

## 2018/19 Shield Scoring Tables

| MEN      |             |        |         |         |         |         |         |         |
|----------|-------------|--------|---------|---------|---------|---------|---------|---------|
| Distance | Discipline  | Spec   | 600     | 500     | 400     | 300     | 200     | 100     |
| 100      | Run         |        | 9.59    | 10.80   | 11.79   | 12.38   | 13.16   | 18.00   |
| 200      | Run         |        | 19.19   | 21.60   | 23.86   | 25.11   | 27.01   | 38.00   |
| 400      | Run         |        | 43.18   | 49.00   | 53.36   | 56.57   | 61.75   | 90.00   |
| 800      | Run         |        | 01:40.9 | 01:54.0 | 02:07.7 | 02:15.7 | 02:30.1 | 03:35.0 |
| 1500     | Run         |        | 03:26.0 | 03:55.0 | 04:19.4 | 04:37.2 | 05:02.0 | 06:40.0 |
| 3000     | Run         |        | 07:20.7 | 08:42.0 | 09:37.2 | 10:23.7 | 11:16.2 | 15:00.0 |
| 5000     | Run         |        | 12:37.4 | 15:05.0 | 16:24.1 | 17:21.5 | 18:38.7 | 26:00.0 |
| 1500     | Walk        |        | 05:12.0 | 06:15.0 | 07:35.4 | 09:04.5 | 10:58.4 | 14:00.0 |
| 2000     | Walk        |        | 07:04.3 | 08:20.0 | 09:34.2 | 11:42.9 | 14:01.5 | 17:45.0 |
| 3000     | Walk        |        | 10:47.1 | 13:00.0 | 14:41.1 | 17:19.5 | 21:56.7 | 25:25.0 |
| 5000     | Walk        |        | 18:05.5 | 21:40.0 | 24:54.9 | 29:12.3 | 32:30.3 | 38:00.0 |
| 90       | Hurdles     | 76cm   | 9.89    | 11.86   | 12.80   | 14.40   | 16.52   | 21.00   |
| 100      | Hurdles     | 91cm   | 11.29   | 13.54   | 14.61   | 16.43   | 18.85   | 23.00   |
| 100      | Hurdles     | 84cm   | 11.17   | 13.40   | 14.45   | 16.26   | 18.65   | 23.00   |
| 110      | Hurdles     | 106cm  | 12.80   | 15.35   | 16.56   | 18.63   | 21.37   | 26.00   |
| 110      | Hurdles     | 99cm   | 12.63   | 15.14   | 16.88   | 18.38   | 21.08   | 26.00   |
| 110      | Hurdles     | 91cm   | 12.45   | 14.93   | 16.11   | 18.12   | 20.79   | 26.00   |
| 200      | Hurdles     | 76cm   | 20.88   | 25.00   | 27.49   | 30.05   | 34.35   | 46.88   |
| 300      | Hurdles     | 76cm   | 33.46   | 40.06   | 44.05   | 48.15   | 55.04   | 75.11   |
| 400      | Hurdles     | 91cm   | 46.78   | 56.00   | 61.58   | 67.32   | 76.95   | 105.00  |
| 400      | Hurdles     | 84cm   | 46.43   | 55.58   | 61.12   | 66.82   | 76.38   | 104.21  |
| 2000     | Steeple     | 91cm   | 05:10.7 | 06:07.8 | 07:07.9 | 07:39.9 | 08:56.5 | 11:17.4 |
| 2000     | Steeple     | 76cm   | 05:14.0 | 06:04.2 | 07:03.8 | 07:35.5 | 08:51.4 | 11:10.9 |
| 3000     | Steeple     | 91cm   | 07:53.6 | 09:35.0 | 11:03.3 | 11:52.8 | 13:51.6 | 17:45.0 |
|          | Long Jump   |        | 8.95    | 6.95    | 5.68    | 5.04    | 4.49    | 2.65    |
|          | Triple Jump |        | 18.29   | 14.30   | 11.96   | 10.82   | 9.57    | 6.00    |
