

## Lakeland Junior Track & Field League

### Pentathlon Scoring Tables

Revised 1980

#### Boys 100m

Time	Points	Time	Points
11.00	1200	14.50	325
11.10	1175	14.60	300
11.20	1150	14.70	275
11.30	1125	14.80	250
11.40	1100	14.90	225
11.50	1075	15.00	200
11.60	1050	15.10	175
11.70	1025	15.20	150
11.80	1000	15.30	125
11.90	975	15.40	100
12.00	950	15.50	75
12.10	925	15.60	50
12.20	900	15.70	25
12.30	875	15.80	0
12.40	850		
12.50	825		
12.60	800		
12.70	775		
12.80	750		
12.90	725		
13.00	700		
13.10	675		
13.20	650		
13.30	625		
13.40	600		
13.50	575		
13.60	550		
13.70	525		
13.80	500		
13.90	475		
14.00	450		
14.10	425		
14.20	400		
14.30	375		
14.40	350		

## Lakeland Junior Track & Field League

### Pentathlon Scoring Tables

Revised 1980

#### Girls 100m

Time	Points	Time	Points
12.00	1200	15.50	325
12.10	1175	15.60	300
12.20	1150	15.70	275
12.30	1125	15.80	250
12.40	1100	15.90	225
12.50	1075	16.00	200
12.60	1050	16.10	175
12.70	1025	16.20	150
12.80	1000	16.30	125
12.90	975	16.40	100
13.00	950	16.50	75
13.10	925	16.60	50
13.20	900	16.70	25
13.30	875	16.80	0
13.40	850		
13.50	825		
13.60	800		
13.70	775		
13.80	750		
13.90	725		
14.00	700		
14.10	675		
14.20	650		
14.30	625		
14.40	600		
14.50	575		
14.60	550		
14.70	525		
14.80	500		
14.90	475		
15.00	450		
15.10	425		
15.20	400		
15.30	375		
15.40	350		

## Lakeland Junior Track & Field League

### Pentathlon Scoring Tables

Revised 1980

#### Boys 200m

Time	Points	Time	Points	Time	Points	Time	Points
23.00	1200	26.50	850	30.00	500	33.50	150
23.10	1190	26.60	840	30.10	490	33.60	140
23.20	1180	26.70	830	30.20	480	33.70	130
23.30	1170	26.80	820	30.30	470	33.80	120
23.40	1160	26.90	810	30.40	460	33.90	110
23.50	1150	27.00	800	30.50	450	34.00	100
23.60	1140	27.10	790	30.60	440	34.10	90
23.70	1130	27.20	780	30.70	430	34.20	80
23.80	1120	27.30	770	30.80	420	34.30	70
23.90	1110	27.40	760	30.90	410	34.40	60
24.00	1100	27.50	750	31.00	400	34.50	50
24.10	1090	27.60	740	31.10	390	34.60	40
24.20	1080	27.70	730	31.20	380	34.70	30
24.30	1070	27.80	720	31.30	370	34.80	20
24.40	1060	27.90	710	31.40	360	34.90	10
24.50	1050	28.00	700	31.50	350	35.00	0
24.60	1040	28.10	690	31.60	340		
24.70	1030	28.20	680	31.70	330		
24.80	1020	28.30	670	31.80	320		
24.90	1010	28.40	660	31.90	310		
25.00	1000	28.50	650	32.00	300		
25.10	990	28.60	640	32.10	290		
25.20	980	28.70	630	32.20	280		
25.30	970	28.80	620	32.30	270		
25.40	960	28.90	610	32.40	260		
25.50	950	29.00	600	32.50	250		
25.60	940	29.10	590	32.60	240		
25.70	930	29.20	580	32.70	230		
25.80	920	29.30	570	32.80	220		
25.90	910	29.40	560	32.90	210		
26.00	900	29.50	550	33.00	200		
26.10	890	29.60	540	33.10	190		
26.20	880	29.70	530	33.20	180		
26.30	870	29.80	520	33.30	170		
26.40	860	29.90	510	33.40	160		

