	4.53	456	4.06	382	3.59	314
5.46	619	4.99	534	4.52	455	4.05	381	3.58	312
5.45	617	4.98	532	4.51	453	4.04	379	3.57	311
5.44	615	4.97	531	4.50	451	4.03	378	3.56	309
5.43	614	4.96	529	4.49	450	4.02	376	3.55	308
5.42	612	4.95	527	4.48	448	4.01	375	3.54	307
5.41	610	4.94	525	4.47	447	4.00	373	3.53	305
5.40	608	4.93	524	4.46	445	3.99	372	3.52	304
5.39	606	4.92	522	4.45	443	3.98	370	3.51	303
5.38	604	4.91	520	4.44	442	3.97	369	3.50	301
5.37	603	4.90	519	4.43	440	3.96	367	3.49	300
5.36	601	4.89	517	4.42	438	3.95	366	3.48	298
5.35	599	4.88	515	4.41	437	3.94	364	3.47	297
5.34	597	4.87	513	4.40	435	3.93	363	3.46	296
5.33	595	4.86	512	4.39	434	3.92	361	3.45	294
5.32	593	4.85	510	4.38	432	3.91	360	3.44	293
5.31	591	4.84	508	4.37	430	3.90	358	3.43	292
5.30	590	4.83	507	4.36	429	3.89	357	3.42	290
5.29	588	4.82	505	4.35	427	3.88	355	3.41	289

**Pentathlon Second Event — Long Jump (Score recorded in meters. centimeters)**

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
3.40	288	2.93	227	2.46	171	1.99	122	1.49	75
3.39	286	2.92	225	2.45	170	1.98	121	1.48	74
3.38	285	2.91	224	2.44	169	1.97	120	1.47	73
3.37	283	2.90	223	2.43	168	1.96	119	1.46	72
3.36	282	2.89	222	2.42	167	1.95	118	1.45	71
3.35	281	2.88	221	2.41	166	1.94	117	1.43	70
3.34	279	2.87	219	2.40	165	1.93	116	1.42	69
3.33	278	2.86	218	2.39	164	1.92	115	1.41	68
3.32	277	2.85	217	2.38	163	1.91	114	1.40	67
3.31	275	2.84	216	2.37	161	1.90	113	1.39	66
3.30	274	2.83	215	2.36	160	1.89	112	1.37	65
3.29	273	2.82	213	2.35	159	1.88	111	1.36	64
3.28	271	2.81	212	2.34	158	1.87	110	1.35	63
3.27	270	2.80	211	2.33	157	1.86	109	1.34	62
3.26	269	2.79	210	2.32	156	1.85	108	1.33	61
3.25	268	2.78	208	2.31	155	1.84	107	1.31	60
3.24	266	2.77	207	2.30	154	1.83	106	1.30	59
3.23	265	2.76	206	2.29	153	1.82	105	1.29	58
3.22	264	2.75	205	2.28	152	1.81	104	1.28	57
3.21	262	2.74	204	2.27	151	1.80	103	1.27	56
3.20	261	2.73	203	2.26	150	1.79	102	1.25	55
3.19	260	2.72	201	2.25	149	1.78	101	1.24	54
3.18	258	2.71	200	2.24	147	1.77	100	1.23	53
3.17	257	2.70	199	2.23	146	1.76	99	1.22	52
3.16	256	2.69	198	2.22	145	1.75	98	1.20	51
3.15	254	2.68	197	2.21	144	1.73	97	1.19	50
3.14	253	2.67	195	2.20	143	1.72	96	1.18	49
3.13	252	2.66	194	2.19	142	1.71	95	1.17	48
3.12	251	2.65	193	2.18	141	1.70	94	1.15	47
3.11	249	2.64	192	2.17	140	1.69	93	1.14	46
3.10	248	2.63	191	2.16	139	1.68	92	1.13	45
3.09	247	2.62	190	2.15	138	1.67	91	1.12	44
3.08	246	2.61	188	2.14	137	1.66	90	1.10	43
3.07	244	2.60	187	2.13	136	1.65	89	1.09	42
3.06	243	2.59	186	2.12	135	1.64	88	1.08	41
3.05	242	2.58	185	2.11	134	1.63	87	1.06	40
3.04	240	2.57	184	2.10	133	1.61	86	1.05	39
3.03	239	2.56	183	2.09	132	1.60	85	1.04	38
3.02	238	2.55	182	2.08	131	1.59	84	1.03	37
3.01	237	2.54	180	2.07	130	1.58	83	1.01	36
3.00	235	2.53	179	2.06	129	1.57	82	1.00	35
2.99	234	2.52	178	2.05	128	1.56	81		
2.98	233	2.51	177	2.04	127	1.55	80		
2.97	232	2.50	176	2.03	126	1.54	79		
2.96	230	2.49	175	2.02	125	1.53	78		
2.95	229	2.48	174	2.01	124	1.51	77		
2.94	228	2.47	173	2.00	123	1.50	76		



Pentathlon Third Event — Shot Put (Score recorded in meters. centimeters)

