



## **Decamouse Presents:**

# **Masters Combined Events Scoring Guides**

(Version 2020-07-27)

**Men's and Women's Masters Age-Groups, 35 to 100+**

### Event Coverage:

Decathlon (M&W Outdoors)

Heptathlon (W Outdoors and M&W Indoors)

Pentathlon (M&W Outdoors and M&W Indoors)

### Includes:

One-Page Scoring Guide in 50-Point Increments (1 to 1200 Points)

Metric Conversions for Jumps and Throws

Corrections and suggested improvements are welcome.

This file may be updated periodically - please check for the latest version.

## Decamouse's Combined Events Scoring Guide - Men's 35-39

| Decamouse's Combined Events Scoring Guide - Men's 35-39 |                                   |                                     |                                     |                                      |                                   |                                   |                                       |                                     |                                       |                                 |                                   |                                   |                                 |                                   |
|---|-----------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|-----------------------------------|-----------------------------------|---------------------------------------|-------------------------------------|---------------------------------------|---------------------------------|-----------------------------------|-----------------------------------|---------------------------------|-----------------------------------|
| Points  | 100                               | LJ                                  | SP                                  | HJ                                   | 400                               | HH                                | DT                                    | PV                                  | JT                                    | 1500                            | 60                                | 60H                               | 1000                            | 200                               |
| <b>Approx Level</b>                                     | <u>Pts Per</u><br><u>0.10 Sec</u> | <u>Pts Per</u><br><u>5 cm ( 2")</u> | <u>Pts Per</u><br><u>30 cm (ft)</u> | <u>Pts Per</u><br><u>2 cm (0.8")</u> | <u>Pts Per</u><br><u>0.50 Sec</u> | <u>Pts Per</u><br><u>0.10 Sec</u> | <u>Pts Per</u><br><u>Meter (3'3")</u> | <u>Pts Per</u><br><u>5 cm ( 2")</u> | <u>Pts Per</u><br><u>Meter (3'3")</u> | <u>Pts Per</u><br><u>Second</u> | <u>Pts Per</u><br><u>0.10 Sec</u> | <u>Pts Per</u><br><u>0.10 Sec</u> | <u>Pts Per</u><br><u>Second</u> | <u>Pts Per</u><br><u>0.20 Sec</u> |
| ~ 300   | 14                                | 9                                   | 18                                  | 13                                   | 14                                | 7                                 | 19                                    | 12                                  | 14                                    | 4                               | 22                                | 14                                | 7                               | 12                                |
| ~ 600   | 19                                | 11                                  | 19                                  | 17                                   | 19                                | 10                                | 20                                    | 14                                  | 15                                    | 6                               | 29                                | 20                                | 9                               | 16                                |
| ~ 900   | 22                                | 13                                  | 19                                  | 19                                   | 23                                | 12                                | 21                                    | 16                                  | 15                                    | 7                               | 35                                | 24                                | 11                              | 20                                |
|   |                                   |                                     |                                     |                                      |                                   |                                   |                                       |                                     |                                       |                                 |                                   |                                   |                                 |                                   |
| Points  | 100                               | LJ                                  | SP                                  | HJ                                   | 400                               | HH                                | DT                                    | PV                                  | JT                                    | 1500                            | 60                                | 60H                               | 1000                            | 200                               |
| ≥ 1   | 18.06                             | 2.19<br>7-2 ¼                       | 1.48<br>4-10 ¼                      | 0.76<br>2-6                          | 1:24.12                           | 28.37                             | 4.05<br>13-3                          | 1.02<br>3-4                         | 7.04<br>23-1                          | 7:58.27                         | 11.55                             | 15.54                             | 5:03.93                         | 38.24                             |
| ≥ 50  | 16.75                             | 2.78<br>9-1 ½                       | 2.40<br>7-10 ½                      | 0.91<br>2-11 ¼                       | 77.84                             | 25.66                             | 7.33<br>24-0                          | 1.45<br>4-9                         | 11.25<br>36-11                        | 7:15.02                         | 10.72                             | 14.12                             | 4:36.49                         | 35.29                             |
| ≥ 100   | 16.07                             | 3.18<br>10-5 ¼                      | 3.27<br>10-8 ¾                      | 1.02<br>3-4                          | 74.53                             | 24.31                             | 10.30<br>33-9                         | 1.76<br>5-9 ¼                       | 15.14<br>49-8                         | 6:52.67                         | 10.28                             | 13.42                             | 4:22.30                         | 33.73                             |
| ≥ 150   | 15.53                             | 3.53<br>11-7                        | 4.13<br>13-6 ¾                      | 1.12<br>3-8                          | 71.91                             | 23.26                             | 13.12<br>43-0                         | 2.03<br>6-7 ¾                       | 18.89<br>61-11                        | 6:35.13                         | 9.94                              | 12.88                             | 4:11.17                         | 32.52                             |
| ≥ 200   | 15.06                             | 3.85<br>12-7 ¾                      | 4.97<br>16-3 ¾                      | 1.19<br>3-10 ¼                       | 69.68                             | 22.36                             | 15.86<br>52-0                         | 2.28<br>7-5 ¾                       | 22.54<br>73-11                        | 6:20.14                         | 9.64                              | 12.42                             | 4:01.67                         | 31.46                             |
| ≥ 250   | 14.65                             | 4.14<br>13-7                        | 5.81<br>19-0 ¾                      | 1.27<br>4-2                          | 67.68                             | 21.57                             | 18.54<br>60-10                        | 2.50<br>8-2 ½                       | 26.13<br>85-8                         | 6:06.81                         | 9.38                              | 12.01                             | 3:53.19                         | 30.52                             |
| ≥ 300   | 14.27                             | 4.42<br>14-6                        | 6.63<br>21-9                        | 1.35<br>4-5                          | 65.84                             | 20.85                             | 21.16<br>69-5                         | 2.72<br>8-11                        | 29.66<br>97-3                         | 5:54.65                         | 9.14                              | 11.63                             | 3:45.48                         | 29.66                             |
| ≥ 350   | 13.92                             | 4.69<br>15-4 ¾                      | 7.45<br>24-5 ½                      | 1.42<br>4-7 ¾                        | 64.15                             | 20.18                             | 23.76<br>77-11                        | 2.93<br>9-7 ¾                       | 33.15<br>108-9                        | 5:43.39                         | 8.92                              | 11.29                             | 3:38.34                         | 28.87                             |
| ≥ 400   | 13.58                             | 4.94<br>16-2 ½                      | 8.26<br>27-1 ¼                      | 1.49<br>4-10 ¼                       | 62.56                             | 19.57                             | 26.31<br>86-4                         | 3.13<br>10-3 ¾                      | 36.59<br>120-0                        | 5:32.85                         | 8.71                              | 10.97                             | 3:31.65                         | 28.12                             |
| ≥ 450   | 13.27                             | 5.19<br>17-0 ½                      | 9.07<br>29-9 ¾                      | 1.55<br>5-1                          | 61.06                             | 18.98                             | 28.83<br>94-7                         | 3.33<br>10-11                       | 40.01<br>131-3                        | 5:22.90                         | 8.50                              | 10.67                             | 3:25.33                         | 27.41                             |
| ≥ 500   | 12.98                             | 5.42<br>17-9 ½                      | 9.88<br>32-5                        | 1.61<br>5-3 ¾                        | 59.63                             | 18.43                             | 31.34<br>102-10                       | 3.52<br>11-6 ½                      | 43.41<br>142-5                        | 5:13.45                         | 8.32                              | 10.38                             | 3:19.33                         | 26.74                             |
| ≥ 550   | 12.69                             | 5.66<br>18-7                        | 10.68<br>35-0 ¾                     | 1.67<br>5-5 ¾                        | 58.26                             | 17.90                             | 33.82<br>110-11                       | 3.70<br>12-1 ½                      | 46.78<br>153-5                        | 5:04.42                         | 8.14                              | 10.11                             | 3:13.60                         | 26.10                             |
| ≥ 600   | 12.42                             | 5.88<br>19-3 ¾                      | 11.47<br>37-7 ¾                     | 1.73<br>5-8                          | 56.95                             | 17.40                             | 36.28<br>119-0                        | 3.88<br>12-8 ¾                      | 50.11<br>164-5                        | 4:55.77                         | 7.97                              | 9.84                              | 3:08.11                         | 25.48                             |
| ≥ 650   | 12.15                             | 6.10<br>20-0 ¾                      | 12.26<br>40-2 ¾                     | 1.79<br>5-10 ¼                       | 55.68                             | 16.92                             | 38.71<br>127-0                        | 4.06<br>13-3 ¾                      | 53.44<br>175-4                        | 4:47.44                         | 7.81                              | 9.60                              | 3:02.82                         | 24.89                             |
| ≥ 700   | 11.90                             | 6.31<br>20-8 ¾                      | 13.05<br>42-9 ¾                     | 1.85<br>6-0 ¾                        | 54.46                             | 16.45                             | 41.14<br>134-11                       | 4.23<br>13-10 ¼                     | 56.74<br>186-2                        | 4:39.39                         | 7.64                              | 9.36                              | 2:57.71                         | 24.31                             |
| ≥ 750   | 11.66                             | 6.53<br>21-5 ¾                      | 13.84<br>45-5                       | 1.91<br>6-3 ¾                        | 53.27                             | 16.00                             | 43.54<br>142-10                       | 4.40<br>14-5 ¾                      | 60.03<br>196-11                       | 4:31.61                         | 7.48                              | 9.12                              | 2:52.78                         | 23.76                             |
| ≥ 800   | 11.41                             | 6.74<br>22-1 ½                      | 14.62<br>47-11 ¼                    | 1.95<br>6-4 ¾                        | 52.12                             | 15.56                             | 45.94<br>150-8                        | 4.57<br>15-0                        | 63.30<br>207-8                        | 4:24.06                         | 7.33                              | 8.90                              | 2:47.98                         | 23.22                             |
| ≥ 850   | 11.19                             | 6.94<br>22-9 ¾                      | 15.41<br>50-6 ¾                     | 2.00<br>6-6 ¾                        | 51.00                             | 15.14                             | 48.31<br>158-6                        | 4.74<br>15-6 ½                      | 66.56<br>218-4                        | 4:16.73                         | 7.19                              | 8.68                              | 2:43.33                         | 22.70                             |
| ≥ 900   | 10.96                             | 7.14<br>23-5 ¾                      | 16.19<br>53-1 ½                     | 2.06<br>6-9                          | 49.91                             | 14.73                             | 50.68<br>166-3                        | 4.89<br>16-0 ¾                      | 69.80<br>229-0                        | 4:09.59                         | 7.04                              | 8.46                              | 2:38.80                         | 22.19                             |
| ≥ 950   | 10.74                             | 7.33<br>24-0 ¾                      | 16.96<br>55-7 ¾                     | 2.11<br>6-11                         | 48.86                             | 14.33                             | 53.04<br>174-0                        | 5.05<br>16-6 ¾                      | 73.02<br>239-6                        | 4:02.64                         | 6.90                              | 8.25                              | 2:34.39                         | 21.69                             |
| ≥ 1000  | 10.52                             | 7.53<br>24-8 ¾                      | 17.75<br>58-3                       | 2.16<br>7-1                          | 47.82                             | 13.93                             | 55.38<br>181-8                        | 5.21<br>17-1                        | 76.23<br>250-1                        | 3:55.84                         | 6.76                              | 8.05                              | 2:30.08                         | 21.20                             |
| ≥ 1050  | 10.31                             | 7.72<br>25-4                        | 18.52<br>60-9 ¾                     | 2.21<br>7-3                          | 46.80                             | 13.55                             | 57.71<br>189-4                        | 5.36<br>17-7                        | 79.44<br>260-7                        | 3:49.20                         | 6.63                              | 7.85                              | 2:25.87                         | 20.72                             |
| ≥ 1100  | 10.11                             | 7.91<br>25-11 ½                     | 19.29<br>63-3 ¾                     | 2.26<br>7-5                          | 45.81                             | 13.18                             | 60.04<br>196-11                       | 5.51<br>18-1                        | 82.63<br>271-1                        | 3:42.71                         | 6.50                              | 7.66                              | 2:21.74                         | 20.26                             |
| ≥ 1150  | 9.90                              | 8.10<br>26-7                        | 20.06<br>65-9 ¾                     | 2.31<br>7-7                          | 44.84                             | 12.81                             | 62.34<br>204-6                        | 5.67<br>18-7 ¾                      | 85.81<br>281-6                        | 3:36.35                         | 6.37                              | 7.47                              | 2:17.71                         | 19.80                             |
| ≥ 1200  | 9.71                              | 8.28<br>27-2                        | 20.83<br>68-4 ¾                     | 2.35<br>7-8 ¾                        | 43.88                             | 12.46                             | 64.65<br>212-1                        | 5.82<br>19-1                        | 88.98<br>291-11                       | 3:30.11                         | 6.24                              | 7.28                              | 2:13.75                         | 19.35                             |

## Decamouse's Combined Events Scoring Guide - Men's 40-44

| Decamouse's Combined Events Scoring Guide - Men's 40-44 |                         |                           |                           |                            |                         |                         |                             |                           |                             |                       |                         |                         |                       |                         |
|---|-------------------------|---------------------------|---------------------------|----------------------------|-------------------------|-------------------------|-----------------------------|---------------------------|-----------------------------|-----------------------|-------------------------|-------------------------|-----------------------|-------------------------|
| Points  | 100                     | LJ                        | SP                        | HJ                         | 400                     | HH                      | DT                          | PV                        | JT                          | 1500                  | 60                      | 60H                     | 1000                  | 200                     |
| <u>Approx Level</u>                                     | <u>Pts Per 0.10 Sec</u> | <u>Pts Per 5 cm ( 2")</u> | <u>Pts Per 30 cm (ft)</u> | <u>Pts Per 2 cm (0.8")</u> | <u>Pts Per 0.50 Sec</u> | <u>Pts Per 0.10 Sec</u> | <u>Pts Per Meter (3'3")</u> | <u>Pts Per 5 cm ( 2")</u> | <u>Pts Per Meter (3'3")</u> | <u>Pts Per Second</u> | <u>Pts Per 0.10 Sec</u> | <u>Pts Per 0.10 Sec</u> | <u>Pts Per Second</u> | <u>Pts Per 0.20 Sec</u> |
| ~ 300   | 13                      | 10                        | 20                        | 14                         | 14                      | 7                       | 21                          | 12                        | 15                          | 4                     | 21                      | 13                      | 6                     | 12                      |
| ~ 600   | 18                      | 12                        | 20                        | 17                         | 19                      | 10                      | 22                          | 15                        | 16                          | 6                     | 29                      | 19                      | 9                     | 16                      |
| ~ 900   | 22                      | 14                        | 21                        | 20                         | 23                      | 12                      | 23                          | 16                        | 17                          | 7                     | 34                      | 22                      | 11                    | 19                      |
| Points  | 100                     | LJ                        | SP                        | HJ                         | 400                     | HH                      | DT                          | PV                        | JT                          | 1500                  | 60                      | 60H                     | 1000                  | 200                     |
| ≥ 1   | 18.61                   | 2.07<br>6-9 ½             | 1.38<br>4-6 ½             | 0.74<br>2-5                | 1:26.81                 | 29.48                   | 3.73<br>12-3                | 0.96<br>3-1 ¼             | 6.56<br>21-6                | 8:18.06               | 11.90                   | 16.15                   | 5:16.39               | 39.45                   |
| ≥ 50  | 17.26                   | 2.63<br>8-7 ½             | 2.23<br>7-3 ¼             | 0.89<br>2-11               | 1:20.33                 | 26.67                   | 6.75<br>22-1                | 1.37<br>4-6               | 10.49<br>34-5               | 7:33.03               | 11.04                   | 14.68                   | 4:47.82               | 36.40                   |
| ≥ 100   | 16.55                   | 3.01<br>9-10 ½            | 3.05<br>10-0 ¼            | 1.00<br>3-3 ¼              | 76.92                   | 25.26                   | 9.48<br>31-1                | 1.66<br>5-5 ¼             | 14.12<br>46-4               | 7:09.75               | 10.59                   | 13.95                   | 4:33.06               | 34.80                   |
| ≥ 150   | 16.00                   | 3.34<br>10-11 ½           | 3.85<br>12-7 ¼            | 1.09<br>3-6 ¼              | 74.22                   | 24.17                   | 12.08<br>39-7               | 1.92<br>6-3 ½             | 17.61<br>57-9               | 6:51.49               | 10.24                   | 13.39                   | 4:21.47               | 33.54                   |
| ≥ 200   | 15.52                   | 3.65<br>11-11 ½           | 4.63<br>15-2 ¼            | 1.17<br>3-10               | 71.91                   | 23.24                   | 14.60<br>47-10              | 2.15<br>7-0 ¼             | 21.01<br>68-11              | 6:35.88               | 9.93                    | 12.90                   | 4:11.57               | 32.45                   |
| ≥ 250   | 15.09                   | 3.92<br>12-10 ½           | 5.41<br>17-9              | 1.24<br>4-0 ¼              | 69.85                   | 22.42                   | 17.07<br>56-0               | 2.36<br>7-8 ¼             | 24.36<br>79-11              | 6:21.99               | 9.66                    | 12.48                   | 4:02.75               | 31.49                   |
| ≥ 300   | 14.71                   | 4.19<br>13-9              | 6.17<br>20-3              | 1.32<br>4-4                | 67.96                   | 21.67                   | 19.49<br>63-11              | 2.57<br>8-5 ¼             | 27.65<br>90-8               | 6:09.33               | 9.42                    | 12.09                   | 3:54.72               | 30.59                   |
| ≥ 350   | 14.34                   | 4.44<br>14-6 ¼            | 6.94<br>22-9 ¼            | 1.39<br>4-6 ¼              | 66.21                   | 20.98                   | 21.88<br>71-9               | 2.76<br>9-0 ¼             | 30.90<br>101-4              | 5:57.61               | 9.19                    | 11.73                   | 3:47.29               | 29.78                   |
| ≥ 400   | 14.00                   | 4.68<br>15-4 ¼            | 7.69<br>25-2 ¼            | 1.45<br>4-9                | 64.57                   | 20.34                   | 24.23<br>79-6               | 2.96<br>9-8 ½             | 34.11<br>111-11             | 5:46.63               | 8.97                    | 11.40                   | 3:40.33               | 29.01                   |
| ≥ 450   | 13.67                   | 4.91<br>16-1 ½            | 8.45<br>27-8 ¼            | 1.52<br>4-11 ¼             | 63.02                   | 19.73                   | 26.55<br>87-1               | 3.14<br>10-3 ½            | 37.30<br>122-4              | 5:36.27               | 8.76                    | 11.09                   | 3:33.75               | 28.28                   |
| ≥ 500   | 13.37                   | 5.13<br>16-10             | 9.20<br>30-2 ¼            | 1.58<br>5-2 ¼              | 61.54                   | 19.15                   | 28.86<br>94-8               | 3.32<br>10-10 ¼           | 40.47<br>132-9              | 5:26.43               | 8.58                    | 10.79                   | 3:27.50               | 27.59                   |
| ≥ 550   | 13.08                   | 5.35<br>17-6 ¼            | 9.94<br>32-7 ½            | 1.64<br>5-4 ¼              | 60.13                   | 18.61                   | 31.15<br>102-2              | 3.50<br>11-5 ¼            | 43.61<br>143-1              | 5:17.02               | 8.39                    | 10.51                   | 3:21.54               | 26.92                   |
| ≥ 600   | 12.80                   | 5.57<br>18-3 ¼            | 10.68<br>35-0 ¼           | 1.69<br>5-6 ½              | 58.77                   | 18.08                   | 33.41<br>109-7              | 3.66<br>12-0              | 46.72<br>153-3              | 5:08.01               | 8.21                    | 10.23                   | 3:15.82               | 26.28                   |
| ≥ 650   | 12.52                   | 5.78<br>18-11 ¼           | 11.42<br>37-5 ¼           | 1.75<br>5-8 ¼              | 57.47                   | 17.59                   | 35.65<br>116-11             | 3.83<br>12-6 ¼            | 49.82<br>163-5              | 4:59.33               | 8.04                    | 9.98                    | 3:10.32               | 25.68                   |
| ≥ 700   | 12.26                   | 5.98<br>19-7 ½            | 12.15<br>39-10 ¼          | 1.81<br>5-11 ¼             | 56.21                   | 17.10                   | 37.88<br>124-3              | 4.00<br>13-1 ½            | 52.90<br>173-6              | 4:50.95               | 7.88                    | 9.72                    | 3:05.00               | 25.08                   |
| ≥ 750   | 12.01                   | 6.18<br>20-3 ¼            | 12.89<br>42-3 ¼           | 1.86<br>6-1 ¼              | 54.98                   | 16.63                   | 40.10<br>131-6              | 4.15<br>13-7 ¼            | 55.96<br>183-7              | 4:42.85               | 7.71                    | 9.48                    | 2:59.86               | 24.51                   |
| ≥ 800   | 11.76                   | 6.38<br>20-11 ¼           | 13.62<br>44-8 ¼           | 1.91<br>6-3 ¼              | 53.79                   | 16.17                   | 42.31<br>138-9              | 4.31<br>14-1 ¼            | 59.01<br>193-7              | 4:34.99               | 7.55                    | 9.25                    | 2:54.87               | 23.96                   |
| ≥ 850   | 11.53                   | 6.57<br>21-6 ¼            | 14.35<br>47-1             | 1.96<br>6-5                | 52.64                   | 15.74                   | 44.49<br>145-11             | 4.47<br>14-8              | 62.05<br>203-7              | 4:27.36               | 7.41                    | 9.02                    | 2:50.03               | 23.41                   |
| ≥ 900   | 11.29                   | 6.76<br>22-2 ¼            | 15.08<br>49-5 ¼           | 2.02<br>6-7 ½              | 51.51                   | 15.31                   | 46.67<br>153-1              | 4.62<br>15-1 ¼            | 65.07<br>213-6              | 4:19.92               | 7.26                    | 8.79                    | 2:45.31               | 22.89                   |
| ≥ 950   | 11.06                   | 6.94<br>22-9 ¼            | 15.80<br>51-10            | 2.06<br>6-9                | 50.42                   | 14.89                   | 48.84<br>160-3              | 4.77<br>15-7 ¼            | 68.08<br>223-4              | 4:12.68               | 7.11                    | 8.57                    | 2:40.72               | 22.37                   |
| ≥ 1000  | 10.84                   | 7.12<br>23-4 ¼            | 16.53<br>54-2 ¼           | 2.11<br>6-11               | 49.35                   | 14.48                   | 51.00<br>167-4              | 4.92<br>16-1 ¼            | 71.07<br>233-2              | 4:05.60               | 6.97                    | 8.36                    | 2:36.23               | 21.87                   |
| ≥ 1050  | 10.62                   | 7.31<br>23-11 ¼           | 17.24<br>56-6 ¼           | 2.16<br>7-1                | 48.31                   | 14.08                   | 53.15<br>174-4              | 5.06<br>16-7 ¼            | 74.06<br>242-11             | 3:58.69               | 6.83                    | 8.16                    | 2:31.85               | 21.38                   |
| ≥ 1100  | 10.41                   | 7.49<br>24-7              | 17.96<br>58-11 ¼          | 2.21<br>7-3                | 47.28                   | 13.69                   | 55.29<br>181-4              | 5.20<br>17-0 ¼            | 77.04<br>252-9              | 3:51.93               | 6.69                    | 7.96                    | 2:27.55               | 20.89                   |
| ≥ 1150  | 10.21                   | 7.67<br>25-2              | 18.68<br>61-3 ¼           | 2.26<br>7-5                | 46.27                   | 13.32                   | 57.41<br>188-4              | 5.35<br>17-6 ½            | 80.00<br>262-5              | 3:45.30               | 6.57                    | 7.76                    | 2:23.35               | 20.42                   |
| ≥ 1200  | 10.01                   | 7.84<br>25-8 ¼            | 19.40<br>63-7 ¼           | 2.30<br>7-6 ½              | 45.29                   | 12.95                   | 59.54<br>195-4              | 5.49<br>18-0              | 82.95<br>272-1              | 3:38.81               | 6.43                    | 7.57                    | 2:19.23               | 19.96                   |

## Decamouse's Combined Events Scoring Guide - Men's 45-49

| Decamouse's Combined Events Scoring Guide - Men's 45-49 |          |                 |                  |                |          |          |                 |                 |                 |         |          |          |         |          |
|---|----------|-----------------|------------------|----------------|----------|----------|-----------------|-----------------|-----------------|---------|----------|----------|---------|----------|
| Points  | 100      | LJ              | SP               | HJ             | 400      | HH       | DT              | PV              | JT              | 1500    | 60       | 60H      | 1000    | 200      |
| Approx Level  | Pts Per  | Pts Per         | Pts Per          | Pts Per        | Pts Per  | Pts Per  | Pts Per         | Pts Per         | Pts Per         | Pts Per | Pts Per  | Pts Per  | Pts Per | Pts Per  |
|   | 0.10 Sec | 5 cm ( 2")      | 30 cm (ft)       | 2 cm (0.8")    | 0.50 Sec | 0.10 Sec | Meter (3'3")    | 5 cm ( 2")      | Meter (3'3")    | Second  | 0.10 Sec | 0.10 Sec | Second  | 0.20 Sec |
| ~ 300   | 13       | 10              | 21               | 15             | 13       | 7        | 23              | 13              | 16              | 4       | 20       | 13       | 6       | 11       |
| ~ 600   | 18       | 13              | 22               | 18             | 18       | 9        | 24              | 16              | 17              | 5       | 28       | 18       | 9       | 16       |
| ~ 900   | 21       | 14              | 22               | 21             | 22       | 11       | 25              | 18              | 18              | 7       | 33       | 22       | 10      | 19       |
| Points  | 100      | LJ              | SP               | HJ             | 400      | HH       | DT              | PV              | JT              | 1500    | 60       | 60H      | 1000    | 200      |
| ≥ 1   | 19.19    | 1.95<br>6-4 ¼   | 1.28<br>4-2 ½    | 0.70<br>2-3 ½  | 1:29.69  | 30.69    | 3.41<br>11-2    | 0.90<br>2-11 ½  | 6.08<br>19-11   | 8:39.57 | 12.27    | 16.81    | 5:29.92 | 40.73    |
| ≥ 50  | 17.80    | 2.48<br>8-1 ¼   | 2.07<br>6-9 ½    | 0.85<br>2-9 ½  | 1:23.00  | 27.76    | 6.17<br>20-3    | 1.29<br>4-2 ¼   | 9.73<br>31-11   | 7:52.59 | 11.39    | 15.28    | 5:00.13 | 37.59    |
| ≥ 100   | 17.07    | 2.84<br>9-4     | 2.82<br>9-3      | 0.95<br>3-1 ¼  | 79.47    | 26.30    | 8.67<br>28-5    | 1.56<br>5-1 ¼   | 13.09<br>42-11  | 7:28.30 | 10.93    | 14.52    | 4:44.73 | 35.93    |
| ≥ 150   | 16.50    | 3.16<br>10-4 ½  | 3.56<br>11-8 ¼   | 1.04<br>3-5    | 76.68    | 25.16    | 11.04<br>36-2   | 1.80<br>5-10 ¼  | 16.32<br>53-6   | 7:09.26 | 10.56    | 13.94    | 4:32.65 | 34.63    |
| ≥ 200   | 16.01    | 3.44<br>11-3 ½  | 4.29<br>14-1     | 1.11<br>3-7 ¼  | 74.29    | 24.19    | 13.35<br>43-9   | 2.02<br>6-7 ½   | 19.48<br>63-11  | 6:52.97 | 10.25    | 13.43    | 4:22.33 | 33.51    |
| ≥ 250   | 15.57    | 3.70<br>12-1 ¼  | 5.01<br>16-5 ¼   | 1.18<br>3-10 ½ | 72.16    | 23.34    | 15.61<br>51-2   | 2.22<br>7-3 ¼   | 22.58<br>74-1   | 6:38.48 | 9.97     | 12.99    | 4:13.13 | 32.51    |
| ≥ 300   | 15.17    | 3.95<br>12-11 ½ | 5.72<br>18-9 ¼   | 1.26<br>4-1 ½  | 70.21    | 22.56    | 17.82<br>58-5   | 2.41<br>7-10 ¼  | 25.64<br>84-1   | 6:25.28 | 9.72     | 12.59    | 4:04.76 | 31.59    |
| ≥ 350   | 14.79    | 4.19<br>13-9    | 6.43<br>21-1 ¼   | 1.32<br>4-4    | 68.41    | 21.84    | 20.00<br>65-7   | 2.59<br>8-6     | 28.65<br>94-0   | 6:13.05 | 9.48     | 12.21    | 3:57.01 | 30.75    |
| ≥ 400   | 14.43    | 4.41<br>14-5 ¼  | 7.12<br>23-4 ½   | 1.38<br>4-6 ¼  | 66.71    | 21.17    | 22.15<br>72-8   | 2.77<br>9-1     | 31.63<br>103-9  | 6:01.60 | 9.25     | 11.87    | 3:49.75 | 29.96    |
| ≥ 450   | 14.10    | 4.64<br>15-2 ¼  | 7.82<br>25-8     | 1.45<br>4-9    | 65.10    | 20.54    | 24.27<br>79-7   | 2.95<br>9-8     | 34.58<br>113-5  | 5:50.79 | 9.04     | 11.54    | 3:42.89 | 29.20    |
| ≥ 500   | 13.79    | 4.84<br>15-10 ½ | 8.52<br>27-11 ½  | 1.50<br>4-11   | 63.58    | 19.94    | 26.38<br>86-6   | 3.11<br>10-2 ½  | 37.52<br>123-1  | 5:40.52 | 8.84     | 11.23    | 3:36.37 | 28.48    |
| ≥ 550   | 13.49    | 5.05<br>16-7    | 9.21<br>30-2 ¼   | 1.56<br>5-1 ¼  | 62.12    | 19.37    | 28.47<br>93-5   | 3.28<br>10-9    | 40.43<br>132-7  | 5:30.71 | 8.65     | 10.94    | 3:30.15 | 27.80    |
| ≥ 600   | 13.20    | 5.25<br>17-2 ¼  | 9.89<br>32-5 ¼   | 1.61<br>5-3 ¼  | 60.72    | 18.82    | 30.54<br>100-2  | 3.44<br>11-3 ½  | 43.31<br>142-1  | 5:21.31 | 8.47     | 10.65    | 3:24.19 | 27.14    |
| ≥ 650   | 12.92    | 5.45<br>17-10 ¼ | 10.58<br>34-8 ¼  | 1.67<br>5-5 ¼  | 59.37    | 18.31    | 32.59<br>106-11 | 3.59<br>11-9 ¼  | 46.19<br>151-6  | 5:12.26 | 8.30     | 10.39    | 3:18.45 | 26.51    |
| ≥ 700   | 12.65    | 5.64<br>18-6    | 11.26<br>36-11 ½ | 1.72<br>5-7 ¼  | 58.07    | 17.80    | 34.63<br>113-7  | 3.75<br>12-3 ½  | 49.04<br>160-10 | 5:03.51 | 8.12     | 10.12    | 3:12.91 | 25.90    |
| ≥ 750   | 12.39    | 5.83<br>19-1 ¼  | 11.94<br>39-2 ¼  | 1.77<br>5-9 ¼  | 56.80    | 17.32    | 36.66<br>120-3  | 3.90<br>12-9 ½  | 51.88<br>170-2  | 4:55.06 | 7.95     | 9.87     | 3:07.55 | 25.31    |
| ≥ 800   | 12.13    | 6.02<br>19-9    | 12.61<br>41-4 ¼  | 1.82<br>5-11 ½ | 55.57    | 16.83    | 38.67<br>126-10 | 4.05<br>13-3 ½  | 54.71<br>179-6  | 4:46.87 | 7.79     | 9.63     | 3:02.35 | 24.74    |
| ≥ 850   | 11.89    | 6.19<br>20-3 ¼  | 13.30<br>43-7 ¼  | 1.86<br>6-1 ¼  | 54.38    | 16.39    | 40.67<br>133-5  | 4.19<br>13-9    | 57.52<br>188-8  | 4:38.90 | 7.64     | 9.39     | 2:57.30 | 24.17    |
| ≥ 900   | 11.65    | 6.38<br>20-11 ¼ | 13.97<br>45-10   | 1.92<br>6-3 ½  | 53.22    | 15.94    | 42.66<br>139-11 | 4.33<br>14-2 ½  | 60.32<br>197-10 | 4:31.14 | 7.49     | 9.15     | 2:52.38 | 23.63    |
| ≥ 950   | 11.41    | 6.55<br>21-6    | 14.64<br>48-0 ¼  | 1.96<br>6-5    | 52.09    | 15.50    | 44.65<br>146-6  | 4.47<br>14-8    | 63.12<br>207-1  | 4:23.59 | 7.34     | 8.92     | 2:47.59 | 23.10    |
| ≥ 1000  | 11.18    | 6.72<br>22-0 ¼  | 15.31<br>50-2 ¼  | 2.01<br>6-7    | 50.99    | 15.08    | 46.62<br>152-11 | 4.61<br>15-1 ½  | 65.89<br>216-2  | 4:16.20 | 7.18     | 8.70     | 2:42.91 | 22.58    |
| ≥ 1050  | 10.96    | 6.90<br>22-7 ¼  | 15.97<br>52-4 ¼  | 2.06<br>6-9    | 49.91    | 14.66    | 48.58<br>159-4  | 4.75<br>15-7    | 68.66<br>225-3  | 4:08.99 | 7.04     | 8.50     | 2:38.34 | 22.07    |
| ≥ 1100  | 10.74    | 7.07<br>23-2 ¼  | 16.64<br>54-7 ¼  | 2.10<br>6-10 ¼ | 48.85    | 14.26    | 50.54<br>165-9  | 4.88<br>16-0    | 71.42<br>234-4  | 4:01.95 | 6.90     | 8.29     | 2:33.85 | 21.58    |
| ≥ 1150  | 10.53    | 7.23<br>23-8 ¼  | 17.31<br>56-9 ½  | 2.15<br>7-0 ½  | 47.81    | 13.86    | 52.48<br>172-2  | 5.02<br>16-5 ½  | 74.17<br>243-4  | 3:55.03 | 6.78     | 8.08     | 2:29.48 | 21.09    |
| ≥ 1200  | 10.32    | 7.40<br>24-3 ¼  | 17.97<br>58-11 ¼ | 2.19<br>7-2 ¼  | 46.79    | 13.48    | 54.42<br>178-6  | 5.15<br>16-10 ¼ | 76.91<br>252-4  | 3:48.26 | 6.64     | 7.88     | 2:25.18 | 20.61    |