## Lakeland Junior Track & Field League

### Pentathlon Scoring Tables

Revised 1980

#### Girls 200m

Time	Points	Time	Points	Time	Points	Time	Points
26.00	1200	29.50	850	33.00	500	36.50	150
26.10	1190	29.60	840	33.10	490	36.60	140
26.20	1180	29.70	830	33.20	480	36.70	130
26.30	1170	29.80	820	33.30	470	36.80	120
26.40	1160	29.90	810	33.40	460	36.90	110
26.50	1150	30.00	800	33.50	450	37.00	100
26.60	1140	30.10	790	33.60	440	37.10	90
26.70	1130	30.20	780	33.70	430	37.20	80
26.80	1120	30.30	770	33.80	420	37.30	70
26.90	1110	30.40	760	33.90	410	37.40	60
27.00	1100	30.50	750	34.00	400	37.50	50
27.10	1090	30.60	740	34.10	390	37.60	40
27.20	1080	30.70	730	34.20	380	37.70	30
27.30	1070	30.80	720	34.30	370	37.80	20
27.40	1060	30.90	710	34.40	360	37.90	10
27.50	1050	31.00	700	34.50	350	38.00	0
27.60	1040	31.10	690	34.60	340		
27.70	1030	31.20	680	34.70	330		
27.80	1020	31.30	670	34.80	320		
27.90	1010	31.40	660	34.90	310		
28.00	1000	31.50	650	35.00	300		
28.10	990	31.60	640	35.10	290		
28.20	980	31.70	630	35.20	280		
28.30	970	31.80	620	35.30	270		
28.40	960	31.90	610	35.40	260		
28.50	950	32.00	600	35.50	250		
28.60	940	32.10	590	35.60	240		
28.70	930	32.20	580	35.70	230		
28.80	920	32.30	570	35.80	220		
28.90	910	32.40	560	35.90	210		
29.00	900	32.50	550	36.00	200		
29.10	890	32.60	540	36.10	190		
29.20	880	32.70	530	36.20	180		
29.30	870	32.80	520	36.30	170		
29.40	860	32.90	510	36.40	160		

## Lakeland Junior Track & Field League

### Pentathlon Scoring Tables

Revised 1980

#### Boys Mile

Time	Points	Time	Points	Time	Points	Time	Points
450.00	1200	525.00	850	600.00	500	635.00	150
451.00	1190	526.00	840	601.00	490	636.00	140
452.00	1180	527.00	830	602.00	480	637.00	130
453.00	1170	528.00	820	603.00	470	638.00	120
454.00	1160	529.00	810	604.00	460	639.00	110
455.00	1150	530.00	800	605.00	450	640.00	100
456.00	1140	531.00	790	606.00	440	641.00	90
457.00	1130	532.00	780	607.00	430	642.00	80
458.00	1120	533.00	770	608.00	420	643.00	70
459.00	1110	534.00	760	609.00	410	644.00	60
500.00	1100	535.00	750	610.00	400	645.00	50
501.00	1090	536.00	740	611.00	390	646.00	40
502.00	1080	537.00	730	612.00	380	647.00	30
503.00	1070	538.00	720	613.00	370	648.00	20
504.00	1060	539.00	710	614.00	360	649.00	10
505.00	1050	540.00	700	615.00	350	650.00	0
506.00	1040	541.00	690	616.00	340		
507.00	1030	542.00	680	617.00	330		
508.00	1020	543.00	670	618.00	320		
509.00	1010	544.00	660	619.00	310		
510.00	1000	545.00	650	620.00	300		
511.00	990	546.00	640	621.00	290		
512.00	980	547.00	630	622.00	280		
513.00	970	548.00	620	623.00	270		
514.00	960	549.00	610	624.00	260		
515.00	950	550.00	600	625.00	250		
516.00	940	551.00	590	626.00	240		
517.00	930	552.00	580	627.00	230		
518.00	920	553.00	570	628.00	220		
519.00	910	554.00	560	629.00	210		
520.00	900	555.00	550	630.00	200		
521.00	890	556.00	540	631.00	190		
522.00	880	557.00	530	632.00	180		
523.00	870	558.00	520	633.00	170		
524.00	860	559.00	510	634.00	160		