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
20.40	1200	19.71	1152	19.01	1104	18.30	1056	17.58	1008
20.39	1199	19.69	1151	18.99	1103	18.28	1055	17.57	1007
20.38	1198	19.68	1150	18.98	1102	18.27	1054	17.55	1006
20.36	1197	19.66	1149	18.96	1101	18.25	1053	17.54	1005
20.35	1196	19.65	1148	18.95	1100	18.24	1052	17.52	1004
20.33	1195	19.64	1147	18.93	1099	18.22	1051	17.51	1003
20.32	1194	19.62	1146	18.92	1098	18.21	1050	17.49	1002
20.30	1193	19.61	1145	18.90	1097	18.19	1049	17.48	1001
20.29	1192	19.59	1144	18.89	1096	18.18	1048	17.46	1000
20.27	1191	19.58	1143	18.87	1095	18.16	1047	17.45	999
20.26	1190	19.56	1142	18.86	1094	18.15	1046	17.43	998
20.25	1189	19.55	1141	18.84	1093	18.14	1045	17.42	997
20.23	1188	19.53	1140	18.83	1092	18.12	1044	17.40	996
20.22	1187	19.52	1139	18.82	1091	18.11	1043	17.39	995
20.20	1186	19.50	1138	18.80	1090	18.09	1042	17.37	994
20.19	1185	19.49	1137	18.79	1089	18.08	1041	17.36	993
20.17	1184	19.48	1136	18.77	1088	18.06	1040	17.34	992
20.16	1183	19.46	1135	18.76	1087	18.05	1039	17.33	991
20.14	1182	19.45	1134	18.74	1086	18.03	1038	17.31	990
20.13	1181	19.43	1133	18.73	1085	18.02	1037	17.30	989
20.12	1180	19.42	1132	18.71	1084	18.00	1036	17.28	988
20.10	1179	19.40	1131	18.70	1083	17.99	1035	17.27	987
20.09	1178	19.39	1130	18.68	1082	17.97	1034	17.25	986
20.07	1177	19.37	1129	18.67	1081	17.96	1033	17.24	985
20.06	1176	19.36	1128	18.65	1080	17.94	1032	17.22	984
20.04	1175	19.34	1127	18.64	1079	17.93	1031	17.21	983
20.03	1174	19.33	1126	18.62	1078	17.91	1030	17.19	982
20.01	1173	19.31	1125	18.61	1077	17.90	1029	17.18	981
20.00	1172	19.30	1124	18.59	1076	17.88	1028	17.16	980
19.98	1171	19.29	1123	18.58	1075	17.87	1027	17.15	979
19.97	1170	19.27	1122	18.56	1074	17.85	1026	17.13	978
19.96	1169	19.26	1121	18.55	1073	17.84	1025	17.12	977
19.94	1168	19.24	1120	18.54	1072	17.82	1024	17.10	976
19.93	1167	19.23	1119	18.52	1071	17.81	1023	17.09	975
19.91	1166	19.21	1118	18.51	1070	17.79	1022	17.07	974
19.90	1165	19.20	1117	18.49	1069	17.78	1021	17.06	973
19.88	1164	19.18	1116	18.48	1068	17.76	1020	17.04	972
19.87	1163	19.17	1115	18.46	1067	17.75	1019	17.03	971
19.85	1162	19.15	1114	18.45	1066	17.73	1018	17.01	970
19.84	1161	19.14	1113	18.43	1065	17.72	1017	17.00	969
19.83	1160	19.12	1112	18.42	1064	17.70	1016	16.98	968
19.81	1159	19.11	1111	18.40	1063	17.69	1015	16.97	967
19.80	1158	19.09	1110	18.39	1062	17.67	1014	16.95	966
19.78	1157	19.08	1109	18.37	1061	17.66	1013	16.94	965
19.77	1156	19.07	1108	18.36	1060	17.64	1012	16.92	964
19.75	1155	19.05	1107	18.34	1059	17.63	1011	16.91	963
19.74	1154	19.04	1106	18.33	1058	17.61	1010	16.89	962
19.72	1153	19.02	1105	18.31	1057	17.60	1009	16.88	961



Pentathlon Third Event — Shot Put (Score recorded in meters. centimeters)

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
16.86	960	16.13	912	15.40	864	14.66	816	13.91	768
16.85	959	16.12	911	15.38	863	14.64	815	13.90	767
16.83	958	16.10	910	15.37	862	14.63	814	13.88	766
16.82	957	16.09	909	15.35	861	14.61	813	13.86	765
16.80	956	16.07	908	15.34	860	14.60	812	13.85	764
16.78	955	16.06	907	15.32	859	14.58	811	13.83	763
16.77	954	16.04	906	15.31	858	14.57	810	13.82	762
16.75	953	16.03	905	15.29	857	14.55	809	13.80	761
16.74	952	16.01	904	15.28	856	14.54	808	13.79	760
16.72	951	16.00	903	15.26	855	14.52	807	13.77	759
16.71	950	15.98	902	15.24	854	14.50	806	13.75	758
16.69	949	15.97	901	15.23	853	14.49	805	13.74	757
16.68	948	15.95	900	15.21	852	14.47	804	13.72	756
16.66	947	15.93	899	15.20	851	14.46	803	13.71	755
16.65	946	15.92	898	15.18	850	14.44	802	13.69	754
16.63	945	15.90	897	15.17	849	14.43	801	13.68	753
16.62	944	15.89	896	15.15	848	14.41	800	13.66	752
16.60	943	15.87	895	15.14	847	14.40	799	13.64	751
16.59	942	15.86	894	15.12	846	14.38	798	13.63	750
16.57	941	15.84	893	15.11	845	14.36	797	13.61	749
16.56	940	15.83	892	15.09	844	14.35	796	13.60	748
16.54	939	15.81	891	15.08	843	14.33	795	13.58	747
16.53	938	15.80	890	15.06	842	14.32	794	13.57	746
16.51	937	15.78	889	15.04	841	14.30	793	13.55	745
16.50	936	15.77	888	15.03	840	14.29	792	13.53	744
16.48	935	15.75	887	15.01	839	14.27	791	13.52	743
16.47	934	15.74	886	15.00	838	14.26	790	13.50	742
16.45	933	15.72	885	14.98	837	14.24	789	13.49	741
16.44	932	15.71	884	14.97	836	14.22	788	13.47	740
16.42	931	15.69	883	14.95	835	14.21	787	13.46	739
16.41	930	15.67	882	14.94	834	14.19	786	13.44	738
16.39	929	15.66	881	14.92	833	14.18	785	13.42	737
16.38	928	15.64	880	14.91	832	14.16	784	13.41	736
16.36	927	15.63	879	14.89	831	14.15	783	13.39	735
16.35	926	15.61	878	14.87	830	14.13	782	13.38	734
16.33	925	15.60	877	14.86	829	14.11	781	13.36	733
16.32	924	15.58	876	14.84	828	14.10	780	13.34	732
16.30	923	15.57	875	14.83	827	14.08	779	13.33	731
16.29	922	15.55	874	14.81	826	14.07	778	13.31	730
16.27	921	15.54	873	14.80	825	14.05	777	13.30	729
16.25	920	15.52	872	14.78	824	14.04	776	13.28	728
16.24	919	15.51	871	14.77	823	14.02	775	13.27	727
16.22	918	15.49	870	14.75	822	14.01	774	13.25	726
16.21	917	15.48	869	14.74	821	13.99	773	13.23	725
16.19	916	15.46	868	14.72	820	13.97	772	13.22	724
16.18	915	15.44	867	14.71	819	13.96	771	13.20	723
16.16	914	15.43	866	14.69	818	13.94	770	13.19	722
16.15	913	15.41	865	14.68	817	13.93	769	13.17	721