## Decamouse's Combined Events Scoring Guide - Men's 50-54

| Decamouse's Combined Events Scoring Guide - Men's 50-54 |                 |                   |                   |                    |                 |                 |                     |                   |                     |                |                 |                 |                |                 |
|---|-----------------|-------------------|-------------------|--------------------|-----------------|-----------------|---------------------|-------------------|---------------------|----------------|-----------------|-----------------|----------------|-----------------|
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| <u>Approx</u>   | <u>Pts Per</u>  | <u>Pts Per</u>    | <u>Pts Per</u>    | <u>Pts Per</u>     | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u>      | <u>Pts Per</u>    | <u>Pts Per</u>      | <u>Pts Per</u> | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u> | <u>Pts Per</u>  |
| <u>Level</u>  | <u>0.10 Sec</u> | <u>5 cm ( 2")</u> | <u>30 cm (ft)</u> | <u>2 cm (0.8")</u> | <u>0.50 Sec</u> | <u>0.10 Sec</u> | <u>Meter (3'3")</u> | <u>5 cm ( 2")</u> | <u>Meter (3'3")</u> | <u>Second</u>  | <u>0.10 Sec</u> | <u>0.10 Sec</u> | <u>Second</u>  | <u>0.20 Sec</u> |
| ~ 300   | 12              | 11                | 21                | 16                 | 13              | 7               | 19                  | 14                | 17                  | 4              | 19              | 13              | 6              | 11              |
| ~ 600   | 17              | 13                | 21                | 20                 | 18              | 10              | 21                  | 17                | 18                  | 5              | 27              | 18              | 8              | 15              |
| ~ 900   | 20              | 15                | 22                | 22                 | 21              | 12              | 21                  | 19                | 19                  | 6              | 32              | 21              | 10             | 18              |
|   |                 |                   |                   |                    |                 |                 |                     |                   |                     |                |                 |                 |                |                 |
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| ≥ 1   | 19.81           | 1.84<br>6-0 ½     | 1.31<br>4-3 ¾     | 0.67<br>2-2 ¾      | 1:32.76         | 29.24           | 4.02<br>13-2        | 0.84<br>2-9       | 5.80<br>19-0        | 9:03.01        | 12.67           | 17.13           | 5:44.66        | 42.10           |
| ≥ 50  | 18.38           | 2.33<br>7-7 ¾     | 2.12<br>6-11 ½    | 0.81<br>2-7 ¾      | 1:25.84         | 26.45           | 7.28<br>23-10       | 1.20<br>3-11 ¾    | 9.28<br>30-5        | 8:13.91        | 11.76           | 15.57           | 5:13.53        | 38.86           |
| ≥ 100   | 17.63           | 2.67<br>8-9 ¾     | 2.90<br>9-6 ¾     | 0.90<br>2-11 ½     | 1:22.20         | 25.06           | 10.22<br>33-6       | 1.46<br>4-9 ¾     | 12.49<br>40-11      | 7:48.53        | 11.28           | 14.80           | 4:57.45        | 37.15           |
| ≥ 150   | 17.04           | 2.97<br>9-9       | 3.66<br>12-0 ¾    | 0.99<br>3-3        | 79.31           | 23.97           | 13.02<br>42-8       | 1.68<br>5-6       | 15.58<br>51-1       | 7:28.63        | 10.90           | 14.21           | 4:44.83        | 35.80           |
| ≥ 200   | 16.52           | 3.24<br>10-7 ¾    | 4.40<br>14-5 ¾    | 1.06<br>3-5 ¾      | 76.84           | 23.05           | 15.74<br>51-7       | 1.89<br>6-2 ¾     | 18.59<br>61-0       | 7:11.61        | 10.58           | 13.69           | 4:34.04        | 34.64           |
| ≥ 250   | 16.07           | 3.48<br>11-5      | 5.14<br>16-10 ½   | 1.12<br>3-8        | 74.64           | 22.24           | 18.40<br>60-4       | 2.07<br>6-9 ¾     | 21.55<br>70-8       | 6:56.47        | 10.29           | 13.24           | 4:24.44        | 33.61           |
| ≥ 300   | 15.66           | 3.72<br>12-2 ½    | 5.87<br>19-3 ¾    | 1.19<br>3-10 ¾     | 72.61           | 21.50           | 21.01<br>68-11      | 2.25<br>7-4 ¾     | 24.46<br>80-3       | 6:42.66        | 10.03           | 12.83           | 4:15.69        | 32.66           |
| ≥ 350   | 15.27           | 3.94<br>12-11 ¾   | 6.59<br>21-7 ¾    | 1.25<br>4-1 ¾      | 70.75           | 20.81           | 23.58<br>77-4       | 2.43<br>7-11 ½    | 27.34<br>89-8       | 6:29.88        | 9.79            | 12.45           | 4:07.59        | 31.78           |
| ≥ 400   | 14.90           | 4.15<br>13-7 ¾    | 7.31<br>23-11 ¾   | 1.31<br>4-3 ¾      | 68.99           | 20.17           | 26.12<br>85-8       | 2.60<br>8-6 ¾     | 30.18<br>99-0       | 6:17.91        | 9.55            | 12.10           | 4:00.01        | 30.97           |
| ≥ 450   | 14.56           | 4.36<br>14-3 ¾    | 8.02<br>26-3 ¾    | 1.37<br>4-6        | 67.34           | 19.57           | 28.62<br>93-10      | 2.76<br>9-0 ¾     | 33.00<br>108-3      | 6:06.62        | 9.33            | 11.76           | 3:52.84        | 30.18           |
| ≥ 500   | 14.23           | 4.55<br>14-11 ¾   | 8.74<br>28-8 ¾    | 1.43<br>4-8 ¾      | 65.76           | 19.00           | 31.11<br>102-0      | 2.91<br>9-6 ¾     | 35.80<br>117-5      | 5:55.89        | 9.13            | 11.45           | 3:46.04        | 29.44           |
| ≥ 550   | 13.92           | 4.75<br>15-7      | 9.45<br>31-0      | 1.48<br>4-10 ¾     | 64.25           | 18.46           | 33.57<br>110-1      | 3.07<br>10-0 ¾    | 38.58<br>126-7      | 5:45.64        | 8.93            | 11.15           | 3:39.54        | 28.74           |
| ≥ 600   | 13.62           | 4.94<br>16-2 ½    | 10.15<br>33-3 ¾   | 1.53<br>5-0 ¾      | 62.80           | 17.94           | 36.01<br>118-1      | 3.22<br>10-6 ¾    | 41.33<br>135-7      | 5:35.81        | 8.74            | 10.86           | 3:33.31        | 28.06           |
| ≥ 650   | 13.33           | 5.12<br>16-9 ¾    | 10.85<br>35-7 ¾   | 1.58<br>5-2 ¾      | 61.41           | 17.45           | 38.43<br>126-1      | 3.36<br>11-0 ¾    | 44.08<br>144-7      | 5:26.35        | 8.56            | 10.59           | 3:27.32        | 27.41           |
| ≥ 700   | 13.06           | 5.30<br>17-4 ¾    | 11.55<br>37-10 ¾  | 1.63<br>5-4 ¾      | 60.06           | 16.96           | 40.83<br>133-11     | 3.51<br>11-6 ¾    | 46.80<br>153-6      | 5:17.21        | 8.39            | 10.32           | 3:21.53        | 26.77           |
| ≥ 750   | 12.79           | 5.48<br>17-11 ¾   | 12.25<br>40-2 ¾   | 1.68<br>5-6        | 58.75           | 16.50           | 43.22<br>141-9      | 3.65<br>11-11 ¾   | 49.51<br>162-5      | 5:08.38        | 8.21            | 10.06           | 3:15.93        | 26.16           |
| ≥ 800   | 12.52           | 5.66<br>18-7      | 12.94<br>42-5 ¾   | 1.73<br>5-8        | 57.48           | 16.04           | 45.60<br>149-7      | 3.79<br>12-5 ¾    | 52.20<br>171-3      | 4:59.81        | 8.04            | 9.81            | 3:10.49        | 25.57           |
| ≥ 850   | 12.28           | 5.82<br>19-1 ¾    | 13.64<br>44-9     | 1.77<br>5-9 ¾      | 56.24           | 15.61           | 47.96<br>157-4      | 3.92<br>12-10 ¾   | 54.89<br>180-1      | 4:51.49        | 7.89            | 9.57            | 3:05.21        | 24.99           |
| ≥ 900   | 12.02           | 6.00<br>19-8 ¾    | 14.33<br>47-0 ¾   | 1.82<br>5-11 ¾     | 55.04           | 15.19           | 50.31<br>165-0      | 4.05<br>13-3 ¾    | 57.56<br>188-10     | 4:43.38        | 7.73            | 9.33            | 3:00.07        | 24.43           |
| ≥ 950   | 11.78           | 6.16<br>20-2 ¾    | 15.01<br>49-3     | 1.86<br>6-1 ¾      | 53.88           | 14.77           | 52.65<br>172-9      | 4.19<br>13-9      | 60.23<br>197-7      | 4:35.48        | 7.57            | 9.10            | 2:55.07        | 23.88           |
| ≥ 1000  | 11.54           | 6.32<br>20-9      | 15.70<br>51-6 ¾   | 1.91<br>6-3 ¾      | 52.74           | 14.36           | 54.98<br>180-4      | 4.32<br>14-2      | 62.87<br>206-3      | 4:27.77        | 7.42            | 8.87            | 2:50.18        | 23.34           |
| ≥ 1050  | 11.31           | 6.48<br>21-3 ¾    | 16.39<br>53-9 ¾   | 1.95<br>6-4 ¾      | 51.62           | 13.97           | 57.29<br>187-11     | 4.45<br>14-7 ¾    | 65.52<br>214-11     | 4:20.23        | 7.27            | 8.66            | 2:45.41        | 22.82           |
| ≥ 1100  | 11.09           | 6.65<br>21-10     | 17.07<br>56-0     | 1.99<br>6-6 ¾      | 50.52           | 13.58           | 59.60<br>195-6      | 4.57<br>15-0      | 68.15<br>223-7      | 4:12.86        | 7.13            | 8.45            | 2:40.73        | 22.30           |
| ≥ 1150  | 10.87           | 6.80<br>22-3 ¾    | 17.75<br>58-3     | 2.04<br>6-8 ¾      | 49.45           | 13.21           | 61.89<br>203-0      | 4.70<br>15-5      | 70.77<br>232-2      | 4:05.64        | 6.99            | 8.23            | 2:36.16        | 21.80           |
| ≥ 1200  | 10.66           | 6.96<br>22-10     | 18.43<br>60-5 ¾   | 2.08<br>6-9 ¾      | 48.40           | 12.84           | 64.18<br>210-6      | 4.82<br>15-9 ¾    | 73.39<br>240-9      | 3:58.56        | 6.85            | 8.03            | 2:31.67        | 21.31           |

## Decamouse's Combined Events Scoring Guide - Men's 55-59

| Decamouse's Combined Events Scoring Guide - Men's 55-59 |                         |                           |                           |                            |                         |                         |                             |                           |                             |                       |                         |                         |                       |                         |
|---|-------------------------|---------------------------|---------------------------|----------------------------|-------------------------|-------------------------|-----------------------------|---------------------------|-----------------------------|-----------------------|-------------------------|-------------------------|-----------------------|-------------------------|
| Points  | 100                     | LJ                        | SP                        | HJ                         | 400                     | HH                      | DT                          | PV                        | JT                          | 1500                  | 60                      | 60H                     | 1000                  | 200                     |
| <u>Approx Level</u>                                     | <u>Pts Per 0.10 Sec</u> | <u>Pts Per 5 cm ( 2")</u> | <u>Pts Per 30 cm (ft)</u> | <u>Pts Per 2 cm (0.8")</u> | <u>Pts Per 0.50 Sec</u> | <u>Pts Per 0.10 Sec</u> | <u>Pts Per Meter (3'3")</u> | <u>Pts Per 5 cm ( 2")</u> | <u>Pts Per Meter (3'3")</u> | <u>Pts Per Second</u> | <u>Pts Per 0.10 Sec</u> | <u>Pts Per 0.10 Sec</u> | <u>Pts Per Second</u> | <u>Pts Per 0.20 Sec</u> |
| ~ 300   | 12                      | 12                        | 22                        | 17                         | 12                      | 7                       | 21                          | 15                        | 19                          | 4                     | 19                      | 12                      | 6                     | 11                      |
| ~ 600   | 16                      | 14                        | 23                        | 21                         | 17                      | 9                       | 22                          | 18                        | 20                          | 5                     | 26                      | 17                      | 8                     | 14                      |
| ~ 900   | 20                      | 16                        | 24                        | 24                         | 20                      | 11                      | 23                          | 20                        | 20                          | 6                     | 31                      | 20                      | 9                     | 17                      |
|   |                         |                           |                           |                            |                         |                         |                             |                           |                             |                       |                         |                         |                       |                         |
| Points  | 100                     | LJ                        | SP                        | HJ                         | 400                     | HH                      | DT                          | PV                        | JT                          | 1500                  | 60                      | 60H                     | 1000                  | 200                     |
| ≥ 1   | 20.48                   | 1.72<br>5-7 ½             | 1.21<br>3-11 ½            | 0.63<br>2-0 ¾              | 1:36.06                 | 30.43                   | 3.70<br>12-1                | 0.79<br>2-7               | 5.33<br>17-6                | 9:28.68               | 13.09                   | 17.88                   | 6:00.77               | 43.57                   |
| ≥ 50  | 19.00                   | 2.18<br>7-2               | 1.96<br>6-5 ½             | 0.76<br>2-6                | 1:28.89                 | 27.53                   | 6.70<br>21-11               | 1.12<br>3-8               | 8.52<br>27-11               | 8:37.26               | 12.15                   | 16.25                   | 5:28.19               | 40.21                   |
| ≥ 100   | 18.21                   | 2.50<br>8-2 ½             | 2.67<br>8-9 ½             | 0.85<br>2-9 ½              | 1:25.11                 | 26.08                   | 9.41<br>30-10               | 1.36<br>4-5 ½             | 11.46<br>37-7               | 8:10.68               | 11.66                   | 15.45                   | 5:11.35               | 38.44                   |
| ≥ 150   | 17.61                   | 2.78<br>9-1 ½             | 3.37<br>11-0 ¾            | 0.93<br>3-0 ½              | 1:22.12                 | 24.95                   | 11.98<br>39-3               | 1.57<br>5-1 ¾             | 14.29<br>46-10              | 7:49.83               | 11.27                   | 14.83                   | 4:58.14               | 37.05                   |
| ≥ 200   | 17.08                   | 3.03<br>9-11 ½            | 4.06<br>13-4              | 1.00<br>3-3 ¾              | 79.57                   | 23.98                   | 14.49<br>47-6               | 1.76<br>5-9 ¾             | 17.06<br>55-11              | 7:32.00               | 10.93                   | 14.29                   | 4:46.86               | 35.85                   |
| ≥ 250   | 16.61                   | 3.26<br>10-8 ½            | 4.74<br>15-6 ¾            | 1.06<br>3-5 ¾              | 77.28                   | 23.14                   | 16.94<br>55-7               | 1.93<br>6-4               | 19.77<br>64-10              | 7:16.15               | 10.63                   | 13.82                   | 4:36.80               | 34.78                   |
| ≥ 300   | 16.18                   | 3.48<br>11-5              | 5.41<br>17-9              | 1.13<br>3-8 ½              | 75.19                   | 22.37                   | 19.33<br>63-5               | 2.10<br>6-10 ¾            | 22.45<br>73-8               | 7:01.69               | 10.37                   | 13.39                   | 4:27.64               | 33.80                   |
| ≥ 350   | 15.78                   | 3.69<br>12-1 ¾            | 6.08<br>19-11 ½           | 1.19<br>3-10 ¾             | 73.26                   | 21.65                   | 21.70<br>71-2               | 2.26<br>7-5               | 25.09<br>82-3               | 6:48.31               | 10.12                   | 12.99                   | 4:19.17               | 32.89                   |
| ≥ 400   | 15.40                   | 3.88<br>12-8 ¾            | 6.74<br>22-1 ½            | 1.24<br>4-0 ¾              | 71.44                   | 20.99                   | 24.03<br>78-10              | 2.42<br>7-11 ¾            | 27.70<br>90-10              | 6:35.77               | 9.87                    | 12.63                   | 4:11.23               | 32.05                   |
| ≥ 450   | 15.04                   | 4.08<br>13-4 ¾            | 7.40<br>24-3 ½            | 1.30<br>4-3 ¾              | 69.73                   | 20.37                   | 26.34<br>86-5               | 2.57<br>8-5 ¾             | 30.28<br>99-4               | 6:23.95               | 9.64                    | 12.28                   | 4:03.73               | 31.24                   |
| ≥ 500   | 14.71                   | 4.27<br>14-0 ¾            | 8.06<br>26-5 ½            | 1.35<br>4-5                | 68.09                   | 19.77                   | 28.63<br>93-11              | 2.71<br>8-10 ¾            | 32.85<br>107-9              | 6:12.71               | 9.44                    | 11.95                   | 3:56.60               | 30.47                   |
| ≥ 550   | 14.39                   | 4.45<br>14-7 ¾            | 8.72<br>28-7 ½            | 1.40<br>4-7                | 66.53                   | 19.21                   | 30.90<br>101-4              | 2.86<br>9-4 ¾             | 35.40<br>116-1              | 6:01.97               | 9.23                    | 11.63                   | 3:49.80               | 29.74                   |
| ≥ 600   | 14.08                   | 4.62<br>15-2              | 9.36<br>30-8 ½            | 1.45<br>4-9                | 65.03                   | 18.66                   | 33.14<br>108-8              | 2.99<br>9-9 ¾             | 37.93<br>124-5              | 5:51.68               | 9.03                    | 11.33                   | 3:43.29               | 29.03                   |
| ≥ 650   | 13.78                   | 4.80<br>15-9              | 10.01<br>32-10 ¾          | 1.50<br>4-11               | 63.59                   | 18.16                   | 35.36<br>116-0              | 3.13<br>10-3 ¾            | 40.45<br>132-8              | 5:41.77               | 8.85                    | 11.05                   | 3:37.01               | 28.36                   |
| ≥ 700   | 13.49                   | 4.97<br>16-3 ¾            | 10.65<br>34-11 ¾          | 1.54<br>5-0 ¾              | 62.19                   | 17.65                   | 37.58<br>123-3              | 3.27<br>10-8 ¾            | 42.94<br>140-10             | 5:32.20               | 8.67                    | 10.77                   | 3:30.95               | 27.70                   |
| ≥ 750   | 13.22                   | 5.13<br>16-10             | 11.30<br>37-1             | 1.59<br>5-2 ¾              | 60.83                   | 17.17                   | 39.78<br>130-6              | 3.40<br>11-1 ¾            | 45.43<br>149-0              | 5:22.95               | 8.48                    | 10.50                   | 3:25.09               | 27.08                   |
| ≥ 800   | 12.94                   | 5.30<br>17-4 ¾            | 11.94<br>39-2 ¾           | 1.63<br>5-4 ¾              | 59.52                   | 16.69                   | 41.97<br>137-8              | 3.52<br>11-6 ¾            | 47.90<br>157-2              | 5:13.98               | 8.31                    | 10.24                   | 3:19.40               | 26.46                   |
| ≥ 850   | 12.69                   | 5.45<br>17-10 ¾           | 12.58<br>41-3 ¾           | 1.67<br>5-5 ¾              | 58.24                   | 16.25                   | 44.14<br>144-9              | 3.65<br>11-11 ¾           | 50.37<br>165-3              | 5:05.26               | 8.15                    | 9.98                    | 3:13.87               | 25.86                   |
| ≥ 900   | 12.42                   | 5.61<br>18-5              | 13.22<br>43-4 ¾           | 1.72<br>5-7 ¾              | 57.00                   | 15.80                   | 46.30<br>151-11             | 3.78<br>12-4 ¾            | 52.82<br>173-3              | 4:56.77               | 7.99                    | 9.74                    | 3:08.49               | 25.28                   |
| ≥ 950   | 12.17                   | 5.77<br>18-11 ¾           | 13.85<br>45-5 ¾           | 1.76<br>5-9 ¾              | 55.79                   | 15.37                   | 48.45<br>158-11             | 3.90<br>12-9 ¾            | 55.27<br>181-4              | 4:48.50               | 7.83                    | 9.49                    | 3:03.26               | 24.71                   |
| ≥ 1000  | 11.93                   | 5.92<br>19-5 ¾            | 14.49<br>47-6 ¾           | 1.80<br>5-10 ¾             | 54.61                   | 14.95                   | 50.59<br>165-11             | 4.02<br>13-2 ¾            | 57.70<br>189-3              | 4:40.42               | 7.67                    | 9.26                    | 2:58.14               | 24.16                   |
| ≥ 1050  | 11.69                   | 6.07<br>19-11             | 15.12<br>49-7 ¾           | 1.85<br>6-0 ¾              | 53.45                   | 14.54                   | 52.72<br>172-11             | 4.14<br>13-7              | 60.12<br>197-3              | 4:32.53               | 7.52                    | 9.04                    | 2:53.14               | 23.61                   |
| ≥ 1100  | 11.46                   | 6.22<br>20-5              | 15.75<br>51-8 ¾           | 1.89<br>6-2 ¾              | 52.31                   | 14.14                   | 54.85<br>179-11             | 4.25<br>13-11 ¾           | 62.54<br>205-2              | 4:24.81               | 7.37                    | 8.81                    | 2:48.24               | 23.08                   |
| ≥ 1150  | 11.23                   | 6.37<br>20-10 ¾           | 16.38<br>53-9             | 1.93<br>6-4                | 51.20                   | 13.75                   | 56.95<br>186-10             | 4.37<br>14-4              | 64.95<br>213-1              | 4:17.25               | 7.23                    | 8.59                    | 2:43.46               | 22.56                   |
| ≥ 1200  | 11.01                   | 6.51<br>21-4 ¾            | 17.00<br>55-9 ¾           | 1.97<br>6-5 ¾              | 50.11                   | 13.37                   | 59.06<br>193-9              | 4.49<br>14-8 ¾            | 67.34<br>220-11             | 4:09.83               | 7.08                    | 8.38                    | 2:38.76               | 22.05                   |

## Decamouse's Combined Events Scoring Guide - Men's 60-64

| Decamouse's Combined Events Scoring Guide - Men's 60-64 |                 |                   |                   |                    |                 |                 |                     |                   |                     |                |                 |                 |                |                 |
|---|-----------------|-------------------|-------------------|--------------------|-----------------|-----------------|---------------------|-------------------|---------------------|----------------|-----------------|-----------------|----------------|-----------------|
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| <u>Approx</u>   | <u>Pts Per</u>  | <u>Pts Per</u>    | <u>Pts Per</u>    | <u>Pts Per</u>     | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u>      | <u>Pts Per</u>    | <u>Pts Per</u>      | <u>Pts Per</u> | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u> | <u>Pts Per</u>  |
| <u>Level</u>  | <u>0.10 Sec</u> | <u>5 cm ( 2")</u> | <u>30 cm (ft)</u> | <u>2 cm (0.8")</u> | <u>0.50 Sec</u> | <u>0.10 Sec</u> | <u>Meter (3'3")</u> | <u>5 cm ( 2")</u> | <u>Meter (3'3")</u> | <u>Second</u>  | <u>0.10 Sec</u> | <u>0.10 Sec</u> | <u>Second</u>  | <u>0.20 Sec</u> |
| ~ 300   | 11              | 13                | 22                | 17                 | 12              | 7               | 20                  | 16                | 20                  | 3              | 18              | 12              | 5              | 10              |
| ~ 600   | 16              | 15                | 23                | 21                 | 16              | 9               | 21                  | 19                | 21                  | 5              | 25              | 17              | 7              | 14              |
| ~ 900   | 19              | 17                | 23                | 25                 | 20              | 11              | 22                  | 22                | 22                  | 6              | 30              | 20              | 9              | 17              |
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| ≥ 1   | 21.19           | 1.60<br>5-3       | 1.23<br>4-0 ½     | 0.60<br>1-11 ½     | 1:39.59         | 31.16           | 3.86<br>12-8        | 0.73<br>2-4 ½     | 5.04<br>16-6        | 9:57.19        | 13.55           | 18.39           | 6:18.70        | 45.15           |
| ≥ 50  | 19.65           | 2.04<br>6-8 ½     | 1.99<br>6-6 ½     | 0.72<br>2-4 ¼      | 1:32.16         | 28.19           | 7.00<br>22-11       | 1.04<br>3-5       | 8.06<br>26-5        | 9:03.19        | 12.57           | 16.72           | 5:44.50        | 41.67           |
| ≥ 100   | 18.84           | 2.33<br>7-7 ¼     | 2.72<br>8-11 ¼    | 0.80<br>2-7 ½      | 1:28.25         | 26.70           | 9.83<br>32-3        | 1.26<br>4-1 ½     | 10.85<br>35-7       | 8:35.27        | 12.06           | 15.89           | 5:26.83        | 39.83           |
| ≥ 150   | 18.21           | 2.59<br>8-6       | 3.43<br>11-3      | 0.88<br>2-10 ½     | 1:25.14         | 25.55           | 12.52<br>41-1       | 1.45<br>4-9       | 13.53<br>44-4       | 8:13.38        | 11.66           | 15.25           | 5:12.96        | 38.39           |
| ≥ 200   | 17.67           | 2.83<br>9-3 ½     | 4.13<br>13-6 ¼    | 0.94<br>3-1        | 1:22.49         | 24.56           | 15.13<br>49-7       | 1.63<br>5-4 ¼     | 16.14<br>52-11      | 7:54.66        | 11.31           | 14.70           | 5:01.11        | 37.14           |
| ≥ 250   | 17.18           | 3.04<br>9-11 ¼    | 4.83<br>15-10 ¼   | 1.00<br>3-3 ¼      | 1:20.13         | 23.70           | 17.69<br>58-0       | 1.79<br>5-10 ½    | 18.71<br>61-4       | 7:38.01        | 11.00           | 14.22           | 4:50.56        | 36.04           |
| ≥ 300   | 16.74           | 3.24<br>10-7 ¼    | 5.51<br>18-1      | 1.06<br>3-5 ¼      | 77.96           | 22.91           | 20.20<br>66-3       | 1.94<br>6-4 ¼     | 21.24<br>69-8       | 7:22.83        | 10.73           | 13.77           | 4:40.94        | 35.02           |
| ≥ 350   | 16.32           | 3.44<br>11-3 ½    | 6.19<br>20-3 ¼    | 1.12<br>3-8        | 75.96           | 22.18           | 22.67<br>74-4       | 2.09<br>6-10 ¼    | 23.74<br>77-10      | 7:08.78        | 10.47           | 13.36           | 4:32.05        | 34.08           |
| ≥ 400   | 15.93           | 3.62<br>11-10 ½   | 6.86<br>22-6 ¼    | 1.17<br>3-10       | 74.07           | 21.50           | 25.11<br>82-4       | 2.24<br>7-4 ¼     | 26.21<br>86-0       | 6:55.61        | 10.22           | 12.99           | 4:23.71        | 33.20           |
| ≥ 450   | 15.56           | 3.81<br>12-6      | 7.54<br>24-9      | 1.23<br>4-0 ½      | 72.29           | 20.86           | 27.52<br>90-3       | 2.38<br>7-9 ¼     | 28.65<br>94-0       | 6:43.19        | 9.98            | 12.63           | 4:15.84        | 32.36           |
| ≥ 500   | 15.22           | 3.98<br>13-0 ¼    | 8.21<br>26-11 ¼   | 1.27<br>4-2        | 70.60           | 20.25           | 29.91<br>98-1       | 2.51<br>8-2 ¼     | 31.09<br>102-0      | 6:31.39        | 9.76            | 12.29           | 4:08.36        | 31.57           |
| ≥ 550   | 14.89           | 4.15<br>13-7 ½    | 8.87<br>29-1 ¼    | 1.32<br>4-4        | 68.98           | 19.67           | 32.28<br>105-11     | 2.65<br>8-8 ¼     | 33.50<br>109-11     | 6:20.12        | 9.55            | 11.97           | 4:01.22        | 30.82           |
| ≥ 600   | 14.57           | 4.31<br>14-1 ¼    | 9.53<br>31-3 ¼    | 1.36<br>4-5 ½      | 67.42           | 19.11           | 34.62<br>113-7      | 2.77<br>9-1       | 35.89<br>117-9      | 6:09.31        | 9.35            | 11.65           | 3:54.38        | 30.08           |
| ≥ 650   | 14.26           | 4.47<br>14-8      | 10.19<br>33-5 ¼   | 1.41<br>4-7 ½      | 65.93           | 18.59           | 36.95<br>121-2      | 2.90<br>9-6 ¼     | 38.27<br>125-6      | 5:58.91        | 9.16            | 11.36           | 3:47.79        | 29.39           |
| ≥ 700   | 13.96           | 4.63<br>15-2 ¼    | 10.84<br>35-6 ¼   | 1.46<br>4-9 ½      | 64.48           | 18.07           | 39.26<br>128-9      | 3.03<br>9-11 ¼    | 40.63<br>133-3      | 5:48.86        | 8.97            | 11.08           | 3:41.43        | 28.70           |
| ≥ 750   | 13.67           | 4.79<br>15-8 ¼    | 11.50<br>37-8 ¼   | 1.50<br>4-11       | 63.07           | 17.58           | 41.56<br>136-4      | 3.14<br>10-3 ½    | 42.99<br>141-0      | 5:39.14        | 8.78            | 10.80           | 3:35.28        | 28.06           |
| ≥ 800   | 13.39           | 4.94<br>16-2 ½    | 12.15<br>39-10 ¼  | 1.54<br>5-0 ½      | 61.71           | 17.09           | 43.84<br>143-10     | 3.26<br>10-8 ¼    | 45.33<br>148-8      | 5:29.72        | 8.60            | 10.53           | 3:29.31        | 27.42           |
| ≥ 850   | 13.13           | 5.08<br>16-8      | 12.81<br>42-0 ½   | 1.58<br>5-2 ¼      | 60.38           | 16.64           | 46.11<br>151-3      | 3.38<br>11-1      | 47.66<br>156-4      | 5:20.56        | 8.43            | 10.27           | 3:23.51        | 26.80           |
| ≥ 900   | 12.85           | 5.23<br>17-2      | 13.46<br>44-2     | 1.62<br>5-3 ¼      | 59.09           | 16.18           | 48.37<br>158-8      | 3.50<br>11-5 ¼    | 49.98<br>163-11     | 5:11.65        | 8.26            | 10.02           | 3:17.86        | 26.20           |
| ≥ 950   | 12.59           | 5.38<br>17-8      | 14.10<br>46-3 ¼   | 1.66<br>5-5 ¼      | 57.84           | 15.74           | 50.62<br>166-1      | 3.61<br>11-10     | 52.30<br>171-7      | 5:02.97        | 8.10            | 9.76            | 3:12.36        | 25.61           |
| ≥ 1000  | 12.34           | 5.52<br>18-1 ½    | 14.75<br>48-4 ¼   | 1.70<br>5-7        | 56.62           | 15.31           | 52.86<br>173-5      | 3.72<br>12-2 ½    | 54.59<br>179-1      | 4:54.48        | 7.93            | 9.52            | 3:06.99        | 25.03           |
| ≥ 1050  | 12.09           | 5.66<br>18-7      | 15.39<br>50-6     | 1.74<br>5-8 ½      | 55.42           | 14.89           | 55.08<br>180-8      | 3.83<br>12-6 ¼    | 56.89<br>186-7      | 4:46.19        | 7.78            | 9.29            | 3:01.75        | 24.47           |
| ≥ 1100  | 11.86           | 5.80<br>19-0 ¼    | 16.03<br>52-7 ¼   | 1.78<br>5-10       | 54.24           | 14.48           | 57.30<br>188-0      | 3.94<br>12-11     | 59.18<br>194-2      | 4:38.09        | 7.62            | 9.07            | 2:56.60        | 23.91           |
| ≥ 1150  | 11.62           | 5.94<br>19-6      | 16.67<br>54-8 ¼   | 1.82<br>5-11 ½     | 53.09           | 14.08           | 59.50<br>195-2      | 4.05<br>13-3 ½    | 61.45<br>201-7      | 4:30.14        | 7.48            | 8.84            | 2:51.58        | 23.37           |
| ≥ 1200  | 11.39           | 6.07<br>19-11     | 17.31<br>56-9 ½   | 1.86<br>6-1 ¼      | 51.96           | 13.69           | 61.70<br>202-5      | 4.16<br>13-7 ¼    | 63.72<br>209-0      | 4:22.36        | 7.32            | 8.62            | 2:46.65        | 22.85           |

## Decamouse's Combined Events Scoring Guide - Men's 65-69

| Decamouse's Combined Events Scoring Guide - Men's 65-69 |          |                |                 |                |          |          |                 |                 |                 |          |          |          |         |          |
|---|----------|----------------|-----------------|----------------|----------|----------|-----------------|-----------------|-----------------|----------|----------|----------|---------|----------|
| Points  | 100      | LJ             | SP              | HJ             | 400      | HH       | DT              | PV              | JT              | 1500     | 60       | 60H      | 1000    | 200      |
| Approx Level  | Pts Per  | Pts Per        | Pts Per         | Pts Per        | Pts Per  | Pts Per  | Pts Per         | Pts Per         | Pts Per         | Pts Per  | Pts Per  | Pts Per  | Pts Per | Pts Per  |
|   | 0.10 Sec | 5 cm ( 2")     | 30 cm (ft)      | 2 cm (0.8")    | 0.50 Sec | 0.10 Sec | Meter (3'3")    | 5 cm ( 2")      | Meter (3'3")    | Second   | 0.10 Sec | 0.10 Sec | Second  | 0.20 Sec |
| ~ 300   | 11       | 14             | 24              | 18             | 11       | 6        | 22              | 18              | 22              | 3        | 18       | 11       | 5       | 10       |
| ~ 600   | 15       | 17             | 25              | 22             | 16       | 9        | 23              | 21              | 23              | 4        | 24       | 16       | 7       | 13       |
| ~ 900   | 18       | 19             | 25              | 27             | 19       | 11       | 24              | 24              | 24              | 5        | 29       | 19       | 9       | 16       |
| Points  | 100      | LJ             | SP              | HJ             | 400      | HH       | DT              | PV              | JT              | 1500     | 60       | 60H      | 1000    | 200      |
| ≥ 1   | 21.98    | 1.49<br>4-10 ¼ | 1.13<br>3-8 ½   | 0.56<br>1-10   | 1:43.63  | 32.52    | 3.53<br>11-7    | 0.67<br>2-2 ¼   | 4.56<br>14-11   | 10:29.71 | 14.05    | 19.25    | 6:39.08 | 46.98    |
| ≥ 50  | 20.39    | 1.89<br>6-2 ½  | 1.83<br>6-0     | 0.68<br>2-2 ¼  | 1:35.90  | 29.41    | 6.39<br>20-11   | 0.95<br>3-1 ¼   | 7.30<br>23-11   | 9:32.77  | 13.04    | 17.50    | 6:03.04 | 43.36    |
| ≥ 100   | 19.55    | 2.16<br>7-1    | 2.50<br>8-2 ½   | 0.75<br>2-5 ½  | 1:31.83  | 27.86    | 8.98<br>29-5    | 1.16<br>3-9 ½   | 9.82<br>32-2    | 9:03.33  | 12.51    | 16.63    | 5:44.42 | 41.45    |
| ≥ 150   | 18.90    | 2.40<br>7-10 ½ | 3.15<br>10-4    | 0.83<br>2-8 ¼  | 1:28.60  | 26.66    | 11.43<br>37-6   | 1.34<br>4-4 ¼   | 12.25<br>40-2   | 8:40.25  | 12.09    | 15.96    | 5:29.81 | 39.95    |
| ≥ 200   | 18.33    | 2.62<br>8-7 ¼  | 3.79<br>12-5 ¼  | 0.88<br>2-10 ½ | 1:25.84  | 25.63    | 13.82<br>45-4   | 1.50<br>4-11    | 14.61<br>47-11  | 8:20.51  | 11.73    | 15.39    | 5:17.32 | 38.65    |
| ≥ 250   | 17.82    | 2.82<br>9-3    | 4.43<br>14-6 ½  | 0.94<br>3-1    | 1:23.38  | 24.73    | 16.16<br>53-0   | 1.65<br>5-5     | 16.94<br>55-7   | 8:02.95  | 11.41    | 14.88    | 5:06.20 | 37.50    |
| ≥ 300   | 17.37    | 3.01<br>9-10 ½ | 5.05<br>16-7    | 1.00<br>3-3 ¼  | 1:21.12  | 23.90    | 18.45<br>60-6   | 1.79<br>5-10 ½  | 19.23<br>63-1   | 7:46.95  | 11.13    | 14.42    | 4:56.07 | 36.44    |
| ≥ 350   | 16.93    | 3.19<br>10-5 ¼ | 5.68<br>18-7 ¼  | 1.05<br>3-5 ¼  | 79.04    | 23.14    | 20.71<br>67-11  | 1.92<br>6-3 ¼   | 21.49<br>70-6   | 7:32.13  | 10.86    | 13.99    | 4:46.69 | 35.46    |
| ≥ 400   | 16.53    | 3.36<br>11-0 ¼ | 6.30<br>20-8    | 1.10<br>3-7 ¼  | 77.08    | 22.43    | 22.93<br>75-2   | 2.06<br>6-9     | 23.72<br>77-10  | 7:18.25  | 10.60    | 13.60    | 4:37.91 | 34.55    |
| ≥ 450   | 16.15    | 3.53<br>11-7   | 6.91<br>22-8    | 1.15<br>3-9 ¼  | 75.22    | 21.76    | 25.13<br>82-5   | 2.19<br>7-2 ¼   | 25.94<br>85-1   | 7:05.15  | 10.35    | 13.22    | 4:29.62 | 33.68    |
| ≥ 500   | 15.79    | 3.69<br>12-1 ¼ | 7.53<br>24-8 ½  | 1.19<br>3-10 ¼ | 73.46    | 21.13    | 27.31<br>89-7   | 2.31<br>7-7     | 28.14<br>92-4   | 6:52.71  | 10.13    | 12.87    | 4:21.73 | 32.85    |
| ≥ 550   | 15.44    | 3.84<br>12-7 ¼ | 8.14<br>26-8 ½  | 1.24<br>4-0 ¼  | 71.78    | 20.52    | 29.48<br>96-8   | 2.43<br>7-11 ½  | 30.33<br>99-6   | 6:40.82  | 9.91     | 12.53    | 4:14.21 | 32.07    |
| ≥ 600   | 15.11    | 4.00<br>13-1 ½ | 8.74<br>28-8 ¼  | 1.28<br>4-2 ¼  | 70.16    | 19.94    | 31.62<br>103-9  | 2.55<br>8-4 ¼   | 32.49<br>106-7  | 6:29.42  | 9.70     | 12.20    | 4:07.00 | 31.31    |
| ≥ 650   | 14.79    | 4.15<br>13-7 ½ | 9.35<br>30-8 ¼  | 1.32<br>4-4    | 68.60    | 19.40    | 33.74<br>110-8  | 2.67<br>8-9     | 34.65<br>113-8  | 6:18.45  | 9.50     | 11.90    | 4:00.06 | 30.58    |
| ≥ 700   | 14.48    | 4.29<br>14-1   | 9.95<br>32-7 ¼  | 1.37<br>4-6    | 67.10    | 18.86    | 35.86<br>117-8  | 2.78<br>9-1 ¼   | 36.78<br>120-8  | 6:07.85  | 9.30     | 11.59    | 3:53.35 | 29.87    |
| ≥ 750   | 14.19    | 4.44<br>14-6 ¼ | 10.55<br>34-7 ½ | 1.41<br>4-7 ½  | 65.63    | 18.35    | 37.95<br>124-6  | 2.89<br>9-5 ¼   | 38.92<br>127-8  | 5:57.61  | 9.10     | 11.30    | 3:46.87 | 29.19    |
| ≥ 800   | 13.89    | 4.58<br>15-0 ¼ | 11.15<br>36-7   | 1.45<br>4-9    | 64.21    | 17.84    | 40.04<br>131-4  | 3.00<br>9-10    | 41.04<br>134-7  | 5:47.68  | 8.92     | 11.03    | 3:40.57 | 28.53    |
| ≥ 850   | 13.62    | 4.71<br>15-5 ½ | 11.75<br>38-6 ¼ | 1.48<br>4-10 ¼ | 62.83    | 17.36    | 42.11<br>138-2  | 3.11<br>10-2 ½  | 43.15<br>141-7  | 5:38.02  | 8.75     | 10.75    | 3:34.46 | 27.88    |
| ≥ 900   | 13.33    | 4.85<br>15-11  | 12.34<br>40-6   | 1.53<br>5-0 ¼  | 61.49    | 16.89    | 44.17<br>144-11 | 3.22<br>10-6 ¼  | 45.25<br>148-5  | 5:28.62  | 8.57     | 10.49    | 3:28.51 | 27.26    |
| ≥ 950   | 13.06    | 4.98<br>16-4 ¼ | 12.93<br>42-5 ¼ | 1.56<br>5-1 ¼  | 60.19    | 16.42    | 46.23<br>151-8  | 3.32<br>10-10 ¼ | 47.34<br>155-3  | 5:19.47  | 8.40     | 10.22    | 3:22.72 | 26.65    |
| ≥ 1000  | 12.80    | 5.11<br>16-9 ¼ | 13.53<br>44-4 ¼ | 1.60<br>5-3    | 58.92    | 15.97    | 48.27<br>158-4  | 3.42<br>11-2 ½  | 49.42<br>162-1  | 5:10.51  | 8.23     | 9.97     | 3:17.06 | 26.05    |
| ≥ 1050  | 12.55    | 5.25<br>17-2 ¼ | 14.12<br>46-4   | 1.63<br>5-4 ¼  | 57.66    | 15.53    | 50.30<br>165-0  | 3.53<br>11-7    | 51.50<br>168-11 | 5:01.77  | 8.07     | 9.73     | 3:11.53 | 25.46    |
| ≥ 1100  | 12.30    | 5.38<br>17-8   | 14.70<br>48-2 ¼ | 1.67<br>5-5 ¼  | 56.44    | 15.10    | 52.33<br>171-8  | 3.62<br>11-10 ¼ | 53.57<br>175-9  | 4:53.23  | 7.91     | 9.49     | 3:06.11 | 24.89    |
| ≥ 1150  | 12.05    | 5.50<br>18-0 ¼ | 15.29<br>50-2   | 1.71<br>5-7 ¼  | 55.24    | 14.69    | 54.34<br>178-3  | 3.73<br>12-2 ¼  | 55.63<br>182-6  | 4:44.85  | 7.76     | 9.25     | 3:00.82 | 24.32    |
| ≥ 1200  | 11.82    | 5.63<br>18-5 ¼ | 15.88<br>52-1 ¼ | 1.74<br>5-8 ¼  | 54.07    | 14.28    | 56.35<br>184-10 | 3.82<br>12-6 ¼  | 57.69<br>189-3  | 4:36.65  | 7.60     | 9.03     | 2:55.62 | 23.77    |



