

ATHLETICS FOR BEGINNERS

SCORING TABLES

FOR

ALBERTA UNDER - 14

COMBINED EVENTS PROGRAM

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ATHLETICS ALBERTA 1995

Second edition - Athletics Alberta - 2007

Revised - 2017

Corrected 400m - 2019

Added 1200m - 2023

*This edition has nine more events added since the original v. 1995,
includes now a total of 28 events.*

INTRODUCTION

The Alberta Under-14 Scoring Tables have been developed for the new Age Class Combined Events Program introduced in Alberta in 1995. These scoring tables are designed to score performances of 13 and under girls and boys in the following events: 50m, 60m, 70m, 80m, 100m, 150m, 200m, 300m, 400m, 600m, 800m, 1000m, 1200m, 1500m, 50mH, 60mH, 80mH, 90mH, 100mH, 300mH, 1500mRW, HJ, LJ, St.LJ, TJ, SP, DT/JT and BT.

This **New Edition** of the Scoring Tables for youth is more flexible and universal. It was observed that average performances achieved by girls and boys 13 and under do not show noticeable differences. Therefore these scoring tables could be used for both girls and boys. The addition of nine extra events to a total of 28 track and field events may add more flexibility in scoring.

The Alberta Under-14 Scoring Tables were design to score various triathlons and tetrathlons for athletes thirteen years of age and younger in the Province of Alberta.

This hard copy of the Alberta Under-14 Scoring Tables provides an abbreviated version of the tables. It may be used for scoring when the computer software version of tables is not available.

However the Hy-Tek meet manager software can only produce accurate results.

NOTE: The difference between scores calculated by the "abbreviated version" of the scoring tables (Hard Copy) and the Hy-Tek Meet Manager may happen.

For Championship Meets, Records and Ranking purposes always use the Hy-Tek version of the Alberta Youth Scoring Tables.

HOW TO USE THE HARD COPY OF THE TABLES

The scoring tables include twenty nine (29) track and field events. There are 28 pages (one event per page). Scoring chart for discus and javelin throw is the same. This is the "abbreviated version" of the scoring tables and it should be used as a guiding tool or as a backup in case the electronic version of the tables cannot be used. For full accurate scoring however (including championship meets and records keeping) use a full electronic version of the tables that is built-in in the Hy-Tek Meet Manager software. (Make sure you select the "Alberta Youth" for fully automatic timing and "Alberta Hand" for hand timed events).

In events when times and distances can not be exactly found on the scoring chart the nearest poorer performances should be read off.

Example: A 800m runner was clocked at 2:30.63 sec. There is no exact result of 2:30.63. Therefore the nearest poorer result of 2:30.80 should be read at a value of 349 points. Of course, while scoring the results by Hy-Tek Meet Manager a more precise point score can be obtain.

Times in all running events are expressed in 1/100 of a second (as required by the fully automatic timing rule). While evaluating a hand-timed performances (in 1/10 second) the following method shall be used:

Example: In sprints and hurdles, up to 200 m a 0.24 of a second and in 300 to 400m a 0.14 of a second shall be added to the hand timed result. (Hand timed 100 m = 13.5 sec + 0.24 sec (FAT conversion factor) = 13.74 sec The 13.74 time (electronic time) should be read off the tables as 286 points).

In distances 600 m and over no correction is necessary and the 1/100 second tables should be used at the full 1/10 intervals.

ALBERTA UNDER-14 SCORING TABLES

50 Meters Dash

Points	Time												
500	5.80	420	6.50	346	7.20	288	7.80	213	8.65	142	9.60	76	10.70
499	5.82	418	6.52	345	7.22	286	7.82	212	8.67	141	9.62	74	10.74
497	5.83	417	6.53	343	7.23	284	7.84	210	8.69	139	9.65	72	10.78
495	5.85	415	6.55	341	7.25	283	7.85	209	8.71	138	9.67	70	10.82
493	5.86	413	6.56	340	7.26	281	7.87	207	8.73	136	9.69	68	10.86
492	5.88	412	6.58	338	7.28	279	7.89	205	8.75	135	9.72	66	10.90
490	5.89	410	6.59	337	7.29	278	7.91	204	8.77	133	9.74	65	10.94
488	5.91	409	6.61	335	7.31	276	7.93	202	8.79	132	9.76	63	10.98
486	5.92	407	6.62	334	7.32	274	7.94	201	8.81	130	9.78	61	11.02
484	5.94	405	6.64	332	7.34	273	7.96	199	8.83	129	9.81	59	11.06
483	5.95	404	6.65	331	7.35	271	7.98	197	8.85	127	9.83	57	11.10
481	5.97	402	6.67	330	7.37	270	8.00	196	8.87	126	9.85	55	11.14
479	5.98	400	6.68	328	7.38	268	8.02	194	8.89	124	9.88	54	11.18
477	6.00	399	6.70	327	7.40	266	8.03	193	8.91	123	9.90	52	11.22
476	6.01	397	6.71	325	7.41	265	8.05	191	8.93	121	9.92	50	11.26
474	6.03	396	6.73	324	7.43	263	8.07	190	8.95	120	9.95	48	11.30
472	6.04	394	6.74	322	7.44	261	8.09	188	8.97	118	9.97	47	11.34
470	6.06	392	6.76	321	7.46	260	8.11	187	8.99	117	9.99	45	11.38
469	6.07	391	6.77	319	7.47	258	8.12	185	9.01	115	10.01	43	11.42
467	6.09	389	6.79	318	7.49	257	8.14	183	9.03	114	10.04	42	11.46
465	6.10	388	6.80	316	7.50	255	8.16	182	9.05	113	10.06	40	11.50
463	6.12	386	6.82	315	7.52	253	8.18	180	9.07	111	10.08	39	11.54
462	6.13	384	6.83	313	7.53	252	8.20	179	9.09	110	10.11	37	11.58
460	6.15	383	6.85	312	7.55	250	8.21	177	9.11	108	10.13	36	11.62
458	6.16	381	6.86	310	7.56	249	8.23	176	9.13	107	10.15	34	11.67
457	6.18	380	6.88	309	7.58	247	8.25	174	9.15	106	10.18	32	11.72
455	6.19	378	6.89	308	7.59	246	8.27	173	9.17	104	10.20	30	11.77
453	6.21	376	6.91	306	7.61	244	8.29	171	9.19	103	10.22	29	11.82
451	6.22	375	6.92	305	7.62	242	8.30	170	9.21	102	10.24	27	11.87
450	6.24	373	6.94	303	7.64	241	8.32	169	9.23	100	10.27	25	11.92
448	6.25	372	6.95	302	7.65	239	8.34	167	9.25	99	10.29	24	11.97
446	6.27	370	6.97	300	7.67	238	8.36	166	9.27	98	10.31	22	12.02
445	6.28	369	6.98	299	7.68	236	8.38	164	9.29	96	10.34	21	12.07
443	6.30	367	7.00	298	7.70	235	8.39	163	9.31	95	10.36	19	12.12
441	6.31	365	7.01	296	7.71	233	8.41	161	9.33	94	10.38	18	12.17
440	6.33	364	7.03	295	7.73	232	8.43	160	9.35	92	10.41	17	12.22
438	6.34	362	7.04	293	7.74	230	8.45	158	9.37	91	10.43	15	12.27
436	6.36	361	7.06	292	7.76	229	8.47	157	9.39	90	10.45	14	12.32
435	6.37	359	7.07	291	7.77	227	8.48	156	9.41	89	10.47	13	12.37
433	6.39	358	7.09	289	7.79	226	8.50	154	9.43	87	10.50	12	12.42
431	6.40	356	7.10	288	7.80	224	8.52	153	9.45	86	10.52	11	12.47
429	6.42	355	7.12	286	7.82	223	8.54	151	9.47	85	10.54	10	12.52
428	6.43	353	7.13	285	7.83	221	8.56	150	9.49	84	10.57	8	12.58
426	6.45	352	7.15	284	7.85	220	8.57	149	9.51	82	10.59	7	12.64
424	6.46	350	7.16	282	7.86	218	8.59	147	9.53	81	10.61	6	12.70
423	6.48	349	7.18	281	7.88	217	8.61	146	9.55	80	10.64	5	12.76
421	6.49	347	7.19	279	7.89	215	8.63	144	9.57	79	10.66	4	12.82

ALBERTA UNDER-14 SCORING TABLES

60 Meters Sprint

Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time		
500	6.91	391	7.87	326	8.50	258	9.23	186	10.10	118	11.07	60	12.13
497	6.93	390	7.88	325	8.52	256	9.25	184	10.12	117	11.09	59	12.16
495	6.95	388	7.90	323	8.53	255	9.27	183	10.14	116	11.11	58	12.19
493	6.97	387	7.91	322	8.55	253	9.28	181	10.16	114	11.14	56	12.22
490	6.99	386	7.92	320	8.56	252	9.30	180	10.18	113	11.16	55	12.25
488	7.01	384	7.94	319	8.58	250	9.32	178	10.20	111	11.18	54	12.28
485	7.03	383	7.95	317	8.59	248	9.34	177	10.22	110	11.20	52	12.31
483	7.05	381	7.96	316	8.61	247	9.36	175	10.24	109	11.22	51	12.34
481	7.07	380	7.97	315	8.62	245	9.37	174	10.26	107	11.25	50	12.37
478	7.09	379	7.99	313	8.64	244	9.39	172	10.28	106	11.27	48	12.40
476	7.11	377	8.00	312	8.65	242	9.41	171	10.30	105	11.29	47	12.43
474	7.13	376	8.01	310	8.67	241	9.43	169	10.32	104	11.31	46	12.46
471	7.15	375	8.03	309	8.68	239	9.45	168	10.34	102	11.33	45	12.49
469	7.17	373	8.04	307	8.70	238	9.46	166	10.36	101	11.36	43	12.52
467	7.19	372	8.05	306	8.71	236	9.48	165	10.38	100	11.38	42	12.55
464	7.21	370	8.07	304	8.73	234	9.50	164	10.40	98	11.40	41	12.58
462	7.23	369	8.08	303	8.74	233	9.52	162	10.42	97	11.42	40	12.61
460	7.25	368	8.09	302	8.76	231	9.54	161	10.44	96	11.44	39	12.64
458	7.27	366	8.10	300	8.77	230	9.55	159	10.46	95	11.47	38	12.67
455	7.29	365	8.12	299	8.79	228	9.57	158	10.48	93	11.49	36	12.70
453	7.31	364	8.13	297	8.80	227	9.59	156	10.50	92	11.51	35	12.73
451	7.33	362	8.14	296	8.82	225	9.61	155	10.52	91	11.53	34	12.76
448	7.35	361	8.16	295	8.83	224	9.63	154	10.54	90	11.55	33	12.79
446	7.37	360	8.17	293	8.85	222	9.64	152	10.56	88	11.58	32	12.82
444	7.39	358	8.18	292	8.86	221	9.66	151	10.58	87	11.60	31	12.85
442	7.41	357	8.20	290	8.88	219	9.68	149	10.60	86	11.62	30	12.88
439	7.43	356	8.21	289	8.89	218	9.70	148	10.62	85	11.64	29	12.91
437	7.45	354	8.22	287	8.91	216	9.72	147	10.64	84	11.66	28	12.94
435	7.47	353	8.23	286	8.92	215	9.73	145	10.66	83	11.69	27	12.97
433	7.49	352	8.25	285	8.94	213	9.75	144	10.68	81	11.71	26	13.00
430	7.51	350	8.26	283	8.95	212	9.77	142	10.70	80	11.73	25	13.03
428	7.53	349	8.27	282	8.97	211	9.79	141	10.72	79	11.75	24	13.06
426	7.55	348	8.29	281	8.98	209	9.81	140	10.74	78	11.77	23	13.09
424	7.57	346	8.30	279	9.00	208	9.82	138	10.76	77	11.80	22	13.12
421	7.59	345	8.31	278	9.01	206	9.84	137	10.78	76	11.82	21	13.15
419	7.61	344	8.33	276	9.03	205	9.86	136	10.80	74	11.84	21	13.18
417	7.63	342	8.34	275	9.04	203	9.88	134	10.82	73	11.86	20	13.21
415	7.65	341	8.35	274	9.06	202	9.90	133	10.84	72	11.88	18	13.26
413	7.67	340	8.36	272	9.07	200	9.91	132	10.86	71	11.91	17	13.31
411	7.69	339	8.38	271	9.09	199	9.93	130	10.88	70	11.93	16	13.36
408	7.71	337	8.39	270	9.10	198	9.95	129	10.90	69	11.95	14	13.41
406	7.73	336	8.40	268	9.12	196	9.97	128	10.92	68	11.97	13	13.46
404	7.75	335	8.42	267	9.13	195	9.99	127	10.94	67	11.99	12	13.51
402	7.77	333	8.43	266	9.15	193	10.00	125	10.96	66	12.02	11	13.56
400	7.79	332	8.44	264	9.16	192	10.02	124	10.98	65	12.04	10	13.61
397	7.81	331	8.46	263	9.18	191	10.04	123	11.00	64	12.06	9	13.66
395	7.83	329	8.47	261	9.19	189	10.06	121	11.02	63	12.08	8	13.71
393	7.85	328	8.48	260	9.21	188	10.08	120	11.04	62	12.10	7	13.76

ALBERTA UNDER-14 SCORING TABLES

70 Meters Sprint

Points	Time												
500	8.07	390	9.09	315	9.86	243	10.67	166	11.68	102	12.69	52	13.71
498	8.09	388	9.11	313	9.88	242	10.69	165	11.70	101	12.71	51	13.74
496	8.11	387	9.12	312	9.89	240	10.71	163	11.72	100	12.73	50	13.77
493	8.13	385	9.14	310	9.91	238	10.73	162	11.74	99	12.75	49	13.80
491	8.15	384	9.15	309	9.92	237	10.75	161	11.76	98	12.77	47	13.83
489	8.17	382	9.17	307	9.94	235	10.77	159	11.78	97	12.79	46	13.86
487	8.19	381	9.18	306	9.96	234	10.79	158	11.80	96	12.81	45	13.89
484	8.21	379	9.20	304	9.97	232	10.81	157	11.82	95	12.83	44	13.92
482	8.23	378	9.21	303	9.99	230	10.83	155	11.84	94	12.85	43	13.95
480	8.25	376	9.23	301	10.00	229	10.85	154	11.86	93	12.87	42	13.98
478	8.27	375	9.24	300	10.02	227	10.87	153	11.88	91	12.89	41	14.01
475	8.29	373	9.26	298	10.04	226	10.89	151	11.90	90	12.91	39	14.04
473	8.31	372	9.27	297	10.05	224	10.91	150	11.92	89	12.93	38	14.07
471	8.33	370	9.29	296	10.07	222	10.93	149	11.94	88	12.95	37	14.10
469	8.35	369	9.30	294	10.08	221	10.95	147	11.96	87	12.97	36	14.13
466	8.37	367	9.32	293	10.10	219	10.97	146	11.98	86	12.99	35	14.16
464	8.39	366	9.33	291	10.12	218	10.99	145	12.00	85	13.01	34	14.19
462	8.41	364	9.35	290	10.13	216	11.01	143	12.02	84	13.03	33	14.22
460	8.43	363	9.36	288	10.15	214	11.03	142	12.04	83	13.05	32	14.25
458	8.45	361	9.38	287	10.16	213	11.05	141	12.06	82	13.07	31	14.28
455	8.47	360	9.39	286	10.18	211	11.07	139	12.08	81	13.09	30	14.31
453	8.49	358	9.41	284	10.20	210	11.09	138	12.10	80	13.11	29	14.34
451	8.51	357	9.42	283	10.21	208	11.11	137	12.12	79	13.13	28	14.37
449	8.53	355	9.44	281	10.23	207	11.13	136	12.14	78	13.15	27	14.40
447	8.55	354	9.45	280	10.24	205	11.15	134	12.16	77	13.17	26	14.43
445	8.57	352	9.47	278	10.26	204	11.17	133	12.18	76	13.19	25	14.46
442	8.59	351	9.48	277	10.28	202	11.19	132	12.20	75	13.21	24	14.49
440	8.61	349	9.50	276	10.29	201	11.21	130	12.22	74	13.23	23	14.52
438	8.63	348	9.51	274	10.31	199	11.23	129	12.24	73	13.25	22	14.58
436	8.65	346	9.53	273	10.32	198	11.25	128	12.26	72	13.27	20	14.63
434	8.67	345	9.54	271	10.34	196	11.27	127	12.28	71	13.29	19	14.67
432	8.69	344	9.56	270	10.36	195	11.29	125	12.30	70	13.31	18	14.72
429	8.71	342	9.57	269	10.37	193	11.31	124	12.32	69	13.33	17	14.76
427	8.73	341	9.59	267	10.39	192	11.33	123	12.34	68	13.35	16	14.81
425	8.75	339	9.60	266	10.40	190	11.35	122	12.36	67	13.37	15	14.85
423	8.77	338	9.62	265	10.42	189	11.37	121	12.38	66	13.39	14	14.90
421	8.79	336	9.63	263	10.44	187	11.39	119	12.40	66	13.41	13	14.94
419	8.81	335	9.65	262	10.45	186	11.41	118	12.42	65	13.43	12	14.99
417	8.83	333	9.66	260	10.47	184	11.43	117	12.44	64	13.45	11	15.03
415	8.85	332	9.68	259	10.48	183	11.45	116	12.46	63	13.47	10	15.08
413	8.87	331	9.69	258	10.50	181	11.47	115	12.48	62	13.49	9	15.12
410	8.89	329	9.71	256	10.52	180	11.49	113	12.50	61	13.51	8	15.17
408	8.91	328	9.72	255	10.53	178	11.51	112	12.52	60	13.53	7	15.21
406	8.93	326	9.74	254	10.55	177	11.53	111	12.54	59	13.55	6	15.26
404	8.95	325	9.75	252	10.56	175	11.55	110	12.56	58	13.57	5	15.35
402	8.97	323	9.77	251	10.58	174	11.57	109	12.58	57	13.60	4	15.40
400	8.99	322	9.78	250	10.60	173	11.59	108	12.60	57	13.61	3	15.45
398	9.01	321	9.80	248	10.61	171	11.61	106	12.62	56	13.63	2	15.55
396	9.03	319	9.81	247	10.63	170	11.63	105	12.64	55	13.65	1	15.65
394	9.05	318	9.83	246	10.64	168	11.65	104	12.66	54	13.67		
392	9.07	316	9.84	244	10.66	167	11.67	103	12.68	53	13.69		