**Pentathlon Third Event — Shot Put (Score recorded in meters. centimeters)**

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
13.16	720	12.39	672	11.62	624	10.84	576	10.05	528
13.14	719	12.38	671	11.60	623	10.82	575	10.04	527
13.12	718	12.36	670	11.59	622	10.81	574	10.02	526
13.11	717	12.34	669	11.57	621	10.79	573	10.00	525
13.09	716	12.33	668	11.56	620	10.78	572	9.99	524
13.08	715	12.31	667	11.54	619	10.76	571	9.97	523
13.06	714	12.30	666	11.52	618	10.74	570	9.95	522
13.04	713	12.28	665	11.51	617	10.73	569	9.94	521
13.03	712	12.26	664	11.49	616	10.71	568	9.92	520
13.01	711	12.25	663	11.47	615	10.69	567	9.90	519
13.00	710	12.23	662	11.46	614	10.68	566	9.89	518
12.98	709	12.22	661	11.44	613	10.66	565	9.87	517
12.97	708	12.20	660	11.43	612	10.64	564	9.85	516
12.95	707	12.18	659	11.41	611	10.63	563	9.84	515
12.93	706	12.17	658	11.39	610	10.61	562	9.82	514
12.92	705	12.15	657	11.38	609	10.60	561	9.80	513
12.90	704	12.14	656	11.36	608	10.58	560	9.79	512
12.89	703	12.12	655	11.35	607	10.56	559	9.77	511
12.87	702	12.10	654	11.33	606	10.55	558	9.76	510
12.85	701	12.09	653	11.31	605	10.53	557	9.74	509
12.84	700	12.07	652	11.30	604	10.51	556	9.72	508
12.82	699	12.06	651	11.28	603	10.50	555	9.71	507
12.81	698	12.04	650	11.26	602	10.48	554	9.69	506
12.79	697	12.02	649	11.25	601	10.46	553	9.67	505
12.77	696	12.01	648	11.23	600	10.45	552	9.66	504
12.76	695	11.99	647	11.22	599	10.43	551	9.64	503
12.74	694	11.97	646	11.20	598	10.42	550	9.62	502
12.73	693	11.96	645	11.18	597	10.40	549	9.61	501
12.71	692	11.94	644	11.17	596	10.38	548	9.59	500
12.69	691	11.93	643	11.15	595	10.37	547	9.57	499
12.68	690	11.91	642	11.13	594	10.35	546	9.56	498
12.66	689	11.89	641	11.12	593	10.33	545	9.54	497
12.65	688	11.88	640	11.10	592	10.32	544	9.52	496
12.63	687	11.86	639	11.09	591	10.30	543	9.51	495
12.62	686	11.85	638	11.07	590	10.28	542	9.49	494
12.60	685	11.83	637	11.05	589	10.27	541	9.47	493
12.58	684	11.81	636	11.04	588	10.25	540	9.46	492
12.57	683	11.80	635	11.02	587	10.23	539	9.44	491
12.55	682	11.78	634	11.00	586	10.22	538	9.42	490
12.54	681	11.77	633	10.99	585	10.20	537	9.41	489
12.52	680	11.75	632	10.97	584	10.18	536	9.39	488
12.50	679	11.73	631	10.95	583	10.17	535	9.37	487
12.49	678	11.72	630	10.94	582	10.15	534	9.36	486
12.47	677	11.70	629	10.92	581	10.14	533	9.34	485
12.46	676	11.68	628	10.91	580	10.12	532	9.32	484
12.44	675	11.67	627	10.89	579	10.10	531	9.31	483
12.42	674	11.65	626	10.87	578	10.09	530	9.29	482
12.41	673	11.64	625	10.86	577	10.07	529	9.27	481



Pentathlon Third Event — Shot Put (Score recorded in meters. centimeters)