## Lakeland Junior Track & Field League

### Pentathlon Scoring Tables

Revised 1980

#### Girls Mile

Time	Points	Time	Points	Time	Points	Time	Points
510.00	1200	545.00	850	620.00	500	655.00	150
511.00	1190	546.00	840	621.00	490	656.00	140
512.00	1180	547.00	830	622.00	480	657.00	130
513.00	1170	548.00	820	623.00	470	658.00	120
514.00	1160	549.00	810	624.00	460	659.00	110
515.00	1150	550.00	800	625.00	450	700.00	100
516.00	1140	551.00	790	626.00	440	701.00	90
517.00	1130	552.00	780	627.00	430	702.00	80
518.00	1120	553.00	770	628.00	420	703.00	70
519.00	1110	554.00	760	629.00	410	704.00	60
520.00	1100	555.00	750	630.00	400	705.00	50
521.00	1090	556.00	740	631.00	390	706.00	40
522.00	1080	557.00	730	632.00	380	707.00	30
523.00	1070	558.00	720	633.00	370	708.00	20
524.00	1060	559.00	710	634.00	360	709.00	10
525.00	1050	600.00	700	635.00	350	710.00	0
526.00	1040	601.00	690	636.00	340		
527.00	1030	602.00	680	637.00	330		
528.00	1020	603.00	670	638.00	320		
529.00	1010	604.00	660	639.00	310		
530.00	1000	605.00	650	640.00	300		
531.00	990	606.00	640	641.00	290		
532.00	980	607.00	630	642.00	280		
533.00	970	608.00	620	643.00	270		
534.00	960	609.00	610	644.00	260		
535.00	950	610.00	600	645.00	250		
536.00	940	611.00	590	646.00	240		
537.00	930	612.00	580	647.00	230		
538.00	920	613.00	570	648.00	220		
539.00	910	614.00	560	649.00	210		
540.00	900	615.00	550	650.00	200		
541.00	890	616.00	540	651.00	190		
542.00	880	617.00	530	652.00	180		
543.00	870	618.00	520	653.00	170		
544.00	860	619.00	510	654.00	160		

## Lakeland Junior Track & Field League

### Pentathlon Scoring Tables

Revised 1980

#### Boys Shot Put

Distance	Points	Distance	Points	Distance	Points	Distance	Points
55.30	1200	52.40	1096	49.50	1053	46.60	1018
55.20	1198	52.30	1093	49.40	1052	46.50	1017
55.10	1195	52.20	1090	49.30	1051	46.40	1016
55.00	1192	52.10	1087	49.20	1050	46.30	1015
54.11	1189	52.00	1084	49.10	1049	46.20	1014
54.10	1186	51.11	1083	49.00	1048	46.10	1013
54.90	1183	51.10	1082	48.11	1047	46.00	1012
54.80	1180	51.90	1081	48.10	1046	45.11	1011
54.70	1177	51.80	1080	48.90	1045	45.10	1010
54.60	1174	51.70	1079	48.80	1044	45.90	1009
54.50	1171	51.60	1078	48.70	1043	45.80	1008
54.40	1168	51.50	1077	48.60	1042	45.70	1007
54.30	1165	51.40	1076	48.50	1041	45.60	1006
54.20	1162	51.30	1075	48.40	1040	45.50	1005
54.10	1159	51.20	1074	48.30	1039	45.40	1004
54.00	1156	51.10	1073	48.20	1038	45.30	1003
53.11	1153	51.00	1072	48.10	1037	45.20	1002
53.10	1150	50.11	1071	48.00	1036	45.10	1001
53.90	1147	50.10	1070	47.11	1035	45.00	1000
53.80	1144	50.90	1069	47.10	1034	44.11	999
53.70	1141	50.80	1068	47.90	1033	44.10	998
53.60	1138	50.70	1067	47.80	1032	44.90	997
53.50	1135	50.60	1066	47.70	1031	44.80	996
53.40	1132	50.50	1065	47.60	1030	44.70	995
53.30	1129	50.40	1064	47.50	1029	44.60	994
53.20	1126	50.30	1063	47.40	1028	44.50	993
53.10	1123	50.20	1062	47.30	1027	44.40	992
53.00	1120	50.10	1061	47.20	1026	44.30	991
52.11	1117	50.00	1060	47.10	1025	44.20	990
52.10	1114	49.11	1059	47.00	1024	44.10	989
52.90	1111	49.10	1058	46.11	1023	44.00	988
52.80	1108	49.90	1057	46.10	1022	43.11	987
52.70	1105	49.80	1056	46.90	1021	43.10	986
52.60	1102	49.70	1055	46.80	1020	43.90	985
52.50	1099	49.60	1054	46.70	1019	43.80	984

