



Each Participant completes all four events in their respective age group and points are allocated based on their performances. The athlete with the highest total number of points will win the competition. In team competition the teams with the highest total will be declared the winner



YOUNG ATHLETES QUADRATHLON POINTS SCORING TABLES

Points	75m	100m	600m	800m	Long Jump (U9/U11)	Long Jump (U13/U15)	Shot	Vortex	Points
	Seconds	Seconds	Minutes	Minutes	Metres	Metres	Metres	Metres	
1	25.0	26.0	05:00.00	05:00.00	0.50	0.50	0.50	0.50	1
2	19.0		04:03.10	04:05.40	1.00	1.00	1.00	4.50	2
3	18.2	19.0	04:01.00	04:03.90	1.33	1.50	1.75	4.68	3
4	17.9	18.1	03:59.00	04:02.40	1.80	2.00	2.00	4.86	4
5	17.7	17.7	03:56.90	04:00.90	1.82	2.16	2.55	5.04	5
6	17.6	17.6	03:54.90	03:59.40	1.84	2.20	2.84	5.22	6
7	17.5	17.5	03:52.80	03:57.90	1.86	2.24	2.90	5.40	7
8	17.4	17.4	03:50.80	03:56.40	1.88	2.28	2.96	5.58	8
9	17.3	17.3	03:48.80	03:54.90	1.90	2.32	3.02	5.76	9
10	17.2	17.2	03:46.70	03:53.40	1.92	2.36	3.08	5.94	10
11	17.1	17.1	03:44.60	03:51.90	1.94	2.40	3.14	6.12	11
12	17.0	17.0	03:42.60	03:50.40	1.96	2.44	3.20	6.30	12
13	16.9	16.9	03:40.50	03:48.90	1.98	2.48	3.26	6.48	13
14	16.8	16.8	03:38.50	03:47.40	2.00	2.52	3.32	6.66	14
15	16.7	16.7	03:36.40	03:45.90	2.02	2.56	3.38	6.84	15
16	16.6	16.6	03:34.40	03:44.40	2.04	2.60	3.44	7.02	16
17	16.5	16.5	03:32.20	03:42.90	2.06	2.64	3.50	7.20	17
18	16.4	16.4	03:30.20	03:41.40	2.08	2.68	3.62	7.38	18
19	16.3	16.3	03:28.20	03:39.90	2.10	2.72	3.74	7.56	19
20	16.2	16.2	03:26.20	03:38.40	2.12	2.76	3.86	7.74	20
21	16.1	16.1	03:24.10	03:36.90	2.14	2.80	3.98	7.92	21
22	16.0	16.0	03:22.10	03:35.40	2.16	2.84	4.10	8.10	22
23	15.9	15.9	03:20.00	03:34.30	2.18	2.88	4.22	8.28	23
24	15.8	15.8	03:18.00	03:33.00	2.20	2.92	4.34	8.46	24
25	15.7	15.7	03:15.90	03:31.70	2.22	2.96	4.46	8.64	25
26	15.6	15.6	03:13.90	03:30.40	2.24	3.00	4.58	8.82	26
27	15.5	15.5	03:11.80	03:29.10	2.26	3.04	4.70	9.00	27
28	15.4	15.4	03:09.80	03:27.80	2.28	3.08	4.82	9.18	28
29	15.3	15.3	03:07.70	03:26.50	2.30	3.12	4.94	9.36	29
30	15.2	15.2	03:05.70	03:25.20	2.32	3.16	5.06	9.54	30
31	15.1	15.1	03:03.60	03:23.90	2.34	3.20	5.18	9.72	31
32	15.0	15.0	03:01.60	03:22.60	2.36	3.24	5.30	9.90	32
33	14.9		02:59.50	03:21.30	2.38	3.28	5.36	10.08	33
34	14.8	14.9	02:57.50	03:20.00	2.40	3.32	5.42	10.26	34
35	14.7		02:55.40	03:18.70	2.42	3.36	5.48	10.44	35
36	14.6	14.8	02:53.40	03:17.40	2.44	3.40	5.54	10.62	36
37	14.5		02:51.40	03:16.10	2.46	3.44	5.60	10.80	37
38	14.4	14.7	02:49.30	03:14.80	2.48	3.48	5.66	10.98	38
39	14.3		02:47.20	03:13.50	2.50	3.52	5.72	11.16	39
40	14.2	14.6	02:45.20	03:12.20	2.52	3.56	5.78	11.34	40
41	14.1		02:43.10	03:10.90	2.54	3.60	5.84	11.52	41
42	14.0	14.5	02:41.10	03:09.60	2.56	3.64	5.90	11.70	42
43	13.9		02:39.00	03:08.30	2.58	3.68	5.96	11.88	43
44	13.8	14.4	02:37.00	03:07.00	2.60	3.72	6.02	12.06	44
45	13.7		02:34.90	03:05.70	2.62	3.76	6.08	12.24	45
46	13.6	14.3	02:32.90	03:04.40	2.64	3.80	6.14	12.42	46
47	13.5		02:30.80	03:03.10	2.66	3.84	6.20	12.60	47
48	13.4	14.2	02:28.80	03:01.80	2.68	3.88	6.26	12.78	48
49	13.3		02:26.80	03:00.50	2.70	3.92	6.32	12.96	49
50	13.2	14.1	02:24.70	02:59.30	2.73	3.96	6.40	13.24	50