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
9.26	480	8.45	432	7.64	384	6.81	336	5.98	288
9.24	479	8.43	431	7.62	383	6.79	335	5.96	287
9.22	478	8.42	430	7.60	382	6.78	334	5.94	286
9.21	477	8.40	429	7.58	381	6.76	333	5.93	285
9.19	476	8.38	428	7.57	380	6.74	332	5.91	284
9.17	475	8.37	427	7.55	379	6.73	331	5.89	283
9.16	474	8.35	426	7.53	378	6.71	330	5.87	282
9.14	473	8.33	425	7.52	377	6.69	329	5.85	281
9.12	472	8.32	424	7.50	376	6.67	328	5.84	280
9.11	471	8.30	423	7.48	375	6.66	327	5.82	279
9.09	470	8.28	422	7.47	374	6.64	326	5.80	278
9.07	469	8.26	421	7.45	373	6.62	325	5.78	277
9.06	468	8.25	420	7.43	372	6.60	324	5.77	276
9.04	467	8.23	419	7.41	371	6.59	323	5.75	275
9.02	466	8.21	418	7.40	370	6.57	322	5.73	274
9.01	465	8.20	417	7.38	369	6.55	321	5.71	273
8.99	464	8.18	416	7.36	368	6.53	320	5.70	272
8.97	463	8.16	415	7.35	367	6.52	319	5.68	271
8.96	462	8.15	414	7.33	366	6.50	318	5.66	270
8.94	461	8.13	413	7.31	365	6.48	317	5.64	269
8.92	460	8.11	412	7.29	364	6.47	316	5.63	268
8.91	459	8.10	411	7.28	363	6.45	315	5.61	267
8.89	458	8.08	410	7.26	362	6.43	314	5.59	266
8.87	457	8.06	409	7.24	361	6.41	313	5.57	265
8.85	456	8.04	408	7.23	360	6.40	312	5.56	264
8.84	455	8.03	407	7.21	359	6.38	311	5.54	263
8.82	454	8.01	406	7.19	358	6.36	310	5.52	262
8.80	453	7.99	405	7.17	357	6.34	309	5.50	261
8.79	452	7.98	404	7.16	356	6.33	308	5.49	260
8.77	451	7.96	403	7.14	355	6.31	307	5.47	259
8.75	450	7.94	402	7.12	354	6.29	306	5.45	258
8.74	449	7.93	401	7.10	353	6.27	305	5.43	257
8.72	448	7.91	400	7.09	352	6.26	304	5.42	256
8.70	447	7.89	399	7.07	351	6.24	303	5.40	255
8.69	446	7.87	398	7.05	350	6.22	302	5.38	254
8.67	445	7.86	397	7.04	349	6.20	301	5.36	253
8.65	444	7.84	396	7.02	348	6.19	300	5.35	252
8.64	443	7.82	395	7.00	347	6.17	299	5.33	251
8.62	442	7.81	394	6.98	346	6.15	298	5.31	250
8.60	441	7.79	393	6.97	345	6.13	297	5.29	249
8.59	440	7.77	392	6.95	344	6.12	296	5.27	248
8.57	439	7.76	391	6.93	343	6.10	295	5.26	247
8.55	438	7.74	390	6.92	342	6.08	294	5.24	246
8.54	437	7.72	389	6.90	341	6.06	293	5.22	245
8.52	436	7.70	388	6.88	340	6.05	292	5.20	244
8.50	435	7.69	387	6.86	339	6.03	291	5.19	243
8.48	434	7.67	386	6.85	338	6.01	290	5.17	242
8.47	433	7.65	385	6.83	337	5.99	289	5.15	241

**Pentathlon Third Event — Shot Put (Score recorded in meters. centimeters)**

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
5.13	240	4.28	192	3.41	144	2.53	96	1.64	48
5.12	239	4.26	191	3.39	143	2.52	95	1.62	47
5.10	238	4.24	190	3.38	142	2.50	94	1.61	46
5.08	237	4.22	189	3.36	141	2.48	93	1.59	45
5.06	236	4.21	188	3.34	140	2.46	92	1.57	44
5.04	235	4.19	187	3.32	139	2.44	91	1.55	43
5.03	234	4.17	186	3.30	138	2.42	90	1.53	42
5.01	233	4.15	185	3.28	137	2.40	89	1.51	41
4.99	232	4.13	184	3.27	136	2.39	88	1.49	40
4.97	231	4.12	183	3.25	135	2.37	87	1.47	39
4.96	230	4.10	182	3.23	134	2.35	86	1.46	38
4.94	229	4.08	181	3.21	133	2.33	85	1.44	37
4.92	228	4.06	180	3.19	132	2.31	84	1.42	36
4.90	227	4.04	179	3.17	131	2.29	83	1.40	35
4.88	226	4.03	178	3.16	130	2.28	82	1.38	34
4.87	225	4.01	177	3.14	129	2.26	81	1.36	33
4.85	224	3.99	176	3.12	128	2.24	80	1.34	32
4.83	223	3.97	175	3.10	127	2.22	79	1.32	31
4.81	222	3.95	174	3.08	126	2.20	78	1.31	30
4.80	221	3.94	173	3.07	125	2.18	77	1.29	29
4.78	220	3.92	172	3.05	124	2.16	76	1.27	28
4.76	219	3.90	171	3.03	123	2.15	75	1.25	27
4.74	218	3.88	170	3.01	122	2.13	74	1.23	26
4.72	217	3.86	169	2.99	121	2.11	73	1.21	25
4.71	216	3.85	168	2.97	120	2.09	72	1.19	24
4.69	215	3.83	167	2.96	119	2.07	71	1.17	23
4.67	214	3.81	166	2.94	118	2.05	70	1.16	22
4.65	213	3.79	165	2.92	117	2.03	69	1.14	21
4.64	212	3.77	164	2.90	116	2.01	68	1.12	20
4.62	211	3.76	163	2.88	115	2.00	67	1.10	19
4.60	210	3.74	162	2.86	114	1.98	66	1.08	18
4.58	209	3.72	161	2.85	113	1.96	65	1.06	17
4.56	208	3.70	160	2.83	112	1.94	64	1.04	16
4.55	207	3.68	159	2.81	111	1.92	63	1.02	15
4.53	206	3.67	158	2.79	110	1.90	62	1.01	14
4.51	205	3.65	157	2.77	109	1.89	61	0.99	13
4.49	204	3.63	156	2.75	108	1.87	60	0.97	12
4.47	203	3.61	155	2.74	107	1.85	59	0.95	11
4.46	202	3.59	154	2.72	106	1.83	58	0.93	10
4.44	201	3.57	153	2.70	105	1.81	57	0.91	9
4.42	200	3.56	152	2.68	104	1.79	56	0.89	8
4.40	199	3.54	151	2.66	103	1.77	55	0.87	7
4.39	198	3.52	150	2.64	102	1.75	54	0.85	6
4.37	197	3.50	149	2.63	101	1.74	53	0.84	5
4.35	196	3.48	148	2.61	100	1.72	52	0.82	4
4.33	195	3.47	147	2.59	99	1.70	51	0.80	3
4.31	194	3.45	146	2.57	98	1.68	50	0.78	2
4.30	193	3.43	145	2.55	97	1.66	49	0.76	1