## Lakeland Junior Track & Field League

### Pentathlon Scoring Tables

Revised 1980

#### Boys Shot Put

Distance	Points	Distance	Points	Distance	Points	Distance	Points
43.70	983	40.80	948	37.90	913	34.10	878
43.60	982	40.70	947	37.80	912	34.90	877
43.50	981	40.60	946	37.70	911	34.80	876
43.40	980	40.50	945	37.60	910	34.70	875
43.30	979	40.40	944	37.50	909	34.60	874
43.20	978	40.30	943	37.40	908	34.50	873
43.10	977	40.20	942	37.30	907	34.40	872
43.00	976	40.10	941	37.20	906	34.30	871
42.11	975	40.00	940	37.10	905	34.20	870
42.10	974	39.11	939	37.00	904	34.10	869
42.90	973	39.10	938	36.11	903	34.00	868
42.80	972	39.90	937	36.10	902	33.11	867
42.70	971	39.80	936	36.90	901	33.10	866
42.60	970	39.70	935	36.80	900	33.90	865
42.50	969	39.60	934	36.70	899	33.80	864
42.40	968	39.50	933	36.60	898	33.70	863
42.30	967	39.40	932	36.50	897	33.60	862
42.20	966	39.30	931	36.40	896	33.50	861
42.10	965	39.20	930	36.30	895	33.40	860
42.00	964	39.10	929	36.20	894	33.30	859
41.11	963	39.00	928	36.10	893	33.20	858
41.10	962	38.11	927	36.00	892	33.10	857
41.90	961	38.10	926	35.11	891	33.00	856
41.80	960	38.90	925	35.10	890	32.11	855
41.70	959	38.80	924	35.90	889	32.10	854
41.60	958	38.70	923	35.80	888	32.90	853
41.50	957	38.60	922	35.70	887	32.80	852
41.40	956	38.50	921	35.60	886	32.70	851
41.30	955	38.40	920	35.50	885	32.60	850
41.20	954	38.30	919	35.40	884	32.50	849
41.10	953	38.20	918	35.30	883	32.40	848
41.00	952	38.10	917	35.20	882	32.30	847
40.11	951	38.00	916	35.10	881	32.20	846
40.10	950	37.11	915	35.00	880	32.10	845
40.90	949	37.10	914	34.11	879	32.00	844

# Lakeland Junior Track & Field League

## Pentathlon Scoring Tables

Revised 1980

### Boys Shot Put

Distance	Points	Distance	Points	Distance	Points	Distance	Points
31.11	843	29.00	784	26.10	679	23.20	574
31.10	842	28.11	781	26.00	676	23.10	571
31.90	841	28.10	778	25.11	673	23.00	568
31.80	840	28.90	775	25.10	670	22.11	565
31.70	839	28.80	772	25.90	667	22.10	562
31.60	838	28.70	769	25.80	664	22.90	559
31.50	837	28.60	766	25.70	661	22.80	556
31.40	836	28.50	763	25.60	658	22.70	553
31.30	835	28.40	760	25.50	655	22.60	550
31.20	834	28.30	757	25.40	652	22.50	547
31.10	833	28.20	754	25.30	649	22.40	544
31.00	832	28.10	751	25.20	646	22.30	541
30.11	831	28.00	748	25.10	643	22.20	538
31.10	830	27.11	745	25.00	640	22.10	535
30.90	829	27.10	742	24.11	637	22.00	532
30.80	828	27.90	739	24.10	634	21.11	529
30.70	827	27.80	736	24.90	631	21.10	526
30.60	826	27.70	733	24.80	628	21.90	523
30.50	825	27.60	730	24.70	625	21.80	520
30.40	824	27.50	727	24.60	622	21.70	517
30.30	823	27.40	724	24.50	619	21.60	514
30.20	822	27.30	721	24.40	616	21.50	511
30.10	821	27.20	718	24.30	613	21.40	508
30.00	820	27.10	715	24.20	610	21.30	505
29.11	817	27.00	712	24.10	607	21.20	502
29.10	814	26.11	709	24.00	604	21.10	499
29.90	811	26.10	706	23.11	601	21.00	496
29.80	808	26.90	703	23.10	598	20.11	493
29.70	805	26.80	700	23.90	595	20.10	490
29.60	802	26.70	697	23.80	592	20.90	487
29.50	799	26.60	694	23.70	589	20.80	484
29.40	796	26.50	691	23.60	586	20.70	481
29.30	793	26.40	688	23.50	583	20.60	478
29.20	790	26.30	685	23.40	580	20.50	475
29.10	787	26.20	682	23.30	577	20.40	472