## Decamouse's Combined Events Scoring Guide - Men's 70-74

| Decamouse's Combined Events Scoring Guide - Men's 70-74 |                 |                   |                   |                    |                 |                 |                     |                   |                     |                |                 |                 |                |                 |
|---|-----------------|-------------------|-------------------|--------------------|-----------------|-----------------|---------------------|-------------------|---------------------|----------------|-----------------|-----------------|----------------|-----------------|
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| <u>Approx</u>   | <u>Pts Per</u>  | <u>Pts Per</u>    | <u>Pts Per</u>    | <u>Pts Per</u>     | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u>      | <u>Pts Per</u>    | <u>Pts Per</u>      | <u>Pts Per</u> | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u> | <u>Pts Per</u>  |
| <u>Level</u>  | <u>0.10 Sec</u> | <u>5 cm ( 2")</u> | <u>30 cm (ft)</u> | <u>2 cm (0.8")</u> | <u>0.50 Sec</u> | <u>0.10 Sec</u> | <u>Meter (3'3")</u> | <u>5 cm ( 2")</u> | <u>Meter (3'3")</u> | <u>Second</u>  | <u>0.10 Sec</u> | <u>0.10 Sec</u> | <u>Second</u>  | <u>0.20 Sec</u> |
| ~ 300   | 11              | 15                | 23                | 20                 | 11              | 7               | 24                  | 20                | 24                  | 3              | 17              | 11              | 5              | 9               |
| ~ 600   | 15              | 18                | 23                | 25                 | 15              | 10              | 26                  | 23                | 25                  | 4              | 23              | 15              | 7              | 13              |
| ~ 900   | 18              | 20                | 24                | 27                 | 18              | 13              | 27                  | 26                | 26                  | 5              | 28              | 18              | 8              | 15              |
|   |                 |                   |                   |                    |                 |                 |                     |                   |                     |                |                 |                 |                |                 |
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| ≥ 1   | 22.91           | 1.37<br>4-6       | 1.20<br>3-11 ½    | 0.52<br>1-8 ½      | 1:48.86         | 27.48           | 3.21<br>10-6        | 0.61<br>2-0       | 4.24<br>13-11       | 11:09.74       | 14.65           | 19.82           | 7:04.34        | 49.22           |
| ≥ 50  | 21.25           | 1.74<br>5-8 ½     | 1.94<br>6-4 ½     | 0.63<br>2-0 ¼      | 1:40.73         | 24.86           | 5.82<br>19-1        | 0.87<br>2-10 ¼    | 6.78<br>22-3        | 10:09.18       | 13.60           | 18.01           | 6:26.02        | 45.43           |
| ≥ 100   | 20.38           | 2.00<br>6-6 ¼     | 2.65<br>8-8 ½     | 0.71<br>2-4        | 1:36.46         | 23.55           | 8.17<br>26-9        | 1.06<br>3-5 ¼     | 9.13<br>29-11       | 9:37.87        | 13.04           | 17.12           | 6:06.22        | 43.43           |
| ≥ 150   | 19.69           | 2.21<br>7-3       | 3.35<br>11-0      | 0.77<br>2-6 ¼      | 1:33.06         | 22.53           | 10.41<br>34-2       | 1.22<br>4-0       | 11.39<br>37-4       | 9:13.32        | 12.60           | 16.43           | 5:50.68        | 41.86           |
| ≥ 200   | 19.10           | 2.41<br>7-11      | 4.03<br>13-2 ¼    | 0.83<br>2-8 ¼      | 1:30.17         | 21.66           | 12.59<br>41-3       | 1.37<br>4-6       | 13.59<br>44-7       | 8:52.33        | 12.23           | 15.84           | 5:37.40        | 40.49           |
| ≥ 250   | 18.58           | 2.60<br>8-6 ½     | 4.71<br>15-5 ½    | 0.88<br>2-10 ½     | 1:27.58         | 20.90           | 14.71<br>48-3       | 1.50<br>4-11      | 15.75<br>51-8       | 8:33.66        | 11.90           | 15.32           | 5:25.58        | 39.29           |
| ≥ 300   | 18.10           | 2.77<br>9-1 ¼     | 5.37<br>17-7 ½    | 0.94<br>3-1        | 1:25.21         | 20.20           | 16.80<br>55-1       | 1.63<br>5-4 ¼     | 17.88<br>58-8       | 8:16.63        | 11.60           | 14.84           | 5:14.80        | 38.18           |
| ≥ 350   | 17.65           | 2.94<br>9-7 ¼     | 6.03<br>19-9 ½    | 0.98<br>3-2 ½      | 1:23.02         | 19.55           | 18.85<br>61-10      | 1.76<br>5-9 ¼     | 19.98<br>65-6       | 8:00.87        | 11.32           | 14.40           | 5:04.83        | 37.16           |
| ≥ 400   | 17.23           | 3.09<br>10-1 ¼    | 6.69<br>21-11 ½   | 1.03<br>3-4 ½      | 1:20.96         | 18.96           | 20.88<br>68-6       | 1.88<br>6-2       | 22.06<br>72-4       | 7:46.11        | 11.05           | 14.00           | 4:55.49        | 36.20           |
| ≥ 450   | 16.83           | 3.25<br>10-8      | 7.35<br>24-1 ½    | 1.08<br>3-6 ½      | 79.02           | 18.39           | 22.88<br>75-0       | 2.00<br>6-6 ¼     | 24.12<br>79-1       | 7:32.18        | 10.79           | 13.61           | 4:46.68        | 35.29           |
| ≥ 500   | 16.46           | 3.40<br>11-2      | 8.00<br>26-3      | 1.12<br>3-8        | 77.17           | 17.85           | 24.87<br>81-7       | 2.11<br>6-11      | 26.16<br>85-10      | 7:18.94        | 10.56           | 13.24           | 4:38.30        | 34.42           |
| ≥ 550   | 16.10           | 3.54<br>11-7 ½    | 8.65<br>28-4 ½    | 1.16<br>3-9 ½      | 75.40           | 17.34           | 26.84<br>88-0       | 2.22<br>7-3 ¼     | 28.19<br>92-6       | 7:06.30        | 10.33           | 12.89           | 4:30.29        | 33.60           |
| ≥ 600   | 15.75           | 3.68<br>12-1      | 9.29<br>30-5 ¼    | 1.20<br>3-11 ¼     | 73.69           | 16.85           | 28.79<br>94-5       | 2.33<br>7-7 ¼     | 30.21<br>99-1       | 6:54.18        | 10.11           | 12.56           | 4:22.63        | 32.80           |
| ≥ 650   | 15.42           | 3.82<br>12-6 ½    | 9.93<br>32-7      | 1.24<br>4-0 ¼      | 72.06           | 16.39           | 30.72<br>100-9      | 2.44<br>8-0       | 32.21<br>105-8      | 6:42.51        | 9.90            | 12.25           | 4:15.25        | 32.04           |
| ≥ 700   | 15.09           | 3.95<br>12-11 ½   | 10.57<br>34-8 ¼   | 1.28<br>4-2 ¼      | 70.48           | 15.93           | 32.65<br>107-1      | 2.54<br>8-4       | 34.20<br>112-2      | 6:31.24        | 9.70            | 11.93           | 4:08.12        | 31.30           |
| ≥ 750   | 14.79           | 4.09<br>13-5      | 11.21<br>36-9 ½   | 1.32<br>4-4        | 68.94           | 15.50           | 34.56<br>113-4      | 2.64<br>8-8       | 36.18<br>118-8      | 6:20.35        | 9.49            | 11.64           | 4:01.23        | 30.59           |
| ≥ 800   | 14.48           | 4.22<br>13-10 ¼   | 11.84<br>38-10 ¼  | 1.35<br>4-5        | 67.45           | 15.07           | 36.46<br>119-7      | 2.74<br>8-11 ¼    | 38.15<br>125-2      | 6:09.78        | 9.30            | 11.35           | 3:54.53        | 29.90           |
| ≥ 850   | 14.19           | 4.34<br>14-3      | 12.48<br>40-11 ¼  | 1.39<br>4-6 ¼      | 66.00           | 14.67           | 38.34<br>125-9      | 2.84<br>9-3 ¼     | 40.12<br>131-7      | 5:59.51        | 9.12            | 11.07           | 3:48.04        | 29.22           |
| ≥ 900   | 13.90           | 4.47<br>14-8      | 13.12<br>43-0 ¼   | 1.43<br>4-8 ¼      | 64.59           | 14.27           | 40.22<br>131-11     | 2.94<br>9-7 ¼     | 42.07<br>138-0      | 5:49.51        | 8.94            | 10.79           | 3:41.71        | 28.56           |
| ≥ 950   | 13.62           | 4.59<br>15-0 ¼    | 13.74<br>45-1     | 1.46<br>4-9 ½      | 63.23           | 13.88           | 42.09<br>138-1      | 3.03<br>9-11 ¼    | 44.01<br>144-4      | 5:39.77        | 8.76            | 10.52           | 3:35.55        | 27.92           |
| ≥ 1000  | 13.35           | 4.71<br>15-5 ½    | 14.37<br>47-1 ¼   | 1.50<br>4-11       | 61.89           | 13.50           | 43.95<br>144-2      | 3.13<br>10-3 ¼    | 45.95<br>150-9      | 5:30.25        | 8.58            | 10.26           | 3:29.53        | 27.29           |
| ≥ 1050  | 13.08           | 4.83<br>15-10 ¼   | 15.00<br>49-2 ¼   | 1.53<br>5-0 ¼      | 60.57           | 13.13           | 45.80<br>150-3      | 3.22<br>10-6 ¼    | 47.88<br>157-1      | 5:20.96        | 8.41            | 10.02           | 3:23.65        | 26.68           |
| ≥ 1100  | 12.82           | 4.96<br>16-3 ¼    | 15.62<br>51-3     | 1.56<br>5-1 ¼      | 59.28           | 12.76           | 47.65<br>156-4      | 3.31<br>10-10 ¼   | 49.81<br>163-5      | 5:11.88        | 8.24            | 9.77            | 3:17.89        | 26.07           |
| ≥ 1150  | 12.56           | 5.07<br>16-7 ¼    | 16.25<br>53-3 ¼   | 1.60<br>5-3        | 58.02           | 12.41           | 49.48<br>162-4      | 3.40<br>11-1 ¼    | 51.72<br>169-8      | 5:02.96        | 8.09            | 9.52            | 3:12.26        | 25.49           |
| ≥ 1200  | 12.32           | 5.19<br>17-0 ¼    | 16.87<br>55-4 ¼   | 1.63<br>5-4 ¼      | 56.79           | 12.07           | 51.31<br>168-4      | 3.49<br>11-5 ¼    | 53.63<br>175-11     | 4:54.23        | 7.92            | 9.29            | 3:06.73        | 24.91           |

## Decamouse's Combined Events Scoring Guide - Men's 75-79

| Decamouse's Combined Events Scoring Guide - Men's 75-79 |                                   |                                     |                                     |                                      |                                   |                                   |                                       |                                     |                                       |                                 |                                   |                                   |                                 |                                   |
|---|-----------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|-----------------------------------|-----------------------------------|---------------------------------------|-------------------------------------|---------------------------------------|---------------------------------|-----------------------------------|-----------------------------------|---------------------------------|-----------------------------------|
| Points  | 100                               | LJ                                  | SP                                  | HJ                                   | 400                               | HH                                | DT                                    | PV                                  | JT                                    | 1500                            | 60                                | 60H                               | 1000                            | 200                               |
| <u>Approx Level</u>                                     | <u>Pts Per</u><br><u>0.10 Sec</u> | <u>Pts Per</u><br><u>5 cm ( 2")</u> | <u>Pts Per</u><br><u>30 cm (ft)</u> | <u>Pts Per</u><br><u>2 cm (0.8")</u> | <u>Pts Per</u><br><u>0.50 Sec</u> | <u>Pts Per</u><br><u>0.10 Sec</u> | <u>Pts Per</u><br><u>Meter (3'3")</u> | <u>Pts Per</u><br><u>5 cm ( 2")</u> | <u>Pts Per</u><br><u>Meter (3'3")</u> | <u>Pts Per</u><br><u>Second</u> | <u>Pts Per</u><br><u>0.10 Sec</u> | <u>Pts Per</u><br><u>0.10 Sec</u> | <u>Pts Per</u><br><u>Second</u> | <u>Pts Per</u><br><u>0.20 Sec</u> |
| ~ 300   | 10                                | 16                                  | 25                                  | 21                                   | 10                                | 7                                 | 27                                    | 22                                  | 27                                    | 3                               | 16                                | 10                                | 4                               | 9                                 |
| ~ 600   | 14                                | 20                                  | 26                                  | 27                                   | 14                                | 10                                | 29                                    | 26                                  | 28                                    | 4                               | 22                                | 14                                | 6                               | 12                                |
| ~ 900   | 17                                | 22                                  | 26                                  | 31                                   | 17                                | 12                                | 30                                    | 29                                  | 29                                    | 5                               | 26                                | 17                                | 7                               | 14                                |
|   |                                   |                                     |                                     |                                      |                                   |                                   |                                       |                                     |                                       |                                 |                                   |                                   |                                 |                                   |
| Points  | 100                               | LJ                                  | SP                                  | HJ                                   | 400                               | HH                                | DT                                    | PV                                  | JT                                    | 1500                            | 60                                | 60H                               | 1000                            | 200                               |
| ≥ 1   | 24.06                             | 1.25<br>4-1 ½                       | 1.10<br>3-7 ½                       | 0.49<br>1-7 ½                        | 1:56.28                           | 28.53                             | 2.87<br>9-5                           | 0.55<br>1-9 ½                       | 3.77<br>12-4                          | 12:03.16                        | 15.39                             | 20.86                             | 7:38.02                         | 52.14                             |
| ≥ 50  | 22.32                             | 1.59<br>5-2 ½                       | 1.78<br>5-10 ½                      | 0.59<br>1-11 ½                       | 1:47.60                           | 25.81                             | 5.19<br>17-0                          | 0.79<br>2-7                         | 6.02<br>19-9                          | 10:57.77                        | 14.28                             | 18.96                             | 6:56.66                         | 48.12                             |
| ≥ 100   | 21.40                             | 1.83<br>6-0                         | 2.43<br>7-11 ½                      | 0.66<br>2-2                          | 1:43.03                           | 24.44                             | 7.29<br>23-11                         | 0.96<br>3-1 ½                       | 8.10<br>26-7                          | 10:23.97                        | 13.70                             | 18.02                             | 6:35.29                         | 46.00                             |
| ≥ 150   | 20.69                             | 2.02<br>6-7 ½                       | 3.06<br>10-0 ½                      | 0.72<br>2-4 ½                        | 1:39.41                           | 23.39                             | 9.28<br>30-5                          | 1.10<br>3-7 ½                       | 10.10<br>33-1                         | 9:57.46                         | 13.24                             | 17.30                             | 6:18.52                         | 44.33                             |
| ≥ 200   | 20.07                             | 2.21<br>7-3                         | 3.69<br>12-1 ½                      | 0.77<br>2-6 ½                        | 1:36.32                           | 22.48                             | 11.22<br>36-9                         | 1.24<br>4-0 ½                       | 12.06<br>39-6                         | 9:34.80                         | 12.85                             | 16.67                             | 6:04.19                         | 42.89                             |
| ≥ 250   | 19.51                             | 2.37<br>7-9 ½                       | 4.31<br>14-1 ½                      | 0.82<br>2-8 ½                        | 1:33.55                           | 21.69                             | 13.12<br>43-0                         | 1.36<br>4-5 ½                       | 13.98<br>45-10                        | 9:14.63                         | 12.50                             | 16.12                             | 5:51.42                         | 41.62                             |
| ≥ 300   | 19.01                             | 2.54<br>8-4                         | 4.91<br>16-1 ½                      | 0.87<br>2-10 ½                       | 1:31.02                           | 20.97                             | 14.98<br>49-1                         | 1.48<br>4-10 ½                      | 15.87<br>52-0                         | 8:56.25                         | 12.19                             | 15.62                             | 5:39.79                         | 40.44                             |
| ≥ 350   | 18.54                             | 2.69<br>8-10                        | 5.52<br>18-1 ½                      | 0.91<br>2-11 ½                       | 1:28.68                           | 20.30                             | 16.81<br>55-2                         | 1.59<br>5-2 ½                       | 17.73<br>58-2                         | 8:39.23                         | 11.89                             | 15.16                             | 5:29.03                         | 39.36                             |
| ≥ 400   | 18.09                             | 2.83<br>9-3 ½                       | 6.12<br>20-1                        | 0.96<br>3-1 ½                        | 1:26.48                           | 19.68                             | 18.62<br>61-1                         | 1.70<br>5-7                         | 19.58<br>64-3                         | 8:23.29                         | 11.60                             | 14.73                             | 5:18.95                         | 38.35                             |
| ≥ 450   | 17.68                             | 2.97<br>9-9                         | 6.72<br>22-0 ½                      | 1.00<br>3-3 ½                        | 1:24.40                           | 19.09                             | 20.41<br>66-11                        | 1.81<br>5-11 ½                      | 21.40<br>70-2                         | 8:08.25                         | 11.33                             | 14.32                             | 5:09.44                         | 37.38                             |
| ≥ 500   | 17.28                             | 3.11<br>10-2 ½                      | 7.32<br>24-0 ½                      | 1.04<br>3-5                          | 1:22.43                           | 18.53                             | 22.18<br>72-9                         | 1.91<br>6-3 ½                       | 23.22<br>76-2                         | 7:53.96                         | 11.09                             | 13.94                             | 5:00.39                         | 36.46                             |
| ≥ 550   | 16.91                             | 3.24<br>10-7 ½                      | 7.92<br>26-0                        | 1.08<br>3-6 ½                        | 1:20.54                           | 18.00                             | 23.94<br>78-6                         | 2.01<br>6-7                         | 25.02<br>82-1                         | 7:40.31                         | 10.85                             | 13.57                             | 4:51.75                         | 35.59                             |
| ≥ 600   | 16.54                             | 3.37<br>11-0 ½                      | 8.50<br>27-10 ½                     | 1.12<br>3-8                          | 78.72                             | 17.50                             | 25.67<br>84-2                         | 2.11<br>6-11                        | 26.81<br>87-11                        | 7:27.22                         | 10.62                             | 13.22                             | 4:43.48                         | 34.74                             |
| ≥ 650   | 16.19                             | 3.50<br>11-5 ½                      | 9.09<br>29-10                       | 1.15<br>3-9 ½                        | 76.97                             | 17.02                             | 27.40<br>89-10                        | 2.20<br>7-2 ½                       | 28.59<br>93-9                         | 7:14.62                         | 10.40                             | 12.89                             | 4:35.51                         | 33.94                             |
| ≥ 700   | 15.85                             | 3.62<br>11-10 ½                     | 9.67<br>31-8 ½                      | 1.19<br>3-10 ½                       | 75.28                             | 16.54                             | 29.11<br>95-6                         | 2.30<br>7-6 ½                       | 30.35<br>99-7                         | 7:02.45                         | 10.19                             | 12.56                             | 4:27.82                         | 33.15                             |
| ≥ 750   | 15.53                             | 3.74<br>12-3 ½                      | 10.26<br>33-8                       | 1.23<br>4-0 ½                        | 73.63                             | 16.09                             | 30.82<br>101-1                        | 2.39<br>7-10                        | 32.11<br>105-4                        | 6:50.69                         | 9.97                              | 12.25                             | 4:20.38                         | 32.40                             |
| ≥ 800   | 15.21                             | 3.86<br>12-8                        | 10.84<br>35-6 ½                     | 1.26<br>4-1 ½                        | 72.05                             | 15.65                             | 32.51<br>106-8                        | 2.48<br>8-1 ½                       | 33.86<br>111-1                        | 6:39.28                         | 9.77                              | 11.95                             | 4:13.15                         | 31.67                             |
| ≥ 850   | 14.91                             | 3.97<br>13-0 ½                      | 11.42<br>37-5 ½                     | 1.29<br>4-2 ½                        | 70.50                             | 15.23                             | 34.19<br>112-2                        | 2.57<br>8-5 ½                       | 35.60<br>116-9                        | 6:28.19                         | 9.58                              | 11.65                             | 4:06.14                         | 30.94                             |
| ≥ 900   | 14.60                             | 4.09<br>13-5                        | 12.00<br>39-4 ½                     | 1.33<br>4-4 ½                        | 69.00                             | 14.81                             | 35.87<br>117-8                        | 2.66<br>8-8 ½                       | 37.33<br>122-5                        | 6:17.39                         | 9.39                              | 11.36                             | 3:59.31                         | 30.25                             |
| ≥ 950   | 14.30                             | 4.20<br>13-9 ½                      | 12.58<br>41-3 ½                     | 1.36<br>4-5 ½                        | 67.54                             | 14.41                             | 37.54<br>123-2                        | 2.74<br>8-11 ½                      | 39.06<br>128-1                        | 6:06.88                         | 9.20                              | 11.08                             | 3:52.66                         | 29.57                             |
| ≥ 1000  | 14.02                             | 4.31<br>14-1 ½                      | 13.15<br>43-1 ½                     | 1.39<br>4-6 ½                        | 66.10                             | 14.01                             | 39.20<br>128-7                        | 2.83<br>9-3 ½                       | 40.78<br>133-9                        | 5:56.60                         | 9.01                              | 10.80                             | 3:46.16                         | 28.91                             |
| ≥ 1050  | 13.74                             | 4.42<br>14-6                        | 13.73<br>45-0 ½                     | 1.42<br>4-7 ½                        | 64.70                             | 13.63                             | 40.84<br>134-0                        | 2.91<br>9-6 ½                       | 42.49<br>139-5                        | 5:46.56                         | 8.83                              | 10.54                             | 3:39.82                         | 28.26                             |
| ≥ 1100  | 13.47                             | 4.53<br>14-10 ½                     | 14.30<br>46-11                      | 1.45<br>4-9                          | 63.33                             | 13.25                             | 42.49<br>139-5                        | 2.99<br>9-9 ½                       | 44.20<br>145-0                        | 5:36.76                         | 8.66                              | 10.28                             | 3:33.60                         | 27.62                             |
| ≥ 1150  | 13.20                             | 4.64<br>15-2 ½                      | 14.87<br>48-9 ½                     | 1.49<br>4-10 ½                       | 61.98                             | 12.88                             | 44.12<br>144-9                        | 3.08<br>10-1 ½                      | 45.90<br>150-7                        | 5:27.13                         | 8.50                              | 10.03                             | 3:27.52                         | 26.99                             |
| ≥ 1200  | 12.94                             | 4.74<br>15-6 ½                      | 15.44<br>50-8                       | 1.52<br>4-11 ½                       | 60.66                             | 12.53                             | 45.76<br>150-1                        | 3.16<br>10-4 ½                      | 47.60<br>156-2                        | 5:17.70                         | 8.32                              | 9.78                              | 3:21.56                         | 26.38                             |

## Decamouse's Combined Events Scoring Guide - Men's 80-84

| Decamouse's Combined Events Scoring Guide - Men's 80-84 |                 |                   |                   |                    |                 |                 |                     |                   |                     |                |                 |                 |                |                 |
|---|-----------------|-------------------|-------------------|--------------------|-----------------|-----------------|---------------------|-------------------|---------------------|----------------|-----------------|-----------------|----------------|-----------------|
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| <u>Approx</u>   | <u>Pts Per</u>  | <u>Pts Per</u>    | <u>Pts Per</u>    | <u>Pts Per</u>     | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u>      | <u>Pts Per</u>    | <u>Pts Per</u>      | <u>Pts Per</u> | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u> | <u>Pts Per</u>  |
| <u>Level</u>  | <u>0.10 Sec</u> | <u>5 cm ( 2")</u> | <u>30 cm (ft)</u> | <u>2 cm (0.8")</u> | <u>0.50 Sec</u> | <u>0.10 Sec</u> | <u>Meter (3'3")</u> | <u>5 cm ( 2")</u> | <u>Meter (3'3")</u> | <u>Second</u>  | <u>0.10 Sec</u> | <u>0.10 Sec</u> | <u>Second</u>  | <u>0.20 Sec</u> |
| ~ 300   | 10              | 18                | 27                | 22                 | 9               | 6               | 31                  | 24                | 29                  | 3              | 15              | 10              | 4              | 8               |
| ~ 600   | 13              | 22                | 28                | 29                 | 13              | 9               | 33                  | 29                | 31                  | 4              | 21              | 14              | 6              | 11              |
| ~ 900   | 16              | 24                | 28                | 33                 | 15              | 11              | 34                  | 32                | 32                  | 4              | 25              | 16              | 7              | 13              |
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| ≥ 1   | 25.59           | 1.14<br>3-9       | 1.02<br>3-4 ½     | 0.45<br>1-5 ½      | 2:07.62         | 31.51           | 2.50<br>8-2         | 0.50<br>1-7 ½     | 3.40<br>11-2        | 13:20.86       | 16.37           | 22.39           | 8:26.97        | 56.17           |
| ≥ 50  | 23.74           | 1.44<br>4-8 ½     | 1.65<br>5-5       | 0.54<br>1-9 ½      | 1:58.10         | 28.51           | 4.52<br>14-10       | 0.71<br>2-4       | 5.44<br>17-10       | 12:08.44       | 15.19           | 20.36           | 7:41.18        | 51.84           |
| ≥ 100   | 22.76           | 1.66<br>5-5 ½     | 2.26<br>7-5       | 0.61<br>2-0        | 1:53.09         | 27.00           | 6.35<br>20-10       | 0.86<br>2-9 ½     | 7.32<br>24-0        | 11:31.01       | 14.57           | 19.35           | 7:17.53        | 49.55           |
| ≥ 150   | 22.00           | 1.84<br>6-0 ½     | 2.85<br>9-4 ½     | 0.67<br>2-2 ½      | 1:49.11         | 25.84           | 8.09<br>26-6        | 0.99<br>3-3       | 9.13<br>29-11       | 11:01.65       | 14.08           | 18.57           | 6:58.96        | 47.76           |
| ≥ 200   | 21.34           | 2.00<br>6-6 ½     | 3.43<br>11-3      | 0.71<br>2-4        | 1:45.72         | 24.84           | 9.79<br>32-1        | 1.11<br>3-7 ½     | 10.90<br>35-9       | 10:36.55       | 13.66           | 17.90           | 6:43.10        | 46.21           |
| ≥ 250   | 20.75           | 2.15<br>7-0 ½     | 4.00<br>13-1 ½    | 0.76<br>2-6        | 1:42.68         | 23.96           | 11.44<br>37-6       | 1.22<br>4-0       | 12.63<br>41-5       | 10:14.22       | 13.29           | 17.31           | 6:28.97        | 44.84           |
| ≥ 300   | 20.22           | 2.30<br>7-6 ½     | 4.57<br>15-0      | 0.81<br>2-7 ½      | 1:39.90         | 23.17           | 13.06<br>42-10      | 1.32<br>4-4       | 14.34<br>47-0       | 9:53.86        | 12.96           | 16.77           | 6:16.10        | 43.57           |
| ≥ 350   | 19.72           | 2.44<br>8-0 ½     | 5.13<br>16-10     | 0.85<br>2-9 ½      | 1:37.34         | 22.43           | 14.66<br>48-1       | 1.42<br>4-7 ½     | 16.02<br>52-6       | 9:35.01        | 12.64           | 16.27           | 6:04.19        | 42.40           |
| ≥ 400   | 19.24           | 2.57<br>8-5 ½     | 5.69<br>18-8      | 0.89<br>2-11       | 1:34.92         | 21.74           | 16.23<br>53-3       | 1.52<br>4-11 ½    | 17.69<br>58-0       | 9:17.36        | 12.34           | 15.82           | 5:53.04        | 41.31           |
| ≥ 450   | 18.80           | 2.70<br>8-10 ½    | 6.25<br>20-6 ½    | 0.93<br>3-0 ½      | 1:32.64         | 21.09           | 17.79<br>58-4       | 1.62<br>5-3 ½     | 19.34<br>63-5       | 9:00.70        | 12.05           | 15.38           | 5:42.50        | 40.27           |
| ≥ 500   | 18.38           | 2.82<br>9-3       | 6.81<br>22-4 ½    | 0.96<br>3-1 ½      | 1:30.47         | 20.47           | 19.33<br>63-5       | 1.71<br>5-7 ½     | 20.98<br>68-10      | 8:44.88        | 11.80           | 14.97           | 5:32.49        | 39.28           |
| ≥ 550   | 17.98           | 2.94<br>9-7 ½     | 7.36<br>24-1 ½    | 1.00<br>3-3 ½      | 1:28.40         | 19.89           | 20.87<br>68-5       | 1.80<br>5-10 ½    | 22.61<br>74-2       | 8:29.76        | 11.54           | 14.57           | 5:22.93        | 38.34           |
| ≥ 600   | 17.59           | 3.05<br>10-0 ½    | 7.90<br>25-11     | 1.03<br>3-4 ½      | 1:26.40         | 19.33           | 22.38<br>73-5       | 1.89<br>6-2 ½     | 24.22<br>79-5       | 8:15.27        | 11.29           | 14.19           | 5:13.77        | 37.43           |
| ≥ 650   | 17.22           | 3.17<br>10-4 ½    | 8.45<br>27-8 ½    | 1.07<br>3-6        | 1:24.48         | 18.80           | 23.88<br>78-4       | 1.97<br>6-5 ½     | 25.83<br>84-9       | 8:01.31        | 11.06           | 13.84           | 5:04.95        | 36.56           |
| ≥ 700   | 16.86           | 3.28<br>10-9 ½    | 8.99<br>29-6      | 1.10<br>3-7 ½      | 1:22.63         | 18.27           | 25.38<br>83-3       | 2.06<br>6-9       | 27.42<br>89-11      | 7:47.83        | 10.83           | 13.49           | 4:56.43        | 35.71           |
| ≥ 750   | 16.52           | 3.39<br>11-1 ½    | 9.54<br>31-3 ½    | 1.14<br>3-8 ½      | 1:20.82         | 17.78           | 26.86<br>88-1       | 2.14<br>7-0 ½     | 29.01<br>95-2       | 7:34.81        | 10.60           | 13.15           | 4:48.20        | 34.91           |
| ≥ 800   | 16.17           | 3.50<br>11-5 ½    | 10.08<br>33-1     | 1.17<br>3-10       | 79.08           | 17.29           | 28.34<br>92-11      | 2.22<br>7-3 ½     | 30.59<br>100-4      | 7:22.17        | 10.39           | 12.83           | 4:40.20        | 34.11           |
| ≥ 850   | 15.86           | 3.60<br>11-9 ½    | 10.62<br>34-10 ½  | 1.19<br>3-10 ½     | 77.38           | 16.83           | 29.81<br>97-9       | 2.30<br>7-6 ½     | 32.17<br>105-6      | 7:09.89        | 10.19           | 12.51           | 4:32.44        | 33.34           |
| ≥ 900   | 15.53           | 3.71<br>12-2 ½    | 11.16<br>36-7 ½   | 1.23<br>4-0 ½      | 75.73           | 16.37           | 31.27<br>102-7      | 2.38<br>7-9 ½     | 33.73<br>110-8      | 6:57.93        | 9.98            | 12.20           | 4:24.88        | 32.59           |
| ≥ 950   | 15.21           | 3.81<br>12-6      | 11.69<br>38-4 ½   | 1.26<br>4-1 ½      | 74.13           | 15.92           | 32.72<br>107-4      | 2.46<br>8-0 ½     | 35.30<br>115-9      | 6:46.30        | 9.78            | 11.89           | 4:17.52        | 31.86           |
| ≥ 1000  | 14.91           | 3.91<br>12-10     | 12.23<br>40-1 ½   | 1.29<br>4-2 ½      | 72.56           | 15.48           | 34.17<br>112-1      | 2.53<br>8-3 ½     | 36.85<br>120-10     | 6:34.91        | 9.58            | 11.60           | 4:10.33        | 31.14           |
| ≥ 1050  | 14.61           | 4.01<br>13-2      | 12.76<br>41-10 ½  | 1.32<br>4-4        | 71.01           | 15.05           | 35.61<br>116-10     | 2.61<br>8-6 ½     | 38.40<br>126-0      | 6:23.80        | 9.40            | 11.32           | 4:03.31        | 30.44           |
| ≥ 1100  | 14.32           | 4.11<br>13-6      | 13.29<br>43-7 ½   | 1.34<br>4-4 ½      | 69.51           | 14.64           | 37.04<br>121-6      | 2.68<br>8-9 ½     | 39.94<br>131-0      | 6:12.93        | 9.21            | 11.04           | 3:56.42        | 29.75           |
| ≥ 1150  | 14.03           | 4.21<br>13-9 ½    | 13.82<br>45-4 ½   | 1.37<br>4-6        | 68.03           | 14.23           | 38.46<br>126-2      | 2.76<br>9-0 ½     | 41.48<br>136-1      | 6:02.28        | 9.04            | 10.76           | 3:49.70        | 29.08           |
| ≥ 1200  | 13.76           | 4.30<br>14-1 ½    | 14.35<br>47-1     | 1.40<br>4-7        | 66.58           | 13.84           | 39.89<br>130-10     | 2.83<br>9-3 ½     | 43.01<br>141-1      | 5:51.84        | 8.85            | 10.50           | 3:43.10        | 28.43           |