**Pentathlon Fourth Event – High Jump (Score recorded in meters. centimeters)**

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
2.29	1200	1.82	799	1.35	438
2.28	1191	1.81	791	1.34	430
2.27	1182	1.80	783	1.33	423
2.26	1173	1.79	775	1.32	416
2.25	1164	1.78	767	1.31	409
2.24	1155	1.77	759	1.30	401
2.23	1146	1.76	751	1.29	394
2.22	1138	1.75	743	1.28	387
2.21	1129	1.74	735	1.27	380
2.20	1120	1.73	727	1.26	373
2.19	1111	1.72	719	1.25	366
2.18	1102	1.71	711	1.24	359
2.17	1094	1.70	703	1.23	351
2.16	1085	1.69	695	1.22	344
2.15	1076	1.68	688	1.21	337
2.14	1068	1.67	680	1.20	330
2.13	1059	1.66	672	1.19	323
2.12	1050	1.65	664	1.18	316
2.11	1042	1.64	656	1.17	309
2.10	1033	1.63	649	1.16	302
2.09	1025	1.62	641	1.15	295
2.08	1016	1.61	633	1.14	288
2.07	1007	1.60	625	1.13	282
2.06	999	1.59	618	1.12	275
2.05	990	1.58	610	1.11	268
2.04	982	1.57	602	1.10	261
2.03	973	1.56	595	1.09	254
2.02	965	1.55	587	1.08	247
2.01	957	1.54	579	1.07	240
2.00	948	1.53	572	1.06	234
1.99	940	1.52	564	1.05	227
1.98	931	1.51	556	1.04	220
1.97	923	1.50	549	1.03	213
1.96	915	1.49	541	1.02	207
1.95	906	1.48	534	1.01	200
1.94	898	1.47	526	1.00	193
1.93	890	1.46	519	0.99	187
1.92	881	1.45	511	0.98	180
1.91	873	1.44	504	0.97	173
1.90	865	1.43	497	0.96	167
1.89	857	1.42	489	0.95	160
1.88	848	1.41	482	0.94	153
1.87	840	1.40	474	0.93	147
1.86	832	1.39	467	0.92	140
1.85	824	1.38	460	0.91	134
1.84	816	1.37	452	0.90	127
1.83	808	1.36	445		



Pentathlon Fifth Event — 400 Meter Race (Score recorded in seconds. hundredths)