ALBERTA UNDER-14 SCORING TABLES

80 Meters Sprint

Points	Time												
500	9.26	391	10.28	318	11.04	250	11.81	183	12.68	116	13.70	59	14.83
498	9.28	389	10.30	316	11.06	249	11.83	182	12.70	115	13.72	57	14.87
495	9.30	388	10.31	315	11.07	247	11.84	180	12.72	114	13.74	56	14.90
493	9.32	386	10.33	313	11.09	246	11.86	179	12.74	112	13.77	54	14.94
491	9.34	385	10.34	312	11.10	245	11.88	177	12.76	111	13.79	53	14.97
489	9.36	383	10.36	311	11.12	243	11.90	176	12.78	110	13.81	51	15.01
486	9.38	382	10.37	309	11.13	242	11.91	174	12.80	109	13.83	50	15.04
484	9.40	380	10.39	308	11.15	241	11.93	173	12.82	107	13.85	48	15.08
482	9.42	379	10.40	307	11.16	239	11.95	172	12.84	106	13.88	47	15.11
480	9.44	377	10.42	305	11.18	238	11.96	170	12.86	105	13.90	46	15.15
477	9.46	376	10.43	304	11.19	236	11.98	169	12.88	104	13.92	44	15.18
475	9.48	374	10.45	303	11.21	235	12.00	168	12.90	103	13.94	43	15.22
473	9.50	373	10.46	301	11.22	234	12.01	166	12.92	101	13.96	42	15.25
471	9.52	371	10.48	300	11.24	232	12.03	165	12.94	100	13.99	40	15.29
469	9.54	370	10.49	299	11.25	231	12.05	163	12.96	99	14.01	39	15.32
467	9.56	368	10.51	297	11.27	230	12.07	162	12.98	98	14.03	38	15.36
464	9.58	367	10.52	296	11.28	228	12.08	161	13.00	96	14.05	37	15.39
462	9.60	366	10.54	294	11.30	227	12.10	159	13.02	95	14.07	35	15.43
460	9.62	364	10.55	293	11.31	226	12.12	158	13.04	94	14.10	34	15.46
458	9.64	363	10.57	292	11.33	224	12.13	157	13.06	93	14.12	33	15.50
456	9.66	361	10.58	291	11.34	223	12.15	155	13.08	92	14.14	32	15.53
453	9.68	360	10.60	289	11.36	222	12.17	154	13.10	91	14.16	31	15.57
451	9.70	358	10.61	288	11.37	220	12.18	153	13.12	89	14.18	30	15.60
449	9.72	357	10.63	287	11.39	219	12.20	151	13.14	88	14.21	28	15.64
447	9.74	355	10.64	285	11.40	218	12.22	150	13.16	87	14.23	27	15.67
445	9.76	354	10.66	284	11.42	216	12.24	149	13.18	86	14.25	26	15.71
443	9.78	352	10.67	283	11.43	215	12.25	147	13.20	85	14.27	25	15.74
441	9.80	351	10.69	281	11.45	214	12.27	146	13.22	84	14.29	24	15.78
438	9.82	350	10.70	280	11.46	212	12.29	145	13.24	83	14.32	23	15.81
436	9.84	348	10.72	279	11.48	211	12.30	143	13.26	82	14.34	22	15.85
434	9.86	347	10.73	277	11.49	210	12.32	142	13.28	80	14.36	21	15.88
432	9.88	345	10.75	276	11.51	208	12.34	141	13.30	79	14.38	20	15.92
430	9.90	344	10.76	275	11.52	207	12.35	140	13.32	78	14.40	19	15.95
428	9.92	342	10.78	273	11.54	206	12.37	138	13.34	77	14.43	18	15.99
426	9.94	341	10.79	272	11.55	205	12.39	137	13.36	76	14.45	17	16.02
424	9.96	339	10.81	271	11.57	203	12.41	136	13.38	75	14.47	17	16.06
422	9.98	338	10.82	270	11.58	202	12.42	135	13.40	74	14.49	16	16.09
420	10.00	337	10.84	268	11.60	201	12.44	133	13.42	73	14.51	15	16.13
417	10.02	335	10.85	267	11.61	199	12.46	132	13.44	72	14.54	14	16.17
415	10.04	334	10.87	266	11.63	198	12.47	131	13.46	71	14.56	13	16.23
413	10.06	332	10.88	265	11.64	197	12.49	130	13.48	70	14.58	11	16.29
411	10.08	331	10.90	263	11.66	196	12.51	128	13.50	69	14.60	10	16.35
409	10.10	330	10.91	262	11.67	194	12.52	127	13.52	68	14.62	9	16.41
407	10.12	328	10.93	261	11.69	193	12.54	126	13.54	67	14.65	8	16.47
405	10.14	327	10.94	259	11.70	192	12.56	125	13.56	66	14.67	7	16.53
403	10.16	325	10.96	258	11.72	191	12.58	123	13.58	65	14.69	6	16.59
401	10.18	324	10.97	257	11.73	189	12.59	122	13.60	64	14.71	5	16.65
399	10.20	323	10.99	256	11.75	188	12.61	121	13.62	63	14.73	4	16.71
397	10.22	321	11.00	254	11.76	187	12.63	120	13.64	62	14.76	3	16.80
395	10.24	320	11.02	253	11.78	186	12.64	119	13.66	61	14.78	2	16.88
393	10.26	318	11.03	252	11.79	184	12.66	118	13.68	60	14.80	1	16.98

ALBERTA UNDER-14 SCORING TABLES

100 Meters Sprint

Points	Time												
500	11.30	415	12.20	337	13.10	267	14.00	203	14.90	148	15.80	80	17.14
498	11.32	413	12.22	336	13.12	265	14.02	202	14.92	146	15.83	78	17.20
496	11.34	412	12.24	334	13.14	264	14.04	201	14.94	145	15.86	75	17.26
494	11.36	410	12.26	332	13.16	262	14.06	199	14.96	143	15.89	73	17.33
492	11.38	408	12.28	331	13.18	261	14.08	198	14.98	141	15.92	70	17.39
490	11.40	406	12.30	329	13.20	259	14.10	197	15.00	140	15.95	67	17.46
489	11.42	404	12.32	327	13.22	258	14.12	196	15.02	138	15.98	65	17.52
487	11.44	403	12.34	326	13.24	256	14.14	194	15.04	136	16.01	62	17.59
485	11.46	401	12.36	324	13.26	255	14.16	193	15.06	135	16.04	60	17.65
483	11.48	399	12.38	322	13.28	253	14.18	192	15.08	133	16.07	57	17.72
481	11.50	397	12.40	321	13.30	252	14.20	190	15.10	131	16.10	55	17.78
479	11.52	395	12.42	319	13.32	250	14.22	189	15.12	130	16.13	52	17.85
477	11.54	394	12.44	318	13.34	249	14.24	188	15.14	128	16.16	50	17.91
475	11.56	392	12.46	316	13.36	248	14.26	187	15.16	126	16.19	48	17.98
473	11.58	390	12.48	314	13.38	246	14.28	185	15.18	125	16.22	46	18.04
471	11.60	388	12.50	313	13.40	245	14.30	184	15.20	123	16.25	43	18.11
469	11.62	387	12.52	311	13.42	243	14.32	183	15.22	122	16.28	41	18.17
467	11.64	385	12.54	310	13.44	242	14.34	182	15.24	120	16.31	39	18.24
465	11.66	383	12.56	308	13.46	240	14.36	180	15.26	119	16.34	37	18.30
463	11.68	381	12.58	306	13.48	239	14.38	179	15.28	117	16.37	35	18.37
462	11.70	380	12.60	305	13.50	238	14.40	178	15.30	115	16.40	33	18.43
460	11.72	378	12.62	303	13.52	236	14.42	177	15.32	114	16.43	31	18.50
458	11.74	376	12.64	302	13.54	235	14.44	175	15.34	112	16.46	29	18.56
456	11.76	374	12.66	300	13.56	233	14.46	174	15.36	111	16.49	28	18.63
454	11.78	373	12.68	299	13.58	232	14.48	173	15.38	109	16.52	26	18.69
452	11.80	371	12.70	297	13.60	231	14.50	172	15.40	108	16.55	24	18.76
450	11.82	369	12.72	295	13.62	229	14.52	170	15.42	106	16.58	23	18.82
448	11.84	368	12.74	294	13.64	228	14.54	169	15.44	105	16.61	21	18.89
446	11.86	366	12.76	292	13.66	226	14.56	168	15.46	103	16.64	19	18.95
445	11.88	364	12.78	291	13.68	225	14.58	167	15.48	102	16.67	18	19.02
443	11.90	362	12.80	289	13.70	224	14.60	166	15.50	101	16.70	17	19.08
441	11.92	361	12.82	288	13.72	222	14.62	164	15.52	99	16.73	15	19.15
439	11.94	359	12.84	286	13.74	221	14.64	163	15.54	98	16.76	14	19.21
437	11.96	357	12.86	285	13.76	219	14.66	162	15.56	96	16.79	13	19.28
435	11.98	356	12.88	283	13.78	218	14.68	161	15.58	95	16.82	11	19.34
433	12.00	354	12.90	282	13.80	217	14.70	160	15.60	93	16.85	10	19.41
432	12.02	352	12.92	280	13.82	215	14.72	158	15.62	92	16.88	9	19.47
430	12.04	351	12.94	279	13.84	214	14.74	157	15.64	91	16.91	8	19.54
428	12.06	349	12.96	277	13.86	213	14.76	156	15.66	89	16.94	7	19.60
426	12.08	347	12.98	276	13.88	211	14.78	155	15.68	88	16.97	6	19.67
424	12.10	345	13.00	274	13.90	210	14.80	154	15.70	87	17.00	4	19.80
422	12.12	344	13.02	273	13.92	209	14.82	153	15.72	85	17.03	3	19.88
421	12.14	342	13.04	271	13.94	207	14.84	151	15.74	84	17.06	2	20.00
419	12.16	340	13.06	270	13.96	206	14.86	150	15.76	83	17.09	1	20.10
417	12.18	339	13.08	268	13.98	205	14.88	149	15.78	81	17.12		

ALBERTA UNDER-14 SCORING TABLES

150 Meters Sprint

Points	Time												
500	16.52	454	17.43	389	18.78	310	20.58	223	22.82	135	25.52	58	28.67
498	16.54	452	17.46	387	18.82	308	20.63	221	22.88	133	25.59	57	28.75
497	16.56	451	17.49	386	18.86	306	20.68	219	22.94	131	25.66	55	28.83
496	16.58	449	17.52	384	18.90	304	20.73	217	23.00	129	25.73	54	28.91
495	16.60	448	17.55	382	18.94	302	20.78	215	23.06	128	25.80	52	28.99
494	16.62	446	17.58	380	18.98	300	20.83	212	23.12	126	25.87	51	29.07
493	16.64	445	17.61	378	19.02	298	20.88	210	23.18	124	25.94	49	29.15
492	16.66	443	17.64	376	19.06	296	20.93	208	23.24	122	26.01	48	29.23
491	16.68	442	17.67	375	19.10	294	20.98	206	23.30	120	26.08	46	29.31
490	16.70	440	17.70	373	19.14	292	21.03	204	23.36	118	26.15	45	29.39
489	16.72	439	17.73	371	19.18	290	21.08	202	23.42	116	26.22	43	29.47
488	16.74	437	17.76	369	19.22	288	21.13	200	23.48	114	26.29	42	29.55
487	16.76	436	17.79	367	19.26	286	21.18	198	23.54	112	26.36	41	29.63
486	16.78	435	17.82	366	19.30	284	21.23	196	23.60	110	26.43	39	29.71
485	16.80	433	17.85	364	19.34	282	21.28	194	23.66	109	26.50	38	29.79
484	16.82	432	17.88	362	19.38	280	21.33	192	23.72	107	26.57	37	29.87
483	16.84	430	17.91	360	19.42	278	21.38	190	23.78	105	26.64	35	29.95
482	16.86	429	17.94	358	19.46	276	21.43	188	23.84	103	26.71	34	30.03
481	16.88	427	17.97	357	19.50	274	21.48	186	23.90	101	26.78	33	30.11
480	16.90	426	18.00	355	19.54	272	21.53	184	23.96	100	26.85	32	30.19
479	16.92	424	18.03	353	19.58	270	21.58	182	24.02	98	26.92	31	30.27
478	16.94	423	18.06	351	19.62	268	21.63	180	24.08	96	26.99	29	30.35
477	16.96	422	18.09	350	19.66	266	21.68	178	24.14	94	27.06	28	30.43
476	16.98	420	18.12	348	19.70	264	21.73	176	24.20	93	27.13	27	30.51
475	17.00	419	18.15	346	19.74	262	21.78	174	24.26	91	27.20	26	30.59
474	17.02	417	18.18	344	19.78	260	21.83	172	24.32	89	27.27	25	30.67
473	17.04	416	18.21	343	19.82	258	21.88	170	24.38	88	27.34	24	30.75
472	17.06	414	18.24	341	19.86	256	21.93	168	24.44	86	27.41	23	30.83
471	17.08	413	18.27	339	19.90	254	21.98	166	24.50	84	27.48	22	30.91
470	17.10	412	18.30	337	19.94	252	22.03	164	24.56	83	27.55	21	30.99
469	17.12	410	18.33	336	19.98	251	22.08	163	24.62	81	27.62	20	31.07
468	17.14	409	18.36	334	20.02	249	22.13	161	24.68	79	27.69	19	31.15
467	17.16	407	18.39	332	20.06	247	22.18	159	24.74	78	27.76	18	31.23
466	17.18	406	18.42	330	20.10	245	22.23	157	24.80	76	27.83	17	31.31
465	17.20	405	18.45	329	20.14	243	22.28	155	24.86	75	27.90	16	31.39
464	17.22	403	18.48	327	20.18	241	22.33	153	24.92	73	27.97	15	31.47
463	17.24	402	18.51	325	20.22	239	22.38	151	24.98	72	28.04	14	31.55
462	17.26	400	18.54	324	20.26	237	22.43	150	25.04	70	28.11	13	31.63
461	17.28	399	18.57	322	20.30	236	22.48	148	25.10	69	28.18	12	31.71
460	17.30	398	18.60	320	20.34	234	22.53	146	25.16	67	28.25	12	31.79
459	17.32	396	18.63	319	20.38	232	22.58	144	25.22	66	28.32	11	31.87
458	17.34	395	18.66	317	20.42	230	22.63	142	25.28	64	28.39	10	31.95
457	17.36	393	18.69	315	20.46	228	22.68	141	25.34	63	28.46	9	32.03
456	17.38	392	18.72	314	20.50	226	22.73	139	25.40	61	28.53	9	32.11
455	17.40	391	18.75	312	20.54	225	22.78	137	25.46	60	28.60	8	32.19

ALBERTA UNDER-14 SCORING TABLES

200 Meters Sprint

Points	Time												
500	22.82	419	25.23	344	27.64	276	30.05	215	32.46	150	35.35	88	38.72
498	22.87	417	25.28	343	27.69	275	30.10	214	32.52	149	35.42	87	38.81
496	22.92	416	25.33	341	27.74	274	30.15	212	32.58	148	35.49	85	38.90
495	22.97	414	25.38	340	27.79	272	30.20	211	32.64	146	35.56	84	38.99
493	23.02	412	25.43	338	27.84	271	30.25	209	32.70	145	35.63	83	39.08
491	23.07	411	25.48	337	27.89	270	30.30	208	32.76	143	35.70	81	39.17
489	23.12	409	25.53	336	27.94	268	30.35	206	32.82	142	35.77	80	39.26
488	23.17	408	25.58	334	27.99	267	30.40	205	32.88	141	35.84	78	39.35
486	23.22	406	25.63	333	28.04	266	30.45	204	32.94	139	35.91	77	39.44
484	23.27	405	25.68	331	28.09	264	30.50	202	33.00	138	35.98	76	39.53
483	23.32	403	25.73	330	28.14	263	30.55	201	33.06	136	36.05	74	39.62
481	23.37	401	25.78	328	28.19	262	30.60	199	33.12	135	36.12	73	39.71
479	23.42	400	25.83	327	28.24	260	30.65	198	33.18	134	36.19	72	39.80
477	23.47	398	25.88	325	28.29	259	30.70	197	33.24	132	36.26	70	39.89
476	23.52	397	25.93	324	28.34	258	30.75	195	33.30	131	36.33	69	39.98
474	23.57	395	25.98	322	28.39	257	30.80	194	33.36	130	36.40	68	40.07
472	23.62	393	26.03	321	28.44	255	30.85	192	33.42	128	36.47	66	40.16
471	23.67	392	26.08	320	28.49	254	30.90	191	33.48	127	36.54	65	40.25
469	23.72	390	26.13	318	28.54	253	30.95	190	33.54	126	36.61	64	40.34
467	23.77	389	26.18	317	28.59	251	31.00	188	33.60	124	36.68	63	40.43
466	23.82	387	26.23	315	28.64	250	31.05	187	33.66	123	36.75	61	40.52
464	23.87	386	26.28	314	28.69	249	31.10	186	33.72	122	36.82	60	40.61
462	23.92	384	26.33	313	28.74	247	31.15	184	33.78	120	36.89	59	40.70
460	23.97	383	26.38	311	28.79	246	31.20	183	33.84	119	36.96	58	40.79
459	24.02	381	26.43	310	28.84	245	31.25	182	33.90	118	37.03	56	40.88
457	24.07	379	26.48	308	28.89	244	31.30	180	33.96	116	37.10	55	40.97
455	24.12	378	26.53	307	28.94	242	31.35	179	34.02	115	37.17	54	41.06
454	24.17	376	26.58	305	28.99	241	31.40	178	34.08	114	37.24	53	41.15
452	24.22	375	26.63	304	29.04	240	31.45	176	34.14	113	37.31	52	41.24
450	24.27	373	26.68	303	29.09	239	31.50	175	34.20	111	37.38	50	41.33
449	24.32	372	26.73	301	29.14	237	31.55	174	34.26	110	37.45	49	41.42
447	24.37	370	26.78	300	29.19	236	31.60	172	34.32	109	37.52	48	41.51
445	24.42	369	26.83	298	29.24	235	31.65	171	34.38	108	37.59	47	41.60
444	24.47	367	26.88	297	29.29	234	31.70	170	34.44	106	37.66	46	41.69
442	24.52	366	26.93	296	29.34	232	31.75	168	34.50	105	37.73	45	41.78
440	24.57	364	26.98	294	29.39	231	31.80	167	34.56	104	37.80	44	41.87
439	24.62	363	27.03	293	29.44	230	31.85	166	34.62	103	37.87	43	41.96
437	24.67	361	27.08	292	29.49	229	31.90	165	34.68	101	37.94	42	42.05
436	24.72	360	27.13	290	29.54	227	31.95	163	34.74	100	38.01	41	42.14
434	24.77	358	27.18	289	29.59	226	32.00	162	34.80	99	38.08	40	42.23
432	24.82	357	27.23	287	29.64	225	32.05	161	34.86	98	38.15	39	42.32
431	24.87	355	27.28	286	29.69	224	32.10	159	34.92	97	38.22	38	42.41
429	24.92	354	27.33	285	29.74	222	32.15	158	34.98	95	38.29	37	42.50
427	24.97	352	27.38	283	29.79	221	32.20	157	35.04	94	38.36	36	42.59
426	25.02	351	27.43	282	29.84	220	32.25	156	35.10	93	38.43	35	42.68
424	25.07	349	27.48	281	29.89	219	32.30	154	35.16	92	38.50	34	42.77
422	25.12	348	27.53	279	29.94	218	32.35	153	35.22	91	38.57	33	42.86
421	25.17	346	27.58	278	29.99	216	32.40	152	35.28	90	38.64	32	42.95