|          | High Jump   |        | 2.45    | 2.00    | 1.68    | 1.53    | 1.38    | 1.10    |
|          | Pole Vault  |        | 6.16    | 4.95    | 3.62    | 2.98    | 2.42    | 1.75    |
|          | Shot Put    | 7.26kg | 23.12   | 15.00   | 9.79    | 8.24    | 6.70    | 3.00    |
|          | Shot Put    | 6kg    | 25.43   | 16.50   | 10.76   | 9.06    | 7.36    | 3.30    |
|          | Shot Put    | 5kg    | 27.86   | 18.07   | 11.79   | 9.93    | 8.07    | 3.61    |
|          | Shot Put    | 4kg    | 31.15   | 20.21   | 13.18   | 11.10   | 9.02    | 4.04    |
|          | Shot Put    | 3kg    | 35.97   | 23.33   | 15.22   | 12.82   | 10.41   | 4.67    |
|          | Hammer      | 7.26kg | 86.74   | 55.00   | 24.80   | 18.94   | 15.54   | 15.00   |
|          | Hammer      | 6kg    | 95.41   | 60.50   | 27.28   | 20.84   | 17.09   | 15.00   |
|          | Hammer      | 5kg    | 104.52  | 66.27   | 29.89   | 22.83   | 18.73   | 15.00   |
|          | Hammer      | 4kg    | 116.86  | 74.10   | 33.42   | 25.52   | 20.94   | 15.00   |
|          | Hammer      | 3kg    | 134.94  | 85.56   | 38.59   | 29.47   | 24.17   | 15.00   |
|          | Discus      | 2kg    | 74.08   | 40.00   | 28.44   | 21.00   | 17.04   | 7.50    |
|          | Discus      | 1.75kg | 79.19   | 42.76   | 30.41   | 22.45   | 18.22   | 8.02    |
|          | Discus      | 1.5kg  | 85.54   | 46.19   | 32.84   | 24.25   | 19.68   | 8.66    |
|          | Discus      | 1kg    | 104.76  | 56.57   | 40.23   | 29.70   | 24.10   | 10.61   |
|          | Javelin     | 800g   | 98.48   | 55.00   | 35.28   | 27.24   | 19.62   | 7.00    |
|          | Javelin     | 700g   | 105.28  | 58.80   | 37.71   | 29.12   | 20.98   | 7.48    |
|          | Javelin     | 600g   | 113.71  | 63.51   | 40.73   | 31.46   | 22.66   | 8.08    |
| 4x100m   | Relay       |        | 36.84   | 43.60   | 46.15   | 49.50   | 53.30   | 65.00   |
| 4x200m   | Relay       |        | 01:18.6 | 01:33.0 | 01:38.0 | 01:44.9 | 01:56.8 | 02:14.0 |
| 4x400m   | Relay       |        | 02:54.3 | 03:29.0 | 03:43.5 | 03:56.9 | 04:25.0 | 05:10.0 |

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### WOMEN

| Distance | Discipline  | Spec | 600     | 500     | 400     | 300     | 200     | 100     |
|----------|-------------|------|---------|---------|---------|---------|---------|---------|
| 100      | Run         |      | 10.49   | 12.20   | 13.38   | 13.99   | 14.97   | 20.50   |
| 200      | Run         |      | 21.34   | 24.45   | 27.65   | 29.25   | 31.33   | 42.00   |
| 400      | Run         |      | 47.60   | 55.50   | 62.27   | 66.62   | 73.14   | 102.00  |
| 800      | Run         |      | 01:53.3 | 02:13.0 | 02:27.0 | 02:40.2 | 02:58.1 | 04:14.0 |
| 1500     | Run         |      | 03:50.0 | 04:30.0 | 05:02.6 | 05:30.3 | 06:01.4 | 08:46.0 |