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
45.40	1200	46.31	1152	47.25	1104	48.22	1056	49.21	1008
45.41	1199	46.33	1151	47.27	1103	48.24	1055	49.23	1007
45.43	1198	46.35	1150	47.29	1102	48.26	1054	49.25	1006
45.45	1197	46.37	1149	47.31	1101	48.28	1053	49.27	1005
45.47	1196	46.39	1148	47.33	1100	48.30	1052	49.29	1004
45.49	1195	46.41	1147	47.35	1099	48.32	1051	49.31	1003
45.51	1194	46.43	1146	47.37	1098	48.34	1050	49.34	1002
45.53	1193	46.45	1145	47.39	1097	48.36	1049	49.36	1001
45.55	1192	46.47	1144	47.41	1096	48.38	1048	49.38	1000
45.57	1191	46.49	1143	47.43	1095	48.40	1047	49.40	999
45.58	1190	46.51	1142	47.45	1094	48.42	1046	49.42	998
45.60	1189	46.53	1141	47.47	1093	48.44	1045	49.44	997
45.62	1188	46.55	1140	47.49	1092	48.46	1044	49.46	996
45.64	1187	46.57	1139	47.51	1091	48.49	1043	49.48	995
45.66	1186	46.59	1138	47.53	1090	48.51	1042	49.50	994
45.68	1185	46.61	1137	47.55	1089	48.53	1041	49.52	993
45.70	1184	46.62	1136	47.57	1088	48.55	1040	49.55	992
45.72	1183	46.64	1135	47.59	1087	48.57	1039	49.57	991
45.74	1182	46.66	1134	47.61	1086	48.59	1038	49.59	990
45.76	1181	46.68	1133	47.63	1085	48.61	1037	49.61	989
45.78	1180	46.70	1132	47.65	1084	48.63	1036	49.63	988
45.79	1179	46.72	1131	47.67	1083	48.65	1035	49.65	987
45.81	1178	46.74	1130	47.69	1082	48.67	1034	49.67	986
45.83	1177	46.76	1129	47.71	1081	48.69	1033	49.69	985
45.85	1176	46.78	1128	47.73	1080	48.71	1032	49.72	984
45.87	1175	46.80	1127	47.75	1079	48.73	1031	49.74	983
45.89	1174	46.82	1126	47.77	1078	48.75	1030	49.76	982
45.91	1173	46.84	1125	47.79	1077	48.77	1029	49.78	981
45.93	1172	46.86	1124	47.81	1076	48.79	1028	49.80	980
45.95	1171	46.88	1123	47.83	1075	48.81	1027	49.82	979
45.97	1170	46.90	1122	47.85	1074	48.84	1026	49.84	978
45.99	1169	46.92	1121	47.87	1073	48.86	1025	49.86	977
46.01	1168	46.94	1120	47.90	1072	48.88	1024	49.89	976
46.02	1167	46.96	1119	47.92	1071	48.90	1023	49.91	975
46.04	1166	46.98	1118	47.94	1070	48.92	1022	49.93	974
46.06	1165	47.00	1117	47.96	1069	48.94	1021	49.95	973
46.08	1164	47.02	1116	47.98	1068	48.96	1020	49.97	972
46.10	1163	47.04	1115	48.00	1067	48.98	1019	49.99	971
46.12	1162	47.06	1114	48.02	1066	49.00	1018	50.01	970
46.14	1161	47.08	1113	48.04	1065	49.02	1017	50.04	969
46.16	1160	47.10	1112	48.06	1064	49.04	1016	50.06	968
46.18	1159	47.12	1111	48.08	1063	49.06	1015	50.08	967
46.20	1158	47.14	1110	48.10	1062	49.08	1014	50.10	966
46.22	1157	47.16	1109	48.12	1061	49.11	1013	50.12	965
46.24	1156	47.18	1108	48.14	1060	49.13	1012	50.14	964
46.26	1155	47.20	1107	48.16	1059	49.15	1011	50.16	963
46.28	1154	47.22	1106	48.18	1058	49.17	1010	50.19	962
46.29	1153	47.23	1105	48.20	1057	49.19	1009	50.21	961

**Pentathlon Fifth Event — 400 Meter Race (Score recorded in seconds. hundredths)**

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
50.23	960	51.28	912	52.36	864	53.48	816	54.64	768
50.25	959	51.30	911	52.38	863	53.50	815	54.66	767
50.27	958	51.32	910	52.40	862	53.53	814	54.69	766
50.29	957	51.34	909	52.43	861	53.55	813	54.71	765
50.31	956	51.37	908	52.45	860	53.57	812	54.74	764
50.34	955	51.39	907	52.47	859	53.60	811	54.76	763
50.36	954	51.41	906	52.50	858	53.62	810	54.79	762
50.38	953	51.43	905	52.52	857	53.64	809	54.81	761
50.40	952	51.45	904	52.54	856	53.67	808	54.84	760
50.42	951	51.48	903	52.57	855	53.69	807	54.86	759
50.44	950	51.50	902	52.59	854	53.72	806	54.88	758
50.47	949	51.52	901	52.61	853	53.74	805	54.91	757
50.49	948	51.54	900	52.64	852	53.76	804	54.93	756
50.51	947	51.57	899	52.66	851	53.79	803	54.96	755
50.53	946	51.59	898	52.68	850	53.81	802	54.98	754
50.55	945	51.61	897	52.70	849	53.84	801	55.01	753
50.57	944	51.63	896	52.73	848	53.86	800	55.03	752
50.60	943	51.66	895	52.75	847	53.88	799	55.06	751
50.62	942	51.68	894	52.77	846	53.91	798	55.08	750
50.64	941	51.70	893	52.80	845	53.93	797	55.11	749
50.66	940	51.72	892	52.82	844	53.96	796	55.13	748
50.68	939	51.75	891	52.84	843	53.98	795	55.16	747
50.70	938	51.77	890	52.87	842	54.00	794	55.18	746
50.73	937	51.79	889	52.89	841	54.03	793	55.21	745
50.75	936	51.81	888	52.91	840	54.05	792	55.23	744
50.77	935	51.84	887	52.94	839	54.08	791	55.26	743
50.79	934	51.86	886	52.96	838	54.10	790	55.28	742
50.81	933	51.88	885	52.98	837	54.12	789	55.31	741
50.84	932	51.90	884	53.01	836	54.15	788	55.33	740
50.86	931	51.93	883	53.03	835	54.17	787	55.36	739
50.88	930	51.95	882	53.05	834	54.20	786	55.38	738
50.90	929	51.97	881	53.08	833	54.22	785	55.41	737
50.92	928	51.99	880	53.10	832	54.25	784	55.44	736
50.95	927	52.02	879	53.12	831	54.27	783	55.46	735
50.97	926	52.04	878	53.15	830	54.29	782	55.49	734
50.99	925	52.06	877	53.17	829	54.32	781	55.51	733
51.01	924	52.09	876	53.19	828	54.34	780	55.54	732
51.03	923	52.11	875	53.22	827	54.37	779	55.56	731
51.06	922	52.13	874	53.24	826	54.39	778	55.59	730
51.08	921	52.15	873	53.27	825	54.42	777	55.61	729
51.10	920	52.18	872	53.29	824	54.44	776	55.64	728
51.12	919	52.20	871	53.31	823	54.47	775	55.66	727
51.14	918	52.22	870	53.34	822	54.49	774	55.69	726
51.17	917	52.24	869	53.36	821	54.51	773	55.71	725
51.19	916	52.27	868	53.38	820	54.54	772	55.74	724
51.21	915	52.29	867	53.41	819	54.56	771	55.77	723
51.23	914	52.31	866	53.43	818	54.59	770	55.79	722
51.25	913	52.34	865	53.45	817	54.61	769	55.82	721