ALBERTA UNDER-14 SCORING TABLES

300 Meters Sprint

Points	Time												
500	36.42	439	38.88	370	41.82	302	45.02	236	48.46	177	51.91	120	55.86
499	36.47	437	38.94	369	41.89	300	45.09	234	48.53	176	51.99	117	56.08
497	36.52	436	39.00	367	41.95	299	45.16	233	48.60	175	52.07	114	56.30
496	36.57	434	39.06	366	42.02	298	45.23	232	48.67	173	52.15	111	56.52
495	36.62	433	39.12	364	42.08	296	45.30	231	48.74	172	52.23	108	56.74
493	36.67	431	39.18	363	42.15	295	45.37	229	48.81	171	52.31	106	56.96
492	36.72	430	39.24	361	42.21	293	45.44	228	48.88	170	52.39	103	57.18
491	36.77	428	39.30	360	42.28	292	45.51	227	48.95	168	52.47	100	57.40
490	36.82	427	39.36	359	42.34	291	45.58	226	49.02	167	52.55	98	57.62
488	36.87	426	39.42	357	42.41	289	45.65	224	49.09	166	52.63	95	57.84
487	36.92	424	39.48	356	42.47	288	45.72	223	49.16	165	52.71	92	58.06
486	36.97	423	39.54	354	42.54	286	45.79	222	49.23	164	52.79	90	58.28
485	37.02	421	39.60	353	42.60	285	45.86	221	49.30	162	52.87	87	58.50
483	37.07	420	39.66	351	42.67	284	45.93	220	49.37	161	52.95	85	58.72
482	37.12	418	39.72	350	42.73	282	46.00	218	49.44	160	53.03	82	58.94
481	37.17	417	39.78	349	42.80	281	46.07	217	49.51	159	53.11	80	59.16
480	37.22	416	39.84	347	42.86	279	46.14	216	49.58	157	53.19	78	59.38
478	37.27	414	39.90	346	42.93	278	46.21	215	49.65	156	53.27	75	59.60
477	37.32	413	39.96	344	42.99	277	46.28	213	49.72	155	53.35	73	59.82
476	37.37	411	40.02	343	43.06	275	46.35	212	49.79	154	53.43	71	60.04
474	37.42	410	40.08	342	43.12	274	46.42	211	49.86	153	53.51	68	60.26
473	37.47	409	40.14	340	43.19	273	46.49	210	49.93	152	53.59	66	60.48
472	37.52	407	40.20	339	43.25	271	46.56	209	50.00	150	53.67	64	60.70
471	37.57	406	40.26	337	43.32	270	46.63	207	50.07	149	53.75	62	60.92
469	37.62	404	40.32	336	43.38	269	46.70	206	50.14	148	53.83	60	61.14
468	37.67	403	40.38	335	43.45	267	46.77	205	50.21	147	53.91	58	61.36
467	37.72	402	40.44	333	43.51	266	46.84	204	50.28	146	53.99	56	61.58
466	37.77	400	40.50	332	43.58	265	46.91	203	50.35	145	54.07	54	61.80
465	37.82	399	40.56	330	43.64	263	46.98	202	50.42	143	54.15	52	62.02
463	37.87	397	40.62	329	43.71	262	47.05	200	50.49	142	54.23	50	62.24
462	37.92	396	40.68	328	43.77	261	47.12	199	50.56	141	54.31	48	62.46
461	37.97	395	40.74	326	43.84	259	47.19	198	50.63	140	54.39	46	62.68
460	38.02	393	40.80	325	43.90	258	47.26	197	50.70	139	54.47	44	62.90
458	38.07	392	40.86	324	43.97	257	47.33	196	50.77	138	54.55	42	63.12
457	38.12	390	40.92	322	44.03	255	47.40	195	50.84	137	54.63	40	63.34
456	38.17	389	40.98	321	44.10	254	47.47	193	50.91	135	54.71	39	63.56
455	38.22	388	41.04	320	44.16	253	47.54	192	50.98	134	54.79	37	63.78
453	38.27	386	41.10	318	44.23	251	47.61	191	51.05	133	54.87	35	64.00
452	38.32	385	41.16	317	44.29	250	47.68	190	51.12	132	54.95	34	64.22
451	38.37	384	41.22	315	44.36	249	47.75	189	51.19	131	55.03	32	64.44
450	38.42	382	41.28	314	44.42	247	47.82	188	51.26	130	55.11	31	64.66
448	38.47	381	41.34	313	44.49	246	47.89	186	51.33	129	55.19	29	64.88
447	38.52	380	41.40	311	44.55	245	47.96	185	51.40	128	55.27	28	65.10
446	38.57	378	41.46	310	44.62	244	48.03	184	51.47	127	55.35	26	65.32
445	38.62	377	41.52	309	44.68	242	48.10	183	51.54	126	55.43	25	65.54
444	38.67	375	41.58	307	44.75	241	48.17	182	51.61	124	55.51	23	65.76
442	38.72	374	41.64	306	44.81	240	48.24	181	51.68	123	55.59	22	65.98
441	38.77	373	41.70	305	44.88	238	48.31	180	51.75	122	55.67	21	66.20
440	38.82	371	41.76	303	44.94	237	48.38	179	51.82	121	55.75	19	66.42

ALBERTA UNDER-14 SCORING TABLES

400 Meters Sprint

Points	Time												
503	51.18	445	54.61	390	58.04	339	61.47	290	64.90	245	68.33	197	72.28
502	51.25	444	54.68	389	58.11	338	61.54	289	64.97	244	68.41	190	72.88
501	51.32	443	54.75	388	58.18	337	61.61	288	65.04	243	68.49	184	73.48
500	51.39	442	54.82	387	58.25	336	61.68	287	65.11	242	68.57	177	74.08
499	51.46	441	54.89	386	58.32	335	61.75	286	65.18	241	68.65	170	74.68
497	51.53	440	54.96	385	58.39	334	61.82	285	65.25	240	68.73	164	75.28
496	51.60	438	55.03	384	58.46	332	61.89	284	65.32	239	68.81	158	75.88
495	51.67	437	55.10	383	58.53	331	61.96	283	65.39	238	68.89	151	76.48
494	51.74	436	55.17	382	58.60	330	62.03	283	65.46	237	68.97	145	77.08
493	51.81	435	55.24	381	58.67	329	62.10	282	65.53	236	69.05	139	77.68
491	51.88	434	55.31	380	58.74	328	62.17	281	65.60	235	69.13	133	78.28
490	51.95	433	55.38	378	58.81	327	62.24	280	65.67	234	69.21	128	78.88
489	52.02	432	55.45	377	58.88	326	62.31	279	65.74	233	69.29	122	79.48
488	52.09	430	55.52	376	58.95	325	62.38	278	65.81	232	69.37	117	80.08
487	52.16	429	55.59	375	59.02	324	62.45	277	65.88	231	69.45	111	80.68
485	52.23	428	55.66	374	59.09	323	62.52	276	65.95	230	69.53	106	81.28
484	52.30	427	55.73	373	59.16	322	62.59	275	66.02	229	69.61	101	81.88
483	52.37	426	55.80	372	59.23	321	62.66	274	66.09	228	69.69	95	82.48
482	52.44	425	55.87	371	59.30	320	62.73	273	66.16	227	69.77	91	83.08
481	52.51	424	55.94	370	59.37	319	62.80	272	66.23	226	69.85	86	83.68
479	52.58	423	56.01	369	59.44	318	62.87	271	66.30	225	69.93	81	84.28
478	52.65	421	56.08	368	59.51	317	62.94	270	66.37	224	70.01	76	84.88
477	52.72	420	56.15	367	59.58	316	63.01	269	66.44	223	70.09	72	85.48
476	52.79	419	56.22	366	59.65	315	63.08	269	66.51	222	70.17	67	86.08
475	52.86	418	56.29	365	59.72	314	63.15	268	66.58	221	70.25	63	86.68
473	52.93	417	56.36	364	59.79	313	63.22	267	66.65	220	70.33	59	87.28
472	53.00	416	56.43	362	59.86	312	63.29	266	66.72	219	70.41	55	87.88
471	53.07	415	56.50	361	59.93	311	63.36	265	66.79	218	70.49	51	88.48
470	53.14	414	56.57	360	60.00	310	63.43	264	66.86	217	70.57	47	89.08
469	53.21	412	56.64	359	60.07	310	63.50	263	66.93	216	70.65	44	89.68
468	53.28	411	56.71	358	60.14	309	63.57	262	67.00	215	70.73	40	90.28
466	53.35	410	56.78	357	60.21	308	63.64	261	67.07	214	70.81	37	90.88
465	53.42	409	56.85	356	60.28	307	63.71	260	67.14	213	70.89	34	91.48
464	53.49	408	56.92	355	60.35	306	63.78	259	67.21	213	70.97	31	92.08
463	53.56	407	56.99	354	60.42	305	63.85	258	67.28	212	71.05	28	92.68
462	53.63	406	57.06	353	60.49	304	63.92	258	67.35	211	71.13	25	93.28
460	53.70	405	57.13	352	60.56	303	63.99	257	67.42	210	71.21	22	93.88
459	53.77	404	57.20	351	60.63	302	64.06	256	67.49	209	71.29	19	94.48
458	53.84	402	57.27	350	60.70	301	64.13	255	67.56	208	71.37	17	95.08
457	53.91	401	57.34	349	60.77	300	64.20	254	67.63	207	71.45	15	95.68
456	53.98	400	57.41	348	60.84	299	64.27	253	67.70	206	71.53	13	96.28
455	54.05	399	57.48	347	60.91	298	64.34	252	67.77	205	71.61	11	96.88
453	54.12	398	57.55	346	60.98	297	64.41	251	67.84	204	71.69	9	97.48
452	54.19	397	57.62	345	61.05	296	64.48	250	67.91	203	71.77	7	98.08
451	54.26	396	57.69	344	61.12	295	64.55	249	67.98	202	71.85	5	98.68
450	54.33	395	57.76	343	61.19	294	64.62	249	68.05	201	71.93	4	99.28
449	54.40	394	57.83	342	61.26	293	64.69	248	68.12	200	72.01	3	99.88
448	54.47	393	57.90	341	61.33	292	64.76	247	68.19	199	72.09	2	100.48
446	54.54	391	57.97	340	61.40	291	64.83	246	68.26	198	72.17	1	101.08

ALBERTA UNDER-14 SCORING TABLES

300 Meters Hurdles

Points	Time												
500	41.02	428	43.47	361	45.94	277	49.37	203	52.80	132	56.74	74	60.73
498	41.07	427	43.52	359	46.01	275	49.44	201	52.88	130	56.82	73	60.84
497	41.12	425	43.57	357	46.08	273	49.51	200	52.96	129	56.90	72	60.95
495	41.17	424	43.62	355	46.15	272	49.58	198	53.04	128	56.98	70	61.06
494	41.22	422	43.67	354	46.22	270	49.65	197	53.12	126	57.06	68	61.23
492	41.27	421	43.72	352	46.29	269	49.72	195	53.20	125	57.14	66	61.40
491	41.32	420	43.77	350	46.36	267	49.79	194	53.28	124	57.22	64	61.57
489	41.37	418	43.82	348	46.43	266	49.86	192	53.36	123	57.30	62	61.74
488	41.42	417	43.87	346	46.50	264	49.93	190	53.44	121	57.38	60	61.91
486	41.47	415	43.92	345	46.57	262	50.00	189	53.52	120	57.46	58	62.08
485	41.52	414	43.97	343	46.64	261	50.07	187	53.60	119	57.54	56	62.25
483	41.57	413	44.02	341	46.71	259	50.14	186	53.68	118	57.62	55	62.42
482	41.62	411	44.07	339	46.78	258	50.21	184	53.76	116	57.70	53	62.59
480	41.67	410	44.12	338	46.85	256	50.28	183	53.84	115	57.78	51	62.76
479	41.72	408	44.17	336	46.92	255	50.35	181	53.92	114	57.86	49	62.93
477	41.77	407	44.22	334	46.99	253	50.42	180	54.00	113	57.94	47	63.10
476	41.82	406	44.27	332	47.06	251	50.49	178	54.08	112	58.02	46	63.27
474	41.87	404	44.32	331	47.13	250	50.56	177	54.16	110	58.10	44	63.44
473	41.92	403	44.37	329	47.20	248	50.63	175	54.24	109	58.18	42	63.61
471	41.97	402	44.42	327	47.27	247	50.70	174	54.32	108	58.26	41	63.78
470	42.02	400	44.47	325	47.34	245	50.77	172	54.40	107	58.34	39	63.95
468	42.07	399	44.52	324	47.41	244	50.84	171	54.48	106	58.42	38	64.12
467	42.12	397	44.57	322	47.48	242	50.91	169	54.56	104	58.50	36	64.29
465	42.17	396	44.62	320	47.55	241	50.98	168	54.64	103	58.58	35	64.46
464	42.22	395	44.67	318	47.62	239	51.05	166	54.72	102	58.66	33	64.63
463	42.27	393	44.72	317	47.69	238	51.12	165	54.80	101	58.74	32	64.80
461	42.32	392	44.77	315	47.76	236	51.19	164	54.88	100	58.82	30	64.97
460	42.37	391	44.82	313	47.83	235	51.26	162	54.96	99	58.90	29	65.14
458	42.42	389	44.87	312	47.90	233	51.33	161	55.04	98	58.98	28	65.31
457	42.47	388	44.92	310	47.97	232	51.40	159	55.12	96	59.06	26	65.48
455	42.52	387	44.97	308	48.04	230	51.47	158	55.20	95	59.14	25	65.65
454	42.57	385	45.02	306	48.11	229	51.54	156	55.28	94	59.22	24	65.82
452	42.62	384	45.07	305	48.18	227	51.61	155	55.36	93	59.30	22	65.99
451	42.67	383	45.12	303	48.25	226	51.68	154	55.44	92	59.38	21	66.16
449	42.72	381	45.17	301	48.32	224	51.75	152	55.52	91	59.46	20	66.33
448	42.77	380	45.22	300	48.39	223	51.82	151	55.60	90	59.54	19	66.50
447	42.82	379	45.27	298	48.46	222	51.89	149	55.68	89	59.62	18	66.67
445	42.87	377	45.32	296	48.53	220	51.96	148	55.76	88	59.70	17	66.84
444	42.92	376	45.37	295	48.60	219	52.03	147	55.84	87	59.78	16	67.01
442	42.97	375	45.42	293	48.67	217	52.10	145	55.92	85	59.86	15	67.18
441	43.02	373	45.47	291	48.74	216	52.17	144	56.00	84	59.94	14	67.35
439	43.07	372	45.52	290	48.81	214	52.24	143	56.08	83	60.02	13	67.52
438	43.12	371	45.57	288	48.88	213	52.31	141	56.16	82	60.10	12	67.69
437	43.17	369	45.62	286	48.95	211	52.38	140	56.24	81	60.18	11	67.86
435	43.22	368	45.67	285	49.02	210	52.45	139	56.32	80	60.26	10	68.03
434	43.27	367	45.72	283	49.09	209	52.52	137	56.40	79	60.34	9	68.20
432	43.32	365	45.77	282	49.16	207	52.59	136	56.48	78	60.42	8	68.37
431	43.37	364	45.82	280	49.23	206	52.66	135	56.56	77	60.50	8	68.54
429	43.42	363	45.87	278	49.30	204	52.73	133	56.64	76	60.58	7	68.71

