

2018/19 Shield Adjustment Tables

MEN 40+		40	45	50	55	60	65
Discus		1.0000	1.0499	1.0000	1.0984	1.1232	1.2514
Hammer		1.0798	1.1846	1.2145	1.2992	1.4015	1.5853
High Jump		1.1059	1.1624	1.2250	1.2947	1.3728	1.4610
Hurdles	100			0.9745	0.9085	0.9017	0.8326
	110	0.9562	0.9168				
	300					1.1056	1.0435
	400	0.9162	0.8723	0.8052	0.7958		
Javelin		1.1283	1.2283	1.2790	1.4059	1.4804	1.6496
Long Jump		1.1112	1.1787	1.2549	1.3417	1.4414	1.5570
Pole Vault		1.1046	1.1791	1.2643	1.3628	1.4780	1.6144
Run	100	0.9545	0.9220	0.8917	0.8633	0.8367	0.8117
	200	0.9274	0.8935	0.8619	0.8325	0.8050	0.7793
	400	0.9350	0.9023	0.8718	0.8433	0.8166	0.7916
	800	0.9505	0.9081	0.8693	0.8336	0.8008	0.7705
	1500	0.9387	0.8947	0.8547	0.8181	0.7845	0.7536
	3000	0.9451	0.9099	0.8747	0.8395	0.8043	0.7691
	5000	0.9451	0.9099	0.8747	0.8395	0.8043	0.7691
Shot Put		1.0271	1.1131	1.1656	1.2738	1.4058	1.4719
Steeple	2000					1.2139	1.0875
	3000	0.9154	0.8744	0.8369	0.8025		
Triple Jump		1.0721	1.1389	1.2549	1.3009	1.4414	1.5178
Walk	1500	0.9458	0.9087	0.8716	0.8345	0.7960	0.7557
	2000	0.9458	0.9087	0.8716	0.8345	0.7960	0.7557
	3000	0.9475	0.9105	0.8735	0.8364	0.7980	0.7575
	5000	0.9497	0.9128	0.8759	0.839	0.8006	0.76
Relay	400	0.9545					
	800	0.9274					
	1600	0.9350					

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WOMEN 40+		40	45	50	55	60	65
Discus		1.1071	1.1983	1.3059	1.4348	1.5918	1.7874
Hammer		1.3007	1.5166	1.2506	1.3745	1.5256	1.7141
High Jump		1.1008	1.1681	1.2442	1.3310	1.4307	1.5466
Hurdles	80*	0.8643	0.8476	0.8308	0.7908	0.7507	0.6769
	300			1.1572	1.0651	1.0941	1.0124
	400	0.9285	0.8628				
Javelin		1.0946	1.2435	1.3645	1.5450	1.7460	1.9559
Long Jump		1.1023	1.1742	1.2561	1.3502	1.4596	1.5883
Pole Vault		1.1866	1.2907	1.4148	1.5606	1.7458	1.9808
Run	100	0.9545	0.9020	0.8551	0.8127	0.7744	0.7395
	200	0.9434	0.8877	0.8382	0.7939	0.7540	0.7180
	400	0.9065	0.8602	0.8184	0.7805	0.7460	0.7143
	800	0.9722	0.9303	0.8918	0.8356	0.7769	0.7028
	1500	0.9459	0.8937	0.8403	0.7869	0.7335	0.6801
	3000	0.9553	0.9071	0.8527	0.7984	0.7440	0.6896
	5000	0.9608	0.9170	0.8623	0.8072	0.7521	0.6970
Shot Put		1.1722	1.3173	1.3876	1.5191	1.6782	1.8744
Steeple	2000	1.3325	1.2816	1.2346	1.1908	1.0941	1.0123
Triple Jump		1.1364	1.2100	1.2927	1.3889	1.4990	1.6299
Walk	1500	0.9625	0.9250	0.8875	0.8500	0.8106	0.7682
	2000	0.9625	0.9250	0.8875	0.8500	0.8106	0.7682
	3000	0.9625	0.9250	0.8875	0.8482	0.8059	0.7604
	5000	0.9625	0.9250	0.8866	0.8451	0.8005	0.7528
Relay	400	0.9545					
	800	0.9434					
	1600	0.9065					

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MEN PARA		TF11	TF12	TF13	TF20	TF32	TF33	TF34	TF35	TF36	TF37	TF38	TF40	TF41
Discus		1.51	1.26	1.17		2.43	1.68	1.32	1.17	1.33	1.26	1.18	2.04	1.32
High Jump		1.23	1.10	1.09										
Javelin		1.39	1.36	1.27			2.19	2.18	1.63	1.34	1.45	1.41	2.03	1.97
Long Jump		1.27	1.17	1.13	1.20				1.21	1.38	1.31	1.18		
Run	100	0.87	0.92	0.93		0.40	0.63	0.66	0.79	0.82	0.84	0.89		
	200	0.87	0.92	0.93		0.45	0.74	0.73	0.79	0.81	0.85	0.88		
	400	0.86	0.92	0.93	0.90	0.50	0.85	0.87	0.80	0.81	0.85	0.88		
	800	0.86	0.91	0.92	0.90		0.88	1.00	0.80	0.81	0.86	0.88		
	1500	0.85	0.91	0.92	0.90		0.88	1.11	0.80	0.81	0.86	0.88		
	3000	0.85	0.91	0.92	0.90			1.11	0.80	0.81	0.86	0.88		
	5000	0.84	0.91	0.92	0.90			1.11	0.80	0.81	0.86	0.88		
Shot Put		1.32	1.31	1.18	1.34	2.00	1.49	1.68	1.26	1.36	1.19	1.21	1.74	1.49
Triple Jump		1.15	1.09	1.06	1.13									