## Decamouse's Combined Events Scoring Guide - Men's 85-89

| Decamouse's Combined Events Scoring Guide - Men's 85-89 |                 |                   |                   |                    |                 |                 |                     |                   |                     |                |                 |                 |                |                 |
|---|-----------------|-------------------|-------------------|--------------------|-----------------|-----------------|---------------------|-------------------|---------------------|----------------|-----------------|-----------------|----------------|-----------------|
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| <u>Approx</u>   | <u>Pts Per</u>  | <u>Pts Per</u>    | <u>Pts Per</u>    | <u>Pts Per</u>     | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u>      | <u>Pts Per</u>    | <u>Pts Per</u>      | <u>Pts Per</u> | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u> | <u>Pts Per</u>  |
| <u>Level</u>  | <u>0.10 Sec</u> | <u>5 cm ( 2")</u> | <u>30 cm (ft)</u> | <u>2 cm (0.8")</u> | <u>0.50 Sec</u> | <u>0.10 Sec</u> | <u>Meter (3'3")</u> | <u>5 cm ( 2")</u> | <u>Meter (3'3")</u> | <u>Second</u>  | <u>0.10 Sec</u> | <u>0.10 Sec</u> | <u>Second</u>  | <u>0.20 Sec</u> |
| ~ 300   | 9               | 20                | 30                | 25                 | 8               | 6               | 37                  | 27                | 34                  | 2              | 14              | 9               | 3              | 7               |
| ~ 600   | 12              | 24                | 31                | 31                 | 11              | 9               | 39                  | 32                | 36                  | 3              | 19              | 12              | 5              | 10              |
| ~ 900   | 15              | 27                | 31                | 36                 | 13              | 10              | 41                  | 37                | 37                  | 4              | 23              | 15              | 6              | 12              |
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| ≥ 1   | 27.75           | 1.02<br>3-4 ¼     | 0.91<br>3-0       | 0.42<br>1-4 ½      | 2:26.37         | 33.66           | 2.11<br>6-11        | 0.44<br>1-5 ¼     | 2.93<br>9-7         | 15:25.81       | 17.76           | 24.74           | 9:45.58        | 62.17           |
| ≥ 50  | 25.75           | 1.30<br>4-3 ¼     | 1.48<br>4-10 ¼    | 0.50<br>1-7 ¼      | 2:15.45         | 30.45           | 3.81<br>12-6        | 0.62<br>2-0 ¼     | 4.68<br>15-4        | 14:02.10       | 16.48           | 22.49           | 8:52.69        | 57.37           |
| ≥ 100   | 24.69           | 1.49<br>4-10 ¼    | 2.01<br>6-7 ¼     | 0.56<br>1-10       | 2:09.70         | 28.84           | 5.36<br>17-7        | 0.76<br>2-6       | 6.29<br>20-7        | 13:18.82       | 15.81           | 21.38           | 8:25.37        | 54.85           |
| ≥ 150   | 23.86           | 1.65<br>5-5       | 2.54<br>8-4       | 0.61<br>2-0        | 2:05.14         | 27.60           | 6.82<br>22-4        | 0.87<br>2-10 ¼    | 7.85<br>25-9        | 12:44.88       | 15.28           | 20.52           | 8:03.93        | 52.86           |
| ≥ 200   | 23.15           | 1.80<br>5-11      | 3.06<br>10-0 ½    | 0.65<br>2-1 ½      | 2:01.25         | 26.53           | 8.25<br>27-0        | 0.98<br>3-2 ½     | 9.37<br>30-9        | 12:15.87       | 14.82           | 19.77           | 7:45.61        | 51.14           |
| ≥ 250   | 22.51           | 1.93<br>6-4       | 3.57<br>11-8 ½    | 0.70<br>2-3 ½      | 1:57.77         | 25.59           | 9.64<br>31-7        | 1.08<br>3-6 ½     | 10.85<br>35-7       | 11:50.05       | 14.42           | 19.13           | 7:29.29        | 49.62           |
| ≥ 300   | 21.93           | 2.06<br>6-9 ¼     | 4.08<br>13-4 ¼    | 0.74<br>2-5        | 1:54.58         | 24.74           | 11.01<br>36-1       | 1.17<br>3-10      | 12.32<br>40-5       | 11:26.52       | 14.06           | 18.53           | 7:14.42        | 48.22           |
| ≥ 350   | 21.39           | 2.18<br>7-2       | 4.58<br>15-0 ½    | 0.78<br>2-6 ¼      | 1:51.64         | 23.95           | 12.35<br>40-6       | 1.26<br>4-1 ½     | 13.77<br>45-2       | 11:04.73       | 13.72           | 17.98           | 7:00.66        | 46.93           |
| ≥ 400   | 20.87           | 2.30<br>7-6 ½     | 5.08<br>16-8      | 0.81<br>2-7 ¼      | 1:48.86         | 23.22           | 13.68<br>44-10      | 1.35<br>4-5       | 15.20<br>49-10      | 10:44.32       | 13.39           | 17.48           | 6:47.78        | 45.72           |
| ≥ 450   | 20.39           | 2.42<br>7-11 ¼    | 5.58<br>18-3 ¼    | 0.85<br>2-9 ½      | 1:46.25         | 22.53           | 14.99<br>49-2       | 1.43<br>4-8 ¼     | 16.62<br>54-6       | 10:25.07       | 13.08           | 16.99           | 6:35.61        | 44.57           |
| ≥ 500   | 19.94           | 2.53<br>8-3 ¼     | 6.08<br>19-11 ½   | 0.88<br>2-10 ½     | 1:43.76         | 21.87           | 16.30<br>53-5       | 1.51<br>4-11 ½    | 18.03<br>59-2       | 10:06.77       | 12.80           | 16.54           | 6:24.04        | 43.48           |
| ≥ 550   | 19.50           | 2.64<br>8-8       | 6.57<br>21-6 ¼    | 0.92<br>3-0 ¼      | 1:41.38         | 21.24           | 17.59<br>57-8       | 1.59<br>5-2 ½     | 19.43<br>63-9       | 9:49.29        | 12.52           | 16.10           | 6:13.00        | 42.43           |
| ≥ 600   | 19.08           | 2.74<br>9-0       | 7.05<br>23-1 ¼    | 0.95<br>3-1 ¼      | 1:39.09         | 20.64           | 18.86<br>61-10      | 1.67<br>5-5 ¼     | 20.82<br>68-3       | 9:32.54        | 12.25           | 15.68           | 6:02.42        | 41.43           |
| ≥ 650   | 18.68           | 2.84<br>9-4       | 7.54<br>24-9      | 0.98<br>3-2 ½      | 1:36.89         | 20.08           | 20.13<br>66-0       | 1.74<br>5-8 ½     | 22.20<br>72-10      | 9:16.41        | 12.00           | 15.29           | 5:52.24        | 40.47           |
| ≥ 700   | 18.29           | 2.94<br>9-7 ¼     | 8.03<br>26-4 ¼    | 1.01<br>3-3 ¼      | 1:34.77         | 19.52           | 21.39<br>70-2       | 1.82<br>5-11 ½    | 23.57<br>77-4       | 9:00.83        | 11.75           | 14.90           | 5:42.40        | 39.53           |
| ≥ 750   | 17.91           | 3.04<br>9-11 ¼    | 8.51<br>27-11     | 1.04<br>3-5        | 1:32.70         | 18.99           | 22.64<br>74-3       | 1.89<br>6-2 ¼     | 24.94<br>81-10      | 8:45.77        | 11.50           | 14.53           | 5:32.89        | 38.63           |
| ≥ 800   | 17.54           | 3.14<br>10-3 ¼    | 8.99<br>29-6      | 1.07<br>3-6        | 1:30.69         | 18.46           | 23.89<br>78-4       | 1.96<br>6-5       | 26.30<br>86-3       | 8:31.16        | 11.27           | 14.17           | 5:23.65        | 37.76           |
| ≥ 850   | 17.20           | 3.23<br>10-7 ¼    | 9.48<br>31-1 ¼    | 1.10<br>3-7 ¼      | 1:28.75         | 17.97           | 25.12<br>82-5       | 2.03<br>6-7 ¼     | 27.65<br>90-8       | 8:16.97        | 11.05           | 13.82           | 5:14.69        | 36.90           |
| ≥ 900   | 16.84           | 3.33<br>10-11 ¼   | 9.96<br>32-8 ¼    | 1.13<br>3-8 ½      | 1:26.86         | 17.48           | 26.35<br>86-5       | 2.10<br>6-10 ¼    | 28.99<br>95-1       | 8:03.14        | 10.83           | 13.48           | 5:05.95        | 36.07           |
| ≥ 950   | 16.50           | 3.42<br>11-2 ¼    | 10.43<br>34-2 ¼   | 1.16<br>3-9 ½      | 1:25.02         | 17.00           | 27.58<br>90-6       | 2.17<br>7-1 ¼     | 30.34<br>99-6       | 7:49.69        | 10.61           | 13.14           | 4:57.45        | 35.26           |
| ≥ 1000  | 16.17           | 3.51<br>11-6 ¼    | 10.91<br>35-9 ¼   | 1.18<br>3-10 ½     | 1:23.21         | 16.53           | 28.80<br>94-6       | 2.23<br>7-3 ¼     | 31.67<br>103-11     | 7:36.53        | 10.40           | 12.81           | 4:49.15        | 34.47           |
| ≥ 1050  | 15.84           | 3.60<br>11-9 ¼    | 11.39<br>37-4 ¼   | 1.21<br>3-11 ½     | 1:21.45         | 16.08           | 30.01<br>98-5       | 2.30<br>7-6 ¼     | 33.00<br>108-3      | 7:23.68        | 10.19           | 12.51           | 4:41.04        | 33.69           |
| ≥ 1100  | 15.53           | 3.69<br>12-1 ¼    | 11.86<br>38-11    | 1.24<br>4-0 ¼      | 79.72           | 15.63           | 31.22<br>102-5      | 2.36<br>7-8 ¼     | 34.33<br>112-7      | 7:11.12        | 9.99            | 12.20           | 4:33.08        | 32.93           |
| ≥ 1150  | 15.22           | 3.77<br>12-4 ¼    | 12.34<br>40-6     | 1.26<br>4-1 ½      | 78.02           | 15.20           | 32.42<br>106-4      | 2.43<br>7-11 ½    | 35.65<br>116-11     | 6:58.80        | 9.80            | 11.89           | 4:25.32        | 32.19           |
| ≥ 1200  | 14.93           | 3.86<br>12-8      | 12.81<br>42-0 ½   | 1.29<br>4-2 ¼      | 76.36           | 14.78           | 33.62<br>110-3      | 2.50<br>8-2 ¼     | 36.96<br>121-3      | 6:46.73        | 9.60            | 11.60           | 4:17.69        | 31.46           |

## Decamouse's Combined Events Scoring Guide - Men's 90-94

| Decamouse's Combined Events Scoring Guide - Men's 90-94 |                 |                   |                   |                    |                 |                 |                     |                   |                     |                |                 |                 |                |                 |
|---|-----------------|-------------------|-------------------|--------------------|-----------------|-----------------|---------------------|-------------------|---------------------|----------------|-----------------|-----------------|----------------|-----------------|
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| <u>Approx</u>   | <u>Pts Per</u>  | <u>Pts Per</u>    | <u>Pts Per</u>    | <u>Pts Per</u>     | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u>      | <u>Pts Per</u>    | <u>Pts Per</u>      | <u>Pts Per</u> | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u> | <u>Pts Per</u>  |
| <u>Level</u>  | <u>0.10 Sec</u> | <u>5 cm ( 2")</u> | <u>30 cm (ft)</u> | <u>2 cm (0.8")</u> | <u>0.50 Sec</u> | <u>0.10 Sec</u> | <u>Meter (3'3")</u> | <u>5 cm ( 2")</u> | <u>Meter (3'3")</u> | <u>Second</u>  | <u>0.10 Sec</u> | <u>0.10 Sec</u> | <u>Second</u>  | <u>0.20 Sec</u> |
| ~ 300   | 8               | 22                | 34                | 29                 | 7               | 5               | 46                  | 31                | 41                  | 2              | 12              | 7               | 3              | 6               |
| ~ 600   | 11              | 27                | 36                | 33                 | 9               | 8               | 49                  | 37                | 43                  | 2              | 17              | 10              | 4              | 9               |
| ~ 900   | 13              | 30                | 36                | 36                 | 11              | 9               | 51                  | 42                | 44                  | 3              | 21              | 12              | 5              | 10              |
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| ≥ 1   | 31.08           | 0.90<br>2-11 ½    | 0.79<br>2-7 ¼     | 0.38<br>1-3        | 3:01.07         | 37.47           | 1.69<br>5-6         | 0.38<br>1-3       | 2.45<br>8-0         | 19:17.77       | 19.89           | 30.57           | 12:11.16       | 71.91           |
| ≥ 50  | 28.84           | 1.15<br>3-9 ¼     | 1.27<br>4-2       | 0.46<br>1-6        | 2:47.55         | 33.89           | 3.05<br>10-0        | 0.54<br>1-9 ¼     | 3.91<br>12-10       | 17:33.08       | 18.46           | 27.79           | 11:05.13       | 66.37           |
| ≥ 100   | 27.65           | 1.32<br>4-4       | 1.74<br>5-8 ½     | 0.51<br>1-8        | 2:40.44         | 32.11           | 4.28<br>14-0        | 0.66<br>2-2       | 5.27<br>17-3        | 16:38.97       | 17.71           | 26.41           | 10:31.01       | 63.44           |
| ≥ 150   | 26.73           | 1.46<br>4-9 ½     | 2.20<br>7-2 ¼     | 0.56<br>1-10       | 2:34.80         | 30.72           | 5.46<br>17-11       | 0.76<br>2-6       | 6.57<br>21-6        | 15:56.53       | 17.11           | 25.35           | 10:04.24       | 61.15           |
| ≥ 200   | 25.92           | 1.59<br>5-2 ¼     | 2.64<br>8-8       | 0.60<br>1-11 ½     | 2:29.98         | 29.53           | 6.59<br>21-7        | 0.85<br>2-9 ¼     | 7.84<br>25-8        | 15:20.24       | 16.61           | 24.43           | 9:41.36        | 59.16           |
| ≥ 250   | 25.21           | 1.71<br>5-7 ½     | 3.09<br>10-1 ¼    | 0.63<br>2-0 ¼      | 2:25.68         | 28.49           | 7.71<br>25-3        | 0.93<br>3-0 ½     | 9.08<br>29-9        | 14:47.96       | 16.15           | 23.63           | 9:20.98        | 57.40           |
| ≥ 300   | 24.56           | 1.83<br>6-0       | 3.52<br>11-6 ¼    | 0.67<br>2-2 ¼      | 2:21.73         | 27.54           | 8.80<br>28-10       | 1.01<br>3-3 ¼     | 10.31<br>33-10      | 14:18.53       | 15.75           | 22.89           | 9:02.42        | 55.78           |
| ≥ 350   | 23.95           | 1.93<br>6-4       | 3.96<br>13-0      | 0.71<br>2-4        | 2:18.10         | 26.66           | 9.88<br>32-5        | 1.09<br>3-6 ¼     | 11.52<br>37-9       | 13:51.28       | 15.37           | 22.21           | 8:45.24        | 54.29           |
| ≥ 400   | 23.38           | 2.04<br>6-8 ½     | 4.39<br>14-5      | 0.74<br>2-5        | 2:14.67         | 25.85           | 10.94<br>35-10      | 1.17<br>3-10      | 12.72<br>41-8       | 13:25.76       | 15.00           | 21.59           | 8:29.15        | 52.89           |
| ≥ 450   | 22.84           | 2.14<br>7-0 ¼     | 4.82<br>15-9 ¼    | 0.78<br>2-6 ¼      | 2:11.43         | 25.08           | 11.99<br>39-4       | 1.24<br>4-0 ¼     | 13.91<br>45-7       | 13:01.68       | 14.65           | 20.99           | 8:13.96        | 51.55           |
| ≥ 500   | 22.33           | 2.24<br>7-4 ¼     | 5.25<br>17-2 ¼    | 0.80<br>2-7 ½      | 2:08.36         | 24.34           | 13.03<br>42-9       | 1.31<br>4-3 ½     | 15.09<br>49-6       | 12:38.80       | 14.34           | 20.43           | 7:59.52        | 50.29           |
| ≥ 550   | 21.84           | 2.33<br>7-7 ¼     | 5.67<br>18-7 ¼    | 0.83<br>2-8 ¼      | 2:05.41         | 23.65           | 14.06<br>46-1       | 1.38<br>4-6 ¼     | 16.26<br>53-4       | 12:16.94       | 14.02           | 19.89           | 7:45.73        | 49.09           |
| ≥ 600   | 21.37           | 2.43<br>7-11 ¼    | 6.09<br>19-11 ¼   | 0.86<br>2-9 ¼      | 2:02.58         | 22.98           | 15.08<br>49-5       | 1.44<br>4-8 ¼     | 17.42<br>57-2       | 11:55.99       | 13.72           | 19.37           | 7:32.53        | 47.92           |
| ≥ 650   | 20.92           | 2.52<br>8-3 ¼     | 6.51<br>21-4 ¼    | 0.89<br>2-11       | 1:59.86         | 22.35           | 16.09<br>52-9       | 1.51<br>4-11 ½    | 18.58<br>60-11      | 11:35.82       | 13.44           | 18.89           | 7:19.81        | 46.81           |
| ≥ 700   | 20.48           | 2.61<br>8-6 ¼     | 6.93<br>22-9      | 0.92<br>3-0 ¼      | 1:57.23         | 21.73           | 17.10<br>56-1       | 1.58<br>5-2 ¼     | 19.72<br>64-8       | 11:16.33       | 13.17           | 18.41           | 7:07.52        | 45.72           |
| ≥ 750   | 20.06           | 2.69<br>8-10      | 7.35<br>24-1 ½    | 0.95<br>3-1 ¼      | 1:54.67         | 21.14           | 18.10<br>59-4       | 1.64<br>5-4 ½     | 20.87<br>68-5       | 10:57.50       | 12.89           | 17.95           | 6:55.65        | 44.69           |
| ≥ 800   | 19.65           | 2.78<br>9-1 ¼     | 7.77<br>25-6      | 0.97<br>3-2 ¼      | 1:52.19         | 20.55           | 19.10<br>62-8       | 1.70<br>5-7       | 22.00<br>72-2       | 10:39.24       | 12.62           | 17.51           | 6:44.11        | 43.68           |
| ≥ 850   | 19.26           | 2.86<br>9-4 ¼     | 8.19<br>26-10 ½   | 1.00<br>3-3 ¼      | 1:49.78         | 20.01           | 20.09<br>65-11      | 1.76<br>5-9 ¼     | 23.13<br>75-10      | 10:21.48       | 12.38           | 17.07           | 6:32.92        | 42.68           |
| ≥ 900   | 18.86           | 2.95<br>9-8 ¼     | 8.60<br>28-2 ¼    | 1.03<br>3-4 ¼      | 1:47.44         | 19.46           | 21.07<br>69-1       | 1.82<br>5-11 ½    | 24.26<br>79-7       | 10:04.20       | 12.13           | 16.65           | 6:22.02        | 41.73           |
| ≥ 950   | 18.48           | 3.03<br>9-11 ¼    | 9.01<br>29-6 ¼    | 1.05<br>3-5 ¼      | 1:45.17         | 18.93           | 22.05<br>72-4       | 1.88<br>6-2       | 25.38<br>83-3       | 9:47.37        | 11.89           | 16.23           | 6:11.40        | 40.79           |
| ≥ 1000  | 18.11           | 3.11<br>10-2 ¼    | 9.42<br>30-11     | 1.08<br>3-6 ¼      | 1:42.94         | 18.40           | 23.02<br>75-6       | 1.94<br>6-4 ¼     | 26.50<br>86-11      | 9:30.91        | 11.65           | 15.83           | 6:01.03        | 39.87           |
| ≥ 1050  | 17.75           | 3.19<br>10-5 ¼    | 9.83<br>32-3      | 1.10<br>3-7 ¼      | 1:40.75         | 17.90           | 23.99<br>78-8       | 2.00<br>6-6 ¼     | 27.61<br>90-7       | 9:14.84        | 11.42           | 15.45           | 5:50.90        | 38.97           |
| ≥ 1100  | 17.40           | 3.26<br>10-8 ¼    | 10.24<br>33-7 ¼   | 1.12<br>3-8        | 1:38.61         | 17.40           | 24.96<br>81-10      | 2.05<br>6-8 ¼     | 28.72<br>94-2       | 8:59.14        | 11.19           | 15.07           | 5:40.97        | 38.09           |
| ≥ 1150  | 17.05           | 3.34<br>10-11 ½   | 10.65<br>34-11 ¼  | 1.15<br>3-9 ¼      | 1:36.52         | 16.92           | 25.92<br>85-0       | 2.11<br>6-11      | 29.83<br>97-10      | 8:43.73        | 10.98           | 14.69           | 5:31.28        | 37.23           |
| ≥ 1200  | 16.72           | 3.42<br>11-2 ¼    | 11.06<br>36-3 ¼   | 1.17<br>3-10       | 1:34.47         | 16.46           | 26.88<br>88-2       | 2.16<br>7-1       | 30.93<br>101-5      | 8:28.64        | 10.75           | 14.33           | 5:21.75        | 36.39           |

## Decamouse's Combined Events Scoring Guide - Men's 95-99

| Decamouse's Combined Events Scoring Guide - Men's 95-99 |                 |                   |                   |                    |                 |                 |                     |                   |                     |                |                 |                 |                |                 |
|---|-----------------|-------------------|-------------------|--------------------|-----------------|-----------------|---------------------|-------------------|---------------------|----------------|-----------------|-----------------|----------------|-----------------|
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| <u>Approx</u>   | <u>Pts Per</u>  | <u>Pts Per</u>    | <u>Pts Per</u>    | <u>Pts Per</u>     | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u>      | <u>Pts Per</u>    | <u>Pts Per</u>      | <u>Pts Per</u> | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u> | <u>Pts Per</u>  |
| <u>Level</u>  | <u>0.10 Sec</u> | <u>5 cm ( 2")</u> | <u>30 cm (ft)</u> | <u>2 cm (0.8")</u> | <u>0.50 Sec</u> | <u>0.10 Sec</u> | <u>Meter (3'3")</u> | <u>5 cm ( 2")</u> | <u>Meter (3'3")</u> | <u>Second</u>  | <u>0.10 Sec</u> | <u>0.10 Sec</u> | <u>Second</u>  | <u>0.20 Sec</u> |
| ~ 300   | 7               | 26                | 42                | 31                 | 5               | 4               | 63                  | 37                | 51                  | 1              | 11              | 6               | 2              | 5               |
| ~ 600   | 9               | 31                | 44                | 36                 | 6               | 6               | 67                  | 45                | 54                  | 2              | 14              | 8               | 3              | 7               |
| ~ 900   | 11              | 36                | 44                | 44                 | 8               | 8               | 70                  | 50                | 55                  | 2              | 17              | 10              | 3              | 8               |
| Points  | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| ≥ 1   | 36.76           | 0.79<br>2-7 ½     | 0.64<br>2-1 ½     | 0.34<br>1-1 ½      | 4:20.78         | 45.83           | 1.23<br>4-0         | 0.32<br>1-0 ½     | 1.97<br>6-5         | 28:38.41       | 23.53           | 37.12           | 18:01.15       | 1:29.97         |
| ≥ 50  | 34.10           | 1.00<br>3-3 ½     | 1.04<br>3-5       | 0.41<br>1-4        | 4:01.32         | 41.45           | 2.22<br>7-3         | 0.46<br>1-6       | 3.15<br>10-4        | 26:03.03       | 21.83           | 33.74           | 16:23.51       | 1:23.04         |
| ≥ 100   | 32.70           | 1.15<br>3-9 ½     | 1.41<br>4-7 ½     | 0.46<br>1-6        | 3:51.08         | 39.27           | 3.12<br>10-3        | 0.56<br>1-10      | 4.24<br>13-11       | 24:42.71       | 20.95           | 32.07           | 15:33.07       | 79.38           |
| ≥ 150   | 31.60           | 1.27<br>4-2       | 1.79<br>5-10 ½    | 0.50<br>1-7 ½      | 3:42.96         | 37.57           | 3.98<br>13-0        | 0.64<br>2-1 ½     | 5.29<br>17-4        | 23:39.71       | 20.24           | 30.78           | 14:53.47       | 76.51           |
| ≥ 200   | 30.65           | 1.39<br>4-6 ½     | 2.15<br>7-0 ½     | 0.54<br>1-9 ½      | 3:36.02         | 36.12           | 4.81<br>15-9        | 0.72<br>2-4 ½     | 6.31<br>20-8        | 22:45.85       | 19.64           | 29.66           | 14:19.65       | 74.02           |
| ≥ 250   | 29.81           | 1.49<br>4-10 ½    | 2.51<br>8-3       | 0.57<br>1-10 ½     | 3:29.82         | 34.85           | 5.62<br>18-5        | 0.79<br>2-7       | 7.31<br>23-11       | 21:57.94       | 19.11           | 28.69           | 13:49.52       | 71.82           |
| ≥ 300   | 29.05           | 1.59<br>5-2 ½     | 2.86<br>9-4 ½     | 0.61<br>2-0        | 3:24.14         | 33.69           | 6.42<br>21-0        | 0.86<br>2-9 ½     | 8.30<br>27-2        | 21:14.26       | 18.63           | 27.79           | 13:22.07       | 69.79           |
| ≥ 350   | 28.32           | 1.68<br>5-6 ½     | 3.22<br>10-6 ½    | 0.64<br>2-1 ½      | 3:18.90         | 32.61           | 7.20<br>23-7        | 0.92<br>3-0 ½     | 9.27<br>30-5        | 20:33.81       | 18.18           | 26.97           | 12:56.67       | 67.92           |
| ≥ 400   | 27.64           | 1.77<br>5-9 ½     | 3.57<br>11-8 ½    | 0.67<br>2-2 ½      | 3:13.96         | 31.62           | 7.97<br>26-1        | 0.99<br>3-3       | 10.24<br>33-7       | 19:55.94       | 17.74           | 26.21           | 12:32.88       | 66.18           |
| ≥ 450   | 27.01           | 1.87<br>6-1 ½     | 3.91<br>12-10     | 0.70<br>2-3 ½      | 3:09.30         | 30.67           | 8.74<br>28-8        | 1.05<br>3-5 ½     | 11.19<br>36-8       | 19:20.20       | 17.33           | 25.49           | 12:10.41       | 64.50           |
| ≥ 500   | 26.41           | 1.95<br>6-4 ½     | 4.26<br>13-11 ½   | 0.72<br>2-4 ½      | 3:04.87         | 29.77           | 9.50<br>31-2        | 1.11<br>3-7 ½     | 12.14<br>39-10      | 18:46.24       | 16.96           | 24.81           | 11:49.06       | 62.92           |
| ≥ 550   | 25.83           | 2.03<br>6-8       | 4.61<br>15-1 ½    | 0.75<br>2-5 ½      | 3:00.63         | 28.92           | 10.25<br>33-7       | 1.17<br>3-10      | 13.09<br>42-11      | 18:13.80       | 16.59           | 24.15           | 11:28.67       | 61.42           |
| ≥ 600   | 25.27           | 2.11<br>6-11 ½    | 4.95<br>16-3      | 0.78<br>2-6 ½      | 2:56.55         | 28.11           | 10.99<br>36-0       | 1.22<br>4-0       | 14.02<br>46-0       | 17:42.70       | 16.23           | 23.52           | 11:09.15       | 59.96           |
| ≥ 650   | 24.74           | 2.19<br>7-2 ½     | 5.29<br>17-4 ½    | 0.80<br>2-7 ½      | 2:52.63         | 27.34           | 11.73<br>38-6       | 1.28<br>4-2 ½     | 14.95<br>49-0       | 17:12.76       | 15.90           | 22.94           | 10:50.34       | 58.57           |
| ≥ 700   | 24.22           | 2.27<br>7-5 ½     | 5.63<br>18-5 ½    | 0.83<br>2-8 ½      | 2:48.85         | 26.57           | 12.47<br>40-11      | 1.33<br>4-4 ½     | 15.87<br>52-0       | 16:43.84       | 15.57           | 22.35           | 10:32.17       | 57.21           |
| ≥ 750   | 23.73           | 2.35<br>7-8 ½     | 5.97<br>19-7      | 0.86<br>2-9 ½      | 2:45.15         | 25.86           | 13.20<br>43-3       | 1.39<br>4-6 ½     | 16.79<br>55-1       | 16:15.89       | 15.24           | 21.80           | 10:14.61       | 55.91           |
| ≥ 800   | 23.23           | 2.42<br>7-11 ½    | 6.31<br>20-8 ½    | 0.88<br>2-10 ½     | 2:41.59         | 25.14           | 13.92<br>45-8       | 1.44<br>4-8 ½     | 17.71<br>58-1       | 15:48.78       | 14.93           | 21.26           | 9:57.56        | 54.65           |
| ≥ 850   | 22.78           | 2.49<br>8-2       | 6.65<br>21-10     | 0.90<br>2-11 ½     | 2:38.12         | 24.47           | 14.64<br>48-0       | 1.49<br>4-10 ½    | 18.62<br>61-1       | 15:22.43       | 14.64           | 20.73           | 9:41.01        | 53.40           |
| ≥ 900   | 22.30           | 2.56<br>8-4 ½     | 6.99<br>22-11 ½   | 0.93<br>3-0 ½      | 2:34.75         | 23.80           | 15.36<br>50-4       | 1.54<br>5-0 ½     | 19.52<br>64-0       | 14:56.77       | 14.35           | 20.22           | 9:24.88        | 52.21           |
| ≥ 950   | 21.85           | 2.63<br>8-7 ½     | 7.32<br>24-0 ½    | 0.95<br>3-1 ½      | 2:31.47         | 23.15           | 16.07<br>52-8       | 1.59<br>5-2 ½     | 20.43<br>67-0       | 14:31.80       | 14.07           | 19.71           | 9:09.19        | 51.04           |
| ≥ 1000  | 21.42           | 2.70<br>8-10 ½    | 7.66<br>25-1 ½    | 0.97<br>3-2 ½      | 2:28.26         | 22.51           | 16.78<br>55-0       | 1.64<br>5-4 ½     | 21.32<br>69-11      | 14:07.37       | 13.78           | 19.22           | 8:53.85        | 49.89           |
| ≥ 1050  | 20.98           | 2.77<br>9-1 ½     | 7.99<br>26-2 ½    | 0.99<br>3-3        | 2:25.11         | 21.89           | 17.49<br>57-4       | 1.69<br>5-6 ½     | 22.22<br>72-10      | 13:43.52       | 13.51           | 18.76           | 8:38.88        | 48.76           |
| ≥ 1100  | 20.57           | 2.84<br>9-4       | 8.32<br>27-3 ½    | 1.01<br>3-3 ½      | 2:22.03         | 21.29           | 18.19<br>59-8       | 1.74<br>5-8 ½     | 23.11<br>75-10      | 13:20.21       | 13.24           | 18.30           | 8:24.19        | 47.66           |
| ≥ 1150  | 20.16           | 2.91<br>9-6 ½     | 8.66<br>28-5      | 1.03<br>3-4 ½      | 2:19.01         | 20.70           | 18.89<br>61-11      | 1.78<br>5-10      | 24.00<br>78-9       | 12:57.34       | 12.99           | 17.84           | 8:09.86        | 46.59           |
| ≥ 1200  | 19.77           | 2.97<br>9-9       | 8.99<br>29-6      | 1.06<br>3-5 ½      | 2:16.06         | 20.13           | 19.59<br>64-3       | 1.83<br>6-0       | 24.89<br>81-8       | 12:34.94       | 12.72           | 17.40           | 7:55.77        | 45.53           |

## Decamouse's Combined Events Scoring Guide - Men's 100+

| Decamouse's Combined Events Scoring Guide - Men's 100+ |                 |                   |                   |                    |                 |                 |                     |                   |                     |                |                 |                 |                |                 |
|--|-----------------|-------------------|-------------------|--------------------|-----------------|-----------------|---------------------|-------------------|---------------------|----------------|-----------------|-----------------|----------------|-----------------|
| Points   | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| <u>Approx</u>  | <u>Pts Per</u>  | <u>Pts Per</u>    | <u>Pts Per</u>    | <u>Pts Per</u>     | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u>      | <u>Pts Per</u>    | <u>Pts Per</u>      | <u>Pts Per</u> | <u>Pts Per</u>  | <u>Pts Per</u>  | <u>Pts Per</u> | <u>Pts Per</u>  |
| <u>Level</u>   | <u>0.10 Sec</u> | <u>5 cm ( 2")</u> | <u>30 cm (ft)</u> | <u>2 cm (0.8")</u> | <u>0.50 Sec</u> | <u>0.10 Sec</u> | <u>Meter (3'3")</u> | <u>5 cm ( 2")</u> | <u>Meter (3'3")</u> | <u>Second</u>  | <u>0.10 Sec</u> | <u>0.10 Sec</u> | <u>Second</u>  | <u>0.20 Sec</u> |
| ~ 300  | 4               | 56                | 59                | 44                 | 4               | 2               | 106                 | 56                | 123                 | 1              | 6               | 4               | 1              | 3               |
| ~ 600  | 5               | 67                | 61                | 67                 | 5               | 3               | 113                 | 67                | 128                 | 1              | 8               | 6               | 2              | 4               |
| ~ 900  | 6               | 77                | 62                | 67                 | 6               | 4               | 118                 | 77                | 133                 | 1              | 10              | 7               | 2              | 5               |
| Points   | 100             | LJ                | SP                | HJ                 | 400             | HH              | DT                  | PV                | JT                  | 1500           | 60              | 60H             | 1000           | 200             |
| ≥ 1  | 65.19           | 0.35<br>1-1 ½     | 0.46<br>1-6 ½     | 0.22<br>0-8 ½      | 5:28.91         | 1:34.23         | 0.74<br>2-5         | 0.22<br>0-8 ½     | 0.82<br>2-8         | 41:24.85       | 40.92           | 48.74           | 26:21.49       | 2:21.00         |
| ≥ 50   | 60.47           | 0.45<br>1-5 ½     | 0.75<br>2-5 ½     | 0.27<br>0-10 ½     | 5:04.37         | 1:25.23         | 1.33<br>4-4         | 0.31<br>1-0 ½     | 1.31<br>4-3         | 37:40.16       | 37.98           | 44.30           | 23:58.67       | 2:10.13         |
| ≥ 100  | 57.98           | 0.51<br>1-8 ½     | 1.02<br>3-4 ½     | 0.30<br>0-11 ½     | 4:51.45         | 1:20.74         | 1.87<br>6-1         | 0.37<br>1-2 ½     | 1.77<br>5-9         | 35:44.02       | 36.43           | 42.11           | 22:44.88       | 2:04.40         |
| ≥ 150  | 56.05           | 0.57<br>1-10 ½    | 1.28<br>4-2 ½     | 0.33<br>1-1        | 4:41.20         | 77.25           | 2.38<br>7-9         | 0.43<br>1-5       | 2.20<br>7-2         | 34:12.93       | 35.21           | 40.42           | 21:46.97       | 1:59.90         |
| ≥ 200  | 54.36           | 0.62<br>2-0 ½     | 1.54<br>5-0 ½     | 0.35<br>1-1 ½      | 4:32.45         | 74.27           | 2.87<br>9-5         | 0.48<br>1-6 ½     | 2.63<br>8-7         | 32:55.05       | 34.17           | 38.95           | 20:57.49       | 1:56.00         |
| ≥ 250  | 52.87           | 0.67<br>2-2 ½     | 1.80<br>5-11      | 0.38<br>1-3        | 4:24.64         | 71.65           | 3.36<br>11-0        | 0.53<br>1-8 ½     | 3.04<br>9-11        | 31:45.76       | 33.23           | 37.67           | 20:13.41       | 1:52.55         |
| ≥ 300  | 51.51           | 0.71<br>2-4       | 2.06<br>6-9 ½     | 0.40<br>1-3 ½      | 4:17.47         | 69.27           | 3.83<br>12-6        | 0.57<br>1-10 ½    | 3.46<br>11-4        | 30:42.61       | 32.41           | 36.49           | 19:33.27       | 1:49.37         |
| ≥ 350  | 50.23           | 0.76<br>2-6       | 2.31<br>7-7       | 0.42<br>1-4 ½      | 4:10.87         | 67.05           | 4.30<br>14-1        | 0.62<br>2-0 ½     | 3.86<br>12-8        | 29:44.11       | 31.62           | 35.41           | 18:56.11       | 1:46.44         |
| ≥ 400  | 49.03           | 0.80<br>2-7 ½     | 2.56<br>8-4 ½     | 0.44<br>1-5 ½      | 4:04.63         | 65.01           | 4.76<br>15-7        | 0.66<br>2-2       | 4.26<br>13-11       | 28:49.35       | 30.86           | 34.42           | 18:21.31       | 1:43.71         |
| ≥ 450  | 47.89           | 0.84<br>2-9 ½     | 2.81<br>9-2 ½     | 0.46<br>1-6        | 3:58.76         | 63.06           | 5.22<br>17-1        | 0.70<br>2-3 ½     | 4.66<br>15-3        | 27:57.67       | 30.14           | 33.47           | 17:48.44       | 1:41.08         |
| ≥ 500  | 46.83           | 0.87<br>2-10 ½    | 3.06<br>10-0 ½    | 0.48<br>1-6 ½      | 3:53.17         | 61.22           | 5.67<br>18-7        | 0.74<br>2-5       | 5.05<br>16-7        | 27:08.56       | 29.50           | 32.57           | 17:17.21       | 1:38.61         |
| ≥ 550  | 45.81           | 0.91<br>3-0       | 3.31<br>10-10 ½   | 0.49<br>1-7 ½      | 3:47.82         | 59.47           | 6.12<br>20-1        | 0.78<br>2-6 ½     | 5.45<br>17-10       | 26:21.65       | 28.85           | 31.71           | 16:47.38       | 1:36.25         |
| ≥ 600  | 44.82           | 0.95<br>3-1 ½     | 3.55<br>11-7 ½    | 0.51<br>1-8        | 3:42.68         | 57.79           | 6.56<br>21-6        | 0.82<br>2-8 ½     | 5.83<br>19-1        | 25:36.68       | 28.24           | 30.88           | 16:18.82       | 1:33.96         |
| ≥ 650  | 43.87           | 0.98<br>3-2 ½     | 3.80<br>12-5 ½    | 0.53<br>1-8 ½      | 3:37.73         | 56.22           | 7.00<br>22-11       | 0.85<br>2-9 ½     | 6.22<br>20-5        | 24:53.39       | 27.66           | 30.12           | 15:51.31       | 1:31.79         |
| ≥ 700  | 42.96           | 1.02<br>3-4 ½     | 4.04<br>13-3 ½    | 0.54<br>1-9 ½      | 3:32.96         | 54.64           | 7.44<br>24-5        | 0.89<br>2-11      | 6.61<br>21-8        | 24:11.57       | 27.09           | 29.35           | 15:24.73       | 1:29.65         |
| ≥ 750  | 42.08           | 1.05<br>3-5 ½     | 4.29<br>14-1      | 0.56<br>1-10       | 3:28.30         | 53.17           | 7.87<br>25-10       | 0.93<br>3-0 ½     | 6.99<br>22-11       | 23:31.16       | 26.51           | 28.62           | 14:59.05       | 1:27.63         |
| ≥ 800  | 41.20           | 1.08<br>3-6 ½     | 4.53<br>14-10 ½   | 0.58<br>1-10 ½     | 3:23.80         | 51.69           | 8.31<br>27-3        | 0.96<br>3-1 ½     | 7.37<br>24-2        | 22:51.96       | 25.97           | 27.92           | 14:34.10       | 1:25.64         |
| ≥ 850  | 40.40           | 1.12<br>3-8 ½     | 4.77<br>15-7 ½    | 0.59<br>1-11 ½     | 3:19.43         | 50.31           | 8.74<br>28-8        | 1.00<br>3-3 ½     | 7.75<br>25-5        | 22:13.85       | 25.47           | 27.22           | 14:09.89       | 1:23.69         |
| ≥ 900  | 39.56           | 1.15<br>3-9 ½     | 5.02<br>16-5 ½    | 0.61<br>2-0        | 3:15.18         | 48.94           | 9.16<br>30-0        | 1.03<br>3-4 ½     | 8.12<br>26-7        | 21:36.75       | 24.97           | 26.55           | 13:46.31       | 1:21.82         |
| ≥ 950  | 38.75           | 1.18<br>3-10 ½    | 5.25<br>17-2 ½    | 0.62<br>2-0 ½      | 3:11.04         | 47.60           | 9.59<br>31-5        | 1.06<br>3-5 ½     | 8.50<br>27-10       | 21:00.63       | 24.46           | 25.88           | 13:23.35       | 79.98           |
| ≥ 1000   | 37.98           | 1.21<br>3-11 ½    | 5.50<br>18-0 ½    | 0.64<br>2-1 ½      | 3:06.99         | 46.29           | 10.01<br>32-10      | 1.09<br>3-6 ½     | 8.87<br>29-1        | 20:25.31       | 23.96           | 25.24           | 13:00.92       | 78.18           |
| ≥ 1050   | 37.22           | 1.24<br>4-1       | 5.73<br>18-9 ½    | 0.65<br>2-1 ½      | 3:03.02         | 45.01           | 10.44<br>34-3       | 1.13<br>3-8 ½     | 9.25<br>30-4        | 19:50.82       | 23.49           | 24.64           | 12:39.01       | 76.42           |
| ≥ 1100   | 36.48           | 1.27<br>4-2       | 5.97<br>19-7      | 0.66<br>2-2        | 2:59.14         | 43.77           | 10.86<br>35-7       | 1.16<br>3-9 ½     | 9.62<br>31-6        | 19:17.12       | 23.03           | 24.03           | 12:17.52       | 74.70           |
| ≥ 1150   | 35.75           | 1.30<br>4-3 ½     | 6.21<br>20-4 ½    | 0.68<br>2-2 ½      | 2:55.33         | 42.56           | 11.27<br>36-11      | 1.19<br>3-10 ½    | 9.99<br>32-9        | 18:44.05       | 22.60           | 23.43           | 11:56.56       | 73.01           |
| ≥ 1200   | 35.06           | 1.33<br>4-4 ½     | 6.45<br>21-2      | 0.69<br>2-3        | 2:51.60         | 41.39           | 11.69<br>38-4       | 1.22<br>4-0       | 10.36<br>34-0       | 18:11.66       | 22.13           | 22.85           | 11:35.96       | 71.36           |