ALBERTA UNDER-14 SCORING TABLES

1500 Meters Walk

Points	Time	Points	Time	Points	Time								
499	6'35.50	399	7'15.00	309	7'54.50	230	8'34.00	161	9'13.75	92	10'03.00	27	11'09.00
497	6'36.25	397	7'15.75	307	7'55.25	228	8'34.75	160	9'14.50	90	10'04.25	26	11'11.00
495	6'37.00	395	7'16.50	306	7'56.00	227	8'35.50	159	9'15.25	89	10'05.50	25	11'13.00
493	6'37.75	393	7'17.25	304	7'56.75	226	8'36.25	157	9'16.00	86	10'07.50	23	11'15.00
491	6'38.50	392	7'18.00	303	7'57.50	224	8'37.00	156	9'16.75	84	10'09.50	22	11'17.00
489	6'39.25	390	7'18.75	301	7'58.25	223	8'37.75	155	9'17.50	82	10'11.50	21	11'19.00
487	6'40.00	388	7'19.50	299	7'59.00	221	8'38.50	154	9'18.25	79	10'13.50	20	11'21.00
485	6'40.75	386	7'20.25	298	7'59.75	220	8'39.25	153	9'19.00	77	10'15.50	18	11'23.00
483	6'41.50	384	7'21.00	296	8'00.50	219	8'40.00	152	9'19.75	75	10'17.50	17	11'25.00
481	6'42.25	383	7'21.75	295	8'01.25	217	8'40.75	150	9'20.50	72	10'19.50	16	11'27.00
479	6'43.00	381	7'22.50	293	8'02.00	216	8'41.50	149	9'21.25	69	10'22.50	15	11'29.00
477	6'43.75	379	7'23.25	291	8'02.75	215	8'42.25	148	9'22.00	68	10'23.50	14	11'31.00
475	6'44.50	377	7'24.00	290	8'03.50	213	8'43.00	147	9'22.75	66	10'25.50	13	11'33.00
473	6'45.25	376	7'24.75	288	8'04.25	212	8'43.75	146	9'23.50	64	10'27.50	12	11'35.00
471	6'46.00	374	7'25.50	287	8'05.00	211	8'44.50	145	9'24.25	62	10'29.00	11	11'37.00
469	6'46.75	372	7'26.25	285	8'05.75	209	8'45.25	144	9'25.00	60	10'31.50	10	11'39.00
467	6'47.50	370	7'27.00	284	8'06.50	208	8'46.00	143	9'25.75	58	10'33.50	9	11'41.00
465	6'48.25	369	7'27.75	282	8'07.25	206	8'46.75	141	9'26.50	56	10'35.50	8	11'43.00
464	6'49.00	367	7'28.50	281	8'08.00	205	8'47.50	140	9'27.25	54	10'37.50	7	11'45.00
462	6'49.75	365	7'29.25	279	8'08.75	204	8'48.25	139	9'28.00	52	10'39.50	6	11'48.00
460	6'50.50	363	7'30.00	278	8'09.50	203	8'49.00	138	9'28.75	50	10'41.50	5	11'51.00
458	6'51.25	362	7'30.75	276	8'10.25	201	8'49.75	137	9'29.50	48	10'43.50	4	11'54.00
456	6'52.00	360	7'31.50	275	8'11.00	200	8'50.50	136	9'30.25	46	10'45.50	3	11'57.00
454	6'52.75	358	7'32.25	273	8'11.75	199	8'51.25	135	9'31.00	45	10'47.50	2	12'01.00
452	6'53.50	356	7'33.00	272	8'12.50	197	8'52.00	134	9'31.75	43	10'49.50	1	12'06.00
450	6'54.25	355	7'33.75	270	8'13.25	196	8'52.75	133	9'32.50	57	10'34.25		
448	6'55.00	353	7'34.50	268	8'14.00	195	8'53.50	131	9'33.25	56	10'35.50		
446	6'55.75	351	7'35.25	267	8'14.75	193	8'54.25	130	9'34.00	55	10'36.75		
444	6'56.50	350	7'36.00	265	8'15.50	192	8'55.00	129	9'35.00	53	10'38.00		
442	6'57.25	348	7'36.75	264	8'16.25	191	8'55.75	127	9'36.00	52	10'39.25		
441	6'58.00	346	7'37.50	263	8'17.00	189	8'56.50	126	9'37.00	51	10'40.50		
439	6'58.75	345	7'38.25	261	8'17.75	188	8'57.25	125	9'38.00	50	10'41.75		
437	6'59.50	343	7'39.00	260	8'18.50	187	8'58.00	123	9'39.00	49	10'43.00		
435	7'00.25	341	7'39.75	258	8'19.25	186	8'58.75	122	9'40.00	48	10'44.25		
433	7'01.00	340	7'40.50	257	8'20.00	184	8'59.50	120	9'41.00	46	10'45.50		
431	7'01.75	338	7'41.25	255	8'20.75	183	9'00.25	119	9'42.00	45	10'46.75		
429	7'02.50	336	7'42.00	254	8'21.50	182	9'01.00	118	9'43.00	44	10'48.00		
427	7'03.25	335	7'42.75	252	8'22.25	181	9'01.75	116	9'44.00	43	10'49.25		
426	7'04.00	333	7'43.50	251	8'23.00	179	9'02.50	115	9'45.00	42	10'50.50		
424	7'04.75	331	7'44.25	249	8'23.75	178	9'03.25	114	9'46.00	41	10'51.75		
422	7'05.50	330	7'45.00	248	8'24.50	177	9'04.00	112	9'47.00	40	10'53.00		
420	7'06.25	328	7'45.75	246	8'25.25	176	9'04.75	111	9'48.00	39	10'54.25		
418	7'07.00	326	7'46.50	245	8'26.00	174	9'05.50	110	9'49.00	38	10'55.50		
416	7'07.75	325	7'47.25	243	8'26.75	173	9'06.25	108	9'50.00	37	10'56.75		
414	7'08.50	323	7'48.00	242	8'27.50	172	9'07.00	106	9'51.50	36	10'58.00		
413	7'09.25	321	7'48.75	241	8'28.25	171	9'07.75	105	9'52.75	35	10'59.25		
411	7'10.00	320	7'49.50	239	8'29.00	169	9'08.50	103	9'54.00	34	11'00.50		
409	7'10.75	318	7'50.25	238	8'29.75	168	9'09.25	101	9'55.25	33	11'01.75		
407	7'11.50	316	7'51.00	236	8'30.50	167	9'10.00	100	9'56.50	32	11'03.00		
405	7'12.25	315	7'51.75	235	8'31.25	166	9'10.75	98	9'57.75	31	11'04.25		
404	7'13.00	313	7'52.50	233	8'32.00	165	9'11.50	97	9'59.00	30	11'05.50		
402	7'13.75	312	7'53.25	232	8'32.75	163	9'12.25	95	10'00.25	29	11'06.75		
400	7'14.50	310	7'54.00	231	8'33.50	162	9'13.00	94	10'01.50	28	11'08.00		

ALBERTA UNDER-14 SCORING TABLES

600 Meters Run

Points	Time												
500	1,26.20	436	1,34.20	357	1,44.80	285	1,55.40	222	2,06.00	152	2,19.30	89	2,34.20
499	1,26.35	434	1,34.40	356	1,45.00	284	1,55.60	220	2,06.25	151	2,19.58	87	2,34.70
498	1,26.50	433	1,34.60	354	1,45.20	283	1,55.80	219	2,06.50	150	2,19.86	85	2,35.20
497	1,26.65	431	1,34.80	353	1,45.40	282	1,56.00	217	2,06.75	148	2,20.14	84	2,35.70
495	1,26.80	430	1,35.00	351	1,45.60	280	1,56.20	216	2,07.00	147	2,20.42	82	2,36.20
494	1,26.95	428	1,35.20	350	1,45.80	279	1,56.40	215	2,07.25	146	2,20.70	80	2,36.70
493	1,27.10	427	1,35.40	348	1,46.00	278	1,56.60	213	2,07.50	144	2,20.98	78	2,37.20
492	1,27.25	425	1,35.60	347	1,46.20	277	1,56.80	212	2,07.75	143	2,21.26	77	2,37.70
490	1,27.40	423	1,35.80	346	1,46.40	275	1,57.00	210	2,08.00	142	2,21.54	75	2,38.20
489	1,27.55	422	1,36.00	344	1,46.60	274	1,57.20	209	2,08.25	140	2,21.82	73	2,38.70
488	1,27.70	420	1,36.20	343	1,46.80	273	1,57.40	208	2,08.50	139	2,22.10	72	2,39.20
487	1,27.85	419	1,36.40	341	1,47.00	272	1,57.60	206	2,08.75	138	2,22.38	70	2,39.70
485	1,28.00	417	1,36.60	340	1,47.20	270	1,57.80	205	2,09.00	137	2,22.66	68	2,40.20
484	1,28.15	416	1,36.80	339	1,47.40	269	1,58.00	203	2,09.25	135	2,22.94	67	2,40.70
483	1,28.30	414	1,37.00	337	1,47.60	268	1,58.20	202	2,09.50	134	2,23.22	65	2,41.20
482	1,28.45	413	1,37.20	336	1,47.80	267	1,58.40	201	2,09.75	133	2,23.50	63	2,41.70
481	1,28.60	411	1,37.40	335	1,48.00	265	1,58.60	199	2,10.00	132	2,23.78	62	2,42.20
479	1,28.75	410	1,37.60	333	1,48.20	264	1,58.80	198	2,10.25	130	2,24.06	60	2,42.70
478	1,28.90	408	1,37.80	332	1,48.40	263	1,59.00	197	2,10.50	129	2,24.34	59	2,43.20
477	1,29.05	407	1,38.00	330	1,48.60	262	1,59.20	195	2,10.75	128	2,24.62	57	2,43.70
476	1,29.20	405	1,38.20	329	1,48.80	260	1,59.40	194	2,11.00	127	2,24.90	56	2,44.20
474	1,29.35	404	1,38.40	328	1,49.00	259	1,59.60	193	2,11.25	125	2,25.18	54	2,44.70
473	1,29.50	402	1,38.60	326	1,49.20	258	1,59.80	191	2,11.50	124	2,25.46	53	2,45.20
472	1,29.65	401	1,38.80	325	1,49.40	257	2,00.00	190	2,11.75	123	2,25.74	51	2,45.70
471	1,29.80	399	1,39.00	324	1,49.60	256	2,00.20	189	2,12.00	122	2,26.02	50	2,46.20
470	1,29.95	398	1,39.20	322	1,49.80	254	2,00.40	187	2,12.25	121	2,26.30	49	2,46.70
468	1,30.10	396	1,39.40	321	1,50.00	253	2,00.60	186	2,12.50	119	2,26.58	47	2,47.20
467	1,30.25	395	1,39.60	320	1,50.20	252	2,00.80	185	2,12.75	118	2,26.86	46	2,47.70
466	1,30.40	393	1,39.80	318	1,50.40	251	2,01.00	184	2,13.00	117	2,27.14	44	2,48.20
465	1,30.55	392	1,40.00	317	1,50.60	250	2,01.20	182	2,13.25	116	2,27.42	43	2,48.70
464	1,30.70	390	1,40.20	316	1,50.80	248	2,01.40	181	2,13.50	115	2,27.70	42	2,49.20
462	1,30.85	389	1,40.40	314	1,51.00	247	2,01.60	180	2,13.75	114	2,27.98	41	2,49.70
461	1,31.00	387	1,40.60	313	1,51.20	246	2,01.80	178	2,14.00	112	2,28.26	39	2,50.20
460	1,31.15	386	1,40.80	312	1,51.40	245	2,02.00	177	2,14.25	111	2,28.54	38	2,50.70
459	1,31.30	384	1,41.00	310	1,51.60	244	2,02.20	176	2,14.50	110	2,28.82	37	2,51.20
458	1,31.45	383	1,41.20	309	1,51.80	242	2,02.40	175	2,14.75	109	2,29.10	36	2,51.70
456	1,31.60	381	1,41.40	308	1,52.00	241	2,02.60	173	2,15.00	108	2,29.38	33	2,52.90
455	1,31.75	380	1,41.60	306	1,52.20	240	2,02.80	172	2,15.25	107	2,29.66	30	2,54.10
454	1,31.90	379	1,41.80	305	1,52.40	239	2,03.00	171	2,15.50	106	2,29.94	27	2,55.30
453	1,32.05	377	1,42.00	304	1,52.60	238	2,03.20	170	2,15.75	104	2,30.22	25	2,56.50
452	1,32.20	376	1,42.20	302	1,52.80	237	2,03.40	168	2,16.00	103	2,30.50	23	2,57.70
450	1,32.35	374	1,42.40	301	1,53.00	235	2,03.60	167	2,16.25	102	2,30.78	20	2,58.90
449	1,32.50	373	1,42.60	300	1,53.20	234	2,03.80	166	2,16.50	101	2,31.06	18	2,60.10
448	1,32.65	371	1,42.80	298	1,53.40	233	2,04.00	165	2,16.75	100	2,31.34	16	2,61.30
447	1,32.80	370	1,43.00	297	1,53.60	232	2,04.20	163	2,17.00	99	2,31.62	14	3'02.50
446	1,32.95	368	1,43.20	296	1,53.80	231	2,04.40	162	2,17.25	98	2,31.90	12	3'03.70
444	1,33.10	367	1,43.40	294	1,54.00	230	2,04.60	161	2,17.50	97	2,32.18	11	3'04.90
443	1,33.25	366	1,43.60	293	1,54.20	228	2,04.80	160	2,17.75	96	2,32.46	9	3'06.10
442	1,33.40	364	1,43.80	292	1,54.40	227	2,05.00	158	2,18.00	95	2,32.74	7	3'07.30
441	1,33.55	363	1,44.00	291	1,54.60	226	2,05.20	157	2,18.25	94	2,33.02	6	3'08.60
440	1,33.70	361	1,44.20	289	1,54.80	225	2,05.40	156	2,18.50	93	2,33.30	5	3'09.90
439	1,33.85	360	1,44.40	288	1,55.00	224	2,05.60	155	2,18.75	91	2,33.58	3	3'11.20
437	1,34.00	358	1,44.60	287	1,55.20	223	2,05.80	154	2,19.00	90	2,33.86	1	3'14.00

ALBERTA UNDER-14 SCORING TABLES

800 Meters Run

Points	Time										
500	2,04.80	375	2,26.00	267	2,47.20	176	3,08.40	103	3,29.60	43	3,53.90
497	2,05.20	373	2,26.40	265	2,47.60	175	3,08.80	102	3,30.05	41	3,54.70
497	2,05.20	370	2,26.80	263	2,48.00	173	3,09.20	101	3,30.50	40	3,55.50
492	2,06.00	368	2,27.20	261	2,48.40	172	3,09.60	99	3,30.95	38	3,56.30
490	2,06.40	366	2,27.60	259	2,48.80	170	3,10.00	98	3,31.40	37	3,57.10
487	2,06.80	364	2,28.00	258	2,49.20	169	3,10.40	97	3,31.85	35	3,57.90
485	2,07.20	362	2,28.40	256	2,49.60	167	3,10.80	96	3,32.30	34	3,58.70
482	2,07.60	360	2,28.80	254	2,50.00	166	3,11.20	94	3,32.75	32	3,59.50
480	2,08.00	357	2,29.20	252	2,50.40	164	3,11.60	93	3,33.20	31	3,60.30
478	2,08.40	355	2,29.60	250	2,50.80	163	3,12.00	92	3,33.65	30	3,61.10
475	2,08.80	353	2,30.00	248	2,51.20	161	3,12.40	90	3,34.10	28	3,61.90
473	2,09.20	351	2,30.40	247	2,51.60	160	3,12.80	89	3,34.55	27	3,62.70
470	2,09.60	349	2,30.80	245	2,52.00	158	3,13.20	88	3,35.00	26	4,03.50
468	2,10.00	347	2,31.20	243	2,52.40	157	3,13.60	87	3,35.45	24	4,04.30
465	2,10.40	345	2,31.60	241	2,52.80	155	3,14.00	85	3,35.90	23	4,05.10
463	2,10.80	343	2,32.00	239	2,53.20	154	3,14.40	84	3,36.35	22	4,05.90
460	2,11.20	340	2,32.40	238	2,53.60	152	3,14.80	83	3,36.80	21	4,06.70
458	2,11.60	338	2,32.80	236	2,54.00	151	3,15.20	82	3,37.25	20	4,07.50
456	2,12.00	336	2,33.20	234	2,54.40	150	3,15.60	80	3,37.70	19	4,08.30
453	2,12.40	334	2,33.60	232	2,54.80	148	3,16.00	79	3,38.15	18	4,09.10
451	2,12.80	332	2,34.00	231	2,55.20	147	3,16.40	78	3,38.60	17	4,09.90
448	2,13.20	330	2,34.40	229	2,55.60	145	3,16.80	77	3,39.05	16	4,10.70
446	2,13.60	328	2,34.80	227	2,56.00	144	3,17.20	76	3,39.50	15	4,11.50
444	2,14.00	326	2,35.20	225	2,56.40	142	3,17.60	75	3,39.95	14	4,12.30
441	2,14.40	324	2,35.60	224	2,56.80	141	3,18.00	73	3,40.40	13	4,13.10
439	2,14.80	322	2,36.00	222	2,57.20	140	3,18.40	72	3,40.85	12	4,13.90
436	2,15.20	320	2,36.40	220	2,57.60	138	3,18.80	71	3,41.30	11	4,14.70
434	2,15.60	318	2,36.80	219	2,58.00	137	3,19.20	70	3,41.75	10	4,15.50
432	2,16.00	316	2,37.20	217	2,58.40	136	3,19.60	69	3,42.20	9	4,16.30
429	2,16.40	314	2,37.60	215	2,58.80	134	3,20.00	68	3,42.65	8	4,17.10
427	2,16.80	312	2,38.00	213	2,59.20	133	3,20.40	67	3,43.10	7	4,17.90
425	2,17.20	310	2,38.40	212	2,59.60	131	3,20.80	66	3,43.55	5	4,21.10
422	2,17.60	308	2,38.80	210	3,00.00	130	3,21.20	64	3,44.00	4	4,21.90
420	2,18.00	306	2,39.20	208	3,00.40	129	3,21.60	63	3,44.45	2	4,25.10
418	2,18.40	304	2,39.60	207	3,00.80	127	3,22.00	62	3,44.90	2	4,26.70
415	2,18.80	302	2,40.00	205	3,01.20	126	3,22.40	61	3,45.35	1	4,28.30
413	2,19.20	300	2,40.40	203	3,01.60	125	3,22.80	60	3,45.80		
411	2,19.60	298	2,40.80	202	3,02.00	124	3,23.20	59	3,46.25		
409	2,20.00	296	2,41.20	200	3,02.40	122	3,23.60	58	3,46.70		
406	2,20.40	294	2,41.60	198	3,02.80	121	3,24.00	57	3,47.15		
404	2,20.80	292	2,42.00	197	3,03.20	120	3,24.40	56	3,47.60		
402	2,21.20	290	2,42.40	195	3,03.60	118	3,24.80	55	3,48.05		
399	2,21.60	288	2,42.80	194	3,04.00	117	3,25.20	54	3,48.50		
397	2,22.00	286	2,43.20	192	3,04.40	116	3,25.60	53	3,48.95		
395	2,22.40	284	2,43.60	190	3,04.80	115	3,26.00	52	3,49.40		
393	2,22.80	282	2,44.00	189	3,05.20	113	3,26.40	51	3,49.85		
390	2,23.20	280	2,44.40	187	3,05.60	112	3,26.80	50	3,50.30		
388	2,23.60	278	2,44.80	186	3,06.00	111	3,27.20	49	3,50.75		
386	2,24.00	276	2,45.20	184	3,06.40	110	3,27.60	48	3,51.20		
384	2,24.40	274	2,45.60	182	3,06.80	108	3,28.00	47	3,51.65		
382	2,24.80	273	2,46.00	181	3,07.20	107	3,28.40	46	3,52.10		
379	2,25.20	271	2,46.40	179	3,07.60	106	3,28.80	45	3,52.55		
377	2,25.60	269	2,46.80	178	3,08.00	105	3,29.20	44	3,53.40		