MEN PARA		TF42	TF43	TF44	TF45	TF46	TF47	TF51	TF52	TF53	TF54	TF55	TF56	TF57
Discus		1.20	1.07	1.11	1.79	1.26		3.08	2.10	2.55	1.71	1.68	1.39	1.46
High Jump		1.19		1.08	1.18	1.12	1.12							
Javelin		1.47	1.35	1.48	2.13	1.46			2.01	2.37	2.77	2.29	1.60	2.07
Long Jump		1.28	1.24	1.05	1.18	1.15	1.15							
Run	100	0.79	0.91	0.90	0.93	0.89	0.89	0.51	0.60	0.69	0.71			
	200	0.83	0.94	0.90	0.93	0.89	0.89	0.57	0.66	0.76	0.79			
	400	0.90	0.96	0.88	0.93	0.90	0.90	0.60	0.80	0.91	0.95			
	800			0.88	0.91	0.92		0.77	0.91	1.07	1.10			
	1500			0.86	0.90	0.92		0.81	0.98	1.19	1.18			
	3000				0.89	0.92		0.85	1.00	1.31	1.35			
	5000				0.89	0.93		0.85	1.00	1.31	1.35			
Shot Put		1.29	1.28	1.15	1.50	1.36			1.56	1.99	1.85	1.76	1.40	1.45
Triple Jump					1.24	1.12	1.12							

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WOMEN PARA		TF11	TF12	TF13	TF20	TF32	TF33	TF34	TF35	TF36	TF37	TF38	TF40	TF41
Discus		1.40	1.26	1.26		3.63	3.55	2.19	2.13	1.78	1.76	1.76	2.37	1.77
High Jump		1.19	1.14	1.07										
Javelin		1.39	1.33	1.29			3.26	2.44	1.82	1.65	1.40	1.53	2.14	1.68
Long Jump		1.24	1.08	1.12	1.18				2.02	1.37	1.38	1.35		
Run	100	0.87	0.91	0.92		0.45	0.69	0.75	0.80	0.78	0.80	0.84		
	200	0.87	0.90	0.92		0.45	0.75	0.81	0.80	0.78	0.80	0.84		
	400	0.86	0.90	0.93	0.85	0.45	0.80	0.82	0.80	0.78	0.80	0.84		
	800	0.86	0.89	0.93	0.85		0.86	0.93	0.80	0.78	0.80	0.84		
	1500	0.85	0.88	0.94	0.85		0.87	0.97	0.80	0.78	0.80	0.84		
	3000	0.85	0.87	0.95	0.85			1.00	0.80	0.78	0.80	0.84		
	5000	0.84	0.87	0.95	0.85			1.00	0.80	0.78	0.80	0.84		
Shot Put		1.29	1.20	1.30	1.56	2.10	2.56	2.20	1.33	1.48	1.39	1.35	2.19	1.75
Triple Jump		1.14	1.13	1.12	1.15									

WOMEN PARA		TF42	TF43	TF44	TF45	TF46	TF47	TF51	TF52	TF53	TF54	TF55	TF56	TF57
Discus		1.59	1.62	1.41	2.27	1.37		3.23	2.81	2.94	2.28	2.01	2.23	1.80
High Jump		1.23		1.17	1.20	1.11	1.11							
Javelin		1.58		1.35	1.00	1.35			2.96	3.29	2.54	1.98	1.90	1.93
Long Jump		1.34		1.15	1.15	1.34	1.34							
Run	100	0.75	0.90	0.81	0.85	0.89	0.88	0.59	0.72	0.66	0.70			
	200	0.80	0.90	0.81	0.85	0.89	0.88	0.60	0.78	0.75	0.79			
	400	0.80	0.90	0.81	0.85	0.90	0.88	0.61	0.84	0.87	0.62			
	800			0.81	0.85	0.92		0.64	0.91	1.05	1.10			
	1500			0.81	0.85	0.92		0.65	0.94	1.14	1.30			
	3000				0.85	0.92		0.65	0.98	1.31	1.32			
	5000				0.85	0.93		0.65	1.00	1.31	1.33			
Shot Put		1.56	1.59	1.33	1.55	1.37			2.20	2.28	2.44	1.97	1.92	1.73
Triple Jump					1.00		1.32							