Pentathlon Fifth Event — 400 Meter Race (Score recorded in seconds. hundredths)

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
55.84	720	57.10	672	58.41	624	59.80	576	61.26	528
55.87	719	57.13	671	58.44	623	59.83	575	61.29	527
55.89	718	57.15	670	58.47	622	59.86	574	61.32	526
55.92	717	57.18	669	58.50	621	59.89	573	61.35	525
55.95	716	57.21	668	58.53	620	59.92	572	61.38	524
55.97	715	57.23	667	58.55	619	59.94	571	61.42	523
56.00	714	57.26	666	58.58	618	59.97	570	61.45	522
56.02	713	57.29	665	58.61	617	60.00	569	61.48	521
56.05	712	57.31	664	58.64	616	60.03	568	61.51	520
56.07	711	57.34	663	58.67	615	60.06	567	61.54	519
56.10	710	57.37	662	58.70	614	60.09	566	61.57	518
56.13	709	57.39	661	58.72	613	60.12	565	61.61	517
56.15	708	57.42	660	58.75	612	60.15	564	61.64	516
56.18	707	57.45	659	58.78	611	60.18	563	61.67	515
56.20	706	57.48	658	58.81	610	60.21	562	61.70	514
56.23	705	57.50	657	58.84	609	60.24	561	61.73	513
56.26	704	57.53	656	58.87	608	60.27	560	61.77	512
56.28	703	57.56	655	58.90	607	60.30	559	61.80	511
56.31	702	57.58	654	58.92	606	60.33	558	61.83	510
56.33	701	57.61	653	58.95	605	60.37	557	61.86	509
56.36	700	57.64	652	58.98	604	60.40	556	61.89	508
56.39	699	57.67	651	59.01	603	60.43	555	61.93	507
56.41	698	57.69	650	59.04	602	60.46	554	61.96	506
56.44	697	57.72	649	59.07	601	60.49	553	61.99	505
56.46	696	57.75	648	59.10	600	60.52	552	62.02	504
56.49	695	57.78	647	59.13	599	60.55	551	62.06	503
56.52	694	57.80	646	59.15	598	60.58	550	62.09	502
56.54	693	57.83	645	59.18	597	60.61	549	62.12	501
56.57	692	57.86	644	59.21	596	60.64	548	62.15	500
56.60	691	57.89	643	59.24	595	60.67	547	62.19	499
56.62	690	57.91	642	59.27	594	60.70	546	62.22	498
56.65	689	57.94	641	59.30	593	60.73	545	62.25	497
56.67	688	57.97	640	59.33	592	60.76	544	62.28	496
56.70	687	58.00	639	59.36	591	60.79	543	62.32	495
56.73	686	58.02	638	59.39	590	60.82	542	62.35	494
56.75	685	58.05	637	59.41	589	60.85	541	62.38	493
56.78	684	58.08	636	59.44	588	60.88	540	62.42	492
56.81	683	58.11	635	59.47	587	60.92	539	62.45	491
56.83	682	58.13	634	59.50	586	60.95	538	62.48	490
56.86	681	58.16	633	59.53	585	60.98	537	62.52	489
56.89	680	58.19	632	59.56	584	61.01	536	62.55	488
56.91	679	58.22	631	59.59	583	61.04	535	62.58	487
56.94	678	58.25	630	59.62	582	61.07	534	62.61	486
56.97	677	58.27	629	59.65	581	61.10	533	62.65	485
56.99	676	58.30	628	59.68	580	61.13	532	62.68	484
57.02	675	58.33	627	59.71	579	61.16	531	62.71	483
57.05	674	58.36	626	59.74	578	61.20	530	62.75	482
57.07	673	58.39	625	59.77	577	61.23	529	62.78	481



Pentathlon Fifth Event — 400 Meter Race (Score recorded in seconds. hundredths)

