400 Meters 800 meters

Age 11 Age 11

50 meters = 9.12 secs 50 meters= 11.25 secs

100 meters= 18.25 secs 100 meters= 22.50 secs

150 meters= 27.37 secs 150 meters= 33.75 secs

200 meters= 36.49 secs 200 meters= 45 secs

250 meters= 45.61 secs 250 meters= 56.25 secs

300 meters= 54.73 secs 300 meters= 1:07

350 meters= 63.85 secs 350 meters= 1:19

400 meters= 72.97 secs 400 meters= 1:30

400 Meters 450 meters= 1:41

Ages 12-13 500 meters= 1:53

50 meters = 8.75 secs 550 meters= 2:03

100 meters= 17.5 secs 600 meters= 2:15

150 meters= 26.25 secs 650 meters= 2:26

200 meters= 35 secs 700 meters= 2:38

250 meters= 43.75 secs 750 meters= 2:49

300 meters= 52.5 secs 800 meters= 3:05

350 meters= 61.25 secs

400 meters= 70 secs

400 Meters

Age 14

50 meters = 8.37 secs

100 meters= 16.75 secs

150 meters= 25.12 secs

200 meters= 33.49 secs

250 meters= 41.86 secs

300 meters= 50.23 secs

350 meters= 58.60 secs

400 meters= 67 secs

800 meters

Age 12-13 Age 14

50 meters = 10.81 secs 50 meters= 10.13 secs

100 meters= 21.62 secs 100 meters= 20.26 secs

150 meters= 32.43 secs 150 meters= 30.38 secs

200 meters= 43.24 secs 200 meters= 40.52 secs

250 meters= 54.05 secs 250 meters= 50.65 secs

300 meters= 1:05 300 meters= 1:01

350 meters= 1:16 350 meters= 1:10

400 meters= 1:26 400 meters= 1:21

450 meters= 1:37 450 meters= 1:31

500 meters= 1:48 500 meters= 1:41

550 meters= 1:59 550 meters= 1:51

600 meters= 2:09 600 meters= 2:01

650 meters= 2:20 650 meters= 2:11

700 meters= 2:31 700 meters= 2:21

750 meters= 2:42 750 meters= 2:32

800 meters= 2:53 800 meters= 2:42

1600 meters

Age 12-13 Age 14

50 meters = 11.87 secs 50 meters= 11.63 secs

100 meters= 23.74 secs 100 meters= 23.26 secs

150 meters= 35.61 secs 150 meters= 34.89 secs

200 meters= 47.48 secs 200 meters= 46.52 secs

250 meters= 59.35 secs 250 meters= 58.15 secs

300 meters= 1:11 300 meters= 1:10

350 meters= 1:23 350 meters= 1:21

400 meters= 1:35 400 meters= 1:33

450 meters= 1:47 450 meters= 1:45

500 meters= 1:59 500 meters= 1:56

550 meters= 2:10 550 meters= 2:08

600 meters= 2:22 600 meters= 2:19

650 meters= 2:34 650 meters= 2:31

700 meters= 2:46 700 meters= 2:43

750 meters= 2:58 750 meters= 2:54

800 meters= 3:10 800 meters= 3:06

850 meters= 3:22 850 meters= 3:17

900 meters= 3:34 900 meters= 3:29

950 meters= 3:46 950 meters= 3:41

1000 meters= 3:57 1000 meters= 3:52

1050 meters= 4:09 1050 meters= 4:04

1100 meters= 4:21 1100 meters= 4:15

1200 meters= 4:45 1200 meters= 4:39

1300 meters= 5:08 1300 meters= 5:02

1400 meters= 5:32 1400 meters= 5:23

1500 meters= 5:56 1500 meters= 5:47

1600 meters= 6:20 1600 meters= 6:10