## Decamouse's Combined Events Scoring Guide - Women's 35-39

| Points              | HH                         | HJ                            | SP                           | 200                        | LJ                          | JT                             | 800                      | 100                        | 400                        | DT                             | PV                          | 1500                     | 60                         | 60H                        |
|---------------------|----------------------------|-------------------------------|------------------------------|----------------------------|-----------------------------|--------------------------------|--------------------------|----------------------------|----------------------------|--------------------------------|-----------------------------|--------------------------|----------------------------|----------------------------|
| <b>Approx Level</b> | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>2 cm (0.8") | <b>Pts Per</b><br>30 cm (ft) | <b>Pts Per</b><br>0.20 Sec | <b>Pts Per</b><br>5 cm (2") | <b>Pts Per</b><br>Meter (3'3") | <b>Pts Per</b><br>Second | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>0.50 Sec | <b>Pts Per</b><br>Meter (3'3") | <b>Pts Per</b><br>5 cm (2") | <b>Pts Per</b><br>Second | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>0.10 Sec |
| ~ 300               | 8                          | 19                            | 20                           | 11                         | 12                          | 20                             | 8                        | 11                         | 13                         | 19                             | 17                          | 4                        | 19                         | 12                         |
| ~ 600               | 11                         | 24                            | 21                           | 15                         | 15                          | 20                             | 12                       | 15                         | 18                         | 20                             | 21                          | 6                        | 26                         | 17                         |
| ~ 900               | 13                         | 25                            | 21                           | 18                         | 16                          | 21                             | 14                       | 19                         | 22                         | 21                             | 23                          | 7                        | 31                         | 20                         |
| Points              | HH                         | HJ                            | SP                           | 200                        | LJ                          | JT                             | 800                      | 100                        | 400                        | DT                             | PV                          | 1500                     | 60                         | 60H                        |
| ≥ 1                 | 26.79                      | 0.73<br>2-4 ¼                 | 1.48<br>4-10 ¼               | 43.37                      | 2.04<br>6-8 ½               | 3.65<br>11-11                  | 4:12.02                  | 21.00                      | 1:32.71                    | 3.00<br>9-10                   | 0.95<br>3-1 ¼               | 8:55.25                  | 13.01                      | 17.42                      |
| ≥ 50                | 24.54                      | 0.83<br>2-8 ¼                 | 2.32<br>7-7 ¼                | 40.11                      | 2.51<br>8-3                 | 6.41<br>21-0                   | 3:49.44                  | 19.42                      | 1:26.04                    | 6.35<br>20-10                  | 1.24<br>4-0 ¼               | 8:08.41                  | 12.08                      | 15.91                      |
| ≥ 100               | 23.37                      | 0.91<br>2-11 ¼                | 3.13<br>10-3 ¼               | 38.40                      | 2.82<br>9-3                 | 9.08<br>29-9                   | 3:37.93                  | 18.58                      | 1:22.52                    | 9.37<br>30-9                   | 1.45<br>4-9                 | 7:44.54                  | 11.58                      | 15.12                      |
| ≥ 150               | 22.46                      | 0.98<br>3-2 ½                 | 3.92<br>12-10 ½              | 37.04                      | 3.09<br>10-1 ¼              | 11.70<br>38-4                  | 3:28.95                  | 17.92                      | 79.76                      | 12.25<br>40-2                  | 1.63<br>5-4 ¼               | 7:25.91                  | 11.20                      | 14.51                      |
| ≥ 200               | 21.67                      | 1.03<br>3-4 ¼                 | 4.70<br>15-5                 | 35.87                      | 3.34<br>10-11 ½             | 14.28<br>46-10                 | 3:21.29                  | 17.37                      | 77.38                      | 15.04<br>49-4                  | 1.79<br>5-10 ½              | 7:10.04                  | 10.85                      | 13.98                      |
| ≥ 250               | 20.97                      | 1.09<br>3-6 ¼                 | 5.46<br>17-11                | 34.83                      | 3.57<br>11-8 ½              | 16.84<br>55-3                  | 3:14.50                  | 16.86                      | 75.25                      | 17.78<br>58-4                  | 1.95<br>6-4 ¼               | 6:55.94                  | 10.56                      | 13.52                      |
| ≥ 300               | 20.33                      | 1.14<br>3-8 ¼                 | 6.23<br>20-5 ¼               | 33.88                      | 3.79<br>12-5 ¼              | 19.38<br>63-7                  | 3:08.31                  | 16.40                      | 73.31                      | 20.46<br>67-1                  | 2.09<br>6-10 ¼              | 6:43.10                  | 10.29                      | 13.09                      |
| ≥ 350               | 19.73                      | 1.18<br>3-10 ½                | 6.98<br>22-10 ¼              | 33.01                      | 3.99<br>13-1 ¼              | 21.91<br>71-10                 | 3:02.59                  | 15.97                      | 71.51                      | 23.10<br>75-9                  | 2.23<br>7-3 ¼               | 6:31.24                  | 10.04                      | 12.69                      |
| ≥ 400               | 19.18                      | 1.24<br>4-0 ¼                 | 7.73<br>25-4 ¼               | 32.18                      | 4.19<br>13-9                | 24.41<br>80-1                  | 2:57.24                  | 15.57                      | 69.82                      | 25.71<br>84-4                  | 2.37<br>7-9 ¼               | 6:20.15                  | 9.80                       | 12.31                      |
| ≥ 450               | 18.65                      | 1.29<br>4-2 ¼                 | 8.47<br>27-9 ¼               | 31.40                      | 4.38<br>14-4 ½              | 26.90<br>88-3                  | 2:52.20                  | 15.20                      | 68.23                      | 28.28<br>92-9                  | 2.50<br>8-2 ½               | 6:09.70                  | 9.57                       | 11.97                      |
| ≥ 500               | 18.15                      | 1.33<br>4-4 ¼                 | 9.22<br>30-3                 | 30.66                      | 4.56<br>14-11 ½             | 29.39<br>96-5                  | 2:47.42                  | 14.83                      | 66.71                      | 30.83<br>101-1                 | 2.62<br>8-7                 | 5:59.77                  | 9.36                       | 11.63                      |
| ≥ 550               | 17.68                      | 1.37<br>4-6                   | 9.95<br>32-7 ¼               | 29.95                      | 4.74<br>15-6 ¼              | 31.87<br>104-6                 | 2:42.84                  | 14.49                      | 65.25                      | 33.37<br>109-5                 | 2.75<br>9-0 ¼               | 5:50.30                  | 9.16                       | 11.32                      |
| ≥ 600               | 17.22                      | 1.42<br>4-7 ¼                 | 10.68<br>35-0 ½              | 29.27                      | 4.91<br>16-1 ½              | 34.33<br>112-7                 | 2:38.47                  | 14.16                      | 63.86                      | 35.87<br>117-8                 | 2.87<br>9-5                 | 5:41.22                  | 8.96                       | 11.01                      |
| ≥ 650               | 16.77                      | 1.46<br>4-9 ¼                 | 11.42<br>37-5 ¼              | 28.61                      | 5.08<br>16-8                | 36.80<br>120-9                 | 2:34.26                  | 13.84                      | 62.51                      | 38.35<br>125-10                | 2.99<br>9-9 ¼               | 5:32.49                  | 8.77                       | 10.72                      |
| ≥ 700               | 16.36                      | 1.50<br>4-11                  | 12.14<br>39-10               | 27.97                      | 5.24<br>17-2 ¼              | 39.25<br>128-9                 | 2:30.20                  | 13.53                      | 61.22                      | 40.83<br>133-11                | 3.10<br>10-2                | 5:24.06                  | 8.59                       | 10.43                      |
| ≥ 750               | 15.94                      | 1.55<br>5-1                   | 12.87<br>42-2 ¼              | 27.36                      | 5.40<br>17-8 ¼              | 41.70<br>136-9                 | 2:26.27                  | 13.24                      | 59.96                      | 43.28<br>142-0                 | 3.22<br>10-6 ¼              | 5:15.92                  | 8.41                       | 10.16                      |
| ≥ 800               | 15.55                      | 1.58<br>5-2 ¼                 | 13.59<br>44-7                | 26.76                      | 5.57<br>18-3 ¼              | 44.13<br>144-9                 | 2:22.46                  | 12.94                      | 58.74                      | 45.72<br>150-0                 | 3.33<br>10-11               | 5:08.03                  | 8.25                       | 9.89                       |
| ≥ 850               | 15.16                      | 1.62<br>5-3 ¼                 | 14.31<br>46-11 ¼             | 26.19                      | 5.72<br>18-9 ¼              | 46.57<br>152-9                 | 2:18.78                  | 12.67                      | 57.55                      | 48.15<br>157-11                | 3.44<br>11-3 ¼              | 5:00.37                  | 8.07                       | 9.63                       |
| ≥ 900               | 14.77                      | 1.66<br>5-5 ¼                 | 15.03<br>49-3 ¼              | 25.62                      | 5.88<br>19-3 ¼              | 49.00<br>160-9                 | 2:15.18                  | 12.39                      | 56.40                      | 50.56<br>165-10                | 3.54<br>11-7 ¼              | 4:52.90                  | 7.91                       | 9.38                       |
| ≥ 950               | 14.41                      | 1.70<br>5-7                   | 15.75<br>51-8 ¼              | 25.06                      | 6.03<br>19-9 ¼              | 51.42<br>168-8                 | 2:11.67                  | 12.13                      | 55.27                      | 52.97<br>173-9                 | 3.66<br>12-0                | 4:45.64                  | 7.75                       | 9.13                       |
| ≥ 1000              | 14.05                      | 1.74<br>5-8 ¼                 | 16.47<br>54-0 ½              | 24.53                      | 6.18<br>20-3 ¼              | 53.84<br>176-7                 | 2:08.25                  | 11.86                      | 54.16                      | 55.36<br>181-7                 | 3.76<br>12-4                | 4:38.55                  | 7.60                       | 8.89                       |
| ≥ 1050              | 13.70                      | 1.77<br>5-9 ¼                 | 17.18<br>56-4 ¼              | 24.00                      | 6.33<br>20-9 ¼              | 56.25<br>184-6                 | 2:04.92                  | 11.61                      | 53.09                      | 57.73<br>189-5                 | 3.87<br>12-8 ¼              | 4:31.63                  | 7.45                       | 8.65                       |
| ≥ 1100              | 13.35                      | 1.81<br>5-11 ¼                | 17.89<br>58-8 ¼              | 23.49                      | 6.47<br>21-2 ¼              | 58.66<br>192-5                 | 2:01.65                  | 11.36                      | 52.04                      | 60.10<br>197-2                 | 3.97<br>13-0 ¼              | 4:24.86                  | 7.30                       | 8.43                       |
| ≥ 1150              | 13.02                      | 1.85<br>6-0 ¼                 | 18.60<br>61-0 ¼              | 22.98                      | 6.61<br>21-8 ¼              | 61.06<br>200-4                 | 1:58.46                  | 11.12                      | 51.00                      | 62.46<br>204-11                | 4.07<br>13-4 ¼              | 4:18.23                  | 7.15                       | 8.20                       |
| ≥ 1200              | 12.68                      | 1.89<br>6-2 ¼                 | 19.31<br>63-4 ¼              | 22.49                      | 6.76<br>22-2 ¼              | 63.47<br>208-3                 | 1:55.32                  | 10.87                      | 49.99                      | 64.81<br>212-7                 | 4.17<br>13-8 ¼              | 4:11.74                  | 7.01                       | 7.98                       |



## Decamouse's Combined Events Scoring Guide - Women's 40-44

| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
|---------------------|---------------------|------------------------|-----------------------|---------------------|----------------------|-------------------------|-------------------|---------------------|---------------------|-------------------------|----------------------|-------------------|---------------------|---------------------|
| <b>Approx Level</b> | Pts Per<br>0.10 Sec | Pts Per<br>2 cm (0.8") | Pts Per<br>30 cm (ft) | Pts Per<br>0.20 Sec | Pts Per<br>5 cm (2") | Pts Per<br>Meter (3'3") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.50 Sec | Pts Per<br>Meter (3'3") | Pts Per<br>5 cm (2") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.10 Sec |
| ~ 300               | 10                  | 20                     | 21                    | 10                  | 13                   | 21                      | 8                 | 11                  | 13                  | 20                      | 18                   | 4                 | 18                  | 11                  |
| ~ 600               | 13                  | 24                     | 22                    | 14                  | 15                   | 22                      | 11                | 15                  | 17                  | 22                      | 22                   | 5                 | 25                  | 16                  |
| ~ 900               | 16                  | 29                     | 22                    | 17                  | 18                   | 22                      | 13                | 18                  | 21                  | 22                      | 25                   | 6                 | 30                  | 19                  |
| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
| ≥ 1                 | 22.30               | 0.69<br>2-3            | 1.38<br>4-6 ½         | 45.04               | 1.93<br>6-4          | 3.38<br>11-1            | 4:22.96           | 21.77               | 1:36.74             | 2.79<br>9-2             | 0.90<br>2-11 ½       | 9:18.73           | 13.49               | 18.54               |
| ≥ 50                | 20.43               | 0.79<br>2-7            | 2.17<br>7-1 ½         | 41.66               | 2.37<br>7-9 ½        | 5.93<br>19-5            | 3:59.40           | 20.14               | 1:29.78             | 5.91<br>19-4            | 1.18<br>3-10 ½       | 8:29.84           | 12.52               | 16.94               |
| ≥ 100               | 19.46               | 0.87<br>2-10 ½         | 2.92<br>9-7           | 39.88               | 2.67<br>8-9 ½        | 8.41<br>27-7            | 3:47.39           | 19.27               | 1:26.11             | 8.71<br>28-7            | 1.37<br>4-6          | 8:04.93           | 12.01               | 16.10               |
| ≥ 150               | 18.70               | 0.93<br>3-0 ½          | 3.66<br>12-0 ½        | 38.47               | 2.92<br>9-7          | 10.83<br>35-6           | 3:38.02           | 18.59               | 1:23.22             | 11.40<br>37-5           | 1.54<br>5-0 ½        | 7:45.48           | 11.61               | 15.45               |
| ≥ 200               | 18.04               | 0.98<br>3-2 ½          | 4.39<br>14-5          | 37.26               | 3.16<br>10-4 ½       | 13.22<br>43-4           | 3:30.03           | 18.01               | 1:20.74             | 13.99<br>45-10          | 1.69<br>5-6 ½        | 7:28.91           | 11.26               | 14.88               |
| ≥ 250               | 17.45               | 1.04<br>3-5            | 5.10<br>16-8 ½        | 36.18               | 3.37<br>11-0 ½       | 15.59<br>51-1           | 3:22.94           | 17.49               | 78.52               | 16.53<br>54-2           | 1.84<br>6-0 ½        | 7:14.19           | 10.95               | 14.39               |
| ≥ 300               | 16.92               | 1.08<br>3-6 ½          | 5.82<br>19-1 ½        | 35.19               | 3.58<br>11-9         | 17.94<br>58-10          | 3:16.48           | 17.00               | 76.49               | 19.03<br>62-5           | 1.98<br>6-6          | 7:00.79           | 10.67               | 13.94               |
| ≥ 350               | 16.42               | 1.13<br>3-8 ½          | 6.52<br>21-4 ½        | 34.28               | 3.77<br>12-4 ½       | 20.28<br>66-6           | 3:10.52           | 16.56               | 74.62               | 21.48<br>70-5           | 2.11<br>6-11         | 6:48.41           | 10.41               | 13.50               |
| ≥ 400               | 15.97               | 1.18<br>3-10 ½         | 7.22<br>23-8 ½        | 33.42               | 3.96<br>13-0         | 22.59<br>74-1           | 3:04.94           | 16.14               | 72.85               | 23.91<br>78-5           | 2.24<br>7-4 ½        | 6:36.83           | 10.16               | 13.11               |
| ≥ 450               | 15.53               | 1.23<br>4-0 ½          | 7.91<br>25-11 ½       | 32.61               | 4.14<br>13-7         | 24.90<br>81-8           | 2:59.67           | 15.76               | 71.19               | 26.30<br>86-3           | 2.36<br>7-8 ½        | 6:25.92           | 9.92                | 12.74               |
| ≥ 500               | 15.11               | 1.26<br>4-1 ½          | 8.61<br>28-3          | 31.84               | 4.31<br>14-1 ½       | 27.20<br>89-3           | 2:54.68           | 15.38               | 69.60               | 28.67<br>94-0           | 2.48<br>8-1 ½        | 6:15.56           | 9.70                | 12.38               |
| ≥ 550               | 14.72               | 1.31<br>4-3 ½          | 9.29<br>30-5 ½        | 31.10               | 4.48<br>14-8 ½       | 29.50<br>96-9           | 2:49.91           | 15.02               | 68.08               | 31.03<br>101-9          | 2.60<br>8-6 ½        | 6:05.67           | 9.49                | 12.05               |
| ≥ 600               | 14.34               | 1.36<br>4-5 ½          | 9.98<br>32-9          | 30.40               | 4.64<br>15-2 ½       | 31.78<br>104-3          | 2:45.35           | 14.68               | 66.63               | 33.36<br>109-5          | 2.71<br>8-10 ½       | 5:56.20           | 9.29                | 11.72               |
| ≥ 650               | 13.96               | 1.39<br>4-6 ½          | 10.66<br>34-11 ½      | 29.71               | 4.81<br>15-9 ½       | 34.06<br>111-9          | 2:40.96           | 14.35               | 65.23               | 35.66<br>117-0          | 2.83<br>9-3 ½        | 5:47.08           | 9.10                | 11.41               |
| ≥ 700               | 13.62               | 1.43<br>4-8 ½          | 11.34<br>37-2 ½       | 29.05               | 4.96<br>16-3 ½       | 36.33<br>119-2          | 2:36.72           | 14.03               | 63.88               | 37.97<br>124-7          | 2.93<br>9-7 ½        | 5:38.28           | 8.91                | 11.10               |
| ≥ 750               | 13.27               | 1.47<br>4-9 ½          | 12.02<br>39-5 ½       | 28.42               | 5.11<br>16-9 ½       | 38.59<br>126-7          | 2:32.62           | 13.73               | 62.57               | 40.25<br>132-0          | 3.04<br>9-11 ½       | 5:29.78           | 8.72                | 10.81               |
| ≥ 800               | 12.94               | 1.51<br>4-11 ½         | 12.70<br>41-8         | 27.79               | 5.27<br>17-3 ½       | 40.85<br>134-0          | 2:28.65           | 13.42               | 61.29               | 42.52<br>139-6          | 3.15<br>10-4         | 5:21.55           | 8.55                | 10.52               |
| ≥ 850               | 12.62               | 1.55<br>5-1            | 13.37<br>43-10 ½      | 27.19               | 5.41<br>17-9         | 43.11<br>141-5          | 2:24.80           | 13.14               | 60.05               | 44.78<br>146-11         | 3.25<br>10-8         | 5:13.55           | 8.37                | 10.25               |
| ≥ 900               | 12.30               | 1.58<br>5-2 ½          | 14.04<br>46-0 ½       | 26.61               | 5.56<br>18-3         | 45.36<br>148-10         | 2:21.05           | 12.85               | 58.85               | 47.02<br>154-3          | 3.35<br>10-11 ½      | 5:05.76           | 8.20                | 9.98                |
| ≥ 950               | 11.99               | 1.62<br>5-3 ½          | 14.71<br>48-3 ½       | 26.03               | 5.71<br>18-8 ½       | 47.60<br>156-2          | 2:17.39           | 12.57               | 57.67               | 49.25<br>161-7          | 3.45<br>11-3 ½       | 4:58.18           | 8.04                | 9.72                |
| ≥ 1000              | 11.70               | 1.65<br>5-5            | 15.38<br>50-5 ½       | 25.47               | 5.84<br>19-2         | 49.84<br>163-6          | 2:13.82           | 12.30               | 56.52               | 51.48<br>168-10         | 3.55<br>11-7 ½       | 4:50.77           | 7.88                | 9.47                |
| ≥ 1050              | 11.40               | 1.69<br>5-6 ½          | 16.05<br>52-8         | 24.93               | 5.99<br>19-8         | 52.07<br>170-10         | 2:10.34           | 12.04               | 55.40               | 53.68<br>176-1          | 3.66<br>12-0         | 4:43.55           | 7.72                | 9.21                |
| ≥ 1100              | 11.12               | 1.73<br>5-8            | 16.71<br>54-10        | 24.39               | 6.12<br>20-1         | 54.30<br>178-1          | 2:06.93           | 11.78               | 54.30               | 55.89<br>183-4          | 3.75<br>12-3 ½       | 4:36.48           | 7.56                | 8.97                |
| ≥ 1150              | 10.84               | 1.76<br>5-9 ½          | 17.37<br>57-0         | 23.87               | 6.26<br>20-6 ½       | 56.52<br>185-5          | 2:03.60           | 11.53               | 53.22               | 58.08<br>190-6          | 3.85<br>12-7 ½       | 4:29.56           | 7.42                | 8.73                |
| ≥ 1200              | 10.56               | 1.80<br>5-10 ½         | 18.04<br>59-2 ½       | 23.35               | 6.39<br>20-11 ½      | 58.75<br>192-9          | 2:00.33           | 11.27               | 52.16               | 60.27<br>197-9          | 3.94<br>12-11        | 4:22.78           | 7.27                | 8.49                |

## Decamouse's Combined Events Scoring Guide - Women's 45-49

| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
|---------------------|---------------------|------------------------|-----------------------|---------------------|----------------------|-------------------------|-------------------|---------------------|---------------------|-------------------------|----------------------|-------------------|---------------------|---------------------|
| <b>Approx Level</b> | Pts Per<br>0.10 Sec | Pts Per<br>2 cm (0.8") | Pts Per<br>30 cm (ft) | Pts Per<br>0.20 Sec | Pts Per<br>5 cm (2") | Pts Per<br>Meter (3'3") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.50 Sec | Pts Per<br>Meter (3'3") | Pts Per<br>5 cm (2") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.10 Sec |
| ~ 300               | 9                   | 21                     | 23                    | 10                  | 13                   | 23                      | 8                 | 10                  | 12                  | 22                      | 19                   | 4                 | 18                  | 11                  |
| ~ 600               | 12                  | 25                     | 24                    | 14                  | 16                   | 24                      | 11                | 14                  | 17                  | 23                      | 23                   | 5                 | 24                  | 16                  |
| ~ 900               | 15                  | 29                     | 24                    | 17                  | 18                   | 24                      | 13                | 17                  | 20                  | 24                      | 27                   | 6                 | 29                  | 19                  |
| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
| ≥ 1                 | 24.18               | 0.66<br>2-2            | 1.29<br>4-2 ½         | 46.84               | 1.82<br>5-11 ½       | 3.11<br>10-2            | 4:34.89           | 22.60               | 1:41.13             | 2.58<br>8-5             | 0.84<br>2-9          | 9:44.38           | 14.01               | 18.73               |
| ≥ 50                | 22.15               | 0.75<br>2-5 ½          | 2.01<br>6-7 ½         | 43.33               | 2.24<br>7-4 ½        | 5.45<br>17-10           | 4:10.26           | 20.91               | 1:33.86             | 5.46<br>17-11           | 1.11<br>3-7 ½        | 8:53.24           | 13.00               | 17.12               |
| ≥ 100               | 21.10               | 0.82<br>2-8 ½          | 2.72<br>8-11 ½        | 41.48               | 2.52<br>8-3 ½        | 7.73<br>25-4            | 3:57.71           | 20.00               | 1:30.02             | 8.06<br>26-5            | 1.29<br>4-2 ½        | 8:27.18           | 12.47               | 16.27               |
| ≥ 150               | 20.27               | 0.88<br>2-10 ½         | 3.40<br>11-2          | 40.01               | 2.76<br>9-0 ½        | 9.96<br>32-8            | 3:47.91           | 19.30               | 1:27.00             | 10.54<br>34-7           | 1.45<br>4-9          | 8:06.85           | 12.06               | 15.61               |
| ≥ 200               | 19.56               | 0.93<br>3-0 ½          | 4.08<br>13-4 ½        | 38.75               | 2.98<br>9-9 ½        | 12.15<br>39-10          | 3:39.56           | 18.70               | 1:24.41             | 12.93<br>42-5           | 1.59<br>5-2 ½        | 7:49.52           | 11.69               | 15.04               |
| ≥ 250               | 18.92               | 0.99<br>3-3            | 4.74<br>15-6 ½        | 37.63               | 3.18<br>10-5 ½       | 14.33<br>47-0           | 3:32.15           | 18.16               | 1:22.08             | 15.29<br>50-2           | 1.73<br>5-8          | 7:34.12           | 11.37               | 14.54               |
| ≥ 300               | 18.35               | 1.03<br>3-4 ½          | 5.41<br>17-9          | 36.60               | 3.38<br>11-1 ½       | 16.50<br>54-1           | 3:25.40           | 17.65               | 79.97               | 17.59<br>57-8           | 1.86<br>6-1 ½        | 7:20.11           | 11.08               | 14.08               |
| ≥ 350               | 17.81               | 1.07<br>3-6            | 6.06<br>19-10 ½       | 35.66               | 3.55<br>11-7 ½       | 18.64<br>61-2           | 3:19.16           | 17.20               | 78.01               | 19.86<br>65-2           | 1.99<br>6-6 ½        | 7:07.16           | 10.80               | 13.65               |
| ≥ 400               | 17.31               | 1.12<br>3-8            | 6.71<br>22-0 ½        | 34.76               | 3.73<br>12-3         | 20.78<br>68-2           | 3:13.33           | 16.76               | 76.16               | 22.11<br>72-6           | 2.11<br>6-11         | 6:55.05           | 10.55               | 13.25               |
| ≥ 450               | 16.84               | 1.17<br>3-10           | 7.36<br>24-1 ½        | 33.92               | 3.90<br>12-9 ½       | 22.90<br>75-1           | 3:07.83           | 16.36               | 74.42               | 24.32<br>79-9           | 2.23<br>7-3 ½        | 6:43.63           | 10.30               | 12.88               |
| ≥ 500               | 16.39               | 1.20<br>3-11 ½         | 8.00<br>26-3          | 33.12               | 4.06<br>13-4         | 25.02<br>82-1           | 3:02.61           | 15.97               | 72.77               | 26.51<br>86-11          | 2.33<br>7-7 ½        | 6:32.80           | 10.08               | 12.51               |
| ≥ 550               | 15.96               | 1.24<br>4-0 ½          | 8.64<br>28-4 ½        | 32.35               | 4.23<br>13-10 ½      | 27.12<br>88-11          | 2:57.62           | 15.60               | 71.17               | 28.69<br>94-1           | 2.45<br>8-0 ½        | 6:22.45           | 9.86                | 12.18               |
| ≥ 600               | 15.54               | 1.29<br>4-2 ½          | 9.27<br>30-5          | 31.61               | 4.38<br>14-4 ½       | 29.22<br>95-10          | 2:52.85           | 15.24               | 69.66               | 30.85<br>101-2          | 2.55<br>8-4 ½        | 6:12.55           | 9.65                | 11.84               |
| ≥ 650               | 15.14               | 1.32<br>4-4            | 9.91<br>32-6 ½        | 30.90               | 4.53<br>14-10 ½      | 31.32<br>102-9          | 2:48.26           | 14.90               | 68.19               | 32.98<br>108-2          | 2.66<br>8-8 ½        | 6:03.01           | 9.44                | 11.53               |
| ≥ 700               | 14.77               | 1.36<br>4-5 ½          | 10.54<br>34-7         | 30.21               | 4.68<br>15-4 ½       | 33.41<br>109-7          | 2:43.83           | 14.57               | 66.78               | 35.11<br>115-2          | 2.76<br>9-0 ½        | 5:53.81           | 9.25                | 11.22               |
| ≥ 750               | 14.39               | 1.40<br>4-7            | 11.17<br>36-7 ½       | 29.55               | 4.82<br>15-9 ½       | 35.49<br>116-5          | 2:39.55           | 14.25               | 65.41               | 37.22<br>122-1          | 2.87<br>9-5          | 5:44.92           | 9.05                | 10.93               |
| ≥ 800               | 14.03               | 1.43<br>4-8 ½          | 11.80<br>38-8 ½       | 28.91               | 4.96<br>16-3 ½       | 37.56<br>123-2          | 2:35.39           | 13.94               | 64.07               | 39.32<br>129-0          | 2.97<br>9-9          | 5:36.30           | 8.88                | 10.64               |
| ≥ 850               | 13.68               | 1.47<br>4-9 ½          | 12.42<br>40-9         | 28.28               | 5.10<br>16-8 ½       | 39.64<br>130-0          | 2:31.37           | 13.64               | 62.78               | 41.40<br>135-10         | 3.06<br>10-0 ½       | 5:27.94           | 8.69                | 10.36               |
| ≥ 900               | 13.34               | 1.50<br>4-11           | 13.05<br>42-9 ½       | 27.67               | 5.24<br>17-2 ½       | 41.71<br>136-10         | 2:27.45           | 13.34               | 61.52               | 43.48<br>142-8          | 3.15<br>10-4         | 5:19.79           | 8.52                | 10.09               |
| ≥ 950               | 13.01               | 1.54<br>5-0 ½          | 13.67<br>44-10 ½      | 27.07               | 5.38<br>17-8         | 43.77<br>143-7          | 2:23.62           | 13.06               | 60.29               | 45.54<br>149-5          | 3.25<br>10-8         | 5:11.86           | 8.34                | 9.82                |
| ≥ 1000              | 12.69               | 1.57<br>5-1 ½          | 14.30<br>46-11        | 26.49               | 5.51<br>18-1         | 45.83<br>150-4          | 2:19.89           | 12.77               | 59.08               | 47.60<br>156-2          | 3.34<br>10-11 ½      | 5:04.12           | 8.18                | 9.57                |
| ≥ 1050              | 12.36               | 1.61<br>5-3 ½          | 14.92<br>48-11 ½      | 25.92               | 5.64<br>18-6         | 47.88<br>157-1          | 2:16.26           | 12.50               | 57.92               | 49.64<br>162-10         | 3.44<br>11-3 ½       | 4:56.57           | 8.02                | 9.31                |
| ≥ 1100              | 12.05               | 1.64<br>5-4 ½          | 15.53<br>50-11 ½      | 25.37               | 5.77<br>18-11 ½      | 49.93<br>163-9          | 2:12.69           | 12.23               | 56.77               | 51.68<br>169-6          | 3.53<br>11-7         | 4:49.17           | 7.85                | 9.06                |
| ≥ 1150              | 11.75               | 1.68<br>5-6            | 16.15<br>53-0         | 24.82               | 5.90<br>19-4 ½       | 51.97<br>170-6          | 2:09.21           | 11.97               | 55.63               | 53.70<br>176-2          | 3.62<br>11-10 ½      | 4:41.93           | 7.70                | 8.82                |
| ≥ 1200              | 11.45               | 1.71<br>5-7 ½          | 16.77<br>55-0 ½       | 24.29               | 6.03<br>19-9 ½       | 54.02<br>177-2          | 2:05.79           | 11.71               | 54.53               | 55.73<br>182-10         | 3.71<br>12-2         | 4:34.85           | 7.55                | 8.58                |