Points	75m	100m	600m	800m	Long Jump (U9/U11)	Long Jump (U13/U15)	Shot	Vortex	Points
	Seconds	Seconds	Minutes	Minutes	Metres	Metres	Metres	Metres	
51	13.1		02:23.80	02:58.10	2.76	3.99	6.53	13.52	51
52	13.0	14.0	02:22.90	02:56.90	2.80	4.03	6.66	13.80	52
53	12.9		02:22.00	02:55.70	2.84	4.06	6.79	14.08	53
54	12.8	13.9	02:21.10	02:54.50	2.88	4.09	6.92	14.36	54
55	12.7		02:20.20	02:53.30	2.92	4.12	7.05	14.74	55
56	12.6	13.8	02:19.30	02:52.10	2.96	4.15	7.18	15.12	56
57	12.5		02:18.40	02:50.90	3.00	4.18	7.31	15.50	57
58	12.4	13.7	02:17.40	02:49.70	3.04	4.21	7.44	15.88	58
59	12.3		02:16.60	02:48.50	3.08	4.24	7.57	16.26	59
60	12.2	13.6	02:15.70	02:47.40	3.12	4.27	7.70	16.74	60
61	12.1		02:14.80	02:46.30	3.16	4.30	7.83	17.22	61
62	12.0	13.5	02:13.90	02:45.20	3.20	4.33	7.96	17.70	62
63	11.9		02:13.00	02:44.10	3.24	4.36	8.09	18.18	63
64	11.8	13.4	02:12.10	02:43.00	3.28	4.39	8.22	18.66	64
65	11.7		02:11.20	02:41.90	3.32	4.42	8.35	19.24	65
66	11.6	13.3	02:10.30	02:40.80	3.36	4.45	8.48	19.82	66
67	11.5		02:09.40	02:39.70	3.40	4.48	8.61	20.40	67
68	11.4	13.2	02:08.50	02:38.60	3.44	4.51	8.74	20.98	68
69	11.3		02:07.60	02:37.50	3.48	4.54	8.87	21.56	69
70	11.2	13.1	02:06.70	02:36.50	3.52	4.57	9.00	22.24	70
71	11.1		02:05.80	02:35.30	3.56	4.60	9.14	22.92	71
72	11.0	13.0	02:04.90	02:34.20	3.60	4.63	9.28	23.60	72
73	10.9		02:04.00	02:33.10	3.64	4.66	9.42	24.28	73
74	10.8	12.9	02:03.10	02:32.00	3.68	4.69	9.56	24.96	74
75	10.7		02:02.20	02:30.90	3.72	4.72	9.70	25.74	75
76	10.6	12.8	02:01.30	02:29.80	3.76	4.75	9.84	26.52	76
77	10.5		02:00.40	02:28.70	3.80	4.78	9.98	27.30	77
78	10.4	12.7	01:59.50	02:27.60	3.84	4.81	10.12	28.08	78
79	10.3		01:58.60	02:26.50	3.88	4.84	10.26	28.86	79
80	10.2	12.6	01:57.70	02:25.40	3.92	4.87	10.40	29.74	80
81	10.1		01:56.80	02:24.30	3.96	4.90	10.54	30.62	81
82	10.0	12.5	01:55.90	02:23.20	4.00	4.93	10.68	31.50	82
83	9.9		01:55.00	02:22.10	4.05	4.96	10.82	32.38	83
84	9.8	12.4	01:54.10	02:21.00	4.10	4.99	10.96	33.26	84
85	9.7		01:53.20	02:19.90	4.15	5.02	11.10	34.14	85
86		12.3	01:52.30	02:18.80	4.20	5.05	11.24	35.02	86
87	9.6		01:51.40	02:17.70	4.25	5.08	11.38	35.90	87
88		12.2	01:50.50	02:16.60	4.30	5.11	11.52	36.78	88
89	9.5		01:49.60	02:15.50	4.35	5.14	11.66	37.66	89
90		12.1	01:48.70	02:14.40	4.40	5.19	11.80	38.64	90
91	9.4		01:47.80	02:13.30	4.45	5.24	11.94	39.62	91
92		12.0	01:46.90	02:12.20	4.50	5.29	12.08	40.60	92
93	9.3		01:46.00	02:11.10	4.55	5.34	12.22	41.58	93
94		11.9	01:45.10	02:10.00	4.60	5.39	12.36	42.56	94
95	9.2		01:44.20	02:08.90	4.65	5.44	12.50	43.54	95
96		11.8	01:43.30	02:07.80	4.70	5.49	12.64	44.52	96
97	9.1		01:42.40	02:06.70	4.75	5.54	12.78	45.50	97
98		11.7	01:41.50	02:05.60	4.80	5.59	12.92	46.48	98
99			01:40.60	02:05.00	4.85	5.64	13.06	47.46	99
100	9.0	11.6	01:39.70	02:03.40	4.90	5.71	13.20	48.44	100

the Points Score continues beyond 100 for higher scores

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