ALBERTA UNDER-14 SCORING TABLES

1000 Meters Run

Points	Time												
500	2,42.50	418	2,58.40	331	3,17.00	253	3,35.60	176	3,56.80	111	4,18.00	57	4,40.35
498	2,42.80	417	2,58.75	330	3,17.35	252	3,36.00	174	3,57.20	110	4,18.40	56	4,40.95
496	2,43.10	415	2,59.10	328	3,17.70	250	3,36.40	173	3,57.60	109	4,18.80	54	4,41.55
495	2,43.40	413	2,59.45	327	3,18.05	249	3,36.80	172	3,58.00	107	4,19.20	53	4,42.15
493	2,43.70	411	2,59.80	325	3,18.40	247	3,37.20	170	3,58.40	106	4,19.60	52	4,42.75
492	2,44.00	410	3,00.15	324	3,18.75	245	3,37.60	169	3,58.80	105	4,20.00	51	4,43.35
490	2,44.30	408	3,00.50	322	3,19.10	244	3,38.00	168	3,59.20	104	4,20.40	50	4,43.95
489	2,44.60	406	3,00.85	320	3,19.45	242	3,38.40	166	3,59.60	103	4,20.80	49	4,44.55
487	2,44.90	405	3,01.20	319	3,19.80	241	3,38.80	165	4,00.00	102	4,21.20	47	4,45.15
485	2,45.20	403	3,01.55	317	3,20.15	239	3,39.20	164	4,00.40	101	4,21.60	46	4,45.75
484	2,45.50	401	3,01.90	316	3,20.50	238	3,39.60	162	4,00.80	100	4,22.00	45	4,46.35
482	2,45.80	400	3,02.25	314	3,20.85	236	3,40.00	161	4,01.20	99	4,22.40	44	4,46.95
481	2,46.10	398	3,02.60	313	3,21.20	235	3,40.40	160	4,01.60	98	4,22.80	43	4,47.55
479	2,46.40	396	3,02.95	311	3,21.55	233	3,40.80	159	4,02.00	97	4,23.20	42	4,48.15
478	2,46.70	395	3,03.30	310	3,21.90	232	3,41.20	157	4,02.40	96	4,23.60	41	4,48.75
476	2,47.00	393	3,03.65	308	3,22.25	230	3,41.60	156	4,02.80	95	4,24.00	40	4,49.35
474	2,47.30	391	3,04.00	307	3,22.60	229	3,42.00	155	4,03.20	94	4,24.40	39	4,49.95
473	2,47.60	389	3,04.35	305	3,22.95	227	3,42.40	153	4,03.60	93	4,24.80	38	4,50.55
471	2,47.90	388	3,04.70	304	3,23.30	226	3,42.80	152	4,04.00	92	4,25.20	37	4,51.15
470	2,48.20	386	3,05.05	302	3,23.65	224	3,43.20	151	4,04.40	91	4,25.60	36	4,51.75
468	2,48.50	385	3,05.40	301	3,24.00	223	3,43.60	150	4,04.80	90	4,26.00	35	4,52.35
467	2,48.80	383	3,05.75	299	3,24.35	221	3,44.00	148	4,05.20	89	4,26.40	34	4,52.95
465	2,49.10	381	3,06.10	298	3,24.70	220	3,44.40	147	4,05.60	88	4,26.80	33	4,53.55
464	2,49.40	380	3,06.45	296	3,25.05	218	3,44.80	146	4,06.00	87	4,27.20	32	4,54.15
462	2,49.70	378	3,06.80	295	3,25.40	217	3,45.20	145	4,06.40	86	4,27.60	31	4,54.75
460	2,50.00	376	3,07.15	293	3,25.75	215	3,45.60	143	4,06.80	85	4,28.00	30	4,55.35
459	2,50.30	375	3,07.50	292	3,26.10	214	3,46.00	142	4,07.20	84	4,28.40	29	4,55.95
457	2,50.60	373	3,07.85	290	3,26.45	212	3,46.40	141	4,07.60	83	4,28.80	28	4,56.55
456	2,50.90	371	3,08.20	289	3,26.80	211	3,46.80	140	4,08.00	82	4,29.20	27	4,57.15
454	2,51.20	370	3,08.55	288	3,27.15	209	3,47.20	139	4,08.40	81	4,29.60	26	4,57.75
453	2,51.50	368	3,08.90	286	3,27.50	208	3,47.60	137	4,08.80	80	4,30.00	24	4,58.35
451	2,51.80	366	3,09.25	285	3,27.85	206	3,48.00	136	4,09.20	79	4,30.40	23	4,58.95
450	2,52.10	365	3,09.60	283	3,28.20	205	3,48.40	135	4,09.60	78	4,30.80	22	4,59.55
448	2,52.40	363	3,09.95	282	3,28.55	203	3,48.80	134	4,10.00	77	4,31.20	21	4,60.15
447	2,52.70	362	3,10.30	280	3,28.90	202	3,49.20	133	4,10.40	76	4,31.60	20	4,60.75
445	2,53.00	360	3,10.65	279	3,29.25	201	3,49.60	131	4,10.80	75	4,32.00	19	4,61.35
444	2,53.30	358	3,11.00	277	3,29.60	199	3,50.00	130	4,11.20	74	4,32.40	18	4,61.95
442	2,53.60	357	3,11.35	276	3,29.95	198	3,50.40	129	4,11.60	73	4,32.80	17	4,62.55
441	2,53.90	355	3,11.70	275	3,30.30	196	3,50.80	128	4,12.00	72	4,33.20	16	4,63.15
439	2,54.20	354	3,12.05	273	3,30.65	195	3,51.20	127	4,12.40	71	4,33.60	15	4,63.75
438	2,54.50	352	3,12.40	272	3,31.00	194	3,51.60	125	4,12.80	70	4,34.00	14	4,64.35
436	2,54.80	350	3,12.75	270	3,31.35	192	3,52.00	124	4,13.20	69	4,34.40	13	4,64.95
435	2,55.10	349	3,13.10	269	3,31.70	191	3,52.40	123	4,13.60	68	4,34.80	12	4,65.55
433	2,55.40	347	3,13.45	267	3,32.05	189	3,52.80	122	4,14.00	67	4,35.20	11	4,66.15
432	2,55.70	346	3,13.80	266	3,32.40	188	3,53.20	121	4,14.40	66	4,35.60	9	4,66.75
430	2,56.00	344	3,14.15	265	3,32.75	187	3,53.60	120	4,14.80	65	4,36.00	8	4,67.35
429	2,56.30	342	3,14.50	263	3,33.10	185	3,54.00	119	4,15.20	64	4,36.40	7	4,67.95
427	2,56.60	341	3,14.85	262	3,33.45	184	3,54.40	117	4,15.60	63	4,36.80	6	4,68.55
426	2,56.90	339	3,15.20	260	3,33.80	182	3,54.80	116	4,16.00	62	4,37.20	4	4,69.15
424	2,57.20	338	3,15.55	259	3,34.15	181	3,55.20	115	4,16.40	61	4,37.60	3	4,69.75
423	2,57.50	336	3,15.90	258	3,34.50	180	3,55.60	114	4,16.80	60	4,38.00	2	4,70.35
421	2,57.80	335	3,16.25	256	3,34.85	178	3,56.00	113	4,17.20	59	4,38.40	1	4,70.95
420	2,58.10	333	3,16.60	255	3,35.20	177	3,56.40	112	4,17.60	58	4,38.80		

ALBERTA UNDER-14 SCORING TABLES

1200 Meters Run

Points	Time												
500	3'17.30	412	3'38.50	331	3'59.70	258	4'20.90	193	4'42.10	137	5'03.30	69	5'35.00
499	3'17.70	410	3'38.90	329	4'00.10	257	4'21.30	192	4'42.50	136	5'03.90	67	5'36.20
497	3'18.10	408	3'39.30	328	4'00.50	255	4'21.70	191	4'42.90	134	5'04.50	65	5'37.40
495	3'18.50	407	3'39.70	326	4'00.90	254	4'22.10	190	4'43.30	133	5'05.10	63	5'38.60
493	3'18.90	405	3'40.10	325	4'01.30	253	4'22.50	189	4'43.70	131	5'05.70	61	5'39.80
492	3'19.30	404	3'40.50	324	4'01.70	251	4'22.90	188	4'44.10	130	5'06.30	59	5'41.00
490	3'19.70	402	3'40.90	322	4'02.10	250	4'23.30	186	4'44.50	128	5'06.90	57	5'42.20
488	3'20.10	401	3'41.30	321	4'02.50	249	4'23.70	185	4'44.90	127	5'07.50	55	5'43.40
486	3'20.50	399	3'41.70	319	4'02.90	248	4'24.10	184	4'45.30	126	5'08.10	53	5'44.60
485	3'20.90	397	3'42.10	318	4'03.30	246	4'24.50	183	4'45.70	124	5'08.70	51	5'45.80
483	3'21.30	396	3'42.50	316	4'03.70	245	4'24.90	182	4'46.10	123	5'09.30	49	5'47.00
481	3'21.70	394	3'42.90	315	4'04.10	244	4'25.30	181	4'46.50	121	5'09.90	47	5'48.20
480	3'22.10	393	3'43.30	314	4'04.50	243	4'25.70	180	4'46.90	120	5'10.50	46	5'49.40
478	3'22.50	391	3'43.70	312	4'04.90	241	4'26.10	179	4'47.30	119	5'11.10	44	5'50.60
476	3'22.90	390	3'44.10	311	4'05.30	240	4'26.50	178	4'47.70	117	5'11.70	42	5'51.80
474	3'23.30	388	3'44.50	309	4'05.70	239	4'26.90	176	4'48.10	116	5'12.30	40	5'53.00
473	3'23.70	386	3'44.90	308	4'06.10	238	4'27.30	175	4'48.50	114	5'12.90	39	5'54.20
471	3'24.10	385	3'45.30	307	4'06.50	236	4'27.70	174	4'48.90	113	5'13.50	37	5'55.40
469	3'24.50	383	3'45.70	305	4'06.90	235	4'28.10	173	4'49.30	112	5'14.10	35	5'56.60
468	3'24.90	382	3'46.10	304	4'07.30	234	4'28.50	172	4'49.70	110	5'14.70	34	5'57.80
466	3'25.30	380	3'46.50	302	4'07.70	233	4'28.90	171	4'50.10	109	5'15.30	32	5'59.00
464	3'25.70	379	3'46.90	301	4'08.10	231	4'29.30	170	4'50.50	108	5'15.90	31	6'00.20
463	3'26.10	377	3'47.30	300	4'08.50	230	4'29.70	169	4'50.90	106	5'16.50	29	6'01.40
461	3'26.50	376	3'47.70	298	4'08.90	229	4'30.10	168	4'51.30	105	5'17.10	28	6'02.60
459	3'26.90	374	3'48.10	297	4'09.30	228	4'30.50	167	4'51.70	104	5'17.70	26	6'03.80
458	3'27.30	373	3'48.50	295	4'09.70	226	4'30.90	166	4'52.10	103	5'18.30	25	6'05.00
456	3'27.70	371	3'48.90	294	4'10.10	225	4'31.30	165	4'52.50	101	5'18.90	24	6'06.20
454	3'28.10	369	3'49.30	293	4'10.50	224	4'31.70	164	4'52.90	100	5'19.50	22	6'07.40
453	3'28.50	368	3'49.70	291	4'10.90	223	4'32.10	162	4'53.30	99	5'20.10	21	6'08.60
451	3'28.90	366	3'50.10	290	4'11.30	222	4'32.50	161	4'53.70	97	5'20.70	20	6'09.80
449	3'29.30	365	3'50.50	289	4'11.70	220	4'32.90	160	4'54.10	96	5'21.30	18	6'11.00
448	3'29.70	363	3'50.90	287	4'12.10	219	4'33.30	159	4'54.50	95	5'21.90	17	6'12.20
446	3'30.10	362	3'51.30	286	4'12.50	218	4'33.70	158	4'54.90	94	5'22.50	16	6'13.40
444	3'30.50	360	3'51.70	284	4'12.90	217	4'34.10	157	4'55.30	92	5'23.10	15	6'14.60
443	3'30.90	359	3'52.10	283	4'13.30	215	4'34.50	156	4'55.70	91	5'23.70	14	6'15.80
441	3'31.30	357	3'52.50	282	4'13.70	214	4'34.90	155	4'56.10	90	5'24.30	13	6'17.00
439	3'31.70	356	3'52.90	280	4'14.10	213	4'35.30	154	4'56.50	89	5'24.90	12	6'18.20
438	3'32.10	354	3'53.30	279	4'14.50	212	4'35.70	153	4'56.90	88	5'25.50	11	6'19.40
436	3'32.50	353	3'53.70	278	4'14.90	211	4'36.10	152	4'57.30	86	5'26.10	10	6'20.60
434	3'32.90	351	3'54.10	276	4'15.30	210	4'36.50	151	4'57.70	85	5'26.70	9	6'21.80
433	3'33.30	350	3'54.50	275	4'15.70	208	4'36.90	150	4'58.10	84	5'27.30	8	6'23.00
431	3'33.70	348	3'54.90	274	4'16.10	207	4'37.30	149	4'58.50	83	5'27.90	7	6'24.20
429	3'34.10	347	3'55.30	272	4'16.50	206	4'37.70	148	4'58.90	82	5'28.50	6	6'26.00
428	3'34.50	345	3'55.70	271	4'16.90	205	4'38.10	147	4'59.30	80	5'29.10	5	6'27.80
426	3'34.90	344	3'56.10	270	4'17.30	204	4'38.50	146	4'59.70	79	5'29.70	4	6'29.60
425	3'35.30	343	3'56.50	268	4'17.70	202	4'38.90	145	5'00.10	78	5'30.30	3	6'31.40
423	3'35.70	341	3'56.90	267	4'18.10	201	4'39.30	144	5'00.50	77	5'30.90	2	6'33.20
421	3'36.10	340	3'57.30	266	4'18.50	200	4'39.70	143	5'00.90	76	5'31.50	1	6'36.80
420	3'36.50	338	3'57.70	264	4'18.90	199	4'40.10	142	5'01.30	75	5'32.10		
418	3'36.90	337	3'58.10	263	4'19.30	198	4'40.50	141	5'01.70	74	5'32.70		
416	3'37.30	335	3'58.50	262	4'19.70	197	4'40.90	140	5'02.10	73	5'33.30		
415	3'37.70	334	3'58.90	261	4'20.10	196	4'41.30	139	5'02.50	71	5'33.90		
413	3'38.10	332	3'59.30	259	4'20.50	194	4'41.70	138	5'02.90	70	5'34.50		

ALBERTA UNDER-14 SCORING TABLES

1500 Meters Run

Points	Time												
500	4'26.50	402	4'53.00	314	5'19.50	236	5'46.00	168	6'12.50	111	6'39.00	43	7'21.50
498	4'27.00	400	4'53.50	312	5'20.00	235	5'46.50	167	6'13.00	110	6'39.80	42	7'22.50
496	4'27.50	398	4'54.00	311	5'20.50	233	5'47.00	166	6'13.50	108	6'40.60	40	7'23.50
494	4'28.00	397	4'54.50	309	5'21.00	232	5'47.50	165	6'14.00	107	6'41.40	39	7'24.50
492	4'28.50	395	4'55.00	308	5'21.50	230	5'48.00	164	6'14.50	105	6'42.20	38	7'25.50
490	4'29.00	393	4'55.50	306	5'22.00	229	5'48.50	162	6'15.00	103	6'43.00	37	7'26.50
488	4'29.50	392	4'56.00	305	5'22.50	228	5'49.00	161	6'15.50	102	6'43.80	36	7'27.50
486	4'30.00	390	4'56.50	303	5'23.00	226	5'49.50	160	6'16.00	100	6'44.60	34	7'28.50
485	4'30.50	388	4'57.00	301	5'23.50	225	5'50.00	159	6'16.50	99	6'45.40	33	7'29.50
483	4'31.00	386	4'57.50	300	5'24.00	224	5'50.50	158	6'17.00	98	6'46.20	32	7'30.50
481	4'31.50	385	4'58.00	298	5'24.50	222	5'51.00	157	6'17.50	96	6'47.00	31	7'31.50
479	4'32.00	383	4'58.50	297	5'25.00	221	5'51.50	155	6'18.00	95	6'47.80	30	7'32.50
477	4'32.50	381	4'59.00	295	5'25.50	220	5'52.00	154	6'18.50	93	6'48.60	29	7'33.50
475	4'33.00	379	4'59.50	294	5'26.00	218	5'52.50	153	6'19.00	92	6'49.40	28	7'34.50
473	4'33.50	378	5'00.00	292	5'26.50	217	5'53.00	152	6'19.50	90	6'50.20	27	7'35.50
471	4'34.00	376	5'00.50	291	5'27.00	216	5'53.50	151	6'20.00	89	6'51.00	26	7'36.50
469	4'34.50	374	5'01.00	289	5'27.50	214	5'54.00	150	6'20.50	87	6'51.80	25	7'37.50
467	4'35.00	373	5'01.50	288	5'28.00	213	5'54.50	149	6'21.00	86	6'52.60	24	7'38.50
466	4'35.50	371	5'02.00	286	5'28.50	212	5'55.00	148	6'21.50	85	6'53.40	23	7'39.50
464	4'36.00	369	5'02.50	285	5'29.00	210	5'55.50	147	6'22.00	83	6'54.20	22	7'40.50
462	4'36.50	368	5'03.00	283	5'29.50	209	5'56.00	145	6'22.50	82	6'55.00	21	7'41.50
460	4'37.00	366	5'03.50	282	5'30.00	208	5'56.50	144	6'23.00	81	6'55.80	20	7'42.50
458	4'37.50	364	5'04.00	280	5'30.50	207	5'57.00	143	6'23.50	79	6'56.60	19	7'43.50
456	4'38.00	363	5'04.50	279	5'31.00	205	5'57.50	142	6'24.00	78	6'57.40	18	7'44.50
454	4'38.50	361	5'05.00	277	5'31.50	204	5'58.00	141	6'24.50	77	6'58.20	17	7'45.50
453	4'39.00	359	5'05.50	276	5'32.00	203	5'58.50	140	6'25.00	75	6'59.00	16	7'47.50
451	4'39.50	358	5'06.00	274	5'32.50	201	5'59.00	139	6'25.50	74	6'59.80	15	7'48.50
449	4'40.00	356	5'06.50	273	5'33.00	200	5'59.50	138	6'26.00	73	7'00.60	14	7'49.50
447	4'40.50	354	5'07.00	271	5'33.50	199	6'00.00	137	6'26.50	71	7'01.40	13	7'50.50
445	4'41.00	353	5'07.50	270	5'34.00	198	6'00.50	136	6'27.00	70	7'02.20	12	7'52.50
443	4'41.50	351	5'08.00	268	5'34.50	196	6'01.00	135	6'27.50	69	7'03.00	11	7'53.50
441	4'42.00	349	5'08.50	267	5'35.00	195	6'01.50	134	6'28.00	68	7'03.80	10	7'55.50
440	4'42.50	348	5'09.00	266	5'35.50	194	6'02.00	132	6'28.50	66	7'04.60	9	7'56.50
438	4'43.00	346	5'09.50	264	5'36.00	193	6'02.50	131	6'29.00	65	7'05.40	8	7'58.50
436	4'43.50	344	5'10.00	263	5'36.50	191	6'03.00	130	6'29.50	64	7'06.20	7	8'00.50
434	4'44.00	343	5'10.50	261	5'37.00	190	6'03.50	129	6'30.00	63	7'07.00	6	8'01.50
432	4'44.50	341	5'11.00	260	5'37.50	189	6'04.00	128	6'30.50	62	7'07.80	5	8'03.50
431	4'45.00	339	5'11.50	258	5'38.00	188	6'04.50	127	6'31.00	60	7'08.60	4	8'05.50
429	4'45.50	338	5'12.00	257	5'38.50	186	6'05.00	126	6'31.50	59	7'09.40	3	8'07.50
427	4'46.00	336	5'12.50	255	5'39.00	185	6'05.50	125	6'32.00	58	7'10.20	2	8'10.50
425	4'46.50	335	5'13.00	254	5'39.50	184	6'06.00	124	6'32.50	57	7'11.00	1	8'13.50
423	4'47.00	333	5'13.50	253	5'40.00	183	6'06.50	123	6'33.00	56	7'11.80		
422	4'47.50	331	5'14.00	251	5'40.50	181	6'07.00	122	6'33.50	55	7'12.60		
420	4'48.00	330	5'14.50	250	5'41.00	180	6'07.50	121	6'34.00	54	7'13.40		
418	4'48.50	328	5'15.00	248	5'41.50	179	6'08.00	120	6'34.50	52	7'14.20		
416	4'49.00	327	5'15.50	247	5'42.00	178	6'08.50	119	6'35.00	51	7'15.00		
414	4'49.50	325	5'16.00	246	5'42.50	177	6'09.00	118	6'35.50	50	7'15.80		
413	4'50.00	323	5'16.50	244	5'43.00	175	6'09.50	117	6'36.00	49	7'16.60		
411	4'50.50	322	5'17.00	243	5'43.50	174	6'10.00	116	6'36.50	48	7'17.40		
409	4'51.00	320	5'17.50	241	5'44.00	173	6'10.50	115	6'37.00	47	7'18.20		
407	4'51.50	319	5'18.00	240	5'44.50	172	6'11.00	114	6'37.50	46	7'19.00		
406	4'52.00	317	5'18.50	239	5'45.00	171	6'11.50	113	6'38.00	45	7'19.80		
404	4'52.50	315	5'19.00	237	5'45.50	169	6'12.00	112	6'38.50	44	7'20.60		

