

FIELD EVENTS

MENS	EVENT	WOMENS
47'0	SHOT	32'6
132'0	DISCUS	98'0
21'0	LONG JUMP	16'0
43'0	TRIPLE JUMP	34'6
6'2	HIGH JUMP	5'0
12'0	POLE VAULT	8'6

INDIVIDUAL RUNS

MENS	EVENT	WOMENS
10.94	100	12.54
22.24	200	25.54
50.74	400	1:00.24
2:01.24	800	2:30.24
4:35.24	1600	5:40.24
10:09.24	3200	12:15.24
15.74	110/100H	17.04
41.74	300H	50.24

RELAYS

MENS	EVENT	WOMENS
44.04	4X100M	51.74
1:32.24	4X200M	1:50.24
3:34.24	4X400M	4:20.24
8:35.24	4X800M	10:30.24

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