

Girls Pentathlon Scoring

Shot Put		Discus		High Jump		Long Jump		Pole Vault	
34'4.75	1000	105'3	1000	5'0	1000	15'4	1000	7'6	1000
30'0	900	96'0	900	4'10	900	14'8	900	7'3	900
28'0	800	86'0	800	4'8	800	14'1	800	7'0	800
26'0	700	74'0	700	4'6	700	13'6	700	6'9	700
25'0	600	68'0	600	4'5	600	13'0	600	6'6	600
24'0	500	62'0	500	4'4	500	12'6	500	6'3	500
23'0	400	56'0	400	4'3	400	12'0	400	6'0	400
22'0	300	50'0	300	4'2	300	11'6	300	5'9	300
21'0	200	45'0	200	4'1	200	11'0	200	5'6	200
20'0	100	40'0	100	4'0	100	10'0	100	5'3	100

100M Hurdles		100M Dash		200M Dash		200M Hurdles		400M Dash	
16.1	1000	12.9	1000	27.0	1000	30.2	1000	61.3	1000
16.5	900	13.3	900	27.5	900	32.4	900	65.0	900
16.9	800	13.6	800	28.0	800	32.9	800	67.0	800
17.3	700	14.0	700	28.5	700	33.4	700	69.0	700
17.9	600	14.5	600	29.0	600	33.9	600	71.0	600
18.5	500	15.0	500	30.0	500	34.9	500	73.0	500
19.1	400	15.5	400	32.0	400	36.9	400	75.0	400
19.7	300	16.0	300	34.0	300	38.9	300	80.0	300
20.3	200	16.5	200	36.0	200	40.9	200	85.0	200
21.0	100	17.0	100	40.0	100	44.9	100	90.0	100

800M Run		1600M Run	
2:29.7	1000	5:26.6	1000
2:40.0	900	5:45.0	900
2:44.0	800	5:50.0	800
2:48.0	700	6:00.0	700
2:54.0	600	6:10.0	600
3:00.0	500	6:20.0	500
3:10.0	400	6:40.0	400
3:20.0	300	7:00.0	300
3:40.0	200	7:30.0	200
4:00.0	100	8:00.0	100