ALBERTA UNDER-14 SCORING TABLES

50 Meters Hurdles

Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time
500	7.12	403	8.30	315	9.46	249	10.40	188	11.34	109	12.75	46	14.16
498	7.15	401	8.33	313	9.48	248	10.42	187	11.37	108	12.78	45	14.19
496	7.17	399	8.35	312	9.50	246	10.44	185	11.40	106	12.81	44	14.22
493	7.20	397	8.38	310	9.52	245	10.46	183	11.43	105	12.84	43	14.25
491	7.22	395	8.40	309	9.54	244	10.48	181	11.46	103	12.87	41	14.28
489	7.25	393	8.43	308	9.56	242	10.50	179	11.49	102	12.90	40	14.31
487	7.27	391	8.45	306	9.58	241	10.52	178	11.52	100	12.93	39	14.34
485	7.30	389	8.48	305	9.60	240	10.54	176	11.55	99	12.96	38	14.37
483	7.32	387	8.50	303	9.62	238	10.56	174	11.58	97	12.99	37	14.40
481	7.35	385	8.53	302	9.64	237	10.58	172	11.61	96	13.02	36	14.43
479	7.37	383	8.55	300	9.66	236	10.60	170	11.64	94	13.05	35	14.46
477	7.40	381	8.58	299	9.68	234	10.62	169	11.67	93	13.08	34	14.49
475	7.42	379	8.60	297	9.70	233	10.64	167	11.70	91	13.11	33	14.52
472	7.45	378	8.63	296	9.72	232	10.66	165	11.73	90	13.14	32	14.55
470	7.47	376	8.65	295	9.74	230	10.68	163	11.76	88	13.17	31	14.58
468	7.50	374	8.68	293	9.76	229	10.70	162	11.79	87	13.20	30	14.61
466	7.52	372	8.70	292	9.78	228	10.72	160	11.82	86	13.23	29	14.64
464	7.55	370	8.73	290	9.80	226	10.74	158	11.85	84	13.26	28	14.67
462	7.57	368	8.75	289	9.82	225	10.76	156	11.88	83	13.29	27	14.70
460	7.60	366	8.78	288	9.84	224	10.78	155	11.91	81	13.32	26	14.73
458	7.62	364	8.80	286	9.86	223	10.80	153	11.94	80	13.35	25	14.76
456	7.65	362	8.83	285	9.88	221	10.82	151	11.97	79	13.38	24	14.79
454	7.67	360	8.85	283	9.90	220	10.84	150	12.00	77	13.41	23	14.82
452	7.70	358	8.88	282	9.92	219	10.86	148	12.03	76	13.44	22	14.85
450	7.72	356	8.90	280	9.94	217	10.88	146	12.06	75	13.47	21	14.88
448	7.75	355	8.93	279	9.96	216	10.90	144	12.09	73	13.50	20	14.92
446	7.77	353	8.95	278	9.98	215	10.92	143	12.12	72	13.53	19	14.95
444	7.80	351	8.98	276	10.00	214	10.94	141	12.15	71	13.56	18	14.99
442	7.82	349	9.00	275	10.02	212	10.96	139	12.18	69	13.59	17	15.02
439	7.85	347	9.03	274	10.04	211	10.98	138	12.21	68	13.62	16	15.06
437	7.87	345	9.05	272	10.06	210	11.00	136	12.24	67	13.65	15	15.10
435	7.90	343	9.08	271	10.08	208	11.02	135	12.27	65	13.68	14	15.14
433	7.92	341	9.10	269	10.10	207	11.04	133	12.30	64	13.71	13	15.18
431	7.95	339	9.13	268	10.12	206	11.06	131	12.33	63	13.74	12	15.22
429	7.97	338	9.15	267	10.14	205	11.08	130	12.36	62	13.77	11	15.27
427	8.00	336	9.18	265	10.16	203	11.10	128	12.39	60	13.80	10	15.31
425	8.02	334	9.20	264	10.18	202	11.12	126	12.42	59	13.83	9	15.35
423	8.05	332	9.23	262	10.20	201	11.14	125	12.45	58	13.86	8	15.39
421	8.07	330	9.25	261	10.22	200	11.16	123	12.48	57	13.89	7	15.43
419	8.10	328	9.28	260	10.24	198	11.18	122	12.51	55	13.92	6	15.48
417	8.12	326	9.30	258	10.26	197	11.20	120	12.54	54	13.95	5	15.53
415	8.15	325	9.33	257	10.28	196	11.22	118	12.57	53	13.98	4	15.59
413	8.17	323	9.35	256	10.30	195	11.24	117	12.60	52	14.01	3	15.64
411	8.20	321	9.38	254	10.32	193	11.26	115	12.63	51	14.04	2	15.75
409	8.22	319	9.40	253	10.34	192	11.28	114	12.66	49	14.07	1	15.81
407	8.25	317	9.43	252	10.36	191	11.30	112	12.69	48	14.10		
405	8.27	316	9.45	250	10.38	190	11.32	111	12.72	47	14.13		

ALBERTA UNDER-14 SCORING TABLES

60 Meters Hurdles

Points	Time												
500	8.28	424	9.24	352	10.20	284	11.16	222	12.12	138	13.57	59	15.26
499	8.30	422	9.26	350	10.22	283	11.18	220	12.15	136	13.61	57	15.31
497	8.32	421	9.28	349	10.24	281	11.20	218	12.18	134	13.64	55	15.35
496	8.34	419	9.30	347	10.26	280	11.22	216	12.21	132	13.68	53	15.40
494	8.36	418	9.32	346	10.28	279	11.24	214	12.24	130	13.71	52	15.44
492	8.38	416	9.34	344	10.30	277	11.26	212	12.27	129	13.75	50	15.49
491	8.40	415	9.36	343	10.32	276	11.28	210	12.30	127	13.78	48	15.53
489	8.42	413	9.38	341	10.34	275	11.30	209	12.33	125	13.82	47	15.58
487	8.44	411	9.40	340	10.36	273	11.32	207	12.36	123	13.85	45	15.62
486	8.46	410	9.42	339	10.38	272	11.34	205	12.39	121	13.89	43	15.67
484	8.48	408	9.44	337	10.40	271	11.36	203	12.42	120	13.92	42	15.71
482	8.50	407	9.46	336	10.42	269	11.38	201	12.45	118	13.96	40	15.76
481	8.52	405	9.48	334	10.44	268	11.40	200	12.48	116	13.99	38	15.80
479	8.54	404	9.50	333	10.46	267	11.42	198	12.51	114	14.03	37	15.85
478	8.56	402	9.52	331	10.48	265	11.44	196	12.54	113	14.06	35	15.89
476	8.58	401	9.54	330	10.50	264	11.46	194	12.57	111	14.10	34	15.94
474	8.60	399	9.56	329	10.52	263	11.48	192	12.60	109	14.13	32	15.98
473	8.62	398	9.58	327	10.54	261	11.50	191	12.63	107	14.17	31	16.03
471	8.64	396	9.60	326	10.56	260	11.52	189	12.66	106	14.20	30	16.07
470	8.66	395	9.62	324	10.58	259	11.54	187	12.69	104	14.24	28	16.12
468	8.68	393	9.64	323	10.60	257	11.56	185	12.72	102	14.27	27	16.16
466	8.70	392	9.66	321	10.62	256	11.58	184	12.75	101	14.31	25	16.21
465	8.72	390	9.68	320	10.64	255	11.60	182	12.78	99	14.34	24	16.25
463	8.74	389	9.70	319	10.66	253	11.62	180	12.81	97	14.38	23	16.30
462	8.76	387	9.72	317	10.68	252	11.64	178	12.84	96	14.41	21	16.34
460	8.78	386	9.74	316	10.70	251	11.66	177	12.87	94	14.45	20	16.39
458	8.80	384	9.76	314	10.72	250	11.68	175	12.90	92	14.48	19	16.43
457	8.82	383	9.78	313	10.74	248	11.70	173	12.93	91	14.52	18	16.48
455	8.84	381	9.80	312	10.76	247	11.72	171	12.96	89	14.55	16	16.52
454	8.86	380	9.82	310	10.78	246	11.74	170	12.99	88	14.59	15	16.57
452	8.88	378	9.84	309	10.80	244	11.76	168	13.02	86	14.62	14	16.61
450	8.90	377	9.86	307	10.82	243	11.78	166	13.05	84	14.66	13	16.66
449	8.92	375	9.88	306	10.84	242	11.80	165	13.08	83	14.69	12	16.70
447	8.94	374	9.90	305	10.86	241	11.82	163	13.11	81	14.73	11	16.75
446	8.96	372	9.92	303	10.88	239	11.84	161	13.14	80	14.76	10	16.79
444	8.98	371	9.94	302	10.90	238	11.86	160	13.17	78	14.80	9	16.84
443	9.00	369	9.96	300	10.92	237	11.88	158	13.20	77	14.83	8	16.88
441	9.02	368	9.98	299	10.94	235	11.90	156	13.23	75	14.87	7	16.93
439	9.04	366	10.00	298	10.96	234	11.92	155	13.26	74	14.90	6	16.97
438	9.06	365	10.02	296	10.98	233	11.94	153	13.29	72	14.94	5	17.02
436	9.08	363	10.04	295	11.00	232	11.96	151	13.32	71	14.97	4	17.07
435	9.10	362	10.06	294	11.02	230	11.98	150	13.35	69	15.01	3	17.17
433	9.12	360	10.08	292	11.04	229	12.00	148	13.38	68	15.04	2	17.24
432	9.14	359	10.10	291	11.06	228	12.02	146	13.41	66	15.08	1	17.31
430	9.16	357	10.12	290	11.08	227	12.04	145	13.44	65	15.11		
428	9.18	356	10.14	288	11.10	225	12.06	143	13.47	63	15.15		
427	9.20	355	10.16	287	11.12	224	12.08	141	13.50	62	15.18		
425	9.22	353	10.18	285	11.14	223	12.10	140	13.53	60	15.22		

ALBERTA UNDER-14 SCORING TABLES

80 Meters Hurdles

Points	Time												
500	10.80	393	12.30	295	13.80	207	15.30	130	16.80	67	18.30	15	19.96
497	10.83	391	12.33	293	13.83	206	15.33	129	16.83	66	18.33	14	20.02
495	10.86	389	12.36	291	13.86	204	15.36	128	16.86	64	18.36	13	20.07
493	10.89	387	12.39	290	13.89	202	15.39	126	16.89	63	18.39	12	20.12
491	10.92	385	12.42	288	13.92	201	15.42	125	16.92	62	18.42	11	20.17
489	10.95	383	12.45	286	13.95	199	15.45	123	16.95	61	18.45	10	20.22
486	10.98	381	12.48	284	13.98	197	15.48	122	16.98	60	18.48	9	20.27
484	11.01	379	12.51	282	14.01	196	15.51	121	17.01	59	18.51	8	20.32
482	11.04	377	12.54	280	14.04	194	15.54	119	17.04	58	18.54	7	20.37
480	11.07	375	12.57	278	14.07	193	15.57	118	17.07	57	18.57	6	20.42
478	11.10	373	12.60	277	14.10	191	15.60	117	17.10	56	18.60	5	20.47
475	11.13	371	12.63	275	14.13	189	15.63	115	17.13	55	18.63	4	20.52
473	11.16	369	12.66	273	14.16	188	15.66	114	17.16	54	18.66	4	20.57
471	11.19	367	12.69	271	14.19	186	15.69	113	17.19	53	18.69	3	20.62
469	11.22	365	12.72	269	14.22	185	15.72	111	17.22	52	18.72	2	20.67
467	11.25	363	12.75	268	14.25	183	15.75	110	17.25	51	18.75	2	20.72
465	11.28	361	12.78	266	14.28	181	15.78	109	17.28	50	18.78	1	20.77
462	11.31	359	12.81	264	14.31	180	15.81	107	17.31	48	18.81		
460	11.34	357	12.84	262	14.34	178	15.84	106	17.34	47	18.84		
458	11.37	355	12.87	260	14.37	177	15.87	105	17.37	46	18.87		
456	11.40	353	12.90	259	14.40	175	15.90	103	17.40	45	18.90		
454	11.43	351	12.93	257	14.43	174	15.93	102	17.43	44	18.96		
452	11.46	349	12.96	255	14.46	172	15.96	101	17.46	43	18.99		
449	11.49	347	12.99	253	14.49	170	15.99	99	17.49	42	19.02		
447	11.52	345	13.02	252	14.52	169	16.02	98	17.52	41	19.05		
445	11.55	343	13.05	250	14.55	167	16.05	97	17.55	40	19.08		
443	11.58	341	13.08	248	14.58	166	16.08	96	17.58	39	19.11		
441	11.61	339	13.11	246	14.61	164	16.11	94	17.61	38	19.14		
439	11.64	337	13.14	245	14.64	163	16.14	93	17.64	37	19.17		
437	11.67	335	13.17	243	14.67	161	16.17	92	17.67	36	19.20		
435	11.70	333	13.20	241	14.70	160	16.20	91	17.70	35	19.23		
432	11.73	331	13.23	239	14.73	158	16.23	89	17.73	34	19.26		
430	11.76	329	13.26	238	14.76	157	16.26	88	17.76	33	19.29		
428	11.79	327	13.29	236	14.79	155	16.29	87	17.79	32	19.32		
426	11.82	325	13.32	234	14.82	154	16.32	86	17.82	31	19.38		
424	11.85	323	13.35	232	14.85	152	16.35	84	17.85	30	19.41		
422	11.88	321	13.38	231	14.88	151	16.38	83	17.88	29	19.44		
420	11.91	320	13.41	229	14.91	149	16.41	82	17.91	28	19.47		
418	11.94	318	13.44	227	14.94	148	16.44	81	17.94	27	19.50		
416	11.97	316	13.47	226	14.97	146	16.47	79	17.97	26	19.56		
413	12.00	314	13.50	224	15.00	145	16.50	78	18.00	25	19.59		
411	12.03	312	13.53	222	15.03	143	16.53	77	18.03	24	19.62		
409	12.06	310	13.56	221	15.06	142	16.56	76	18.06	23	19.65		
407	12.09	308	13.59	219	15.09	140	16.59	75	18.09	22	19.71		
405	12.12	306	13.62	217	15.12	139	16.62	74	18.12	21	19.74		
403	12.15	304	13.65	216	15.15	138	16.65	72	18.15	20	19.77		
401	12.18	303	13.68	214	15.18	136	16.68	71	18.18	19	19.81		
399	12.21	301	13.71	212	15.21	135	16.71	70	18.21	18	19.84		
397	12.24	299	13.74	211	15.24	133	16.74	69	18.24	17	19.88		
395	12.27	297	13.77	209	15.27	132	16.77	68	18.27	16	19.92		