## Decamouse's Combined Events Scoring Guide - Women's 50-54

| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
|---------------------|---------------------|------------------------|-----------------------|---------------------|----------------------|-------------------------|-------------------|---------------------|---------------------|-------------------------|----------------------|-------------------|---------------------|---------------------|
| <b>Approx Level</b> | Pts Per<br>0.10 Sec | Pts Per<br>2 cm (0.8") | Pts Per<br>30 cm (ft) | Pts Per<br>0.20 Sec | Pts Per<br>5 cm (2") | Pts Per<br>Meter (3'3") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.50 Sec | Pts Per<br>Meter (3'3") | Pts Per<br>5 cm (2") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.10 Sec |
| ~ 300               | 9                   | 22                     | 24                    | 10                  | 14                   | 24                      | 7                 | 10                  | 12                  | 24                      | 20                   | 4                 | 17                  | 11                  |
| ~ 600               | 12                  | 27                     | 25                    | 13                  | 18                   | 25                      | 10                | 14                  | 16                  | 25                      | 25                   | 5                 | 23                  | 15                  |
| ~ 900               | 15                  | 31                     | 25                    | 16                  | 20                   | 26                      | 12                | 17                  | 19                  | 26                      | 28                   | 6                 | 28                  | 18                  |
| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
| ≥ 1                 | 24.07               | 0.63<br>2-0 ¼          | 1.22<br>4-0           | 48.80               | 1.71<br>5-7 ½        | 2.95<br>9-8             | 4:47.96           | 23.50               | 1:45.94             | 2.37<br>7-9             | 0.79<br>2-7          | 10:12.49          | 14.56               | 19.48               |
| ≥ 50                | 22.05               | 0.71<br>2-4            | 1.91<br>6-3 ¼         | 45.14               | 2.10<br>6-10 ¼       | 5.18<br>17-0            | 4:22.16           | 21.74               | 1:38.33             | 5.02<br>16-5            | 1.04<br>3-5          | 9:18.89           | 13.52               | 17.80               |
| ≥ 100               | 21.00               | 0.78<br>2-6 ¼          | 2.58<br>8-5 ¼         | 43.21               | 2.37<br>7-9 ½        | 7.34<br>24-1            | 4:09.01           | 20.80               | 1:34.30             | 7.40<br>24-3            | 1.21<br>3-11 ½       | 8:51.58           | 12.97               | 16.92               |
| ≥ 150               | 20.18               | 0.84<br>2-9            | 3.23<br>10-7 ¼        | 41.68               | 2.59<br>8-6          | 9.45<br>31-0            | 3:58.75           | 20.07               | 1:31.14             | 9.68<br>31-9            | 1.36<br>4-5 ½        | 8:30.27           | 12.54               | 16.23               |
| ≥ 200               | 19.47               | 0.89<br>2-11           | 3.87<br>12-8 ½        | 40.37               | 2.80<br>9-2 ¼        | 11.54<br>37-10          | 3:50.00           | 19.44               | 1:28.43             | 11.88<br>38-11          | 1.49<br>4-10 ½       | 8:12.10           | 12.15               | 15.64               |
| ≥ 250               | 18.84               | 0.94<br>3-1            | 4.49<br>14-8 ¼        | 39.20               | 2.99<br>9-9 ¼        | 13.61<br>44-8           | 3:42.24           | 18.88               | 1:25.99             | 14.04<br>46-0           | 1.63<br>5-4 ¼        | 7:55.97           | 11.82               | 15.12               |
| ≥ 300               | 18.26               | 0.98<br>3-2 ½          | 5.12<br>16-9 ¼        | 38.13               | 3.17<br>10-4 ¼       | 15.66<br>51-4           | 3:35.16           | 18.36               | 1:23.77             | 16.16<br>53-0           | 1.75<br>5-8 ¼        | 7:41.28           | 11.52               | 14.65               |
| ≥ 350               | 17.73               | 1.02<br>3-4            | 5.74<br>18-10         | 37.14               | 3.34<br>10-11 ½      | 17.70<br>58-1           | 3:28.63           | 17.88               | 1:21.72             | 18.24<br>59-10          | 1.86<br>6-1 ¼        | 7:27.71           | 11.24               | 14.19               |
| ≥ 400               | 17.23               | 1.07<br>3-6            | 6.36<br>20-10 ½       | 36.22               | 3.51<br>11-6 ¼       | 19.72<br>64-8           | 3:22.52           | 17.43               | 79.79               | 20.31<br>66-7           | 1.98<br>6-6          | 7:15.01           | 10.98               | 13.78               |
| ≥ 450               | 16.76               | 1.11<br>3-7 ¼          | 6.97<br>22-10 ½       | 35.33               | 3.67<br>12-0 ½       | 21.74<br>71-4           | 3:16.76           | 17.01               | 77.97               | 22.34<br>73-3           | 2.09<br>6-10 ¼       | 7:03.05           | 10.71               | 13.39               |
| ≥ 500               | 16.31               | 1.14<br>3-8 ¼          | 7.58<br>24-10 ½       | 34.50               | 3.82<br>12-6 ½       | 23.74<br>77-10          | 3:11.29           | 16.61               | 76.23               | 24.35<br>79-10          | 2.19<br>7-2 ¼        | 6:51.69           | 10.48               | 13.01               |
| ≥ 550               | 15.88               | 1.18<br>3-10 ½         | 8.18<br>26-10         | 33.70               | 3.97<br>13-0 ¼       | 25.74<br>84-5           | 3:06.07           | 16.22               | 74.56               | 26.35<br>86-5           | 2.30<br>7-6 ½        | 6:40.85           | 10.25               | 12.66               |
| ≥ 600               | 15.47               | 1.22<br>4-0            | 8.79<br>28-10 ¼       | 32.93               | 4.11<br>13-6         | 27.74<br>91-0           | 3:01.07           | 15.85               | 72.97               | 28.33<br>92-11          | 2.40<br>7-10 ½       | 6:30.47           | 10.04               | 12.31               |
| ≥ 650               | 15.07               | 1.25<br>4-1 ¼          | 9.39<br>30-9 ¼        | 32.19               | 4.26<br>13-11 ¼      | 29.73<br>97-6           | 2:56.26           | 15.50               | 71.44               | 30.29<br>99-4           | 2.50<br>8-2 ½        | 6:20.47           | 9.82                | 11.99               |
| ≥ 700               | 14.70               | 1.29<br>4-2 ¼          | 9.98<br>32-9          | 31.47               | 4.39<br>14-5         | 31.71<br>104-0          | 2:51.62           | 15.15               | 69.95               | 32.25<br>105-9          | 2.59<br>8-6          | 6:10.83           | 9.62                | 11.66               |
| ≥ 750               | 14.32               | 1.33<br>4-4 ¼          | 10.59<br>34-9         | 30.79               | 4.53<br>14-10 ½      | 33.69<br>110-6          | 2:47.13           | 14.82               | 68.52               | 34.18<br>112-1          | 2.69<br>8-9 ¼        | 6:01.51           | 9.41                | 11.36               |
| ≥ 800               | 13.97               | 1.36<br>4-5 ½          | 11.18<br>36-8 ¼       | 30.12               | 4.66<br>15-3 ¼       | 35.66<br>117-0          | 2:42.78           | 14.49               | 67.12               | 36.11<br>118-5          | 2.78<br>9-1 ¼        | 5:52.48           | 9.23                | 11.06               |
| ≥ 850               | 13.62               | 1.39<br>4-6 ¼          | 11.77<br>38-7 ½       | 29.47               | 4.79<br>15-8 ¼       | 37.63<br>123-5          | 2:38.57           | 14.19               | 65.77               | 38.03<br>124-9          | 2.88<br>9-5 ¼        | 5:43.72           | 9.04                | 10.77               |
| ≥ 900               | 13.27               | 1.42<br>4-7 ¼          | 12.36<br>40-6 ¼       | 28.83               | 4.93<br>16-2 ¼       | 39.59<br>129-10         | 2:34.46           | 13.87               | 64.45               | 39.93<br>131-0          | 2.96<br>9-8 ½        | 5:35.18           | 8.86                | 10.49               |
| ≥ 950               | 12.95               | 1.46<br>4-9 ¼          | 12.95<br>42-6         | 28.20               | 5.05<br>16-7         | 41.54<br>136-3          | 2:30.45           | 13.57               | 63.16               | 41.83<br>137-3          | 3.05<br>10-0         | 5:26.86           | 8.68                | 10.21               |
| ≥ 1000              | 12.63               | 1.49<br>4-10 ½         | 13.55<br>44-5 ½       | 27.60               | 5.17<br>16-11 ½      | 43.50<br>142-8          | 2:26.54           | 13.28               | 61.90               | 43.72<br>143-5          | 3.14<br>10-3 ¼       | 5:18.75           | 8.51                | 9.95                |
| ≥ 1050              | 12.31               | 1.52<br>4-11 ¼         | 14.13<br>46-4 ¼       | 27.01               | 5.30<br>17-4 ¼       | 45.45<br>149-1          | 2:22.73           | 13.00               | 60.67               | 45.59<br>149-7          | 3.23<br>10-7         | 5:10.83           | 8.34                | 9.68                |
| ≥ 1100              | 12.00               | 1.56<br>5-1 ¼          | 14.71<br>48-3 ¼       | 26.43               | 5.42<br>17-9 ¼       | 47.39<br>155-5          | 2:19.00           | 12.72               | 59.47               | 47.47<br>155-9          | 3.31<br>10-10 ¼      | 5:03.08           | 8.17                | 9.43                |
| ≥ 1150              | 11.70               | 1.59<br>5-2 ½          | 15.30<br>50-2 ½       | 25.86               | 5.54<br>18-2 ¼       | 49.33<br>161-10         | 2:15.35           | 12.44               | 58.28               | 49.33<br>161-10         | 3.40<br>11-1 ¼       | 4:55.50           | 8.01                | 9.17                |
| ≥ 1200              | 11.40               | 1.62<br>5-3 ¼          | 15.89<br>52-1 ¼       | 25.30               | 5.66<br>18-7         | 51.28<br>168-3          | 2:11.77           | 12.17               | 57.13               | 51.19<br>167-11         | 3.48<br>11-5         | 4:48.07           | 7.85                | 8.93                |

## Decamouse's Combined Events Scoring Guide - Women's 55-59

| Points              | HH                         | HJ                            | SP                           | 200                        | LJ                          | JT                             | 800                      | 100                        | 400                        | DT                             | PV                          | 1500                     | 60                         | 60H                        |
|---------------------|----------------------------|-------------------------------|------------------------------|----------------------------|-----------------------------|--------------------------------|--------------------------|----------------------------|----------------------------|--------------------------------|-----------------------------|--------------------------|----------------------------|----------------------------|
| <b>Approx Level</b> | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>2 cm (0.8") | <b>Pts Per</b><br>30 cm (ft) | <b>Pts Per</b><br>0.20 Sec | <b>Pts Per</b><br>5 cm (2") | <b>Pts Per</b><br>Meter (3'3") | <b>Pts Per</b><br>Second | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>0.50 Sec | <b>Pts Per</b><br>Meter (3'3") | <b>Pts Per</b><br>5 cm (2") | <b>Pts Per</b><br>Second | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>0.10 Sec |
| ~ 300               | 8                          | 24                            | 26                           | 9                          | 15                          | 27                             | 7                        | 10                         | 11                         | 26                             | 22                          | 3                        | 16                         | 10                         |
| ~ 600               | 11                         | 29                            | 27                           | 13                         | 19                          | 28                             | 10                       | 13                         | 15                         | 28                             | 26                          | 5                        | 22                         | 14                         |
| ~ 900               | 14                         | 31                            | 28                           | 15                         | 21                          | 28                             | 12                       | 16                         | 18                         | 29                             | 30                          | 6                        | 26                         | 17                         |
| Points              | HH                         | HJ                            | SP                           | 200                        | LJ                          | JT                             | 800                      | 100                        | 400                        | DT                             | PV                          | 1500                     | 60                         | 60H                        |
| ≥ 1                 | 26.28                      | 0.59<br>1-11 ¼                | 1.12<br>3-8 ¼                | 50.93                      | 1.60<br>5-3                 | 2.68<br>8-9                    | 5:02.33                  | 24.48                      | 1:51.24                    | 2.16<br>7-1                    | 0.74<br>2-5                 | 10:43.44                 | 15.17                      | 20.29                      |
| ≥ 50                | 24.07                      | 0.68<br>2-2 ¼                 | 1.76<br>5-9 ¼                | 47.10                      | 1.97<br>6-5 ¼               | 4.70<br>15-5                   | 4:35.25                  | 22.64                      | 1:43.24                    | 4.57<br>15-0                   | 0.97<br>3-2 ¼               | 9:47.14                  | 14.08                      | 18.54                      |
| ≥ 100               | 22.92                      | 0.74<br>2-5                   | 2.37<br>7-9 ¼                | 45.09                      | 2.21<br>7-3                 | 6.66<br>21-10                  | 4:21.44                  | 21.66                      | 1:39.02                    | 6.74<br>22-1                   | 1.13<br>3-8 ½               | 9:18.45                  | 13.51                      | 17.62                      |
| ≥ 150               | 22.03                      | 0.79<br>2-7                   | 2.97<br>9-9                  | 43.50                      | 2.42<br>7-11 ¼              | 8.58<br>28-1                   | 4:10.66                  | 20.90                      | 1:35.70                    | 8.82<br>28-11                  | 1.27<br>4-2                 | 8:56.05                  | 13.06                      | 16.91                      |
| ≥ 200               | 21.25                      | 0.84<br>2-9                   | 3.56<br>11-8 ¼               | 42.13                      | 2.62<br>8-7 ¼               | 10.47<br>34-4                  | 4:01.48                  | 20.25                      | 1:32.84                    | 10.83<br>35-6                  | 1.40<br>4-7                 | 8:36.97                  | 12.66                      | 16.29                      |
| ≥ 250               | 20.56                      | 0.88<br>2-10 ½                | 4.13<br>13-6 ¼               | 40.91                      | 2.80<br>9-2 ¼               | 12.35<br>40-6                  | 3:53.33                  | 19.66                      | 1:30.29                    | 12.80<br>42-0                  | 1.52<br>4-11 ¼              | 8:20.02                  | 12.32                      | 15.75                      |
| ≥ 300               | 19.94                      | 0.92<br>3-0 ¼                 | 4.71<br>15-5 ¼               | 39.79                      | 2.97<br>9-9                 | 14.22<br>46-8                  | 3:45.90                  | 19.12                      | 1:27.96                    | 14.73<br>48-4                  | 1.63<br>5-4 ¼               | 8:04.59                  | 12.00                      | 15.25                      |
| ≥ 350               | 19.35                      | 0.96<br>3-1 ¼                 | 5.28<br>17-4                 | 38.76                      | 3.12<br>10-3                | 16.07<br>52-8                  | 3:39.04                  | 18.62                      | 1:25.80                    | 16.62<br>54-6                  | 1.74<br>5-8 ½               | 7:50.33                  | 11.70                      | 14.78                      |
| ≥ 400               | 18.81                      | 1.01<br>3-3 ¼                 | 5.85<br>19-2 ¼               | 37.79                      | 3.28<br>10-9 ¼              | 17.90<br>58-8                  | 3:32.63                  | 18.15                      | 1:23.77                    | 18.50<br>60-8                  | 1.85<br>6-0 ¼               | 7:37.00                  | 11.43                      | 14.35                      |
| ≥ 450               | 18.29                      | 1.05<br>3-5 ¼                 | 6.41<br>21-0 ¼               | 36.87                      | 3.43<br>11-3                | 19.73<br>64-8                  | 3:26.58                  | 17.72                      | 1:21.86                    | 20.36<br>66-9                  | 1.95<br>6-4 ¼               | 7:24.43                  | 11.16                      | 13.95                      |
| ≥ 500               | 17.81                      | 1.08<br>3-6 ½                 | 6.97<br>22-10 ½              | 36.00                      | 3.57<br>11-8 ½              | 21.56<br>70-9                  | 3:20.84                  | 17.29                      | 1:20.04                    | 22.19<br>72-9                  | 2.04<br>6-8 ¼               | 7:12.50                  | 10.91                      | 13.55                      |
| ≥ 550               | 17.34                      | 1.11<br>3-7 ¼                 | 7.53<br>24-8 ½               | 35.17                      | 3.71<br>12-2 ¼              | 23.37<br>76-8                  | 3:15.35                  | 16.89                      | 78.29                      | 24.01<br>78-9                  | 2.15<br>7-0 ½               | 7:01.11                  | 10.68                      | 13.19                      |
| ≥ 600               | 16.89                      | 1.15<br>3-9 ¼                 | 8.08<br>26-6 ¼               | 34.37                      | 3.85<br>12-7 ¼              | 25.18<br>82-7                  | 3:10.11                  | 16.50                      | 76.62                      | 25.82<br>84-8                  | 2.24<br>7-4 ¼               | 6:50.20                  | 10.45                      | 12.83                      |
| ≥ 650               | 16.45                      | 1.18<br>3-10 ½                | 8.64<br>28-4 ¼               | 33.59                      | 3.98<br>13-0 ¼              | 26.99<br>88-6                  | 3:05.06                  | 16.14                      | 75.00                      | 27.60<br>90-6                  | 2.33<br>7-7 ¼               | 6:39.70                  | 10.23                      | 12.49                      |
| ≥ 700               | 16.04                      | 1.22<br>4-0                   | 9.18<br>30-1 ¼               | 32.84                      | 4.11<br>13-6                | 28.79<br>94-5                  | 3:00.19                  | 15.77                      | 73.45                      | 29.39<br>96-5                  | 2.42<br>7-11 ¼              | 6:29.57                  | 10.02                      | 12.15                      |
| ≥ 750               | 15.64                      | 1.25<br>4-1 ¼                 | 9.74<br>31-11 ¼              | 32.13                      | 4.23<br>13-10 ½             | 30.58<br>100-4                 | 2:55.47                  | 15.43                      | 71.94                      | 31.15<br>102-2                 | 2.51<br>8-2 ¼               | 6:19.78                  | 9.80                       | 11.84                      |
| ≥ 800               | 15.25                      | 1.28<br>4-2 ¼                 | 10.29<br>33-9 ¼              | 31.43                      | 4.36<br>14-3 ¼              | 32.37<br>106-2                 | 2:50.91                  | 15.09                      | 70.47                      | 32.91<br>107-11                | 2.60<br>8-6 ¼               | 6:10.29                  | 9.62                       | 11.52                      |
| ≥ 850               | 14.87                      | 1.32<br>4-4                   | 10.83<br>35-6 ½              | 30.75                      | 4.48<br>14-8 ½              | 34.16<br>112-1                 | 2:46.48                  | 14.77                      | 69.05                      | 34.65<br>113-8                 | 2.69<br>8-9 ¼               | 6:01.09                  | 9.41                       | 11.22                      |
| ≥ 900               | 14.49                      | 1.35<br>4-5                   | 11.37<br>37-3 ¼              | 30.08                      | 4.61<br>15-1 ½              | 35.94<br>117-11                | 2:42.16                  | 14.44                      | 67.67                      | 36.39<br>119-4                 | 2.76<br>9-0 ½               | 5:52.11                  | 9.23                       | 10.93                      |
| ≥ 950               | 14.13                      | 1.38<br>4-6 ¼                 | 11.91<br>39-1                | 29.43                      | 4.73<br>15-6 ¼              | 37.71<br>123-8                 | 2:37.96                  | 14.14                      | 66.31                      | 38.12<br>125-0                 | 2.85<br>9-4 ¼               | 5:43.38                  | 9.04                       | 10.64                      |
| ≥ 1000              | 13.78                      | 1.41<br>4-7 ½                 | 12.46<br>40-10 ½             | 28.80                      | 4.84<br>15-10 ½             | 39.49<br>129-6                 | 2:33.86                  | 13.83                      | 64.99                      | 39.84<br>130-8                 | 2.93<br>9-7 ¼               | 5:34.86                  | 8.86                       | 10.36                      |
| ≥ 1050              | 13.44                      | 1.44<br>4-8 ¼                 | 13.00<br>42-8                | 28.18                      | 4.96<br>16-3 ¼              | 41.26<br>135-4                 | 2:29.86                  | 13.54                      | 63.70                      | 41.55<br>136-4                 | 3.02<br>9-10 ¼              | 5:26.54                  | 8.68                       | 10.08                      |
| ≥ 1100              | 13.10                      | 1.47<br>4-9 ¼                 | 13.53<br>44-4 ¼              | 27.58                      | 5.07<br>16-7 ¼              | 43.02<br>141-1                 | 2:25.94                  | 13.24                      | 62.44                      | 43.25<br>141-10                | 3.10<br>10-2                | 5:18.39                  | 8.51                       | 9.82                       |
| ≥ 1150              | 12.77                      | 1.50<br>4-11                  | 14.07<br>46-2                | 26.99                      | 5.18<br>17-0                | 44.78<br>146-11                | 2:22.10                  | 12.96                      | 61.19                      | 44.95<br>147-5                 | 3.18<br>10-5 ¼              | 5:10.43                  | 8.34                       | 9.55                       |
| ≥ 1200              | 12.44                      | 1.53<br>5-0 ¼                 | 14.61<br>47-11 ¼             | 26.41                      | 5.29<br>17-4 ¼              | 46.55<br>152-8                 | 2:18.34                  | 12.68                      | 59.98                      | 46.64<br>153-0                 | 3.25<br>10-8                | 5:02.63                  | 8.18                       | 9.30                       |

## Decamouse's Combined Events Scoring Guide - Women's 60-64

| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
|---------------------|---------------------|------------------------|-----------------------|---------------------|----------------------|-------------------------|-------------------|---------------------|---------------------|-------------------------|----------------------|-------------------|---------------------|---------------------|
| <b>Approx Level</b> | Pts Per<br>0.10 Sec | Pts Per<br>2 cm (0.8") | Pts Per<br>30 cm (ft) | Pts Per<br>0.20 Sec | Pts Per<br>5 cm (2") | Pts Per<br>Meter (3'3") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.50 Sec | Pts Per<br>Meter (3'3") | Pts Per<br>5 cm (2") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.10 Sec |
| ~ 300               | 8                   | 25                     | 29                    | 9                   | 16                   | 30                      | 7                 | 9                   | 10                  | 29                      | 24                   | 3                 | 16                  | 10                  |
| ~ 600               | 11                  | 31                     | 30                    | 12                  | 20                   | 31                      | 9                 | 13                  | 14                  | 31                      | 29                   | 4                 | 22                  | 14                  |
| ~ 900               | 14                  | 33                     | 30                    | 15                  | 23                   | 31                      | 11                | 15                  | 17                  | 32                      | 33                   | 5                 | 25                  | 16                  |
| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
| ≥ 1                 | 26.60               | 0.56<br>1-10           | 1.02<br>3-4 ½         | 53.25               | 1.49<br>4-10 ½       | 2.41<br>7-11            | 5:19.55           | 25.54               | 1:57.75             | 1.95<br>6-4             | 0.69<br>2-3          | 11:21.01          | 15.83               | 21.20               |
| ≥ 50                | 24.36               | 0.64<br>2-1 ½          | 1.60<br>5-3           | 49.25               | 1.83<br>6-0          | 4.22<br>13-10           | 4:50.92           | 23.62               | 1:49.29             | 4.13<br>13-6            | 0.90<br>2-11 ½       | 10:21.42          | 14.69               | 19.37               |
| ≥ 100               | 23.20               | 0.69<br>2-3            | 2.16<br>7-1           | 47.15               | 2.06<br>6-9 ½        | 5.99<br>19-8            | 4:36.33           | 22.60               | 1:44.82             | 6.09<br>19-11           | 1.05<br>3-5 ½        | 9:51.05           | 14.09               | 18.41               |
| ≥ 150               | 22.29               | 0.75<br>2-5 ½          | 2.71<br>8-10 ½        | 45.48               | 2.25<br>7-4 ½        | 7.71<br>25-3            | 4:24.94           | 21.80               | 1:41.30             | 7.96<br>26-1            | 1.18<br>3-10 ½       | 9:27.35           | 13.62               | 17.67               |
| ≥ 200               | 21.51               | 0.79<br>2-7            | 3.25<br>10-8          | 44.05               | 2.44<br>8-0 ½        | 9.41<br>30-10           | 4:15.23           | 21.13               | 1:38.28             | 9.77<br>32-0            | 1.30<br>4-3 ½        | 9:07.15           | 13.21               | 17.02               |
| ≥ 250               | 20.81               | 0.83<br>2-8 ½          | 3.77<br>12-4 ½        | 42.77               | 2.60<br>8-6 ½        | 11.10<br>36-5           | 4:06.62           | 20.51               | 1:35.58             | 11.55<br>37-10          | 1.41<br>4-7 ½        | 8:49.21           | 12.85               | 16.45               |
| ≥ 300               | 20.18               | 0.87<br>2-10 ½         | 4.30<br>14-1 ½        | 41.60               | 2.76<br>9-0 ½        | 12.77<br>41-10          | 3:58.77           | 19.95               | 1:33.11             | 13.29<br>43-7           | 1.52<br>4-11 ½       | 8:32.88           | 12.52               | 15.94               |
| ≥ 350               | 19.58               | 0.90<br>2-11 ½         | 4.82<br>15-9 ½        | 40.53               | 2.91<br>9-6 ½        | 14.44<br>47-4           | 3:51.52           | 19.43               | 1:30.83             | 15.00<br>49-2           | 1.62<br>5-3 ½        | 8:17.79           | 12.21               | 15.44               |
| ≥ 400               | 19.04               | 0.95<br>3-1 ½          | 5.34<br>17-6 ½        | 39.52               | 3.05<br>10-0 ½       | 16.09<br>52-9           | 3:44.74           | 18.94               | 1:28.68             | 16.70<br>54-9           | 1.72<br>5-7 ½        | 8:03.68           | 11.93               | 14.99               |
| ≥ 450               | 18.52               | 0.98<br>3-2 ½          | 5.85<br>19-2 ½        | 38.55               | 3.19<br>10-5 ½       | 17.73<br>58-2           | 3:38.34           | 18.48               | 1:26.66             | 18.37<br>60-3           | 1.81<br>5-11 ½       | 7:50.38           | 11.64               | 14.57               |
| ≥ 500               | 18.02               | 1.01<br>3-3 ½          | 6.37<br>20-10 ½       | 37.64               | 3.32<br>10-10 ½      | 19.37<br>63-6           | 3:32.28           | 18.04               | 1:24.73             | 20.03<br>65-8           | 1.90<br>6-2 ½        | 7:37.75           | 11.38               | 14.16               |
| ≥ 550               | 17.55               | 1.05<br>3-5 ½          | 6.87<br>22-6 ½        | 36.77               | 3.46<br>11-4 ½       | 21.00<br>68-10          | 3:26.48           | 17.62               | 1:22.87             | 21.68<br>71-1           | 1.99<br>6-6 ½        | 7:25.70           | 11.14               | 13.78               |
| ≥ 600               | 17.09               | 1.09<br>3-6 ½          | 7.38<br>24-2 ½        | 35.94               | 3.58<br>11-9         | 22.63<br>74-3           | 3:20.94           | 17.22               | 1:21.11             | 23.31<br>76-5           | 2.08<br>6-9 ½        | 7:14.15           | 10.91               | 13.40               |
| ≥ 650               | 16.65               | 1.12<br>3-8            | 7.88<br>25-10 ½       | 35.13               | 3.71<br>12-2 ½       | 24.25<br>79-6           | 3:15.60           | 16.84               | 79.40               | 24.92<br>81-9           | 2.17<br>7-1 ½        | 7:03.04           | 10.67               | 13.05               |
| ≥ 700               | 16.24               | 1.14<br>3-8 ½          | 8.38<br>27-6          | 34.34               | 3.82<br>12-6 ½       | 25.86<br>84-10          | 3:10.45           | 16.46               | 77.75               | 26.53<br>87-0           | 2.25<br>7-4 ½        | 6:52.32           | 10.45               | 12.69               |
| ≥ 750               | 15.83               | 1.18<br>3-10 ½         | 8.89<br>29-2          | 33.59               | 3.94<br>12-11 ½      | 27.48<br>90-2           | 3:05.47           | 16.10               | 76.16               | 28.12<br>92-3           | 2.34<br>7-8          | 6:41.95           | 10.23               | 12.36               |
| ≥ 800               | 15.43               | 1.21<br>3-11 ½         | 9.39<br>30-9 ½        | 32.86               | 4.06<br>13-4         | 29.08<br>95-5           | 3:00.64           | 15.74               | 74.60               | 29.70<br>97-5           | 2.42<br>7-11 ½       | 6:31.91           | 10.03               | 12.04               |
| ≥ 850               | 15.05               | 1.24<br>4-0 ½          | 9.88<br>32-5          | 32.15               | 4.17<br>13-8 ½       | 30.69<br>100-8          | 2:55.96           | 15.41               | 73.10               | 31.28<br>102-7          | 2.50<br>8-2 ½        | 6:22.17           | 9.82                | 11.72               |
| ≥ 900               | 14.67               | 1.27<br>4-2            | 10.38<br>34-0 ½       | 31.46               | 4.29<br>14-1         | 32.29<br>105-11         | 2:51.40           | 15.07               | 71.63               | 32.85<br>107-9          | 2.57<br>8-5 ½        | 6:12.67           | 9.63                | 11.42               |
| ≥ 950               | 14.30               | 1.30<br>4-3 ½          | 10.87<br>35-8         | 30.77               | 4.40<br>14-5 ½       | 33.89<br>111-2          | 2:46.95           | 14.75               | 70.20               | 34.41<br>112-10         | 2.65<br>8-8 ½        | 6:03.43           | 9.43                | 11.11               |
| ≥ 1000              | 13.95               | 1.33<br>4-4 ½          | 11.37<br>37-3 ½       | 30.11               | 4.50<br>14-9 ½       | 35.48<br>116-5          | 2:42.62           | 14.43               | 68.80               | 35.96<br>117-11         | 2.72<br>8-11         | 5:54.41           | 9.24                | 10.82               |
| ≥ 1050              | 13.60               | 1.35<br>4-5            | 11.87<br>38-11 ½      | 29.47               | 4.62<br>15-2         | 37.07<br>121-7          | 2:38.39           | 14.12               | 67.44               | 37.50<br>123-0          | 2.80<br>9-2 ½        | 5:45.61           | 9.06                | 10.53               |
| ≥ 1100              | 13.26               | 1.38<br>4-6 ½          | 12.35<br>40-6 ½       | 28.84               | 4.72<br>15-6         | 38.66<br>126-10         | 2:34.25           | 13.82               | 66.10               | 39.04<br>128-1          | 2.88<br>9-5 ½        | 5:36.98           | 8.88                | 10.26               |
| ≥ 1150              | 12.92               | 1.41<br>4-7 ½          | 12.85<br>42-2         | 28.22               | 4.82<br>15-9 ½       | 40.24<br>132-0          | 2:30.20           | 13.52               | 64.78               | 40.57<br>133-1          | 2.95<br>9-8          | 5:28.56           | 8.70                | 9.98                |
| ≥ 1200              | 12.59               | 1.44<br>4-8 ½          | 13.34<br>43-9 ½       | 27.61               | 4.93<br>16-2 ½       | 41.83<br>137-3          | 2:26.22           | 13.23               | 63.49               | 42.10<br>138-1          | 3.03<br>9-11 ½       | 5:20.29           | 8.53                | 9.71                |

## Decamouse's Combined Events Scoring Guide - Women's 65-69

| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
|---------------------|---------------------|------------------------|-----------------------|---------------------|----------------------|-------------------------|-------------------|---------------------|---------------------|-------------------------|----------------------|-------------------|---------------------|---------------------|
| <b>Approx Level</b> | Pts Per<br>0.10 Sec | Pts Per<br>2 cm (0.8") | Pts Per<br>30 cm (ft) | Pts Per<br>0.20 Sec | Pts Per<br>5 cm (2") | Pts Per<br>Meter (3'3") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.50 Sec | Pts Per<br>Meter (3'3") | Pts Per<br>5 cm (2") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.10 Sec |
| ~ 300               | 7                   | 27                     | 32                    | 8                   | 17                   | 34                      | 6                 | 9                   | 10                  | 32                      | 26                   | 3                 | 15                  | 9                   |
| ~ 600               | 10                  | 33                     | 33                    | 12                  | 22                   | 35                      | 9                 | 12                  | 13                  | 35                      | 31                   | 4                 | 20                  | 13                  |
| ~ 900               | 12                  | 36                     | 33                    | 14                  | 24                   | 35                      | 10                | 14                  | 16                  | 36                      | 34                   | 5                 | 24                  | 16                  |
| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
| ≥ 1                 | 29.32               | 0.52<br>1-8 ½          | 0.93<br>3-0 ¼         | 55.79               | 1.38<br>4-6 ½        | 2.13<br>7-0             | 5:41.58           | 26.69               | 2:06.16             | 1.74<br>5-8             | 0.64<br>2-1 ¼        | 12:09.63          | 16.54               | 22.22               |
| ≥ 50                | 26.85               | 0.60<br>1-11 ½         | 1.45<br>4-9 ¼         | 51.60               | 1.70<br>5-7          | 3.75<br>12-3            | 5:10.97           | 24.69               | 1:57.09             | 3.68<br>12-1            | 0.83<br>2-8 ¼        | 11:05.78          | 15.36               | 20.30               |
| ≥ 100               | 25.57               | 0.65<br>2-1 ½          | 1.96<br>6-5 ¼         | 49.40               | 1.91<br>6-3 ¼        | 5.31<br>17-5            | 4:55.38           | 23.62               | 1:52.30             | 5.42<br>17-9            | 0.97<br>3-2 ¼        | 10:33.25          | 14.73               | 19.29               |
| ≥ 150               | 24.57               | 0.70<br>2-3 ½          | 2.45<br>8-0 ½         | 47.65               | 2.09<br>6-10 ¼       | 6.84<br>22-5            | 4:43.20           | 22.79               | 1:48.54             | 7.09<br>23-3            | 1.09<br>3-6 ¼        | 10:07.85          | 14.24               | 18.51               |
| ≥ 200               | 23.71               | 0.74<br>2-5            | 2.94<br>9-7 ¼         | 46.15               | 2.25<br>7-4 ¼        | 8.35<br>27-4            | 4:32.82           | 22.08               | 1:45.30             | 8.70<br>28-6            | 1.20<br>3-11 ¼       | 9:46.21           | 13.80               | 17.84               |
| ≥ 250               | 22.94               | 0.78<br>2-6 ¼          | 3.41<br>11-2 ¼        | 44.81               | 2.41<br>7-11         | 9.84<br>32-3            | 4:23.62           | 21.44               | 1:42.40             | 10.29<br>33-9           | 1.30<br>4-3 ¼        | 9:26.99           | 13.43               | 17.24               |
| ≥ 300               | 22.24               | 0.81<br>2-7 ¼          | 3.89<br>12-9 ¼        | 43.59               | 2.56<br>8-4 ¼        | 11.33<br>37-2           | 4:15.23           | 20.85               | 1:39.76             | 11.84<br>38-10          | 1.40<br>4-7          | 9:09.50           | 13.08               | 16.70               |
| ≥ 350               | 21.59               | 0.85<br>2-9 ½          | 4.36<br>14-3 ¼        | 42.46               | 2.69<br>8-10         | 12.81<br>42-0           | 4:07.48           | 20.31               | 1:37.31             | 13.36<br>43-10          | 1.50<br>4-11         | 8:53.33           | 12.76               | 16.19               |
| ≥ 400               | 20.99               | 0.89<br>2-11           | 4.83<br>15-10 ¼       | 41.40               | 2.83<br>9-3 ½        | 14.27<br>46-10          | 4:00.23           | 19.79               | 1:35.01             | 14.87<br>48-9           | 1.59<br>5-2 ½        | 8:38.21           | 12.47               | 15.71               |
| ≥ 450               | 20.41               | 0.92<br>3-0 ¼          | 5.29<br>17-4 ¼        | 40.40               | 2.96<br>9-8 ½        | 15.73<br>51-7           | 3:53.39           | 19.32               | 1:32.84             | 16.36<br>53-8           | 1.68<br>5-6          | 8:23.96           | 12.17               | 15.27               |
| ≥ 500               | 19.86               | 0.95<br>3-1 ¼          | 5.76<br>18-10 ¼       | 39.44               | 3.08<br>10-1 ¼       | 17.18<br>56-4           | 3:46.91           | 18.86               | 1:30.77             | 17.83<br>58-6           | 1.76<br>5-9 ¼        | 8:10.43           | 11.90               | 14.84               |
| ≥ 550               | 19.34               | 0.98<br>3-2 ½          | 6.22<br>20-5          | 38.53               | 3.20<br>10-6         | 18.63<br>61-1           | 3:40.71           | 18.42               | 1:28.79             | 19.30<br>63-4           | 1.84<br>6-0 ½        | 7:57.52           | 11.64               | 14.44               |
| ≥ 600               | 18.84               | 1.02<br>3-4            | 6.67<br>21-10 ¼       | 37.65               | 3.32<br>10-10 ¼      | 20.07<br>65-10          | 3:34.79           | 18.00               | 1:26.90             | 20.75<br>68-1           | 1.92<br>6-3 ½        | 7:45.14           | 11.40               | 14.04               |
| ≥ 650               | 18.35               | 1.05<br>3-5 ¼          | 7.13<br>23-4 ¼        | 36.80               | 3.43<br>11-3         | 21.51<br>70-7           | 3:29.08           | 17.60               | 1:25.07             | 22.18<br>72-9           | 2.00<br>6-6 ¼        | 7:33.24           | 11.15               | 13.67               |
| ≥ 700               | 17.90               | 1.07<br>3-6            | 7.58<br>24-10 ¼       | 35.98               | 3.54<br>11-7 ½       | 22.94<br>75-3           | 3:23.58           | 17.20               | 1:23.30             | 23.62<br>77-6           | 2.08<br>6-9 ¼        | 7:21.75           | 10.92               | 13.30               |
| ≥ 750               | 17.44               | 1.11<br>3-7 ¼          | 8.04<br>26-4 ¼        | 35.20               | 3.65<br>11-11 ¼      | 24.37<br>79-11          | 3:18.25           | 16.83               | 1:21.59             | 25.03<br>82-1           | 2.16<br>7-1          | 7:10.65           | 10.69               | 12.96               |
| ≥ 800               | 17.01               | 1.13<br>3-8 ½          | 8.49<br>27-10 ¼       | 34.43               | 3.76<br>12-4         | 25.80<br>84-7           | 3:13.09           | 16.46               | 79.93               | 26.45<br>86-9           | 2.23<br>7-3 ¼        | 6:59.89           | 10.49               | 12.61               |
| ≥ 850               | 16.59               | 1.16<br>3-9 ¼          | 8.94<br>29-4          | 33.69               | 3.86<br>12-8         | 27.22<br>89-3           | 3:08.09           | 16.11               | 78.32               | 27.85<br>91-4           | 2.31<br>7-7          | 6:49.45           | 10.27               | 12.28               |
| ≥ 900               | 16.17               | 1.19<br>3-10 ¼         | 9.39<br>30-9 ¼        | 32.96               | 3.97<br>13-0 ¼       | 28.64<br>93-11          | 3:03.21           | 15.75               | 76.75               | 29.25<br>95-11          | 2.38<br>7-9 ¼        | 6:39.28           | 10.06               | 11.97               |
| ≥ 950               | 15.77               | 1.22<br>4-0            | 9.84<br>32-3 ¼        | 32.24               | 4.07<br>13-4 ¼       | 30.06<br>98-7           | 2:58.46           | 15.42               | 75.21               | 30.63<br>100-6          | 2.45<br>8-0 ½        | 6:29.38           | 9.86                | 11.65               |
| ≥ 1000              | 15.38               | 1.24<br>4-0 ¼          | 10.29<br>33-9 ¼       | 31.55               | 4.17<br>13-8 ¼       | 31.47<br>103-3          | 2:53.83           | 15.08               | 73.71               | 32.02<br>105-0          | 2.52<br>8-3 ¼        | 6:19.71           | 9.66                | 11.34               |
| ≥ 1050              | 14.99               | 1.27<br>4-2            | 10.73<br>35-2 ¼       | 30.88               | 4.27<br>14-0 ¼       | 32.88<br>107-10         | 2:49.31           | 14.76               | 72.25               | 33.39<br>109-6          | 2.59<br>8-6          | 6:10.28           | 9.47                | 11.04               |
| ≥ 1100              | 14.61               | 1.30<br>4-3 ¼          | 11.17<br>36-7 ¼       | 30.21               | 4.37<br>14-4         | 34.29<br>112-6          | 2:44.88           | 14.44               | 70.82               | 34.76<br>114-0          | 2.66<br>8-8 ¼        | 6:01.04           | 9.28                | 10.75               |
| ≥ 1150              | 14.24               | 1.32<br>4-4            | 11.62<br>38-1 ¼       | 29.56               | 4.47<br>14-8         | 35.69<br>117-1          | 2:40.55           | 14.13               | 69.40               | 36.12<br>118-6          | 2.73<br>8-11 ¼       | 5:52.01           | 9.10                | 10.46               |
| ≥ 1200              | 13.88               | 1.35<br>4-5            | 12.07<br>39-7 ¼       | 28.93               | 4.56<br>14-11 ¼      | 37.10<br>121-8          | 2:36.30           | 13.82               | 68.03               | 37.48<br>122-11         | 2.80<br>9-2 ¼        | 5:43.16           | 8.92                | 10.18               |

