100	200	300	400	600	800	1000	1200	1500	1600	2000	3000	4000	5000	6000	8000	10,000
11.5	23	**34.5**	46													
11.75	23.50	**35.25**	47													
12.00	24.00	**36.00**	48	1:12:00												
12.25	24.50	**36.75**	49	1:13.5	**1:38**											
12.50	25.00	**37.50**	50	1:15.0	**1:40**											
12.75	25.50	**38.25**	51	1:16.5	**1:42**	02:08.5										
13.00	26.00	**39.00**	52	1:18.0	**1:44**	02:10.0										
13.25	26.50	**39.75**	53	1:19.5	**1:46**	2:12.5	2:40									
13.50	27.00	**40.50**	54	1:21.0	**1:48**	2:15.0	2:43									
13.75	27.50	**41.25**	55	1:22.5	**1:50**	2:17.5	2:45									
14.00	28.00	**42.00**	56	1:24.0	**1:52**	2:20.0	2:48									
14.25	28.50	**42.75**	57	1:25.5	**1:54**	2:22.5	2:51	3:33.7	**3:48**							
14.50	29.00	**43.50**	58	1:27.0	**1:56**	2:25.0	2:54	3:37.5	**3:52**	4:50						
14.75	29.50	**44.25**	59	1:28.5	**1:58**	2:27.5	2:57	3:41.2	**3:56**	4:55	7:22.5					
15.00	30.00	**45.00**	60	1:30.0	**2:00**	2:30.0	3:00	3:45.0	**4:00**	5:00	7:30.0	10:00				
15.25	30.50	**45.75**	61	1:31.5	**2:02**	2:32.5	3:03	3:48.7	**4:04**	5:05	7:37.5	10:10				
15.50	31.00	**46.50**	62	1:33.0	**2:04**	2:35.0	3:06	3:52.5	**4:08**	5:10	7:45.0	10:20				
15.75	31.50	**47.25**	63	1:34.5	**2:06**	2:37.5	3:09	3:56.2	**4:12**	5:15	7:52.5	10:30	**13:08.5**			
16.00	32.00	**48.00**	64	1:36.0	**2:08**	2:40.0	3:12	4:00.0	**4:16**	5:20	8:00.0	10:40	**13:20.0**	16:00		
16.25	32.50	**48.75**	65	1:37.5	**2:10**	2:42.5	3:15	4:03.7	**4:20**	5:25	8:07.5	10:50	**13:32.5**	16:15	21:40	
16.50	33.00	**49.50**	66	1:39.0	**2:12**	2:45.0	3:18	4:07.5	**4:24**	5:30	8:15.0	11:00	**13:45.0**	16:30	22:00	27:30
16.75	33.50	**50.25**	67	1:40.5	**2:14**	2:47.5	3:21	4:11.2	**4:28**	5:35	8:22.5	11:10	**13:57.5**	16:45	22:20	27:55
17.00	34.00	**51.00**	68	1:42.0	**2:16**	2:50.0	3:24	4:15.0	**4:32**	5:40	8:30.0	11:20	**14:10.0**	17:00	22:40	28:20
17.25	34.50	**51.75**	69	1:43.5	**2:18**	2:52.5	3:27	4:18.7	**4:36**	5:45	8:37.5	11:30	**14:22.5**	17:15	23:00	28:45
17.50	35.00	**52.50**	70	1:45.0	**2:20**	2:55.0	3:30	4:22.5	**4:40**	5:50	8:45.0	11:40	**14:35.0**	17:30	23:20	29:10
17.75	35.50	**53.25**	71	1:46.5	**2:22**	2:57.5	3:33	4:26.2	**4:44**	5:55	8:52.5	11:50	**14:47.5**	17:45	23:40	29:45
18.00	36.00	**54.00**	72	1:48.0	**2:24**	3:00.0	3:36	4:30.0	**4:48**	6:00	9:00.0	12:00	**15:00.0**	18:00	24:00	30:00
18.25	36.50	**54.75**	73	1:49.5	**2:26**	3:02.5	3:39	4:33.7	**4:52**	6:05	9:07.5	12:10	**15:12.5**	18:15	24:20	30:25
18.50	37.00	**55.50**	74	1:52.5	**2:28**	3:05.0	3:42	4:37.5	**4:56**	6:10	9:15.0	12:20	**15:25.0**	18:30	24:40	30:50
18.75	37.50	**56.25**	75	1:51.0	**2:30**	3:07.5	3:45	4:41.2	**5:00**	6:15	9:22.5	12:30	**15:37.5**	18:45	25:00	31:15
19.00	38.00	**57.00**	76	1:54.0	**2:32**	3:10.0	3:48	4:45.0	**5:04**	6:20	9:30.0	12:40	**15:50.0**	19:00	25:20	31:40
19.25	38.50	**57.75**	77	1:55.5	**2:34**	3:12.5	3:51	4:48.7	**5:08**	6:25	9:37.5	12:50	**16:02.5**	19:15	25:40	32:05
19.50	39.00	**58.50**	78	1:57.0	**2:36**	3:15.0	3:54	4:52.5	**5:12**	6:30	9:45.0	13:00	**16:15.0**	19:30	26:00	32:30