ALBERTA UNDER-14 SCORING TABLES

90 Meters Hurdles

Points	Time												
500	11.89	399	13.39	306	14.89	218	16.45	141	18.01	77	19.57	27	21.13
498	11.92	397	13.42	304	14.92	217	16.48	140	18.04	75	19.60	26	21.16
496	11.95	395	13.45	302	14.95	215	16.51	139	18.07	74	19.63	25	21.19
494	11.98	393	13.48	300	14.98	213	16.54	137	18.10	73	19.66	24	21.23
492	12.01	391	13.51	299	15.01	212	16.57	136	18.13	72	19.69	23	21.26
490	12.04	389	13.54	297	15.05	210	16.61	134	18.17	71	19.73	22	21.30
487	12.07	387	13.57	295	15.08	209	16.64	133	18.20	70	19.76	21	21.34
485	12.10	385	13.60	293	15.11	207	16.67	132	18.23	69	19.79	20	21.38
483	12.13	383	13.63	291	15.14	205	16.70	130	18.26	67	19.82	20	21.42
481	12.16	382	13.66	289	15.17	204	16.73	129	18.29	66	19.85	19	21.46
479	12.19	380	13.69	288	15.20	202	16.76	127	18.32	65	19.88	18	21.50
477	12.22	378	13.72	286	15.23	201	16.79	126	18.35	64	19.91	17	21.54
475	12.25	376	13.75	284	15.26	199	16.82	125	18.38	63	19.94	16	21.58
473	12.28	374	13.78	282	15.29	197	16.85	123	18.41	62	19.97	15	21.62
471	12.31	372	13.81	281	15.32	196	16.88	122	18.44	61	20.00	14	21.66
469	12.34	370	13.84	279	15.36	194	16.92	121	18.48	60	20.04	13	21.70
467	12.37	368	13.87	277	15.39	193	16.95	119	18.51	59	20.07	12	21.74
465	12.40	366	13.90	275	15.42	191	16.98	118	18.54	58	20.10	11	21.80
463	12.43	364	13.93	273	15.45	189	17.01	117	18.57	57	20.13	10	21.84
461	12.46	363	13.96	272	15.48	188	17.04	115	18.60	56	20.16	9	21.90
459	12.49	361	13.99	270	15.51	186	17.07	114	18.63	55	20.19	8	21.96
457	12.52	359	14.02	268	15.54	185	17.10	113	18.66	54	20.22	7	22.02
455	12.55	357	14.05	266	15.57	183	17.13	111	18.69	53	20.25	6	22.08
453	12.58	355	14.08	265	15.60	182	17.16	110	18.72	52	20.28	5	22.14
451	12.61	353	14.11	263	15.63	180	17.19	109	18.75	51	20.31	4	22.20
448	12.64	351	14.14	261	15.67	179	17.23	107	18.79	50	20.35	3	22.26
446	12.67	349	14.17	259	15.70	177	17.26	106	18.82	49	20.38	2	22.34
444	12.70	348	14.20	258	15.73	176	17.29	105	18.85	48	20.41	1	22.43
442	12.73	346	14.23	256	15.76	174	17.32	104	18.88	47	20.44		
440	12.76	344	14.26	254	15.79	173	17.35	102	18.91	46	20.47		
438	12.79	342	14.29	252	15.82	171	17.38	101	18.94	45	20.50		
436	12.82	340	14.32	251	15.85	170	17.41	100	18.97	44	20.53		
434	12.85	338	14.35	249	15.88	168	17.44	99	19.00	43	20.56		
432	12.88	337	14.38	247	15.91	167	17.47	97	19.03	42	20.59		
430	12.91	335	14.41	246	15.94	165	17.50	96	19.06	41	20.62		
428	12.94	333	14.44	244	15.98	164	17.54	95	19.10	40	20.66		
426	12.97	331	14.47	242	16.01	162	17.57	94	19.13	39	20.69		
424	13.00	329	14.50	241	16.04	161	17.60	92	19.16	38	20.72		
422	13.03	327	14.53	239	16.07	159	17.63	91	19.19	37	20.75		
420	13.06	326	14.56	237	16.10	158	17.66	90	19.22	36	20.78		
419	13.09	324	14.59	235	16.13	156	17.69	89	19.25	35	20.81		
417	13.12	322	14.62	234	16.16	155	17.72	88	19.28	35	20.84		
415	13.15	320	14.65	232	16.19	153	17.75	86	19.31	34	20.87		
413	13.18	318	14.68	230	16.22	152	17.78	85	19.34	33	20.90		
411	13.21	317	14.71	229	16.25	150	17.81	84	19.37	32	20.93		
409	13.24	315	14.74	227	16.29	149	17.85	83	19.41	31	20.97		
407	13.27	313	14.77	225	16.32	147	17.88	82	19.44	30	21.00		
405	13.30	311	14.80	224	16.35	146	17.91	80	19.47	29	21.03		
403	13.33	309	14.83	222	16.38	145	17.94	79	19.50	29	21.06		
401	13.36	308	14.86	220	16.41	143	17.97	78	19.53	28	21.09		

ALBERTA UNDER-14 SCORING TABLES

100 Meters Hurdles

Points	Time												
500	12.89	405	14.39	317	15.89	236	17.39	164	18.89	101	20.39	49	21.92
498	12.92	403	14.42	315	15.92	235	17.42	163	18.92	100	20.42	48	21.96
496	12.95	401	14.45	313	15.95	233	17.45	161	18.95	99	20.45	46	22.00
494	12.98	399	14.48	311	15.98	231	17.48	160	18.98	98	20.48	45	22.04
492	13.01	397	14.51	310	16.01	230	17.51	159	19.01	97	20.51	44	22.08
490	13.04	395	14.54	308	16.04	228	17.54	157	19.04	96	20.54	43	22.12
488	13.07	394	14.57	306	16.07	227	17.57	156	19.07	94	20.57	42	22.16
486	13.10	392	14.60	305	16.10	225	17.60	155	19.10	93	20.60	41	22.20
484	13.13	390	14.63	303	16.13	224	17.63	153	19.13	92	20.63	39	22.24
482	13.16	388	14.66	301	16.16	222	17.66	152	19.16	91	20.66	38	22.28
480	13.19	386	14.69	300	16.19	221	17.69	151	19.19	90	20.69	37	22.32
478	13.22	385	14.72	298	16.22	219	17.72	149	19.22	89	20.72	36	22.36
476	13.25	383	14.75	297	16.25	218	17.75	148	19.25	88	20.75	35	22.40
474	13.28	381	14.78	295	16.28	216	17.78	147	19.28	87	20.78	34	22.44
472	13.31	379	14.81	293	16.31	215	17.81	145	19.31	86	20.81	33	22.48
470	13.34	377	14.84	292	16.34	214	17.84	144	19.34	85	20.84	32	22.52
469	13.37	376	14.87	290	16.37	212	17.87	143	19.37	83	20.87	31	22.56
467	13.40	374	14.90	288	16.40	211	17.90	142	19.40	82	20.90	30	22.60
465	13.43	372	14.93	287	16.43	209	17.93	140	19.43	81	20.93	29	22.64
463	13.46	370	14.96	285	16.46	208	17.96	139	19.46	80	20.96	28	22.68
461	13.49	369	14.99	283	16.49	206	17.99	138	19.49	79	20.99	27	22.72
459	13.52	367	15.02	282	16.52	205	18.02	136	19.52	78	21.02	26	22.76
457	13.55	365	15.05	280	16.55	203	18.05	135	19.55	77	21.05	25	22.80
455	13.58	363	15.08	279	16.58	202	18.08	134	19.58	76	21.08	24	22.84
453	13.61	361	15.11	277	16.61	200	18.11	133	19.61	75	21.11	23	22.88
451	13.64	360	15.14	275	16.64	199	18.14	131	19.64	74	21.14	22	22.92
449	13.67	358	15.17	274	16.67	197	18.17	130	19.67	73	21.17	21	22.96
448	13.70	356	15.20	272	16.70	196	18.20	129	19.70	72	21.20	20	23.00
446	13.73	354	15.23	270	16.73	195	18.23	128	19.73	71	21.23	19	23.06
444	13.76	353	15.26	269	16.76	193	18.26	126	19.76	70	21.26	18	23.12
442	13.79	351	15.29	267	16.79	192	18.29	125	19.79	69	21.29	16	23.18
440	13.82	349	15.32	266	16.82	190	18.32	124	19.82	68	21.32	15	23.24
438	13.85	347	15.35	264	16.85	189	18.35	123	19.85	67	21.35	14	23.30
436	13.88	346	15.38	263	16.88	187	18.38	121	19.88	66	21.38	13	23.36
434	13.91	344	15.41	261	16.91	186	18.41	120	19.91	65	21.41	12	23.42
432	13.94	342	15.44	259	16.94	185	18.44	119	19.94	64	21.44	11	23.48
431	13.97	340	15.47	258	16.97	183	18.47	118	19.97	63	21.47	10	23.52
429	14.00	339	15.50	256	17.00	182	18.50	117	20.00	62	21.50	9	23.56
427	14.03	337	15.53	255	17.03	180	18.53	115	20.03	61	21.53	8	23.60
425	14.06	335	15.56	253	17.06	179	18.56	114	20.06	60	21.56	8	23.65
423	14.09	334	15.59	252	17.09	178	18.59	113	20.09	59	21.59	7	23.71
421	14.12	332	15.62	250	17.12	176	18.62	112	20.12	58	21.62	6	23.77
419	14.15	330	15.65	248	17.15	175	18.65	111	20.15	57	21.65	5	23.83
418	14.18	328	15.68	247	17.18	174	18.68	109	20.18	56	21.68	4	23.89
416	14.21	327	15.71	245	17.21	172	18.71	108	20.21	55	21.71	3	23.95
414	14.24	325	15.74	244	17.24	171	18.74	107	20.24	54	21.74	2	24.06
412	14.27	323	15.77	242	17.27	169	18.77	106	20.27	53	21.77	1	24.15
410	14.30	322	15.80	241	17.30	168	18.80	105	20.30	52	21.80		
408	14.33	320	15.83	239	17.33	167	18.83	104	20.33	51	21.83		
406	14.36	318	15.86	238	17.36	165	18.86	102	20.36	50	21.88		

ALBERTA UNDER-14 SCORING TABLES

LONG JUMP (distance in centimeters)

Points	Result												
500	690	405	598	345	537	288	476	233	414	170	337	112	258
498	688	403	597	344	536	287	475	232	413	169	336	110	255
496	686	402	596	343	535	286	474	231	411	168	334	108	252
494	685	401	594	341	533	285	472	229	410	167	333	106	249
492	683	400	593	340	532	284	471	228	408	166	331	104	246
491	681	399	592	339	531	282	470	227	407	165	330	102	243
489	679	397	591	338	530	281	469	226	405	163	328	100	240
487	677	396	590	337	529	280	468	224	404	162	327	98	237
485	676	395	588	336	527	279	466	223	402	161	325	96	234
483	674	394	587	335	526	278	465	222	401	160	324	94	231
481	672	393	586	333	525	277	464	221	399	159	322	92	228
479	670	392	585	332	524	276	463	219	398	158	321	90	225
477	668	390	584	331	523	275	462	218	396	157	319	88	222
475	667	389	582	330	521	274	460	217	395	155	318	87	219
473	665	388	581	329	520	273	459	216	393	154	316	85	216
471	663	387	580	328	519	272	458	214	392	153	315	83	213
470	661	386	579	327	518	271	457	213	390	152	313	81	210
468	659	384	578	325	517	270	456	212	389	151	312	79	207
466	658	383	576	324	515	268	454	211	387	150	310	77	204
464	656	382	575	323	514	267	453	209	386	149	309	75	201
462	654	381	574	322	513	266	452	208	384	148	307	73	198
460	652	380	573	321	512	265	451	207	383	146	306	72	195
458	650	378	572	320	511	264	450	206	381	145	304	70	192
456	649	377	570	319	509	263	448	204	380	144	303	68	189
455	647	376	569	318	508	262	447	203	378	143	301	66	186
453	645	375	568	316	507	261	446	202	377	142	300	65	183
451	643	374	567	315	506	260	445	201	375	141	298	63	180
449	641	373	566	314	505	259	444	199	374	140	297	61	177
447	640	371	564	313	503	258	442	198	372	139	295	59	174
445	638	370	563	312	502	257	441	197	371	138	294	58	171
443	636	369	562	311	501	256	440	196	369	137	292	56	168
442	634	368	561	310	500	255	439	195	368	135	291	54	165
440	632	367	560	309	499	254	438	193	366	134	289	53	162
438	631	366	558	308	497	253	436	192	365	133	288	51	159
436	629	364	557	306	496	252	435	191	363	132	286	49	156
434	627	363	556	305	495	251	434	190	362	131	285	48	153
432	625	362	555	304	494	249	433	189	360	130	283	46	150
430	623	361	554	303	493	248	432	187	359	129	282	45	147
429	622	360	552	302	491	247	430	186	357	128	280	43	144
427	620	359	551	301	490	246	429	185	356	127	279	41	141
425	618	357	550	300	489	245	428	184	354	126	277	40	138
423	616	356	549	299	488	244	427	183	353	125	276	38	135
421	614	355	548	298	487	243	426	181	351	124	274	37	132
419	613	354	546	296	485	242	424	180	350	123	273	35	129
418	611	353	545	295	484	241	423	179	348	121	271	34	126
416	609	352	544	294	483	240	422	178	347	120	270	33	123
414	607	350	543	293	482	239	421	177	345	119	268	31	120
412	605	349	542	292	481	238	420	175	344	118	267	30	117
410	604	348	540	291	479	237	418	174	342	117	265	28	114
409	602	347	539	290	478	236	417	173	341	116	264	27	111
407	600	346	538	289	477	235	416	172	339	115	262	26	108

ALBERTA UNDER-14 SCORING TABLES

ST. LONG JUMP (distance in centimeters)

Points	Result												
500	326	407	283	317	238	233	193	158	148	92	103	38	58
497	325	405	282	315	237	232	192	157	147	91	102	37	57
495	324	403	281	313	236	230	191	155	146	90	101	36	56
493	323	401	280	311	235	228	190	153	145	88	100	35	55
491	322	399	279	309	234	226	189	152	144	87	99	34	54
489	321	397	278	307	233	225	188	150	143	86	98	33	53
486	320	395	277	305	232	223	187	149	142	84	97	32	52
484	319	393	276	303	231	221	186	147	141	83	96	31	51
482	318	391	275	301	230	219	185	146	140	82	95	30	50
480	317	389	274	300	229	218	184	144	139	80	94	29	49
478	316	387	273	298	228	216	183	143	138	79	93	28	48
476	315	385	272	296	227	214	182	141	137	78	92	27	47
473	314	383	271	294	226	213	181	140	136	77	91	26	46
471	313	380	270	292	225	211	180	138	135	75	90	25	45
469	312	378	269	290	224	209	179	137	134	74	89	25	44
467	311	376	268	288	223	207	178	135	133	73	88	24	43
465	310	374	267	286	222	206	177	134	132	72	87	23	42
462	309	372	266	284	221	204	176	132	131	70	86	22	41
460	308	370	265	283	220	202	175	131	130	69	85	21	40
458	307	368	264	281	219	201	174	129	129	68	84	20	39
456	306	366	263	279	218	199	173	128	128	67	83	19	38
454	305	364	262	277	217	197	172	126	127	65	82	18	37
452	304	362	261	275	216	196	171	125	126	64	81	18	36
450	303	360	260	273	215	194	170	123	125	63	80	17	35
447	302	358	259	271	214	192	169	122	124	62	79	16	34
445	301	356	258	270	213	191	168	120	123	61	78	15	33
443	300	354	257	268	212	189	167	119	122	59	77	14	32
441	299	352	256	266	211	187	166	117	121	58	76	14	31
439	298	350	255	264	210	186	165	116	120	57	75	13	30
437	297	348	254	262	209	184	164	114	119	56	74	12	29
435	296	346	253	260	208	182	163	113	118	55	73	11	28
432	295	344	252	259	207	181	162	112	117	54	72	11	27
430	294	342	251	257	206	179	161	110	116	52	71	10	26
428	293	340	250	255	205	177	160	109	115	51	70	9	25
426	292	338	249	253	204	176	159	107	114	50	69	9	24
424	291	336	248	251	203	174	158	106	113	49	68	8	23
422	290	334	247	250	202	173	157	105	112	48	67	7	22
420	289	332	246	248	201	171	156	103	111	47	66	7	21
418	288	330	245	246	200	169	155	102	110	46	65	6	20
416	287	329	244	244	199	168	154	100	109	45	64	5	19
414	286	327	243	242	198	166	153	99	108	44	63	5	18
411	285	325	242	241	197	164	152	98	107	42	62	4	17
409	284	323	241	239	196	163	151	96	106	41	61	4	16
407	283	321	240	237	195	161	150	95	105	40	60	3	15
405	282	319	239	235	194	160	149	94	104	39	59	3	14

ALBERTA UNDER-14 SCORING TABLES

High Jump (height in centimeters)

Points	Height												
500	183	404	162	311	141	225	120	146	99	76	78	20	57
498	182	400	161	307	140	221	119	142	98	73	77	18	56
493	181	395	160	303	139	217	118	139	97	70	76	16	55
488	180	391	159	299	138	213	117	135	96	67	75	14	54
483	179	386	158	294	137	209	116	132	95	64	74	12	53
479	178	382	157	290	136	205	115	128	94	61	73	10	52
474	177	377	156	286	135	202	114	125	93	59	72	8	51
469	176	373	155	282	134	198	113	122	92	56	71	6	50
464	175	368	154	278	133	194	112	118	91	53	70	5	49
460	174	364	153	274	132	190	111	115	90	50	69	3	48
455	173	359	152	269	131	186	110	111	89	47	68	2	47
450	172	355	151	265	130	183	109	108	88	45	67	1	46
446	171	350	150	261	129	179	108	105	87	42	66		
441	170	346	149	257	128	175	107	102	86	39	65		
436	169	342	148	253	127	171	106	98	85	37	64		
432	168	337	147	249	126	168	105	95	84	34	63		
427	167	333	146	245	125	164	104	92	83	32	62		
422	166	329	145	241	124	160	103	89	82	29	61		
418	165	324	144	237	123	157	102	86	81	27	60		
413	164	320	143	233	122	153	101	82	80	25	59		
409	163	316	142	229	121	149	100	79	79	22	58		

ALBERTA UNDER-14 SCORING TABLES

TRIPLE JUMP (distance in centimeters)