## Decamouse's Combined Events Scoring Guide - Women's 70-74

| Points              | HH                         | HJ                            | SP                           | 200                        | LJ                          | JT                             | 800                      | 100                        | 400                        | DT                             | PV                          | 1500                     | 60                         | 60H                        |
|---------------------|----------------------------|-------------------------------|------------------------------|----------------------------|-----------------------------|--------------------------------|--------------------------|----------------------------|----------------------------|--------------------------------|-----------------------------|--------------------------|----------------------------|----------------------------|
| <b>Approx Level</b> | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>2 cm (0.8") | <b>Pts Per</b><br>30 cm (ft) | <b>Pts Per</b><br>0.20 Sec | <b>Pts Per</b><br>5 cm (2") | <b>Pts Per</b><br>Meter (3'3") | <b>Pts Per</b><br>Second | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>0.50 Sec | <b>Pts Per</b><br>Meter (3'3") | <b>Pts Per</b><br>5 cm (2") | <b>Pts Per</b><br>Second | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>0.10 Sec |
| ~ 300               | 7                          | 29                            | 36                           | 8                          | 19                          | 39                             | 6                        | 8                          | 9                          | 37                             | 29                          | 3                        | 14                         | 9                          |
| ~ 600               | 9                          | 36                            | 37                           | 11                         | 24                          | 40                             | 8                        | 11                         | 12                         | 40                             | 34                          | 4                        | 19                         | 12                         |
| ~ 900               | 11                         | 40                            | 38                           | 13                         | 26                          | 41                             | 10                       | 14                         | 15                         | 41                             | 38                          | 5                        | 23                         | 15                         |
| Points              | HH                         | HJ                            | SP                           | 200                        | LJ                          | JT                             | 800                      | 100                        | 400                        | DT                             | PV                          | 1500                     | 60                         | 60H                        |
| ≥ 1                 | 32.65                      | 0.49<br>1-7 ½                 | 0.83<br>2-8 ½                | 59.53                      | 1.27<br>4-2                 | 1.85<br>6-1                    | 6:11.43                  | 28.10                      | 2:17.60                    | 1.52<br>5-0                    | 0.58<br>1-10 ½              | 13:16.38                 | 17.42                      | 23.38                      |
| ≥ 50                | 29.91                      | 0.56<br>1-10                  | 1.30<br>4-3 ½                | 55.06                      | 1.56<br>5-1 ½               | 3.24<br>10-7                   | 5:38.15                  | 26.00                      | 2:07.71                    | 3.21<br>10-6                   | 0.76<br>2-6                 | 12:06.69                 | 16.17                      | 21.36                      |
| ≥ 100               | 28.48                      | 0.61<br>2-0                   | 1.75<br>5-9                  | 52.71                      | 1.75<br>5-9                 | 4.60<br>15-1                   | 5:21.19                  | 24.87                      | 2:02.49                    | 4.73<br>15-6                   | 0.88<br>2-10 ½              | 11:31.18                 | 15.51                      | 20.30                      |
| ≥ 150               | 27.37                      | 0.65<br>2-1 ½                 | 2.19<br>7-2 ½                | 50.84                      | 1.92<br>6-3 ½               | 5.92<br>19-5                   | 5:07.95                  | 23.99                      | 1:58.38                    | 6.19<br>20-3                   | 0.99<br>3-3                 | 11:03.46                 | 15.00                      | 19.48                      |
| ≥ 200               | 26.41                      | 0.69<br>2-3                   | 2.63<br>8-7 ½                | 49.25                      | 2.07<br>6-9 ½               | 7.23<br>23-8                   | 4:56.66                  | 23.25                      | 1:54.85                    | 7.59<br>24-11                  | 1.09<br>3-6 ½               | 10:39.84                 | 14.54                      | 18.77                      |
| ≥ 250               | 25.55                      | 0.73<br>2-4 ½                 | 3.05<br>10-0 ½               | 47.82                      | 2.21<br>7-3                 | 8.52<br>27-11                  | 4:46.65                  | 22.57                      | 1:51.69                    | 8.98<br>29-5                   | 1.18<br>3-10 ½              | 10:18.86                 | 14.14                      | 18.15                      |
| ≥ 300               | 24.77                      | 0.76<br>2-6                   | 3.48<br>11-5                 | 46.51                      | 2.35<br>7-8 ½               | 9.81<br>32-2                   | 4:37.53                  | 21.95                      | 1:48.81                    | 10.33<br>33-10                 | 1.27<br>4-2                 | 9:59.77                  | 13.78                      | 17.58                      |
| ≥ 350               | 24.04                      | 0.79<br>2-7                   | 3.90<br>12-9 ½               | 45.31                      | 2.47<br>8-1 ½               | 11.09<br>36-4                  | 4:29.10                  | 21.38                      | 1:46.14                    | 11.66<br>38-3                  | 1.35<br>4-5                 | 9:42.12                  | 13.44                      | 17.03                      |
| ≥ 400               | 23.37                      | 0.83<br>2-8 ½                 | 4.32<br>14-2 ½               | 44.18                      | 2.60<br>8-6 ½               | 12.35<br>40-6                  | 4:21.22                  | 20.84                      | 1:43.63                    | 12.98<br>42-7                  | 1.44<br>4-8 ½               | 9:25.62                  | 13.13                      | 16.53                      |
| ≥ 450               | 22.73                      | 0.86<br>2-9 ½                 | 4.74<br>15-6 ½               | 43.10                      | 2.71<br>8-10 ½              | 13.61<br>44-8                  | 4:13.79                  | 20.34                      | 1:41.27                    | 14.28<br>46-10                 | 1.52<br>4-11 ½              | 9:10.06                  | 12.82                      | 16.07                      |
| ≥ 500               | 22.13                      | 0.89<br>2-11                  | 5.15<br>16-10 ½              | 42.09                      | 2.83<br>9-3 ½               | 14.87<br>48-9                  | 4:06.74                  | 19.86                      | 1:39.01                    | 15.56<br>51-0                  | 1.59<br>5-2 ½               | 8:55.29                  | 12.53                      | 15.61                      |
| ≥ 550               | 21.54                      | 0.92<br>3-0 ½                 | 5.56<br>18-3                 | 41.11                      | 2.94<br>9-7 ½               | 16.13<br>52-11                 | 4:00.00                  | 19.40                      | 1:36.84                    | 16.84<br>55-3                  | 1.67<br>5-5 ½               | 8:41.20                  | 12.26                      | 15.20                      |
| ≥ 600               | 20.99                      | 0.95<br>3-1 ½                 | 5.97<br>19-7                 | 40.18                      | 3.04<br>9-11 ½              | 17.37<br>57-0                  | 3:53.56                  | 18.95                      | 1:34.78                    | 18.11<br>59-5                  | 1.74<br>5-8 ½               | 8:27.70                  | 12.00                      | 14.78                      |
| ≥ 650               | 20.44                      | 0.97<br>3-2 ½                 | 6.38<br>20-11 ½              | 39.27                      | 3.15<br>10-4                | 18.62<br>61-1                  | 3:47.35                  | 18.53                      | 1:32.79                    | 19.36<br>63-6                  | 1.81<br>5-11 ½              | 8:14.70                  | 11.75                      | 14.39                      |
| ≥ 700               | 19.94                      | 1.00<br>3-3 ½                 | 6.78<br>22-3                 | 38.39                      | 3.25<br>10-8                | 19.86<br>65-2                  | 3:41.37                  | 18.11                      | 1:30.86                    | 20.61<br>67-7                  | 1.88<br>6-2                 | 8:02.17                  | 11.50                      | 14.00                      |
| ≥ 750               | 19.43                      | 1.03<br>3-4 ½                 | 7.19<br>23-7 ½               | 37.56                      | 3.35<br>11-0                | 21.10<br>69-2                  | 3:35.58                  | 17.72                      | 1:29.00                    | 21.85<br>71-8                  | 1.95<br>6-4 ½               | 7:50.05                  | 11.26                      | 13.64                      |
| ≥ 800               | 18.95                      | 1.06<br>3-5 ½                 | 7.60<br>24-11 ½              | 36.74                      | 3.45<br>11-4                | 22.33<br>73-3                  | 3:29.96                  | 17.33                      | 1:27.18                    | 23.08<br>75-8                  | 2.02<br>6-7 ½               | 7:38.31                  | 11.04                      | 13.27                      |
| ≥ 850               | 18.48                      | 1.08<br>3-6 ½                 | 8.00<br>26-3                 | 35.95                      | 3.55<br>11-7 ½              | 23.57<br>77-4                  | 3:24.53                  | 16.96                      | 1:25.42                    | 24.31<br>79-9                  | 2.09<br>6-10 ½              | 7:26.91                  | 10.81                      | 12.93                      |
| ≥ 900               | 18.01                      | 1.11<br>3-7 ½                 | 8.40<br>27-6 ½               | 35.17                      | 3.65<br>11-11 ½             | 24.80<br>81-4                  | 3:19.22                  | 16.59                      | 1:23.71                    | 25.52<br>83-8                  | 2.15<br>7-0 ½               | 7:15.81                  | 10.60                      | 12.59                      |
| ≥ 950               | 17.56                      | 1.13<br>3-8 ½                 | 8.80<br>28-10 ½              | 34.40                      | 3.74<br>12-3 ½              | 26.02<br>85-4                  | 3:14.06                  | 16.23                      | 1:22.03                    | 26.74<br>87-8                  | 2.22<br>7-3 ½               | 7:05.00                  | 10.38                      | 12.26                      |
| ≥ 1000              | 17.13                      | 1.16<br>3-9 ½                 | 9.20<br>30-2 ½               | 33.67                      | 3.83<br>12-6 ½              | 27.24<br>89-4                  | 3:09.02                  | 15.88                      | 1:20.39                    | 27.94<br>91-8                  | 2.28<br>7-5 ½               | 6:54.45                  | 10.18                      | 11.94                      |
| ≥ 1050              | 16.69                      | 1.18<br>3-10 ½                | 9.60<br>31-6                 | 32.95                      | 3.92<br>12-10 ½             | 28.46<br>93-4                  | 3:04.10                  | 15.54                      | 78.80                      | 29.14<br>95-7                  | 2.35<br>7-8 ½               | 6:44.15                  | 9.97                       | 11.62                      |
| ≥ 1100              | 16.27                      | 1.21<br>3-11 ½                | 9.99<br>32-9 ½               | 32.24                      | 4.01<br>13-2                | 29.68<br>97-4                  | 2:59.29                  | 15.21                      | 77.24                      | 30.34<br>99-6                  | 2.41<br>7-10 ½              | 6:34.07                  | 9.77                       | 11.31                      |
| ≥ 1150              | 15.87                      | 1.23<br>4-0 ½                 | 10.39<br>34-1 ½              | 31.55                      | 4.10<br>13-5 ½              | 30.90<br>101-4                 | 2:54.58                  | 14.88                      | 75.70                      | 31.53<br>103-5                 | 2.47<br>8-1 ½               | 6:24.22                  | 9.58                       | 11.01                      |
| ≥ 1200              | 15.46                      | 1.26<br>4-1 ½                 | 10.79<br>35-4 ½              | 30.87                      | 4.19<br>13-9                | 32.12<br>105-4                 | 2:49.96                  | 14.56                      | 74.20                      | 32.71<br>107-3                 | 2.53<br>8-3 ½               | 6:14.55                  | 9.39                       | 10.71                      |



## Decamouse's Combined Events Scoring Guide - Women's 75-79

| Points              | HH                         | HJ                            | SP                           | 200                        | LJ                          | JT                             | 800                      | 100                        | 400                        | DT                             | PV                          | 1500                     | 60                         | 60H                        |
|---------------------|----------------------------|-------------------------------|------------------------------|----------------------------|-----------------------------|--------------------------------|--------------------------|----------------------------|----------------------------|--------------------------------|-----------------------------|--------------------------|----------------------------|----------------------------|
| <b>Approx Level</b> | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>2 cm (0.8") | <b>Pts Per</b><br>30 cm (ft) | <b>Pts Per</b><br>0.20 Sec | <b>Pts Per</b><br>5 cm (2") | <b>Pts Per</b><br>Meter (3'3") | <b>Pts Per</b><br>Second | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>0.50 Sec | <b>Pts Per</b><br>Meter (3'3") | <b>Pts Per</b><br>5 cm (2") | <b>Pts Per</b><br>Second | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>0.10 Sec |
| ~ 300               | 6                          | 31                            | 35                           | 7                          | 21                          | 42                             | 5                        | 8                          | 8                          | 39                             | 32                          | 2                        | 13                         | 8                          |
| ~ 600               | 8                          | 40                            | 36                           | 10                         | 26                          | 44                             | 7                        | 11                         | 11                         | 42                             | 40                          | 3                        | 18                         | 12                         |
| ~ 900               | 10                         | 44                            | 37                           | 12                         | 29                          | 44                             | 9                        | 13                         | 13                         | 43                             | 45                          | 4                        | 22                         | 14                         |
| Points              | HH                         | HJ                            | SP                           | 200                        | LJ                          | JT                             | 800                      | 100                        | 400                        | DT                             | PV                          | 1500                     | 60                         | 60H                        |
| ≥ 1                 | 37.10                      | 0.45<br>1-5 ¼                 | 0.84<br>2-9 ¼                | 64.29                      | 1.15<br>3-9 ¼               | 1.70<br>5-7                    | 6:54.32                  | 29.91                      | 2:34.27                    | 1.45<br>4-9                    | 0.51<br>1-8                 | 14:53.77                 | 18.54                      | 24.92                      |
| ≥ 50                | 33.98                      | 0.51<br>1-8                   | 1.31<br>4-3 ¼                | 59.46                      | 1.41<br>4-7 ½               | 2.99<br>9-9                    | 6:17.20                  | 27.66                      | 2:23.18                    | 3.06<br>10-0                   | 0.66<br>2-2                 | 13:35.56                 | 17.21                      | 22.77                      |
| ≥ 100               | 32.37                      | 0.56<br>1-10                  | 1.77<br>5-9 ¼                | 56.92                      | 1.59<br>5-2 ¼               | 4.23<br>13-10                  | 5:58.28                  | 26.47                      | 2:17.32                    | 4.51<br>14-9                   | 0.77<br>2-6 ¼               | 12:55.71                 | 16.51                      | 21.65                      |
| ≥ 150               | 31.10                      | 0.60<br>1-11 ½                | 2.22<br>7-3 ¼                | 54.91                      | 1.74<br>5-8 ½               | 5.45<br>17-10                  | 5:43.51                  | 25.53                      | 2:12.72                    | 5.90<br>19-4                   | 0.87<br>2-10 ¼              | 12:24.60                 | 15.96                      | 20.77                      |
| ≥ 200               | 30.01                      | 0.64<br>2-1 ¼                 | 2.66<br>8-8 ¼                | 53.18                      | 1.88<br>6-2                 | 6.66<br>21-10                  | 5:30.92                  | 24.74                      | 2:08.76                    | 7.24<br>23-9                   | 0.95<br>3-1 ¼               | 11:58.09                 | 15.47                      | 20.01                      |
| ≥ 250               | 29.04                      | 0.67<br>2-2 ¼                 | 3.09<br>10-1 ¼               | 51.64                      | 2.01<br>6-7 ¼               | 7.85<br>25-9                   | 5:19.75                  | 24.02                      | 2:05.21                    | 8.56<br>28-1                   | 1.04<br>3-5                 | 11:34.55                 | 15.05                      | 19.35                      |
| ≥ 300               | 28.15                      | 0.70<br>2-3 ¼                 | 3.52<br>11-6 ¼               | 50.23                      | 2.13<br>7-0                 | 9.03<br>29-7                   | 5:09.58                  | 23.36                      | 2:01.99                    | 9.85<br>32-3                   | 1.12<br>3-8                 | 11:13.12                 | 14.66                      | 18.74                      |
| ≥ 350               | 27.32                      | 0.73<br>2-4 ¼                 | 3.95<br>12-11 ½              | 48.93                      | 2.24<br>7-4 ¼               | 10.21<br>33-6                  | 5:00.18                  | 22.76                      | 1:59.00                    | 11.12<br>36-5                  | 1.19<br>3-10 ¼              | 10:53.31                 | 14.30                      | 18.16                      |
| ≥ 400               | 26.56                      | 0.77<br>2-6 ¼                 | 4.38<br>14-4 ¼               | 47.71                      | 2.35<br>7-8 ½               | 11.38<br>37-4                  | 4:51.39                  | 22.18                      | 1:56.18                    | 12.37<br>40-7                  | 1.26<br>4-1 ½               | 10:34.79                 | 13.97                      | 17.62                      |
| ≥ 450               | 25.83                      | 0.79<br>2-7                   | 4.80<br>15-9                 | 46.55                      | 2.46<br>8-1                 | 12.54<br>41-1                  | 4:43.09                  | 21.65                      | 1:53.53                    | 13.61<br>44-8                  | 1.33<br>4-4 ¼               | 10:17.33                 | 13.64                      | 17.13                      |
| ≥ 500               | 25.14                      | 0.82<br>2-8 ¼                 | 5.22<br>17-1 ½               | 45.45                      | 2.56<br>8-4 ¼               | 13.70<br>44-11                 | 4:35.23                  | 21.13                      | 1:51.00                    | 14.84<br>48-8                  | 1.40<br>4-7                 | 10:00.76                 | 13.34                      | 16.64                      |
| ≥ 550               | 24.48                      | 0.85<br>2-9 ¼                 | 5.63<br>18-5 ¼               | 44.40                      | 2.66<br>8-8 ¼               | 14.85<br>48-8                  | 4:27.71                  | 20.64                      | 1:48.57                    | 16.06<br>52-8                  | 1.47<br>4-9 ¼               | 9:44.94                  | 13.05                      | 16.20                      |
| ≥ 600               | 23.85                      | 0.88<br>2-10 ¼                | 6.05<br>19-10 ¼              | 43.39                      | 2.76<br>9-0 ¼               | 16.00<br>52-6                  | 4:20.53                  | 20.17                      | 1:46.26                    | 17.27<br>56-8                  | 1.53<br>5-0 ¼               | 9:29.79                  | 12.78                      | 15.75                      |
| ≥ 650               | 23.23                      | 0.90<br>2-11 ½                | 6.46<br>21-2 ¼               | 42.41                      | 2.86<br>9-4 ¼               | 17.15<br>56-3                  | 4:13.60                  | 19.72                      | 1:44.02                    | 18.46<br>60-6                  | 1.59<br>5-2 ¼               | 9:15.20                  | 12.50                      | 15.34                      |
| ≥ 700               | 22.65                      | 0.92<br>3-0 ¼                 | 6.87<br>22-6 ¼               | 41.46                      | 2.95<br>9-8 ¼               | 18.29<br>60-0                  | 4:06.93                  | 19.28                      | 1:41.86                    | 19.65<br>64-5                  | 1.65<br>5-5                 | 9:01.13                  | 12.24                      | 14.92                      |
| ≥ 750               | 22.08                      | 0.95<br>3-1 ¼                 | 7.29<br>23-11                | 40.56                      | 3.04<br>9-11 ¼              | 19.43<br>63-9                  | 4:00.47                  | 18.86                      | 1:39.77                    | 20.83<br>68-4                  | 1.72<br>5-7 ¼               | 8:47.53                  | 11.98                      | 14.54                      |
| ≥ 800               | 21.53                      | 0.98<br>3-2 ¼                 | 7.69<br>25-2 ¼               | 39.67                      | 3.13<br>10-3 ¼              | 20.57<br>67-6                  | 3:54.21                  | 18.44                      | 1:37.74                    | 22.00<br>72-2                  | 1.78<br>5-10                | 8:34.36                  | 11.75                      | 14.15                      |
| ≥ 850               | 21.00                      | 1.00<br>3-3 ¼                 | 8.10<br>26-7                 | 38.82                      | 3.21<br>10-6 ¼              | 21.70<br>71-2                  | 3:48.15                  | 18.05                      | 1:35.77                    | 23.17<br>76-0                  | 1.83<br>6-0                 | 8:21.57                  | 11.51                      | 13.78                      |
| ≥ 900               | 20.46                      | 1.02<br>3-4                   | 8.51<br>27-11                | 37.98                      | 3.31<br>10-10 ¼             | 22.84<br>74-11                 | 3:42.23                  | 17.65                      | 1:33.85                    | 24.33<br>79-10                 | 1.89<br>6-2 ¼               | 8:09.10                  | 11.28                      | 13.42                      |
| ≥ 950               | 19.96                      | 1.05<br>3-5 ¼                 | 8.91<br>29-2 ¼               | 37.15                      | 3.39<br>11-1 ¼              | 23.96<br>78-7                  | 3:36.47                  | 17.28                      | 1:31.96                    | 25.49<br>83-7                  | 1.95<br>6-4 ¼               | 7:56.97                  | 11.05                      | 13.07                      |
| ≥ 1000              | 19.46                      | 1.07<br>3-6                   | 9.32<br>30-7                 | 36.36                      | 3.47<br>11-4 ¼              | 25.09<br>82-3                  | 3:30.85                  | 16.90                      | 1:30.13                    | 26.64<br>87-5                  | 2.00<br>6-6 ¼               | 7:45.13                  | 10.83                      | 12.73                      |
| ≥ 1050              | 18.97                      | 1.09<br>3-6 ¼                 | 9.72<br>31-10 ¼              | 35.58                      | 3.56<br>11-8 ¼              | 26.21<br>86-0                  | 3:25.36                  | 16.54                      | 1:28.35                    | 27.78<br>91-1                  | 2.06<br>6-9                 | 7:33.58                  | 10.61                      | 12.39                      |
| ≥ 1100              | 18.49                      | 1.12<br>3-8                   | 10.12<br>33-2 ¼              | 34.82                      | 3.64<br>11-11 ¼             | 27.34<br>89-8                  | 3:20.00                  | 16.18                      | 1:26.60                    | 28.92<br>94-10                 | 2.11<br>6-11                | 7:22.26                  | 10.40                      | 12.06                      |
| ≥ 1150              | 18.03                      | 1.14<br>3-8 ¼                 | 10.53<br>34-6 ¼              | 34.07                      | 3.72<br>12-2 ¼              | 28.46<br>93-4                  | 3:14.74                  | 15.84                      | 1:24.87                    | 30.06<br>98-7                  | 2.17<br>7-1 ¼               | 7:11.20                  | 10.20                      | 11.73                      |
| ≥ 1200              | 17.57                      | 1.16<br>3-9 ¼                 | 10.93<br>35-10 ¼             | 33.33                      | 3.80<br>12-5 ¼              | 29.58<br>97-0                  | 3:09.59                  | 15.49                      | 1:23.18                    | 31.19<br>102-4                 | 2.22<br>7-3 ¼               | 7:00.36                  | 10.00                      | 11.42                      |



## Decamouse's Combined Events Scoring Guide - Women's 80-84

| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
|---------------------|---------------------|------------------------|-----------------------|---------------------|----------------------|-------------------------|-------------------|---------------------|---------------------|-------------------------|----------------------|-------------------|---------------------|---------------------|
| <b>Approx Level</b> | Pts Per<br>0.10 Sec | Pts Per<br>2 cm (0.8") | Pts Per<br>30 cm (ft) | Pts Per<br>0.20 Sec | Pts Per<br>5 cm (2") | Pts Per<br>Meter (3'3") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.50 Sec | Pts Per<br>Meter (3'3") | Pts Per<br>5 cm (2") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.10 Sec |
| ~ 300               | 5                   | 33                     | 39                    | 7                   | 24                   | 50                      | 4                 | 7                   | 7                   | 46                      | 38                   | 2                 | 12                  | 8                   |
| ~ 600               | 7                   | 40                     | 41                    | 9                   | 29                   | 52                      | 6                 | 10                  | 9                   | 49                      | 48                   | 3                 | 17                  | 11                  |
| ~ 900               | 8                   | 44                     | 42                    | 11                  | 33                   | 53                      | 7                 | 12                  | 11                  | 51                      | 53                   | 3                 | 20                  | 13                  |
| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
| ≥ 1                 | 44.39               | 0.41<br>1-4            | 0.74<br>2-5 ½         | 71.84               | 0.99<br>3-3          | 1.43<br>4-8             | 8:00.44           | 32.38               | 3:00.76             | 1.24<br>4-1             | 0.42<br>1-4 ½        | 17:26.95          | 20.07               | 27.05               |
| ≥ 50                | 40.66               | 0.47<br>1-6 ½          | 1.16<br>3-9 ½         | 66.45               | 1.22<br>4-0          | 2.51<br>8-3             | 7:17.39           | 29.95               | 2:47.76             | 2.61<br>8-6             | 0.56<br>1-10         | 15:55.33          | 18.64               | 24.72               |
| ≥ 100               | 38.73               | 0.51<br>1-8            | 1.57<br>5-2           | 63.61               | 1.37<br>4-6          | 3.56<br>11-8            | 6:55.45           | 28.66               | 2:40.90             | 3.86<br>12-8            | 0.65<br>2-1 ½        | 15:08.65          | 17.87               | 23.49               |
| ≥ 150               | 37.21               | 0.55<br>1-9 ½          | 1.96<br>6-5 ½         | 61.36               | 1.50<br>4-11 ½       | 4.58<br>15-0            | 6:38.33           | 27.64               | 2:35.51             | 5.04<br>16-6            | 0.73<br>2-4 ½        | 14:32.22          | 17.28               | 22.54               |
| ≥ 200               | 35.90               | 0.58<br>1-10 ½         | 2.35<br>7-8 ½         | 59.43               | 1.62<br>5-3 ½        | 5.59<br>18-4            | 6:23.73           | 26.79               | 2:30.87             | 6.19<br>20-3            | 0.80<br>2-7 ½        | 14:01.17          | 16.75               | 21.72               |
| ≥ 250               | 34.74               | 0.62<br>2-0 ½          | 2.73<br>8-11 ½        | 57.70               | 1.73<br>5-8 ½        | 6.60<br>21-8            | 6:10.78           | 26.01               | 2:26.71             | 7.31<br>23-11           | 0.87<br>2-10 ½       | 13:33.59          | 16.30               | 21.00               |
| ≥ 300               | 33.68               | 0.64<br>2-1 ½          | 3.11<br>10-2 ½        | 56.13               | 1.84<br>6-0 ½        | 7.59<br>24-11           | 5:58.98           | 25.29               | 2:22.93             | 8.41<br>27-7            | 0.93<br>3-0 ½        | 13:08.48          | 15.88               | 20.34               |
| ≥ 350               | 32.69               | 0.67<br>2-2 ½          | 3.49<br>11-5 ½        | 54.68               | 1.94<br>6-4 ½        | 8.58<br>28-1            | 5:48.08           | 24.64               | 2:19.43             | 9.50<br>31-2            | 1.00<br>3-3 ½        | 12:45.28          | 15.49               | 19.71               |
| ≥ 400               | 31.78               | 0.70<br>2-3 ½          | 3.87<br>12-8 ½        | 53.32               | 2.03<br>6-8          | 9.56<br>31-4            | 5:37.89           | 24.01               | 2:16.13             | 10.57<br>34-8           | 1.06<br>3-5 ½        | 12:23.59          | 15.13               | 19.13               |
| ≥ 450               | 30.91               | 0.73<br>2-4 ½          | 4.24<br>13-11         | 52.02               | 2.13<br>7-0          | 10.54<br>34-7           | 5:28.27           | 23.44               | 2:13.02             | 11.63<br>38-2           | 1.11<br>3-7 ½        | 12:03.14          | 14.77               | 18.60               |
| ≥ 500               | 30.08               | 0.75<br>2-5 ½          | 4.61<br>15-1 ½        | 50.79               | 2.21<br>7-3          | 11.51<br>37-9           | 5:19.15           | 22.88               | 2:10.06             | 12.68<br>41-7           | 1.17<br>3-10         | 11:43.72          | 14.44               | 18.07               |
| ≥ 550               | 29.29               | 0.78<br>2-6 ½          | 4.98<br>16-4 ½        | 49.61               | 2.30<br>7-6 ½        | 12.48<br>40-11          | 5:10.44           | 22.35               | 2:07.21             | 13.72<br>45-0           | 1.23<br>4-0 ½        | 11:25.19          | 14.13               | 17.58               |
| ≥ 600               | 28.54               | 0.80<br>2-7 ½          | 5.34<br>17-6 ½        | 48.48               | 2.38<br>7-9 ½        | 13.44<br>44-1           | 5:02.10           | 21.83               | 2:04.51             | 14.75<br>48-4           | 1.28<br>4-2 ½        | 11:07.44          | 13.83               | 17.10               |
| ≥ 650               | 27.80               | 0.82<br>2-8 ½          | 5.71<br>18-8 ½        | 47.39               | 2.47<br>8-1 ½        | 14.41<br>47-3           | 4:54.08           | 21.35               | 2:01.88             | 15.77<br>51-9           | 1.33<br>4-4 ½        | 10:50.36          | 13.54               | 16.65               |
| ≥ 700               | 27.11               | 0.85<br>2-9 ½          | 6.07<br>19-11         | 46.33               | 2.55<br>8-4 ½        | 15.37<br>50-5           | 4:46.34           | 20.87               | 1:59.35             | 16.79<br>55-1           | 1.38<br>4-6 ½        | 10:33.88          | 13.26               | 16.20               |
| ≥ 750               | 26.42               | 0.87<br>2-10 ½         | 6.44<br>21-1 ½        | 45.33               | 2.62<br>8-7 ½        | 16.33<br>53-7           | 4:38.85           | 20.42               | 1:56.91             | 17.80<br>58-4           | 1.43<br>4-8 ½        | 10:17.95          | 12.97               | 15.78               |
| ≥ 800               | 25.76               | 0.89<br>2-11           | 6.80<br>22-3 ½        | 44.34               | 2.70<br>8-10 ½       | 17.28<br>56-8           | 4:31.59           | 19.96               | 1:54.52             | 18.80<br>61-8           | 1.48<br>4-10 ½       | 10:02.51          | 12.73               | 15.36               |
| ≥ 850               | 25.12               | 0.92<br>3-0 ½          | 7.15<br>23-5 ½        | 43.38               | 2.78<br>9-1 ½        | 18.24<br>59-10          | 4:24.55           | 19.54               | 1:52.21             | 19.80<br>64-11          | 1.53<br>5-0 ½        | 9:47.53           | 12.46               | 14.96               |
| ≥ 900               | 24.48               | 0.94<br>3-1            | 7.52<br>24-8 ½        | 42.44               | 2.86<br>9-4 ½        | 19.19<br>62-11          | 4:17.70           | 19.11               | 1:49.96             | 20.79<br>68-2           | 1.58<br>5-2 ½        | 9:32.93           | 12.21               | 14.57               |
| ≥ 950               | 23.88               | 0.96<br>3-1 ½          | 7.87<br>25-10         | 41.52               | 2.93<br>9-7 ½        | 20.13<br>66-0           | 4:11.01           | 18.70               | 1:47.75             | 21.78<br>71-5           | 1.63<br>5-4 ½        | 9:18.72           | 11.96               | 14.18               |
| ≥ 1000              | 23.29               | 0.98<br>3-2 ½          | 8.23<br>27-0          | 40.63               | 3.00<br>9-10 ½       | 21.08<br>69-2           | 4:04.50           | 18.30               | 1:45.61             | 22.76<br>74-8           | 1.67<br>5-5 ½        | 9:04.85           | 11.73               | 13.81               |
| ≥ 1050              | 22.70               | 1.00<br>3-3 ½          | 8.59<br>28-2 ½        | 39.76               | 3.07<br>10-1         | 22.03<br>72-3           | 3:58.14           | 17.91               | 1:43.52             | 23.74<br>77-10          | 1.72<br>5-7 ½        | 8:51.32           | 11.49               | 13.44               |
| ≥ 1100              | 22.13               | 1.02<br>3-4            | 8.94<br>29-4          | 38.91               | 3.14<br>10-3 ½       | 22.97<br>75-4           | 3:51.91           | 17.52               | 1:41.47             | 24.71<br>81-1           | 1.77<br>5-9 ½        | 8:38.07           | 11.26               | 13.09               |
| ≥ 1150              | 21.57               | 1.04<br>3-5            | 9.30<br>30-6 ½        | 38.07               | 3.21<br>10-6 ½       | 23.91<br>78-5           | 3:45.82           | 17.14               | 1:39.44             | 25.68<br>84-3           | 1.81<br>5-11 ½       | 8:25.11           | 11.04               | 12.73               |
| ≥ 1200              | 21.02               | 1.06<br>3-5 ½          | 9.66<br>31-8 ½        | 37.25               | 3.28<br>10-9 ½       | 24.85<br>81-6           | 3:39.84           | 16.77               | 1:37.47             | 26.65<br>87-5           | 1.86<br>6-1 ½        | 8:12.41           | 10.82               | 12.40               |

