

TRIDECAPHOBIA SCORING

WOMEN'S 100 M HURDLES

10 POINTS	0-17.5
8 POINTS	17.51-18.5
6 POINTS	18.51-19.51
4 POINTS	19.51-20.5
2 POINTS	20.51-21.5
1 POINT	21.51-UP

MEN'S 110 M HURDLES

10 POINTS	0-16.0
8 POINTS	16.01-17.0
6 POINTS	17.01-18.0
4 POINTS	18.01-19.0
2 POINTS	19.01-20.0
1 POINT	20.01-UP

WOMEN'S 100 M RUN

10 POINTS	0-13.3
8 POINTS	13.31-13.5
6 POINTS	13.51-14.0
4 POINTS	14.01-14.5
2 POINTS	14.51-15.5
1 POINT	15.51-UP

MEN'S 100 M RUN

10 POINTS	0-11.3
8 POINTS	11.31-11.5
6 POINTS	11.51-12.0
4 POINTS	12.01-12.5
2 POINTS	12.51-13.0
1 POINT	13.01-UP

WOMEN'S 200 M RUN

10 POINTS	0-27.5
8 POINTS	27.51-28.5
6 POINTS	28.51-29.5
4 POINTS	29.51-30.0
2 POINTS	30.01-31.0
1 POINT	31.01-UP

MEN'S 200 M RUN

10 POINTS	0-23.0
8 POINTS	23.01-23.5
6 POINTS	23.51-24.0
4 POINTS	24.01-24.5
2 POINTS	24.51-25.0
1 POINT	25.01-UP

WOMEN'S 300 M HURDLES

10 POINTS	0-53.0
8 POINTS	53.01-55.0
6 POINTS	55.01-57.0
4 POINTS	57.01-59.0
2 POINTS	59.01-1:00.0
1 POINT	1:00.01-UP

MEN'S 300 M HURDLES

10 POINTS	0-43.5
8 POINTS	43.51-46.0
6 POINTS	46.01-48.0
4 POINTS	48.01-50.0
2 POINTS	50.01-52.0
1 POINT	52.01-UP

WOMEN'S 400 M RUN

10 POINTS	0-1:04.5
8 POINTS	1:04.51-1:07.0
6 POINTS	1:07.01-1:10.0
4 POINTS	1:10.01-1:15.0
2 POINTS	1:15.01-1:20.0
1 POINT	1:20.01-UP

MEN'S 400 M RUN

10 POINTS	0-51.5
8 POINTS	51.51-54.0
6 POINTS	54.01-57.0
4 POINTS	57.01-1:00.0
2 POINTS	1:00.01-1:05.0
1 POINT	1:05.01-UP

WOMEN'S 800 M RUN

10 POINTS	0-2:40.0
8 POINTS	2:40.01-2:55.0
6 POINTS	2:55.01-3:10.0
4 POINTS	3:10.01-3:30.0
2 POINTS	3:30.01-5:00.0
1 POINT	5:00.01-UP

WOMEN'S 1600 M RUN

10 POINTS	0-6:00.0
8 POINTS	6:00.01-6:30.0
6 POINTS	6:30.01-7:00.0
4 POINTS	7:00.01-8:00.0
2 POINTS	8:00.01-10:00.0
1 POINT	10:00.01-UP

WOMEN'S 3200 M RUN

10 POINTS	0-13:40.0
8 POINTS	13:40.01-14:00.0
6 POINTS	14:00.01-15:00.0
4 POINTS	15:00.01-17:00.0
2 POINTS	17:00.01-20:00.0
1 POINT	20:00.01-UP

WOMEN'S SHOT

10 POINTS	30'0"-UP
8 POINTS	28'0"-29'11"
6 POINTS	25'0"-27'11"
4 POINTS	22'0"-24'11"
2 POINTS	20'1"-21'11"
1 POINT	0-20'0"

WOMEN'S DISCUS

10 POINTS	90'0"-UP
8 POINTS	80'0"-89'11"
6 POINTS	70'0"-79'11"
4 POINTS	60'0"-69'11"
2 POINTS	50'1"-59'11"
1 POINT	0-50'0"

MEN'S 800 M RUN

10 POINTS	0-2:07.5
8 POINTS	2:07.51-2:15.0
6 POINTS	2:15.01-2:30.0
4 POINTS	2:30.01-3:00.0
2 POINTS	3:00.01-4:00.0
1 POINT	4:00.01-UP

MEN'S 1600 M RUN

10 POINTS	0-4:45.0
8 POINTS	4:45.01-5:15.0
6 POINTS	5:15.01-5:30.0
4 POINTS	5:30.01-6:00.0
2 POINTS	6:00.01-8:00.0
1 POINT	8:00.01-UP

MEN'S 3200 M RUN

10 POINTS	0-10:40.0
8 POINTS	10:40.01-11:00.0
6 POINTS	11:00.01-12:00.0
4 POINTS	12:00.01-13:00.0
2 POINTS	13:00.01-16:00.0
1 POINT	16:00.01-UP

MEN'S SHOT

10 POINTS	45'0"-UP
8 POINTS	40'0"-44'11"
6 POINTS	36'0"-39'11"
4 POINTS	33'0"-35'11"
2 POINTS	30'1"-32'11"
1 POINT	0-30'0"

MEN'S DISCUS

10 POINTS	125'0"-UP
8 POINTS	115'0"-124'11"
6 POINTS	105'0"-114'11"
4 POINTS	90'0"-104'11"
2 POINTS	75'1"-89'11"
1 POINT	0-75'0"

WOMEN'S LONG JUMP

10 POINTS	15'6"-UP
8 POINTS	14'0"-15'5"
6 POINTS	12'0"-13'11"
4 POINTS	11'0"-11'11"
2 POINTS	10'1"-10'11"
1 POINT	0-10'0"

WOMEN'S TRIPLE JUMP

10 POINTS	32'6"-UP
8 POINTS	30'0"-32'5"
6 POINTS	28'0"-29'11"
4 POINTS	26'0"-27'11"
2 POINTS	24'1"-25'11"
1 POINT	0-24'0"

WOMEN'S HIGH JUMP

10 POINTS	4'10"
8 POINTS	4'6"
6 POINTS	4'4"
4 POINTS	4'2"
2 POINTS	4'0"
1 POINT	0

MEN'S LONG JUMP

10 POINTS	21'0"
8 POINTS	19'0"-20'11"
6 POINTS	18'0"-18'11"
4 POINTS	17'0"-17'11"
2 POINTS	15'1"-16'11"
1 POINT	0-15'0"

MEN'S TRIPLE JUMP

10 POINTS	45'0"-UP
8 POINTS	40'0"-44'11"
6 POINTS	37'0"-39'11"
4 POINTS	34'0"-36'11"
2 POINTS	30'1"-33'11"
1 POINT	0-30'0"

MEN'S HIGH JUMP

10 POINTS	6'0"
8 POINTS	5'9"
6 POINTS	5'6"
4 POINTS	5'3"
2 POINTS	5'0"
1 POINT	0