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
62.81	480	64.49	432	66.31	384	68.32	336	72.42	288
62.85	479	64.52	431	66.35	383	68.36	335	72.62	287
62.88	478	64.56	430	66.39	382	68.41	334	72.83	286
62.92	477	64.60	429	66.43	381	68.45	333	73.03	285
62.95	476	64.63	428	66.47	380	68.50	332	73.23	284
62.98	475	64.67	427	66.51	379	68.54	331	73.44	283
63.02	474	64.71	426	66.55	378	68.59	330	73.64	282
63.05	473	64.74	425	66.59	377	68.63	329	73.85	281
63.08	472	64.78	424	66.63	376	68.68	328	74.06	280
63.12	471	64.82	423	66.67	375	68.72	327	74.26	279
63.15	470	64.85	422	66.71	374	68.77	326	74.47	278
63.19	469	64.89	421	66.75	373	68.81	325	74.68	277
63.22	468	64.93	420	66.79	372	68.86	324	74.89	276
63.26	467	64.96	419	66.83	371	68.90	323	75.09	275
63.29	466	65.00	418	66.87	370	68.95	322	75.30	274
63.32	465	65.04	417	66.91	369	69.00	321	75.51	273
63.36	464	65.08	416	66.95	368	69.04	320	75.72	272
63.39	463	65.11	415	66.99	367	69.09	319	75.93	271
63.43	462	65.15	414	67.03	366	69.14	318	76.14	270
63.46	461	65.19	413	67.08	365	69.18	317	76.35	269
63.50	460	65.23	412	67.12	364	69.23	316	76.56	268
63.53	459	65.26	411	67.16	363	69.28	315	76.77	267
63.57	458	65.30	410	67.20	362	69.32	314	76.98	266
63.60	457	65.34	409	67.24	361	69.37	313	77.19	265
63.64	456	65.38	408	67.28	360	69.42	312	77.41	264
63.67	455	65.41	407	67.33	359	69.47	311	77.62	263
63.70	454	65.45	406	67.37	358	69.51	310	77.83	262
63.74	453	65.49	405	67.41	357	69.56	309	78.05	261
63.77	452	65.53	404	67.45	356	69.61	308	78.26	260
63.81	451	65.57	403	67.49	355	69.66	307	78.47	259
63.84	450	65.60	402	67.54	354	69.71	306	78.69	258
63.88	449	65.64	401	67.58	353	69.75	305	78.90	257
63.92	448	65.68	400	67.62	352	69.80	304	79.12	256
63.95	447	65.72	399	67.66	351	69.85	303	79.34	255
63.99	446	65.76	398	67.71	350	69.90	302	79.55	254
64.02	445	65.80	397	67.75	349	69.95	301	79.77	253
64.06	444	65.84	396	67.79	348	70.00	300	79.99	252
64.09	443	65.87	395	67.84	347	70.20	299	80.20	251
64.13	442	65.91	394	67.88	346	70.40	298	80.42	250
64.16	441	65.95	393	67.92	345	70.60	297	80.64	249
64.20	440	65.99	392	67.97	344	70.80	296	80.86	248
64.24	439	66.03	391	68.01	343	71.00	295	81.08	247
64.27	438	66.07	390	68.05	342	71.20	294	81.30	246
64.31	437	66.11	389	68.10	341	71.40	293	81.52	245
64.34	436	66.15	388	68.14	340	71.61	292	81.74	244
64.38	435	66.19	387	68.18	339	71.81	291	81.96	243
64.41	434	66.23	386	68.23	338	72.01	290	82.18	242
64.45	433	66.27	385	68.27	337	72.21	289	82.41	241

**Pentathlon Fifth Event — 400 Meter Race (Score recorded in seconds. hundredths)**

SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS	SCORE	POINTS
82.63	240	93.92	192	106.72	144	121.89	96	141.59	48
82.85	239	94.17	191	107.01	143	122.24	95	142.09	47
83.07	238	94.42	190	107.30	142	122.59	94	142.59	46
83.30	237	94.67	189	107.59	141	122.95	93	143.10	45
83.52	236	94.92	188	107.88	140	123.31	92	143.61	44
83.75	235	95.17	187	108.17	139	123.67	91	144.13	43
83.97	234	95.42	186	108.46	138	124.03	90	144.65	42
84.20	233	95.68	185	108.76	137	124.39	89	145.18	41
84.43	232	95.93	184	109.05	136	124.76	88	145.72	40
84.65	231	96.18	183	109.35	135	125.12	87	146.26	39
84.88	230	96.44	182	109.64	134	125.49	86	146.81	38
85.11	229	96.70	181	109.94	133	125.87	85	147.37	37
85.34	228	96.95	180	110.24	132	126.24	84	147.93	36
85.57	227	97.21	179	110.54	131	126.62	83	148.50	35
85.79	226	97.47	178	110.84	130	126.99	82	149.08	34
86.02	225	97.73	177	111.15	129	127.38	81	149.67	33
86.25	224	97.99	176	111.45	128	127.76	80	150.27	32
86.49	223	98.25	175	111.76	127	128.14	79	150.87	31
86.72	222	98.51	174	112.06	126	128.53	78	151.49	30
86.95	221	98.77	173	112.37	125	128.92	77	152.11	29
87.18	220	99.03	172	112.68	124	129.31	76	152.75	28
87.41	219	99.30	171	112.99	123	129.71	75	153.40	27
87.65	218	99.56	170	113.30	122	130.11	74	154.06	26
87.88	217	99.83	169	113.61	121	130.51	73	154.73	25
88.12	216	100.09	168	113.93	120	130.91	72	155.41	24
88.35	215	100.36	167	114.24	119	131.33	71	156.11	23
88.59	214	100.62	166	114.56	118	131.73	70	156.82	22
88.82	213	100.89	165	114.88	117	132.14	69	157.55	21
89.06	212	101.16	164	115.19	116	132.56	68	158.29	20
89.30	211	101.43	163	115.51	115	132.98	67	159.05	19
89.54	210	101.70	162	115.84	114	133.40	66	159.83	18
89.77	209	101.97	161	116.16	113	133.82	65	160.64	17
90.01	208	102.25	160	116.48	112	134.23	64	161.46	16
90.25	207	102.52	159	116.81	111	134.68	63	162.31	15
90.49	206	102.79	158	117.14	110	135.11	62	163.18	14
90.73	205	103.07	157	117.47	109	135.55	61	164.09	13
90.97	204	103.34	156	117.80	108	135.99	60	165.02	12
91.22	203	103.62	155	118.13	107	136.44	59	166.00	11
91.46	202	103.90	154	118.46	106	136.88	58	167.02	10
91.70	201	104.17	153	118.80	105	137.34	57	168.08	9
91.95	200	104.45	152	119.13	104	137.79	56	169.20	8
92.19	199	104.73	151	119.47	103	138.25	55	170.38	7
92.43	198	105.02	150	119.81	102	138.71	54	171.64	6
92.68	197	105.30	149	120.15	101	139.18	53	172.99	5
92.93	196	105.58	148	120.50	100	139.66	52	174.45	4
93.17	195	105.86	147	120.84	99	140.14	51	176.07	3
93.42	194	106.15	146	121.19	98	140.62	50	177.90	2
93.67	193	106.43	145	121.54	97	141.10	49	180.00	1