## Decamouse's Combined Events Scoring Guide - Women's 85-89

| Points              | HH                         | HJ                            | SP                           | 200                        | LJ                          | JT                             | 800                      | 100                        | 400                        | DT                             | PV                          | 1500                     | 60                         | 60H                        |
|---------------------|----------------------------|-------------------------------|------------------------------|----------------------------|-----------------------------|--------------------------------|--------------------------|----------------------------|----------------------------|--------------------------------|-----------------------------|--------------------------|----------------------------|----------------------------|
| <b>Approx Level</b> | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>2 cm (0.8") | <b>Pts Per</b><br>30 cm (ft) | <b>Pts Per</b><br>0.20 Sec | <b>Pts Per</b><br>5 cm (2") | <b>Pts Per</b><br>Meter (3'3") | <b>Pts Per</b><br>Second | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>0.50 Sec | <b>Pts Per</b><br>Meter (3'3") | <b>Pts Per</b><br>5 cm (2") | <b>Pts Per</b><br>Second | <b>Pts Per</b><br>0.10 Sec | <b>Pts Per</b><br>0.10 Sec |
| ~ 300               | 4                          | 40                            | 45                           | 6                          | 33                          | 62                             | 4                        | 6                          | 5                          | 55                             | 53                          | 2                        | 11                         | 7                          |
| ~ 600               | 5                          | 50                            | 47                           | 8                          | 40                          | 64                             | 5                        | 9                          | 7                          | 59                             | 63                          | 2                        | 15                         | 10                         |
| ~ 900               | 6                          | 50                            | 48                           | 9                          | 45                          | 65                             | 6                        | 11                         | 9                          | 61                             | 71                          | 3                        | 18                         | 12                         |
| Points              | HH                         | HJ                            | SP                           | 200                        | LJ                          | JT                             | 800                      | 100                        | 400                        | DT                             | PV                          | 1500                     | 60                         | 60H                        |
| ≥ 1                 | 60.12                      | 0.37<br>1-2 ½                 | 0.65<br>2-1 ½                | 1:25.32                    | 0.74<br>2-5 ¼               | 1.16<br>3-9                    | 9:53.16                  | 36.09                      | 3:48.89                    | 1.03<br>3-4                    | 0.32<br>1-0 ½               | 21:56.39                 | 22.38                      | 30.27                      |
| ≥ 50                | 55.06                      | 0.43<br>1-5                   | 1.01<br>3-3 ½                | 78.91                      | 0.91<br>3-0                 | 2.03<br>6-8                    | 9:00.01                  | 33.38                      | 3:32.44                    | 2.17<br>7-1                    | 0.42<br>1-4 ½               | 20:01.19                 | 20.78                      | 27.66                      |
| ≥ 100               | 52.44                      | 0.46<br>1-6                   | 1.36<br>4-5 ½                | 75.54                      | 1.02<br>3-4 ¼               | 2.88<br>9-5                    | 8:32.93                  | 31.94                      | 3:23.75                    | 3.20<br>10-6                   | 0.49<br>1-7 ¼               | 19:02.50                 | 19.93                      | 26.29                      |
| ≥ 150               | 50.39                      | 0.50<br>1-7 ¼                 | 1.70<br>5-7                  | 72.87                      | 1.12<br>3-8 ¼               | 3.71<br>12-2                   | 8:11.79                  | 30.81                      | 3:16.92                    | 4.18<br>13-8                   | 0.55<br>1-9 ½               | 18:16.68                 | 19.26                      | 25.22                      |
| ≥ 200               | 48.62                      | 0.53<br>1-8 ¼                 | 2.04<br>6-8 ½                | 70.57                      | 1.21<br>3-11 ¼              | 4.53<br>14-10                  | 7:53.77                  | 29.86                      | 3:11.05                    | 5.13<br>16-10                  | 0.61<br>2-0                 | 17:37.64                 | 18.67                      | 24.31                      |
| ≥ 250               | 47.05                      | 0.56<br>1-10                  | 2.37<br>7-9 ½                | 68.53                      | 1.29<br>4-2 ¼               | 5.34<br>17-6                   | 7:37.78                  | 28.99                      | 3:05.78                    | 6.07<br>19-11                  | 0.66<br>2-2                 | 17:02.96                 | 18.17                      | 23.49                      |
| ≥ 300               | 45.61                      | 0.58<br>1-10 ¼                | 2.70<br>8-10 ¼               | 66.66                      | 1.37<br>4-6                 | 6.15<br>20-2                   | 7:23.21                  | 28.19                      | 3:01.00                    | 6.98<br>22-10                  | 0.71<br>2-4                 | 16:31.40                 | 17.70                      | 22.76                      |
| ≥ 350               | 44.27                      | 0.60<br>1-11 ½                | 3.03<br>9-11 ¼               | 64.94                      | 1.44<br>4-8 ¼               | 6.95<br>22-9                   | 7:09.75                  | 27.46                      | 2:56.56                    | 7.88<br>25-10                  | 0.76<br>2-6                 | 16:02.23                 | 17.26                      | 22.05                      |
| ≥ 400               | 43.04                      | 0.63<br>2-0 ¼                 | 3.36<br>11-0 ¼               | 63.32                      | 1.51<br>4-11 ½              | 7.74<br>25-4                   | 6:57.17                  | 26.77                      | 2:52.38                    | 8.77<br>28-9                   | 0.80<br>2-7 ½               | 15:34.95                 | 16.86                      | 21.40                      |
| ≥ 450               | 41.85                      | 0.66<br>2-2                   | 3.68<br>12-1                 | 61.78                      | 1.58<br>5-2 ¼               | 8.53<br>28-0                   | 6:45.29                  | 26.12                      | 2:48.45                    | 9.65<br>31-8                   | 0.85<br>2-9 ½               | 15:09.24                 | 16.46                      | 20.81                      |
| ≥ 500               | 40.74                      | 0.68<br>2-2 ¼                 | 4.00<br>13-1 ½               | 60.32                      | 1.64<br>5-4 ¼               | 9.32<br>30-7                   | 6:34.03                  | 25.50                      | 2:44.70                    | 10.52<br>34-6                  | 0.89<br>2-11                | 14:44.82                 | 16.10                      | 20.21                      |
| ≥ 550               | 39.67                      | 0.70<br>2-3 ½                 | 4.32<br>14-2 ¼               | 58.92                      | 1.71<br>5-7 ½               | 10.11<br>33-2                  | 6:23.27                  | 24.91                      | 2:41.09                    | 11.38<br>37-4                  | 0.93<br>3-0 ½               | 14:21.53                 | 15.75                      | 19.67                      |
| ≥ 600               | 38.64                      | 0.73<br>2-4 ¼                 | 4.64<br>15-2 ¼               | 57.58                      | 1.77<br>5-9 ¼               | 10.89<br>35-8                  | 6:12.98                  | 24.34                      | 2:37.67                    | 12.24<br>40-2                  | 0.97<br>3-2 ¼               | 13:59.21                 | 15.42                      | 19.13                      |
| ≥ 650               | 37.64                      | 0.75<br>2-5 ½                 | 4.96<br>16-3 ¼               | 56.28                      | 1.83<br>6-0                 | 11.67<br>38-3                  | 6:03.07                  | 23.80                      | 2:34.34                    | 13.08<br>42-11                 | 1.01<br>3-3 ¼               | 13:37.73                 | 15.09                      | 18.63                      |
| ≥ 700               | 36.71                      | 0.76<br>2-6                   | 5.27<br>17-3 ½               | 55.02                      | 1.89<br>6-2 ½               | 12.45<br>40-10                 | 5:53.52                  | 23.26                      | 2:31.14                    | 13.93<br>45-8                  | 1.05<br>3-5 ¼               | 13:17.01                 | 14.78                      | 18.12                      |
| ≥ 750               | 35.77                      | 0.79<br>2-7                   | 5.59<br>18-4 ¼               | 53.83                      | 1.95<br>6-4 ¼               | 13.22<br>43-4                  | 5:44.27                  | 22.76                      | 2:28.04                    | 14.76<br>48-5                  | 1.09<br>3-6 ¼               | 12:56.98                 | 14.46                      | 17.66                      |
| ≥ 800               | 34.88                      | 0.81<br>2-7 ¼                 | 5.90<br>19-4 ¼               | 52.65                      | 2.01<br>6-7 ¼               | 14.00<br>45-11                 | 5:35.31                  | 22.25                      | 2:25.02                    | 15.60<br>51-2                  | 1.13<br>3-8 ¼               | 12:37.57                 | 14.19                      | 17.19                      |
| ≥ 850               | 34.02                      | 0.83<br>2-8 ¼                 | 6.21<br>20-4 ¼               | 51.52                      | 2.06<br>6-9 ¼               | 14.77<br>48-5                  | 5:26.63                  | 21.78                      | 2:22.10                    | 16.42<br>53-10                 | 1.17<br>3-10                | 12:18.73                 | 13.89                      | 16.74                      |
| ≥ 900               | 33.15                      | 0.85<br>2-9 ¼                 | 6.53<br>21-5 ¼               | 50.40                      | 2.12<br>6-11 ½              | 15.54<br>51-0                  | 5:18.16                  | 21.30                      | 2:19.25                    | 17.25<br>56-7                  | 1.20<br>3-11 ¼              | 12:00.37                 | 13.61                      | 16.30                      |
| ≥ 950               | 32.33                      | 0.87<br>2-10 ¼                | 6.84<br>22-5 ¼               | 49.31                      | 2.18<br>7-2                 | 16.31<br>53-6                  | 5:09.91                  | 20.85                      | 2:16.45                    | 18.07<br>59-3                  | 1.24<br>4-0 ¼               | 11:42.51                 | 13.33                      | 15.87                      |
| ≥ 1000              | 31.54                      | 0.89<br>2-11                  | 7.15<br>23-5 ½               | 48.25                      | 2.23<br>7-3 ¼               | 17.07<br>56-0                  | 5:01.86                  | 20.39                      | 2:13.73                    | 18.88<br>61-11                 | 1.27<br>4-2                 | 11:25.07                 | 13.07                      | 15.46                      |
| ≥ 1050              | 30.74                      | 0.90<br>2-11 ½                | 7.46<br>24-5 ¼               | 47.22                      | 2.28<br>7-5 ¼               | 17.84<br>58-6                  | 4:54.01                  | 19.96                      | 2:11.09                    | 19.69<br>64-7                  | 1.31<br>4-3 ¼               | 11:08.06                 | 12.81                      | 15.04                      |
| ≥ 1100              | 29.97                      | 0.92<br>3-0 ¼                 | 7.76<br>25-5 ½               | 46.20                      | 2.33<br>7-7 ¼               | 18.60<br>61-0                  | 4:46.32                  | 19.53                      | 2:08.49                    | 20.50<br>67-3                  | 1.34<br>4-4 ¼               | 10:51.39                 | 12.55                      | 14.65                      |
| ≥ 1150              | 29.21                      | 0.94<br>3-1                   | 8.07<br>26-5 ¼               | 45.21                      | 2.39<br>7-10 ¼              | 19.36<br>63-6                  | 4:38.80                  | 19.11                      | 2:05.92                    | 21.30<br>69-10                 | 1.38<br>4-6 ¼               | 10:35.10                 | 12.31                      | 14.25                      |
| ≥ 1200              | 28.46                      | 0.96<br>3-1 ¼                 | 8.38<br>27-6                 | 44.24                      | 2.44<br>8-0 ¼               | 20.13<br>66-0                  | 4:31.42                  | 18.69                      | 2:03.43                    | 22.10<br>72-6                  | 1.41<br>4-7 ¼               | 10:19.13                 | 12.06                      | 13.87                      |

## Decamouse's Combined Events Scoring Guide - Women's 90-94

| Points       | HH       | HJ             | SP              | 200      | LJ             | JT             | 800      | 100      | 400      | DT             | PV             | 1500     | 60       | 60H      |
|--------------|----------|----------------|-----------------|----------|----------------|----------------|----------|----------|----------|----------------|----------------|----------|----------|----------|
| Approx Level | Pts Per  | Pts Per        | Pts Per         | Pts Per  | Pts Per        | Pts Per        | Pts Per  | Pts Per  | Pts Per  | Pts Per        | Pts Per        | Pts Per  | Pts Per  | Pts Per  |
|              | 0.10 Sec | 2 cm (0.8")    | 30 cm (ft)      | 0.20 Sec | 5 cm (2")      | Meter (3'3")   | Second   | 0.10 Sec | 0.50 Sec | Meter (3'3")   | 5 cm (2")      | Second   | 0.10 Sec | 0.10 Sec |
| ~ 300        | 2        | 44             | 54              | 4        | 37             | 81             | 3        | 6        | 4        | 69             | 77             | 1        | 9        | 6        |
| ~ 600        | 2        | 50             | 56              | 6        | 45             | 84             | 4        | 8        | 5        | 74             | 91             | 2        | 13       | 8        |
| ~ 900        | 3        | 57             | 57              | 7        | 50             | 85             | 4        | 9        | 6        | 77             | 111            | 2        | 15       | 10       |
| Points       | HH       | HJ             | SP              | 200      | LJ             | JT             | 800      | 100      | 400      | DT             | PV             | 1500     | 60       | 60H      |
| ≥ 1          | 1:59.51  | 0.33<br>1-1    | 0.55<br>1-9 ½   | 1:56.88  | 0.66<br>2-2    | 0.89<br>2-11   | 13:41.72 | 42.35    | 5:40.90  | 0.82<br>2-8    | 0.22<br>0-8 ½  | 28:02.80 | 26.27    | 35.76    |
| ≥ 50         | 1:49.46  | 0.38<br>1-3    | 0.86<br>2-10    | 1:48.11  | 0.81<br>2-8    | 1.56<br>5-1    | 12:28.09 | 39.18    | 5:16.39  | 1.72<br>5-7    | 0.28<br>0-11   | 25:35.54 | 24.39    | 32.68    |
| ≥ 100        | 1:44.25  | 0.41<br>1-4    | 1.15<br>3-9 ½   | 1:43.50  | 0.91<br>3-0    | 2.21<br>7-3    | 11:50.58 | 37.48    | 5:03.45  | 2.54<br>8-4    | 0.33<br>1-1    | 24:20.50 | 23.39    | 31.06    |
| ≥ 150        | 1:40.18  | 0.44<br>1-5 ½  | 1.45<br>4-9 ½   | 1:39.83  | 1.00<br>3-3 ½  | 2.84<br>9-4    | 11:21.29 | 36.16    | 4:53.28  | 3.32<br>10-10  | 0.37<br>1-2 ½  | 23:21.94 | 22.62    | 29.80    |
| ≥ 200        | 1:36.65  | 0.47<br>1-6 ½  | 1.73<br>5-8 ½   | 1:36.69  | 1.08<br>3-6 ½  | 3.47<br>11-4   | 10:56.32 | 35.04    | 4:44.54  | 4.08<br>13-4   | 0.40<br>1-3 ½  | 22:32.03 | 21.92    | 28.72    |
| ≥ 250        | 1:33.52  | 0.50<br>1-7 ½  | 2.01<br>6-7 ½   | 1:33.88  | 1.15<br>3-9 ½  | 4.09<br>13-5   | 10:34.17 | 34.02    | 4:36.69  | 4.82<br>15-9   | 0.44<br>1-5 ½  | 21:47.70 | 21.33    | 27.76    |
| ≥ 300        | 1:30.67  | 0.52<br>1-8 ½  | 2.29<br>7-6 ½   | 1:31.33  | 1.22<br>4-0    | 4.71<br>15-5   | 10:13.99 | 33.08    | 4:29.56  | 5.55<br>18-2   | 0.47<br>1-6 ½  | 21:07.35 | 20.78    | 26.88    |
| ≥ 350        | 1:28.00  | 0.54<br>1-9 ½  | 2.57<br>8-5 ½   | 1:28.97  | 1.28<br>4-2 ½  | 5.32<br>17-5   | 9:55.34  | 32.23    | 4:22.96  | 6.26<br>20-6   | 0.50<br>1-7 ½  | 20:30.06 | 20.27    | 26.05    |
| ≥ 400        | 1:25.55  | 0.56<br>1-10   | 2.85<br>9-4 ½   | 1:26.75  | 1.35<br>4-5 ½  | 5.93<br>19-5   | 9:37.91  | 31.41    | 4:16.73  | 6.97<br>22-10  | 0.53<br>1-8 ½  | 19:55.19 | 19.80    | 25.29    |
| ≥ 450        | 1:23.20  | 0.59<br>1-11 ½ | 3.12<br>10-3    | 1:24.63  | 1.41<br>4-7 ½  | 6.53<br>21-5   | 9:21.46  | 30.66    | 4:10.88  | 7.67<br>25-2   | 0.56<br>1-10   | 19:22.32 | 19.33    | 24.59    |
| ≥ 500        | 1:20.98  | 0.60<br>1-11 ½ | 3.39<br>11-1 ½  | 1:22.63  | 1.47<br>4-10   | 7.13<br>23-4   | 9:05.87  | 29.93    | 4:05.29  | 8.36<br>27-5   | 0.59<br>1-11 ½ | 18:51.11 | 18.90    | 23.88    |
| ≥ 550        | 78.85    | 0.62<br>2-0 ½  | 3.66<br>12-0 ½  | 1:20.72  | 1.53<br>5-0 ½  | 7.73<br>25-4   | 8:50.96  | 29.23    | 3:59.92  | 9.04<br>29-8   | 0.62<br>2-0 ½  | 18:21.33 | 18.49    | 23.24    |
| ≥ 600        | 76.82    | 0.65<br>2-1 ½  | 3.93<br>12-10 ½ | 78.88    | 1.58<br>5-2 ½  | 8.33<br>27-4   | 8:36.71  | 28.56    | 3:54.82  | 9.72<br>31-10  | 0.65<br>2-1 ½  | 17:52.80 | 18.10    | 22.61    |
| ≥ 650        | 74.83    | 0.66<br>2-2    | 4.20<br>13-9 ½  | 77.11    | 1.64<br>5-4 ½  | 8.93<br>29-3   | 8:22.98  | 27.93    | 3:49.86  | 10.39<br>34-1  | 0.67<br>2-2 ½  | 17:25.35 | 17.72    | 22.01    |
| ≥ 700        | 72.97    | 0.68<br>2-2 ½  | 4.47<br>14-8    | 75.38    | 1.69<br>5-6 ½  | 9.52<br>31-2   | 8:09.74  | 27.30    | 3:45.10  | 11.07<br>36-4  | 0.70<br>2-3 ½  | 16:58.85 | 17.35    | 21.41    |
| ≥ 750        | 71.11    | 0.70<br>2-3 ½  | 4.74<br>15-6 ½  | 73.75    | 1.74<br>5-8 ½  | 10.12<br>33-2  | 7:56.93  | 26.71    | 3:40.48  | 11.73<br>38-6  | 0.72<br>2-4 ½  | 16:33.24 | 16.98    | 20.86    |
| ≥ 800        | 69.35    | 0.72<br>2-4 ½  | 5.01<br>16-5 ½  | 72.13    | 1.79<br>5-10 ½ | 10.71<br>35-1  | 7:44.51  | 26.12    | 3:35.98  | 12.39<br>40-7  | 0.75<br>2-5 ½  | 16:08.43 | 16.65    | 20.31    |
| ≥ 850        | 67.63    | 0.74<br>2-5    | 5.27<br>17-3 ½  | 70.58    | 1.84<br>6-0 ½  | 11.30<br>37-1  | 7:32.49  | 25.57    | 3:31.63  | 13.05<br>42-9  | 0.77<br>2-6 ½  | 15:44.36 | 16.31    | 19.77    |
| ≥ 900        | 65.91    | 0.75<br>2-5 ½  | 5.53<br>18-1 ½  | 69.05    | 1.89<br>6-2 ½  | 11.89<br>39-0  | 7:20.76  | 25.00    | 3:27.39  | 13.70<br>44-11 | 0.80<br>2-7 ½  | 15:20.89 | 15.98    | 19.26    |
| ≥ 950        | 64.28    | 0.77<br>2-6 ½  | 5.80<br>19-0 ½  | 67.55    | 1.94<br>6-4 ½  | 12.48<br>40-11 | 7:09.32  | 24.47    | 3:23.22  | 14.35<br>47-1  | 0.82<br>2-8 ½  | 14:58.05 | 15.65    | 18.75    |
| ≥ 1000       | 62.69    | 0.79<br>2-7    | 6.06<br>19-10 ½ | 66.11    | 1.99<br>6-6 ½  | 13.07<br>42-10 | 6:58.18  | 23.94    | 3:19.17  | 15.00<br>49-2  | 0.84<br>2-9    | 14:35.76 | 15.35    | 18.26    |
| ≥ 1050       | 61.11    | 0.80<br>2-7 ½  | 6.33<br>20-9 ½  | 64.69    | 2.04<br>6-8 ½  | 13.65<br>44-9  | 6:47.30  | 23.43    | 3:15.23  | 15.64<br>51-3  | 0.87<br>2-10 ½ | 14:14.01 | 15.04    | 17.77    |
| ≥ 1100       | 59.57    | 0.82<br>2-8 ½  | 6.59<br>21-7 ½  | 63.30    | 2.08<br>6-10   | 14.23<br>46-8  | 6:36.65  | 22.92    | 3:11.36  | 16.29<br>53-5  | 0.89<br>2-11   | 13:52.70 | 14.74    | 17.30    |
| ≥ 1150       | 58.08    | 0.84<br>2-9    | 6.85<br>22-5 ½  | 61.94    | 2.13<br>7-0    | 14.82<br>48-7  | 6:26.23  | 22.43    | 3:07.54  | 16.92<br>55-6  | 0.91<br>2-11 ½ | 13:31.87 | 14.45    | 16.84    |
| ≥ 1200       | 56.58    | 0.86<br>2-9 ½  | 7.11<br>23-4    | 60.61    | 2.17<br>7-1 ½  | 15.40<br>50-6  | 6:16.01  | 21.94    | 3:03.82  | 17.56<br>57-7  | 0.94<br>3-1    | 13:11.46 | 14.16    | 16.39    |

## Decamouse's Combined Events Scoring Guide - Women's 95-99

| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
|---------------------|---------------------|------------------------|-----------------------|---------------------|----------------------|-------------------------|-------------------|---------------------|---------------------|-------------------------|----------------------|-------------------|---------------------|---------------------|
| <b>Approx Level</b> | Pts Per<br>0.10 Sec | Pts Per<br>2 cm (0.8") | Pts Per<br>30 cm (ft) | Pts Per<br>0.20 Sec | Pts Per<br>5 cm (2") | Pts Per<br>Meter (3'3") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.50 Sec | Pts Per<br>Meter (3'3") | Pts Per<br>5 cm (2") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.10 Sec |
| ~ 300               | 1                   | 50                     | 65                    | 3                   | 50                   | 117                     | 2                 | 4                   | 3                   | 93                      | 91                   | 1                 | 7                   | 4                   |
| ~ 600               | 2                   | 57                     | 68                    | 5                   | 63                   | 121                     | 3                 | 6                   | 4                   | 100                     | 100                  | 1                 | 10                  | 6                   |
| ~ 900               | 2                   | 80                     | 69                    | 5                   | 71                   | 122                     | 4                 | 7                   | 5                   | 104                     | 111                  | 1                 | 12                  | 7                   |
| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
| ≥ 1                 | 2:26.42             | 0.29<br>0-11 ¼         | 0.45<br>1-5 ¼         | 2:23.22             | 0.49<br>1-7 ¼        | 0.62<br>2-0             | 16:21.94          | 54.91               | 7:06.12             | 0.61<br>2-0             | 0.19<br>0-7 ½        | 44:03.32          | 34.08               | 47.03               |
| ≥ 50                | 2:14.10             | 0.33<br>1-1            | 0.70<br>2-3 ¼         | 2:12.47             | 0.60<br>1-11 ¼       | 1.08<br>3-6             | 14:53.97          | 50.79               | 6:35.49             | 1.28<br>4-2             | 0.25<br>0-9 ¼        | 40:12.00          | 31.64               | 42.97               |
| ≥ 100               | 2:07.73             | 0.36<br>1-2 ¼          | 0.95<br>3-1 ¼         | 2:06.82             | 0.67<br>2-2 ½        | 1.53<br>5-0             | 14:09.13          | 48.60               | 6:19.31             | 1.89<br>6-2             | 0.29<br>0-11 ¼       | 38:14.14          | 30.34               | 40.84               |
| ≥ 150               | 2:02.73             | 0.39<br>1-3 ¼          | 1.19<br>3-11          | 2:02.32             | 0.74<br>2-5 ¼        | 1.97<br>6-5             | 13:34.13          | 46.88               | 6:06.60             | 2.47<br>8-1             | 0.33<br>1-1          | 36:42.15          | 29.34               | 39.19               |
| ≥ 200               | 1:58.41             | 0.41<br>1-4            | 1.42<br>4-8           | 1:58.48             | 0.80<br>2-7 ½        | 2.40<br>7-10            | 13:04.29          | 45.43               | 5:55.67             | 3.02<br>9-11            | 0.36<br>1-2 ¼        | 35:23.76          | 28.44               | 37.76               |
| ≥ 250               | 1:54.58             | 0.43<br>1-5            | 1.65<br>5-5           | 1:55.04             | 0.85<br>2-9 ½        | 2.84<br>9-4             | 12:37.83          | 44.10               | 5:45.87             | 3.57<br>11-8            | 0.39<br>1-3 ¼        | 34:14.12          | 27.67               | 36.50               |
| ≥ 300               | 1:51.09             | 0.45<br>1-5 ¼          | 1.88<br>6-2           | 1:51.91             | 0.90<br>2-11 ½       | 3.26<br>10-8            | 12:13.71          | 42.89               | 5:36.96             | 4.11<br>13-6            | 0.42<br>1-4 ½        | 33:10.74          | 26.95               | 35.35               |
| ≥ 350               | 1:47.82             | 0.47<br>1-6 ½          | 2.11<br>6-11 ¼        | 1:49.01             | 0.95<br>3-1 ½        | 3.69<br>12-1            | 11:51.43          | 41.78               | 5:28.70             | 4.64<br>15-2            | 0.45<br>1-5 ¼        | 32:12.16          | 26.29               | 34.26               |
| ≥ 400               | 1:44.82             | 0.49<br>1-7 ¼          | 2.34<br>7-8 ¼         | 1:46.29             | 1.00<br>3-3 ½        | 4.11<br>13-6            | 11:30.60          | 40.72               | 5:20.91             | 5.17<br>16-11           | 0.47<br>1-6 ¼        | 31:17.38          | 25.68               | 33.25               |
| ≥ 450               | 1:41.94             | 0.51<br>1-8            | 2.56<br>8-4 ¼         | 1:43.71             | 1.04<br>3-5          | 4.53<br>14-10           | 11:10.94          | 39.75               | 5:13.60             | 5.68<br>18-7            | 0.50<br>1-7 ¼        | 30:25.76          | 25.07               | 32.33               |
| ≥ 500               | 1:39.22             | 0.52<br>1-8 ½          | 2.79<br>9-2           | 1:41.25             | 1.09<br>3-7          | 4.95<br>16-3            | 10:52.31          | 38.80               | 5:06.61             | 6.20<br>20-4            | 0.52<br>1-8 ½        | 29:36.73          | 24.52               | 31.41               |
| ≥ 550               | 1:36.61             | 0.54<br>1-9 ¼          | 3.01<br>9-10 ½        | 1:38.91             | 1.13<br>3-8 ½        | 5.36<br>17-7            | 10:34.49          | 37.90               | 4:59.90             | 6.71<br>22-0            | 0.55<br>1-9 ½        | 28:49.96          | 23.99               | 30.57               |
| ≥ 600               | 1:34.12             | 0.56<br>1-10           | 3.23<br>10-7 ¼        | 1:36.66             | 1.17<br>3-10 ¼       | 5.78<br>18-11           | 10:17.46          | 37.03               | 4:53.52             | 7.21<br>23-8            | 0.57<br>1-10 ½       | 28:05.14          | 23.49               | 29.73               |
| ≥ 650               | 1:31.68             | 0.58<br>1-10 ¼         | 3.45<br>11-4          | 1:34.48             | 1.21<br>3-11 ¼       | 6.19<br>20-3            | 10:01.05          | 36.21               | 4:47.33             | 7.71<br>25-3            | 0.60<br>1-11 ½       | 27:22.02          | 22.98               | 28.94               |
| ≥ 700               | 1:29.40             | 0.59<br>1-11 ¼         | 3.67<br>12-0 ½        | 1:32.37             | 1.25<br>4-1 ¼        | 6.60<br>21-8            | 9:45.23           | 35.39               | 4:41.37             | 8.20<br>26-11           | 0.62<br>2-0 ¼        | 26:40.40          | 22.51               | 28.16               |
| ≥ 750               | 1:27.13             | 0.61<br>2-0            | 3.89<br>12-9 ¼        | 1:30.36             | 1.29<br>4-2 ¼        | 7.01<br>23-0            | 9:29.92           | 34.62               | 4:35.60             | 8.70<br>28-6            | 0.64<br>2-1 ¼        | 26:00.18          | 22.03               | 27.43               |
| ≥ 800               | 1:24.96             | 0.63<br>2-0 ¼          | 4.11<br>13-6          | 1:28.39             | 1.33<br>4-4 ½        | 7.42<br>24-4            | 9:15.09           | 33.86               | 4:29.98             | 9.19<br>30-2            | 0.66<br>2-2          | 25:21.21          | 21.61               | 26.70               |
| ≥ 850               | 1:22.86             | 0.64<br>2-1 ¼          | 4.33<br>14-2 ½        | 1:26.48             | 1.36<br>4-5 ½        | 7.83<br>25-8            | 9:00.72           | 33.14               | 4:24.54             | 9.67<br>31-8            | 0.69<br>2-3          | 24:43.39          | 21.15               | 26.00               |
| ≥ 900               | 1:20.75             | 0.66<br>2-2            | 4.54<br>14-10 ¼       | 1:24.61             | 1.40<br>4-7 ¼        | 8.24<br>27-0            | 8:46.70           | 32.40               | 4:19.24             | 10.16<br>33-4           | 0.71<br>2-4          | 24:06.52          | 20.73               | 25.33               |
| ≥ 950               | 78.75               | 0.67<br>2-2 ¼          | 4.76<br>15-7 ¼        | 1:22.77             | 1.44<br>4-8 ¼        | 8.65<br>28-4            | 8:33.03           | 31.72               | 4:14.03             | 10.64<br>34-11          | 0.73<br>2-4 ¼        | 23:30.65          | 20.31               | 24.66               |
| ≥ 1000              | 76.81               | 0.68<br>2-2 ¼          | 4.98<br>16-4 ¼        | 1:21.00             | 1.47<br>4-10         | 9.06<br>29-8            | 8:19.72           | 31.03               | 4:08.96             | 11.12<br>36-5           | 0.75<br>2-5 ¼        | 22:55.63          | 19.91               | 24.02               |
| ≥ 1050              | 74.87               | 0.70<br>2-3 ¼          | 5.19<br>17-0 ½        | 79.27               | 1.51<br>4-11 ½       | 9.46<br>31-0            | 8:06.72           | 30.37               | 4:04.04             | 11.60<br>38-0           | 0.77<br>2-6 ¼        | 22:21.47          | 19.51               | 23.37               |
| ≥ 1100              | 72.98               | 0.71<br>2-4            | 5.41<br>17-9          | 77.56               | 1.54<br>5-0 ¼        | 9.87<br>32-4            | 7:54.00           | 29.71               | 3:59.21             | 12.07<br>39-7           | 0.79<br>2-7          | 21:48.00          | 19.12               | 22.76               |
| ≥ 1150              | 71.15               | 0.73<br>2-4 ¼          | 5.62<br>18-5 ¼        | 75.90               | 1.57<br>5-2          | 10.27<br>33-8           | 7:41.55           | 29.08               | 3:54.42             | 12.55<br>41-2           | 0.81<br>2-7 ¼        | 21:15.28          | 18.75               | 22.14               |
| ≥ 1200              | 69.32               | 0.74<br>2-5            | 5.84<br>19-2          | 74.26               | 1.61<br>5-3 ¼        | 10.68<br>35-0           | 7:29.33           | 28.44               | 3:49.78             | 13.02<br>42-8           | 0.83<br>2-8 ¼        | 20:43.22          | 18.37               | 21.55               |

## Decamouse's Combined Events Scoring Guide - Women's 100+

| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
|---------------------|---------------------|------------------------|-----------------------|---------------------|----------------------|-------------------------|-------------------|---------------------|---------------------|-------------------------|----------------------|-------------------|---------------------|---------------------|
| <b>Approx Level</b> | Pts Per<br>0.10 Sec | Pts Per<br>2 cm (0.8") | Pts Per<br>30 cm (ft) | Pts Per<br>0.20 Sec | Pts Per<br>5 cm (2") | Pts Per<br>Meter (3'3") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.50 Sec | Pts Per<br>Meter (3'3") | Pts Per<br>5 cm (2") | Pts Per<br>Second | Pts Per<br>0.10 Sec | Pts Per<br>0.10 Sec |
| ~ 300               | 1                   | 57                     | 83                    | 2                   | 83                   | 211                     | 2                 | 3                   | 2                   | 143                     | 91                   | 1                 | 5                   | 3                   |
| ~ 600               | 1                   | 67                     | 87                    | 3                   | 100                  | 217                     | 2                 | 4                   | 3                   | 154                     | 111                  | 1                 | 6                   | 4                   |
| ~ 900               | 2                   | 80                     | 88                    | 4                   | 111                  | 220                     | 3                 | 5                   | 4                   | 159                     | 125                  | 1                 | 8                   | 5                   |
| Points              | HH                  | HJ                     | SP                    | 200                 | LJ                   | JT                      | 800               | 100                 | 400                 | DT                      | PV                   | 1500              | 60                  | 60H                 |
| ≥ 1                 | 3:21.21<br>0-9 ½    | 0.24<br>1-1 ¼          | 0.35<br>1-1 ¼         | 3:39.50             | 0.29<br>0-11 ½       | 0.35<br>1-1             | 20:49.57          | 76.82               | 9:19.07             | 0.40<br>1-3             | 0.17<br>0-6 ¼        | 51:51.89          | 53.24               | 69.50               |
| ≥ 50                | 3:04.29<br>0-11     | 0.28<br>1-9 ¼          | 0.55<br>1-9 ¼         | 3:23.02             | 0.35<br>1-1 ¼        | 0.60<br>1-11            | 18:57.61          | 71.06               | 8:38.89             | 0.83<br>2-8             | 0.23<br>0-9          | 47:19.57          | 49.44               | 63.50               |
| ≥ 100               | 2:55.53<br>0-11 ¼   | 0.30<br>2-5 ¼          | 0.74<br>2-5 ¼         | 3:14.36             | 0.40<br>1-3 ¼        | 0.86<br>2-10            | 18:00.56          | 67.99               | 8:17.66             | 1.23<br>4-0             | 0.26<br>0-10 ¼       | 45:00.82          | 47.41               | 60.36               |
| ≥ 150               | 2:48.67<br>1-0 ½    | 0.32<br>3-0 ¼          | 0.93<br>3-0 ¼         | 3:07.48             | 0.44<br>1-5 ½        | 1.10<br>3-7             | 17:16.02          | 65.59               | 8:00.98             | 1.61<br>5-3             | 0.30<br>0-11 ¼       | 43:12.52          | 45.84               | 57.92               |
| ≥ 200               | 2:42.72<br>1-1 ¼    | 0.34<br>3-7 ¼          | 1.11<br>3-7 ¼         | 3:01.58             | 0.47<br>1-6 ½        | 1.34<br>4-4             | 16:38.05          | 63.56               | 7:46.64             | 1.97<br>6-5             | 0.32<br>1-0 ½        | 41:40.23          | 44.43               | 55.81               |
| ≥ 250               | 2:37.46<br>1-2 ¼    | 0.36<br>4-2 ¼          | 1.29<br>4-2 ¼         | 2:56.31             | 0.50<br>1-7 ¼        | 1.58<br>5-2             | 16:04.37          | 61.71               | 7:33.78             | 2.33<br>7-7             | 0.35<br>1-1 ¼        | 40:18.25          | 43.23               | 53.95               |
| ≥ 300               | 2:32.66<br>1-3      | 0.38<br>4-10           | 1.47<br>4-10          | 2:51.51             | 0.53<br>1-9          | 1.82<br>5-11            | 15:33.68          | 60.01               | 7:22.09             | 2.68<br>8-9             | 0.38<br>1-3          | 39:03.63          | 42.11               | 52.25               |
| ≥ 350               | 2:28.17<br>1-3 ¼    | 0.39<br>5-5            | 1.65<br>5-5           | 2:47.08             | 0.56<br>1-10         | 2.06<br>6-9             | 15:05.33          | 58.46               | 7:11.26             | 3.02<br>9-11            | 0.40<br>1-3 ¼        | 37:54.67          | 41.08               | 50.64               |
| ≥ 400               | 2:24.05<br>1-4      | 0.41<br>6-0            | 1.83<br>6-0           | 2:42.91             | 0.59<br>1-11 ¼       | 2.29<br>7-6             | 14:38.82          | 56.98               | 7:01.04             | 3.37<br>11-0            | 0.43<br>1-5          | 36:50.18          | 40.13               | 49.15               |
| ≥ 450               | 2:20.09<br>1-5      | 0.43<br>6-6 ¼          | 2.00<br>6-6 ¼         | 2:38.94             | 0.62<br>2-0 ½        | 2.53<br>8-3             | 14:13.81          | 55.61               | 6:51.44             | 3.70<br>12-1            | 0.45<br>1-5 ¼        | 35:49.41          | 39.18               | 47.78               |
| ≥ 500               | 2:16.35<br>1-5 ¼    | 0.44<br>7-2            | 2.18<br>7-2           | 2:35.19             | 0.64<br>2-1 ¼        | 2.76<br>9-0             | 13:50.09          | 54.28               | 6:42.27             | 4.04<br>13-3            | 0.47<br>1-6 ½        | 34:51.69          | 38.31               | 46.42               |
| ≥ 550               | 2:12.77<br>1-5 ¼    | 0.45<br>7-8 ½          | 2.35<br>7-8 ½         | 2:31.59             | 0.67<br>2-2 ½        | 2.99<br>9-9             | 13:27.42          | 53.03               | 6:33.47             | 4.37<br>14-4            | 0.50<br>1-7 ¼        | 33:56.63          | 37.48               | 45.17               |
| ≥ 600               | 2:09.34<br>1-6 ½    | 0.47<br>8-3 ¼          | 2.53<br>8-3 ¼         | 2:28.14             | 0.69<br>2-3 ¼        | 3.22<br>10-6            | 13:05.74          | 51.81               | 6:25.10             | 4.69<br>15-4            | 0.52<br>1-8 ½        | 33:03.86          | 36.69               | 43.93               |
| ≥ 650               | 2:05.99<br>1-6 ¼    | 0.48<br>8-10 ¼         | 2.70<br>8-10 ¼        | 2:24.80             | 0.71<br>2-4          | 3.45<br>11-4            | 12:44.87          | 50.66               | 6:16.98             | 5.02<br>16-5            | 0.54<br>1-9 ¼        | 32:13.09          | 35.91               | 42.78               |
| ≥ 700               | 2:02.86<br>1-7 ¼    | 0.50<br>9-5            | 2.87<br>9-5           | 2:21.57             | 0.74<br>2-5 ¼        | 3.68<br>12-1            | 12:24.74          | 49.51               | 6:09.16             | 5.34<br>17-6            | 0.56<br>1-10         | 31:24.09          | 35.16               | 41.62               |
| ≥ 750               | 1:59.74<br>1-8      | 0.51<br>9-11 ¼         | 3.04<br>9-11 ¼        | 2:18.49             | 0.76<br>2-6          | 3.91<br>12-10           | 12:05.26          | 48.44               | 6:01.60             | 5.66<br>18-7            | 0.58<br>1-10 ¼       | 30:36.74          | 34.42               | 40.54               |
| ≥ 800               | 1:56.76<br>1-8 ½    | 0.52<br>10-6 ½         | 3.21<br>10-6 ½        | 2:15.47             | 0.78<br>2-6 ¼        | 4.14<br>13-7            | 11:46.37          | 47.37               | 5:54.21             | 5.98<br>19-7            | 0.60<br>1-11 ½       | 29:50.87          | 33.76               | 39.47               |
| ≥ 850               | 1:53.87<br>1-9 ¼    | 0.54<br>11-1 ¼         | 3.38<br>11-1 ¼        | 2:12.55             | 0.80<br>2-7 ¼        | 4.37<br>14-4            | 11:28.09          | 46.37               | 5:47.07             | 6.30<br>20-8            | 0.62<br>2-0 ¼        | 29:06.34          | 33.05               | 38.43               |
| ≥ 900               | 1:50.97<br>1-9 ½    | 0.55<br>11-7 ¼         | 3.55<br>11-7 ¼        | 2:09.68             | 0.83<br>2-8 ¼        | 4.60<br>15-1            | 11:10.25          | 45.34               | 5:40.12             | 6.62<br>21-8            | 0.64<br>2-1 ¼        | 28:22.94          | 32.39               | 37.44               |
| ≥ 950               | 1:48.23<br>1-10     | 0.56<br>12-2 ¼         | 3.72<br>12-2 ¼        | 2:06.86             | 0.85<br>2-9 ¼        | 4.82<br>15-9            | 10:52.86          | 44.38               | 5:33.29             | 6.93<br>22-9            | 0.66<br>2-2          | 27:40.71          | 31.73               | 36.45               |
| ≥ 1000              | 1:45.56<br>1-10 ½   | 0.57<br>12-9 ¼         | 3.89<br>12-9 ¼        | 2:04.15             | 0.87<br>2-10 ¼       | 5.05<br>16-7            | 10:35.92          | 43.42               | 5:26.64             | 7.24<br>23-9            | 0.68<br>2-2 ¼        | 26:59.49          | 31.11               | 35.49               |
| ≥ 1050              | 1:42.89<br>1-11 ¼   | 0.59<br>13-4           | 4.06<br>13-4          | 2:01.49             | 0.89<br>2-11         | 5.27<br>17-3            | 10:19.38          | 42.49               | 5:20.18             | 7.55<br>24-9            | 0.69<br>2-3          | 26:19.26          | 30.49               | 34.54               |
| ≥ 1100              | 1:40.30<br>1-11 ½   | 0.60<br>13-10 ¼        | 4.23<br>13-10 ¼       | 1:58.88             | 0.91<br>3-0          | 5.50<br>18-0            | 10:03.18          | 41.57               | 5:13.84             | 7.86<br>25-9            | 0.71<br>2-4          | 25:39.87          | 29.87               | 33.63               |
| ≥ 1150              | 1:37.78<br>2-0      | 0.61<br>14-5 ¼         | 4.40<br>14-5 ¼        | 1:56.32             | 0.93<br>3-0 ¼        | 5.73<br>18-9            | 9:47.34           | 40.68               | 5:07.56             | 8.17<br>26-9            | 0.73<br>2-4 ¼        | 25:01.35          | 29.29               | 32.72               |
| ≥ 1200              | 1:35.27<br>2-0 ¼    | 0.62<br>14-11 ¼        | 4.56<br>14-11 ¼       | 1:53.82             | 0.95<br>3-1 ¼        | 5.95<br>19-6            | 9:31.79           | 39.80               | 5:01.47             | 8.48<br>27-10           | 0.75<br>2-5 ¼        | 24:23.60          | 28.71               | 31.85               |