19.75	39.5	**59.25**	79	1:58.5	**2:38**	3:17.5	3:57	4:56.2	**5:16**	6:35	9:52.5	13:10	**16:27.5**	19:45	26:20	32:55
20.0	40.0	**60.0**	80	2:00.0	**2:40**	3:20	4:00	5:00	**5:20**	6:40	10:00	13:20	**16:40**	20:00	26:40	33:20
100	**200**	**300**	**400**	**600**	**800**	**1000**	**1200**	**1500**	**1600**	**2000**	3000	**4000**	**5000**	**6000**	**8000**	**10,000**
20.25	40.5	**60.75**	81	2:01.5	**2:42**	3:22.5	4:03	5:03.7	**5:24**	6:45	10:07.5	13:30	**16:52.5**	20:25	27:00	33:45
20.50	41.0	**61.5**	82	2:03.0	**2:44**	3:25	4:06	5:07.5	**5:28**	6:50	10:15	13:40	**17:05**	20:30	27:20	34:10
20.75	41.5	**62.25**	83	2:04.5	**2:46**	3:27.5	4:09	5:11.2	**5:32**	6:55	10:22.5	13:50	**17:17.5**	20:45	27:40	34:35
21.0	42.0	**63.0**	84	2:06.0	**2:48**	3:30	4:12	5:15	**5:36**	7:00	10:30	14:00	**17:30**	21:00	28:00	35:00
21.25	42.5	**63.75**	85	2:07.5	**2:50**	3:32.5	4:15	5:18.7	**5:40**	7:05	10:37.5	14:10	**17:42.5**	21:15	28:20	35:25
21.50	43.0	**64.5**	86	2:09.0	**2:52**	3:35	4:18	5:22.5	**5:44**	7:10	10:45	14:20	**17:55**	21:30	28:40	35:50
21.75	43.5	**65.25**	87	2:10.5	**2:54**	3:37.5	4:21	5:26.2	**5:48**	7:15	10:52.5	14:30	**18:07.5**	21:45	29:00	36:15
22.0	44.0	**66.0**	88	2:12.0	**2:56**	3:40	4:24	5:30.0	**5:52**	7:20	11:00	14:40	**18:20**	22:00	29:20	36:40
22.25	44.5	**66.75**	89	2:13.5	**2:58**	3:42.5	4:27	5:33.7	**5:56**	7:25	11:07.5	14:50	**18:32.5**	22:15	29:40	37:05
22.50	45.0	**67.5**	90	2:15	**3:00**	3:45	4:30	5:37.5	**6:00**	7:30	11:15	15:00	**18:45**	22:30	30:00	37:30
22.75	45.5	**68.25**	91	2:16.5	**3:02**	3:47.5	4:33	5:41.25	**6:04**	7:35	11:22.5	15:10	**18:57.5**	22:45	30:20	37:55
23.0	46.0	**69.0**	92	2:18	**3:04**	3:50	4:36	5:45	**6:08**	7:40	11:30	15:20	**19:10**	23:00	30:40	38:20
23.25	46.5	**69.75**	93	2:19.5	**3:06**	3:52.5	4:39	5:48.75	**6:12**	7:45	11:37.5	15:30	**19:22.5**	23:15	31:00	38:45
23.50	47.0	**70.5**	94	2:21	**3:08**	3:55	4:42	5:52.50	**6:16**	7:50	11:45	15:40	**19:35**	23:30	31:20	39:10
23.75	47.5	**71.25**	95	2:22.5	**3:10**	3:57.5	4:45	5:56.25	**6:20**	7:55	11:52.5	15:50	**19:47.5**	23:45	31:40	39:35
24.0	48.0	**72.0**	96	2:24	**3:12**	4:00	4:48	6:00	**6:24**	8:00	12:00	16:00	**20:00**	24:00	32:00	40:00
24.25	48.5	**72.75**	97	2:25.5	**3:14**	4:02.5	4:51	6:03.75	**6:28**	8:05	12:07.5	16:10	**20:12.5**	24:15	32:20	40:25
24.50	49.0	**73.50**	98	2:27	**3:16**	4:05	4:54	6:07.5	**6:32**	8:10	12:15	16:20	**20:25**	24:30	32:40	40:50
24.75	49.5	**74.25**	99	2:28.5	**3:18**	4:07.5	4:57	6:11.25	**6:36**	8:15	12:22.5	16:30	**20:37.5**	24:45	33:00	41:15
25.0	50.0	**75.0**	100	2:30	**3:20**	4:10	5:00	6:15	**6:40**	8:20	12:30	16:40	**20:50**	25:00	33:20	41:40
25.25	50.5	**75.75**	101	2:31.5	**3:22**	4:12.5	5:03	6:18.75	**6:44**	8:25	12:37.5	16:50	**21:02.5**	25:15	33:40	42:05
25.50	51.0	**76.50**	102	2:33	**3:24**	4:15	5:06	6:22.5	**6:48**	8:30	12:45	17:00	**21:15**	25:30	34:00	42:30

DIVISION 2 CONVERSION FROM OVERSIZED TRACK TO 200 FLAT

EVENT	WOMEN	MEN
200	**0.4**	**0.4**
400	**0.4**	**0.5**
800	**0.4**	**0.6**
Mile	**1**	**1.2**
5000	**2.5**	**3.2**
4 x 400	**1.6**	**2**
DMR	**2.6**	**3.3**