400 Meters 800 meters

Age 11 Age 11

50 meters = 8.75 secs 50 meters= 10.5 secs

100 meters= 17.5 secs 100 meters= 21 secs

150 meters= 26.25 secs 150 meters= 31.5 secs

200 meters= 35 secs 200 meters= 42 secs

250 meters= 43.75 secs 250 meters= 52.5 secs

300 meters= 52.5 secs 300 meters= 1:03

350 meters= 61.25 secs 350 meters= 1:13

400 meters= 70 secs 400 meters= 1:24

400 Meters 450 meters= 1:34

Ages 12-13 500 meters= 1:45

50 meters = 8.25 secs 550 meters= 1:56

100 meters= 16.5 secs 600 meters= 2:06

150 meters= 24.75 secs 650 meters= 2:17

200 meters= 33 secs 700 meters= 2:27

250 meters= 41.25 secs 750 meters= 2:37

300 meters= 59.5 secs 800 meters= 2:48

350 meters= 57.75 secs

400 meters= 66 secs

400 Meters

Age 14

50 meters = 7.62 secs

100 meters= 15.25 secs

150 meters= 22.87 secs

200 meters= 30.49 secs

250 meters= 38.11 secs

300 meters= 45.73 secs

350 meters= 53.35 secs

400 meters= 61 secs

800 meters

Age 12-13 Age 14

50 meters = 9.75 secs 50 meters= 9.06 secs

100 meters= 19.5 secs 100 meters= 18.12 secs

150 meters= 29.25 secs 150 meters= 27.18 secs

200 meters= 39 secs 200 meters= 36.24 secs

250 meters= 48.75 secs 250 meters= 45.30 secs

300 meters= 58.5 secs 300 meters= 54.36 secs

350 meters= 1:08 350 meters= 1:03

400 meters= 1:18 400 meters= 1:12

450 meters= 1:28 450 meters= 1:21

500 meters= 1:38 500 meters= 1:30

550 meters= 1:48 550 meters= 1:40

600 meters= 1:57 600 meters= 1:49

650 meters= 2:07 650 meters= 1:58

700 meters= 2:16 700 meters= 2:07

750 meters= 2:26 750 meters= 2:16

800 meters= 2:36 800 meters= 2:25

1600 meters

Age 12-13 Age 14

50 meters = 10.63 secs 50 meters= 9.94 secs

100 meters= 21.26 secs 100 meters= 19.88 secs

150 meters= 31.89 secs 150 meters= 29.82 secs

200 meters= 42.52 secs 200 meters= 39.76 secs

250 meters= 53.15 secs 250 meters= 49.70 secs

300 meters= 1:04 300 meters= 59.64 secs

350 meters= 1:14 350 meters= 1:10

400 meters= 1:25 400 meters= 1:20

450 meters= 1:35 450 meters= 1:29

500 meters= 1:46 500 meters= 1:39

550 meters= 1:57 550 meters= 1:49

600 meters= 2:07 600 meters= 1:59

650 meters= 2:18 650 meters= 2:19

700 meters= 2:28 700 meters= 2:29

750 meters= 2:39 750 meters= 2:39

800 meters= 2:50 800 meters= 2:49

850 meters= 3:00 850 meters= 2:59

900 meters= 3:11 900 meters= 3:09

950 meters= 3:21 950 meters= 3:19

1000 meters= 3:32 1000 meters= 3:28

1050 meters= 3:43 1050 meters= 3:38

1100 meters= 3:53 1100 meters= 3:48

1200 meters= 4:14 1200 meters= 4:07

1300 meters= 4:36 1300 meters= 4:28

1400 meters= 4:57 1400 meters= 4:48

1500 meters= 5:18 1500 meters= 5:07

1600 meters= 5:40 1600 meters= 5:20