| 3000     | Run         |      | 08:06.1 | 09:50.0 | 11:00.2 | 11:42.9 | 12:52.2 | 17:30.0 |
| 5000     | Run         |      | 14:11.2 | 17:35.0 | 18:58.5 | 20:55.3 | 22:21.5 | 28:35.0 |
| 1500     | Walk        |      | 05:47.0 | 06:30.0 | 07:35.4 | 08:54.6 | 11:03.3 | 14:10.0 |
| 2000     | Walk        |      | 07:52.0 | 09:05.0 | 10:48.5 | 12:00.7 | 14:49.0 | 18:35.0 |
| 3000     | Walk        |      | 11:41.0 | 14:00.0 | 16:44.9 | 18:58.5 | 22:06.6 | 25:50.0 |
| 5000     | Walk        |      | 20:02.6 | 25:30.0 | 29:12.3 | 31:30.9 | 35:28.5 | 39:10.0 |
| 80       | Hurdles     | 76cm | 9.65    | 11.61   | 12.51   | 13.96   | 15.31   | 20.54   |
| 90       | Hurdles     | 76cm | 10.87   | 13.08   | 14.10   | 15.73   | 17.24   | 23.14   |
| 100      | Hurdles     | 84cm | 12.21   | 14.70   | 15.84   | 17.67   | 19.37   | 26.00   |
| 100      | Hurdles     | 76cm | 12.09   | 14.55   | 15.68   | 17.49   | 19.18   | 25.74   |
| 200      | Hurdles     | 76cm | 22.96   | 27.63   | 31.27   | 33.22   | 37.15   | 46.93   |
| 300      | Hurdles     | 76cm | 38.83   | 46.74   | 52.89   | 56.18   | 62.83   | 79.38   |
| 400      | Hurdles     | 76cm | 52.34   | 63.00   | 71.30   | 75.74   | 84.69   | 107.00  |
| 2000     | Steeple     | 76cm | 06:03.4 | 07:15.0 | 07:55.3 | 08:38.5 | 10:34.6 | 12:26.8 |
| 3000     | Steeple     | 76cm | 08:58.8 | 11:20.0 | 12:37.4 | 13:28.8 | 16:30.0 | 19:40.0 |
|          | Long Jump   |      | 7.52    | 5.60    | 4.65    | 4.12    | 3.58    | 2.30    |
|          | Triple Jump |      | 15.50   | 12.05   | 9.87    | 8.85    | 7.99    | 5.50    |
|          | High Jump   |      | 2.09    | 1.70    | 1.46    | 1.36    | 1.25    | 1.05    |
|          | Pole Vault  |      | 5.06    | 3.40    | 3.15    | 2.50    | 2.12    | 1.60    |
|          | Shot Put    | 4kg  | 22.63   | 12.00   | 8.16    | 6.71    | 5.64    | 3.20    |
|          | Shot Put    | 3kg  | 26.13   | 13.86   | 9.42    | 7.75    | 6.51    | 3.70    |
|          | Hammer      | 4kg  | 81.08   | 50.00   | 24.49   | 19.97   | 15.30   | 10.00   |
|          | Hammer      | 3kg  | 93.62   | 57.74   | 28.27   | 23.06   | 17.66   | 10.00   |
|          | Discus      | 1kg  | 76.80   | 43.00   | 24.38   | 19.38   | 14.90   | 7.85    |
|          | Javelin     | 600g | 72.28   | 40.00   | 22.85   | 16.34   | 12.10   | 6.35    |
|          | Javelin     | 500g | 79.18   | 43.82   | 25.03   | 17.90   | 13.25   | 6.96    |
|          | Javelin     | 400g | 88.52   | 48.99   | 27.99   | 20.01   | 14.81   | 7.78    |
| 4x100m   | Relay       |      | 40.82   | 49.50   | 53.16   | 55.85   | 58.70   | 75.00   |
| 4x200m   | Relay       |      | 01:27.5 | 01:48.0 | 01:55.8 | 01:57.7 | 02:05.7 | 02:35.0 |
| 4x400m   | Relay       |      | 03:15.2 | 04:06.0 | 04:25.3 | 04:38.7 | 04:57.0 | 05:40.0 |