Points	Result												
500	1410	396	1208	310	1030	242	877	179	724	121	571	71	418
498	1406	394	1205	309	1027	240	874	177	721	120	568	71	415
496	1402	392	1201	307	1024	239	871	176	718	119	565	70	412
493	1398	390	1198	306	1021	238	868	175	715	118	562	69	409
491	1394	389	1194	304	1018	236	865	174	712	117	559	68	406
489	1390	387	1191	303	1015	235	862	173	709	116	556	67	403
487	1386	385	1187	302	1012	234	859	172	706	115	553	66	400
485	1382	383	1184	300	1009	233	856	170	703	114	550	65	397
483	1378	382	1180	299	1006	231	853	169	700	113	547	64	394
481	1374	380	1177	298	1003	230	850	168	697	112	544	63	391
479	1370	378	1173	296	1000	229	847	167	694	111	541	63	388
477	1366	377	1170	295	997	228	844	166	691	110	538	62	385
474	1362	375	1166	293	994	226	841	165	688	109	535	61	382
472	1358	373	1163	292	991	225	838	163	685	108	532	60	379
470	1354	371	1159	291	988	224	835	162	682	107	529	59	376
468	1350	370	1156	289	985	223	832	161	679	106	526	58	373
466	1346	368	1152	288	982	221	829	160	676	105	523	57	370
464	1342	366	1149	287	979	220	826	159	673	104	520	57	367
462	1338	365	1145	285	976	219	823	158	670	103	517	56	364
460	1334	363	1142	284	973	217	820	157	667	102	514	55	361
458	1330	361	1138	283	970	216	817	155	664	101	511	54	358
456	1326	360	1135	281	967	215	814	154	661	100	508	53	355
454	1322	358	1131	280	964	214	811	153	658	99	505	52	352
451	1318	356	1128	279	961	212	808	152	655	98	502	52	349
449	1314	354	1124	277	958	211	805	151	652	97	499	51	346
447	1310	353	1121	276	955	210	802	150	649	96	496	50	343
445	1306	351	1117	275	952	209	799	149	646	95	493	49	340
443	1302	349	1114	273	949	208	796	148	643	94	490	48	337
441	1298	348	1110	272	946	206	793	146	640	93	487	48	334
439	1294	346	1107	271	943	205	790	145	637	92	484	47	331
437	1290	344	1103	269	940	204	787	144	634	91	481	46	328
435	1286	343	1100	268	937	203	784	143	631	90	478	45	325
433	1282	341	1096	267	934	201	781	142	628	89	475	44	322
431	1278	339	1093	265	931	200	778	141	625	88	472	44	319
429	1274	338	1089	264	928	199	775	140	622	87	469	43	316
427	1270	336	1086	263	925	198	772	139	619	86	466	42	313
425	1266	334	1082	261	922	197	769	138	616	85	463	41	310
423	1262	333	1079	260	919	195	766	136	613	84	460	41	307
421	1258	331	1075	259	916	194	763	135	610	83	457	40	304
419	1254	329	1072	257	913	193	760	134	607	83	454	39	301
417	1250	328	1068	256	910	192	757	133	604	82	451	38	298
415	1246	326	1065	255	907	190	754	132	601	81	448	38	295
413	1242	324	1061	253	904	189	751	131	598	80	445	37	292
411	1238	323	1058	252	901	188	748	130	595	79	442	36	289
409	1234	321	1054	251	898	187	745	129	592	78	439	35	286
407	1230	320	1051	249	895	186	742	128	589	77	436	35	283
405	1226	318	1047	248	892	184	739	127	586	76	433	34	280
403	1222	316	1044	247	889	183	736	126	583	75	430	33	277
401	1218	315	1040	246	886	182	733	125	580	74	427	32	274
399	1214	313	1037	244	883	181	730	124	577	73	424	32	271
397	1210	311	1033	243	880	180	727	123	574	72	421	31	268

ALBERTA UNDER-14 SCORING TABLES

SHOT PUT (distance in meters, shot weight of 4 kg, 3 kg, 2 kg or 6 lb)

Points	Result										
500	15.20	404	12.65	330	10.65	246	8.37	184	6.66	123	4.95
498	15.16	403	12.62	328	10.61	245	8.34	183	6.63	121	4.90
496	15.11	401	12.58	327	10.57	244	8.31	182	6.60	119	4.85
495	15.07	400	12.55	325	10.53	243	8.28	181	6.57	118	4.80
493	15.02	399	12.51	324	10.49	241	8.25	180	6.54	116	4.75
491	14.98	397	12.48	322	10.45	240	8.22	178	6.51	114	4.70
490	14.93	396	12.44	321	10.41	239	8.19	177	6.48	112	4.65
488	14.89	395	12.41	319	10.37	238	8.16	176	6.45	111	4.60
486	14.84	393	12.37	318	10.33	237	8.13	175	6.42	109	4.55
484	14.80	392	12.34	316	10.29	236	8.10	174	6.39	107	4.50
483	14.75	391	12.30	315	10.25	235	8.07	173	6.36	105	4.45
481	14.71	390	12.27	313	10.21	234	8.04	172	6.33	104	4.40
479	14.66	388	12.23	312	10.17	233	8.01	171	6.30	102	4.35
478	14.62	387	12.20	310	10.13	232	7.98	170	6.27	100	4.30
476	14.57	386	12.16	309	10.09	231	7.95	169	6.24	98	4.25
474	14.53	384	12.13	307	10.05	229	7.92	168	6.21	97	4.20
473	14.48	383	12.09	306	10.01	228	7.89	167	6.18	95	4.15
471	14.44	382	12.06	304	9.97	227	7.86	166	6.15	93	4.10
469	14.39	380	12.02	303	9.93	226	7.83	164	6.12	91	4.05
467	14.35	379	11.99	302	9.89	225	7.80	163	6.09	90	4.00
466	14.30	378	11.95	300	9.85	224	7.77	162	6.06	88	3.95
464	14.26	377	11.92	299	9.81	223	7.74	161	6.03	86	3.90
462	14.21	375	11.88	297	9.77	222	7.71	160	6.00	84	3.85
461	14.17	374	11.85	296	9.73	221	7.68	159	5.97	83	3.80
459	14.12	373	11.81	294	9.69	220	7.65	158	5.94	81	3.75
457	14.08	371	11.78	293	9.65	219	7.62	157	5.91	79	3.70
456	14.03	370	11.74	291	9.61	217	7.59	156	5.88	77	3.65
454	13.99	369	11.71	290	9.57	216	7.56	155	5.85	76	3.60
452	13.94	367	11.67	288	9.53	215	7.53	154	5.82	74	3.55
451	13.90	366	11.64	287	9.49	214	7.50	153	5.79	72	3.50
449	13.85	365	11.60	285	9.45	213	7.47	152	5.76	71	3.45
447	13.81	364	11.57	284	9.41	212	7.44	151	5.73	69	3.40
446	13.76	362	11.53	282	9.37	211	7.41	149	5.70	67	3.35
444	13.72	361	11.50	281	9.33	210	7.38	148	5.67	65	3.30
442	13.67	360	11.46	279	9.29	209	7.35	147	5.64	64	3.25
440	13.63	358	11.43	278	9.25	208	7.32	146	5.61	62	3.20
439	13.58	357	11.39	277	9.21	207	7.29	145	5.58	60	3.15
437	13.54	356	11.36	275	9.17	205	7.26	144	5.55	59	3.10
435	13.49	354	11.32	274	9.13	204	7.23	143	5.52	57	3.05
434	13.45	353	11.29	272	9.09	203	7.20	142	5.49	55	3.00
432	13.40	352	11.25	271	9.05	202	7.17	141	5.46	53	2.95
430	13.36	351	11.22	269	9.01	201	7.14	140	5.43	52	2.90
429	13.31	349	11.18	268	8.97	200	7.11	139	5.40	50	2.85
427	13.27	348	11.15	266	8.93	199	7.08	138	5.37	48	2.80
425	13.22	347	11.11	265	8.89	198	7.05	137	5.34	47	2.75
424	13.18	345	11.08	263	8.85	197	7.02	136	5.31	45	2.70
422	13.13	344	11.04	262	8.81	196	6.99	135	5.28	43	2.65
420	13.09	343	11.01	260	8.77	195	6.96	133	5.25	42	2.60
419	13.04	341	10.97	259	8.73	194	6.93	132	5.22	40	2.55
417	13.00	340	10.94	257	8.69	192	6.90	131	5.19	38	2.50
415	12.95	339	10.90	256	8.65	191	6.87	130	5.16	37	2.45
413	12.91	338	10.87	255	8.61	190	6.84	129	5.13	35	2.40
412	12.86	336	10.83	253	8.57	189	6.81	128	5.10	33	2.35
410	12.82	335	10.80	252	8.53	188	6.78	127	5.07	32	2.30
408	12.77	334	10.76	250	8.49	187	6.75	126	5.04	30	2.25
407	12.73	332	10.73	249	8.45	186	6.72	125	5.01	28	2.20
405	12.68	331	10.69	247	8.41	185	6.69	124	4.98	27	2.15

ALBERTA UNDER-14 SCORING TABLES

Javelin and Discus Throw (distance in meters, weight of 400g, 500g, 600g javelin and 600g, 750g, 1 kg discus)

Points	Result										
499	39.60	428	34.30	357	29.00	288	23.70	219	18.35	119	10.40
498	39.50	426	34.20	356	28.90	287	23.60	217	18.20	117	10.25
496	39.40	425	34.10	355	28.80	285	23.50	215	18.05	115	10.10
495	39.30	424	34.00	353	28.70	284	23.40	213	17.90	113	9.95
494	39.20	422	33.90	352	28.60	283	23.30	211	17.75	112	9.80
492	39.10	421	33.80	351	28.50	281	23.20	209	17.60	110	9.65
491	39.00	420	33.70	349	28.40	280	23.10	207	17.45	108	9.50
490	38.90	418	33.60	348	28.30	279	23.00	205	17.30	106	9.35
488	38.80	417	33.50	347	28.20	277	22.90	204	17.15	104	9.20
487	38.70	416	33.40	346	28.10	276	22.80	202	17.00	102	9.05
486	38.60	414	33.30	344	28.00	275	22.70	200	16.85	101	8.90
484	38.50	413	33.20	343	27.90	274	22.60	198	16.70	99	8.75
483	38.40	412	33.10	342	27.80	272	22.50	196	16.55	97	8.60
481	38.30	410	33.00	340	27.70	271	22.40	194	16.40	95	8.45
480	38.20	409	32.90	339	27.60	270	22.30	192	16.25	93	8.30
479	38.10	408	32.80	338	27.50	268	22.20	190	16.10	92	8.15
477	38.00	406	32.70	336	27.40	267	22.10	188	15.95	90	8.00
476	37.90	405	32.60	335	27.30	266	22.00	186	15.80	88	7.85
475	37.80	404	32.50	334	27.20	265	21.90	184	15.65	86	7.70
473	37.70	402	32.40	332	27.10	263	21.80	183	15.50	84	7.55
472	37.60	401	32.30	331	27.00	262	21.70	181	15.35	83	7.40
471	37.50	400	32.20	330	26.90	261	21.60	179	15.20	81	7.25
469	37.40	398	32.10	328	26.80	259	21.50	177	15.05	79	7.10
468	37.30	397	32.00	327	26.70	258	21.40	175	14.90	77	6.95
467	37.20	396	31.90	326	26.60	257	21.30	173	14.75	75	6.80
465	37.10	395	31.80	324	26.50	255	21.20	171	14.60	74	6.65
464	37.00	393	31.70	323	26.40	254	21.10	169	14.45	72	6.50
463	36.90	392	31.60	322	26.30	253	21.00	167	14.30	70	6.35
461	36.80	391	31.50	321	26.20	252	20.90	166	14.15	68	6.20
460	36.70	389	31.40	319	26.10	250	20.80	164	14.00	66	6.05
459	36.60	388	31.30	318	26.00	249	20.70	162	13.85	65	5.90
457	36.50	387	31.20	317	25.90	248	20.60	160	13.70	63	5.75
456	36.40	385	31.10	315	25.80	246	20.50	158	13.55	61	5.60
455	36.30	384	31.00	314	25.70	245	20.40	156	13.40	59	5.45
453	36.20	383	30.90	313	25.60	244	20.30	154	13.25	58	5.30
452	36.10	381	30.80	311	25.50	243	20.20	152	13.10	56	5.15
451	36.00	380	30.70	310	25.40	241	20.10	151	12.95	54	5.00
449	35.90	379	30.60	309	25.30	240	20.00	149	12.80	52	4.85
448	35.80	377	30.50	307	25.20	239	19.90	147	12.65	51	4.70
447	35.70	376	30.40	306	25.10	237	19.80	145	12.50	49	4.55
445	35.60	375	30.30	305	25.00	236	19.70	143	12.35	47	4.40
444	35.50	373	30.20	304	24.90	235	19.60	141	12.20	45	4.25
443	35.40	372	30.10	302	24.80	234	19.50	139	12.05	44	4.10
441	35.30	371	30.00	301	24.70	232	19.40	137	11.90	42	3.95
440	35.20	369	29.90	300	24.60	231	19.30	136	11.75	40	3.80
439	35.10	368	29.80	298	24.50	230	19.20	134	11.60	38	3.65
437	35.00	367	29.70	297	24.40	228	19.10	132	11.45	37	3.50
436	34.90	365	29.60	296	24.30	227	19.00	130	11.30	35	3.35
435	34.80	364	29.50	294	24.20	226	18.90	128	11.15	33	3.20
433	34.70	363	29.40	293	24.10	225	18.80	126	11.00	32	3.05
432	34.60	361	29.30	292	24.00	223	18.70	125	10.85	30	2.90
430	34.50	360	29.20	290	23.90	222	18.60	123	10.70	28	2.75
429	34.40	359	29.10	289	23.80	221	18.50	121	10.55	27	2.60

ALBERTA UNDER-14 SCORING TABLES

Ball Throw (distance in meters, baseball, field hockey or other suitable ball)

Points	Result										
500	65.14	407	53.48	315	41.82	232	31.22	159	21.68	87	12.14
498	64.92	405	53.26	314	41.62	231	31.04	157	21.50	86	11.98
496	64.70	404	53.04	312	41.42	230	30.86	156	21.32	84	11.82
495	64.48	402	52.82	310	41.22	228	30.68	155	21.14	83	11.66
493	64.26	400	52.60	309	41.02	227	30.50	153	20.96	82	11.50
491	64.04	398	52.38	307	40.82	225	30.32	152	20.78	81	11.34
489	63.82	397	52.16	306	40.62	224	30.14	151	20.60	80	11.18
488	63.60	395	51.94	304	40.42	223	29.96	149	20.42	78	11.02
486	63.38	393	51.72	303	40.22	221	29.78	148	20.24	77	10.86
484	63.16	391	51.50	301	40.02	220	29.60	147	20.06	76	10.70
482	62.94	390	51.28	299	39.82	218	29.42	145	19.88	75	10.54
481	62.72	388	51.06	298	39.62	217	29.24	144	19.70	74	10.38
479	62.50	386	50.84	296	39.42	216	29.06	142	19.52	72	10.22
477	62.28	384	50.62	295	39.22	214	28.88	141	19.34	71	10.06
475	62.06	383	50.40	293	39.02	213	28.70	140	19.16	70	9.90
474	61.84	381	50.18	292	38.82	211	28.52	138	18.98	69	9.74
472	61.62	379	49.96	290	38.62	210	28.34	137	18.80	68	9.58
470	61.40	377	49.74	288	38.42	209	28.16	136	18.62	66	9.42
468	61.18	376	49.52	287	38.22	207	27.98	134	18.44	65	9.26
467	60.96	374	49.30	285	38.02	206	27.80	133	18.26	64	9.10
465	60.74	372	49.08	284	37.82	205	27.62	131	18.08	63	8.94
463	60.52	371	48.86	282	37.62	203	27.44	130	17.90	62	8.78
461	60.30	369	48.64	281	37.42	202	27.26	129	17.72	61	8.62
460	60.08	367	48.42	279	37.22	200	27.08	127	17.54	59	8.46
458	59.86	365	48.20	278	37.02	199	26.90	126	17.36	58	8.30
456	59.64	364	47.98	276	36.82	198	26.72	125	17.18	57	8.14
454	59.42	362	47.76	274	36.62	196	26.54	123	17.00	56	7.98
453	59.20	360	47.54	273	36.42	195	26.36	122	16.82	55	7.82
451	58.98	358	47.32	271	36.22	193	26.18	121	16.64	54	7.66
449	58.76	357	47.10	270	36.02	192	26.00	119	16.46	52	7.50
447	58.54	355	46.88	268	35.82	191	25.82	118	16.28	51	7.34
446	58.32	353	46.66	267	35.62	189	25.64	116	16.10	50	7.18
444	58.10	351	46.44	265	35.42	188	25.46	115	15.92	49	7.02
442	57.88	350	46.22	263	35.22	186	25.28	114	15.74	48	6.86
440	57.66	348	46.00	262	35.02	185	25.10	112	15.56	46	6.70
439	57.44	346	45.78	260	34.82	184	24.92	111	15.38	45	6.54
437	57.22	345	45.56	259	34.62	182	24.74	110	15.20	44	6.38
435	57.00	343	45.34	257	34.42	181	24.56	108	15.02	43	6.22
433	56.78	341	45.12	256	34.22	180	24.38	107	14.84	42	6.06
432	56.56	339	44.90	254	34.02	178	24.20	106	14.66	41	5.90
430	56.34	338	44.68	253	33.82	177	24.02	104	14.48	40	5.74
428	56.12	336	44.46	251	33.62	175	23.84	103	14.30	38	5.58
426	55.90	334	44.24	249	33.42	174	23.66	102	14.12	37	5.42
425	55.68	332	44.02	248	33.22	173	23.48	100	13.94	36	5.26
423	55.46	331	43.80	246	33.02	171	23.30	99	13.76	35	5.10
421	55.24	329	43.58	245	32.82	170	23.12	97	13.58	34	4.94
419	55.02	327	43.36	243	32.62	169	22.94	96	13.40	33	4.78
418	54.80	325	43.14	242	32.42	167	22.76	95	13.22	31	4.62
416	54.58	324	42.92	240	32.22	166	22.58	93	13.04	30	4.46
414	54.36	322	42.70	239	32.02	164	22.40	92	12.86	29	4.30
412	54.14	320	42.48	237	31.82	163	22.22	91	12.68	28	4.14
411	53.92	319	42.26	235	31.62	162	22.04	89	12.50	27	3.98
409	53.70	317	42.04	234	31.42	160	21.86	88	12.32	26	3.82