## Lakeland Junior Track & Field League

### Pentathlon Scoring Tables

Revised 1980

#### Girls Shot Put

Distance	Points	Distance	Points	Distance	Points	Distance	Points
34.00	1200	31.10	1099	28.20	994	25.30	889
33.11	1199	31.00	1096	28.10	991	25.20	886
33.10	1198	30.11	1093	28.00	988	25.10	883
33.90	1195	30.10	1090	27.11	985	25.00	880
33.80	1192	30.90	1087	27.10	982	24.11	877
33.70	1189	30.80	1084	27.90	979	24.10	874
33.60	1186	30.70	1081	27.80	976	24.90	871
33.50	1183	30.60	1078	27.70	973	24.80	868
33.40	1180	30.50	1075	27.60	970	24.70	865
33.30	1177	30.40	1072	27.50	967	24.60	862
33.20	1174	30.30	1069	27.40	964	24.50	859
33.10	1171	30.20	1066	27.30	961	24.40	856
33.00	1168	30.10	1063	27.20	958	24.30	853
32.11	1165	30.00	1060	27.10	955	24.20	850
32.10	1162	29.11	1057	27.00	952	24.10	847
32.90	1159	29.10	1054	26.11	949	24.00	844
32.80	1156	29.90	1051	26.10	946	23.11	841
32.70	1153	29.80	1048	26.90	943	23.10	838
32.60	1150	29.70	1045	26.80	940	23.90	835
32.50	1147	29.60	1042	26.70	937	23.80	832
32.40	1144	29.50	1039	26.60	934	23.70	829
32.30	1141	29.40	1036	26.50	931	23.60	826
32.20	1138	29.30	1033	26.40	928	23.50	823
32.10	1135	29.20	1030	26.30	925	23.40	820
32.00	1132	29.10	1027	26.20	922	23.30	817
31.11	1129	29.00	1024	26.10	919	23.20	814
31.10	1126	28.11	1021	26.00	916	23.10	811
31.90	1123	28.10	1018	25.11	913	23.00	808
31.80	1120	28.90	1015	25.10	910	22.11	805
31.70	1117	28.80	1012	25.90	907	22.10	802
31.60	1114	28.70	1009	25.80	904	22.90	799
31.50	1111	28.60	1006	25.70	901	22.80	796
31.40	1108	28.50	1003	25.60	898	22.70	793
31.30	1105	28.40	1000	25.50	895	22.60	790
31.20	1102	28.30	997	25.40	892	22.50	787

## Lakeland Junior Track & Field League

### Pentathlon Scoring Tables

Revised 1980

#### Girls Shot Put

Distance	Points	Distance	Points	Distance	Points	Distance	Points
22.40	784	19.50	679	16.60	574		
22.30	781	19.40	676	16.50	571		
22.20	778	19.30	673	16.40	568		
22.10	775	19.20	670	16.30	565		
22.00	772	19.10	667	16.20	562		
21.11	769	19.00	664	16.10	559		
21.10	766	18.11	661	16.00	556		
21.90	763	18.10	658	15.11	553		
21.80	760	18.90	655	15.10	550		
21.70	757	18.80	652	15.90	547		
21.60	754	18.70	649	15.80	544		
21.50	751	18.60	646	15.70	541		
21.40	748	18.50	643	15.60	538		
21.30	745	18.40	640	15.50	535		
21.20	742	18.30	637	15.40	532		
21.10	739	18.20	634	15.30	529		
21.00	736	18.10	631	15.20	526		
20.11	733	18.00	628	15.10	523		
20.10	730	17.11	625	15.00	520		
20.90	727	17.10	622				
20.80	724	17.90	619				
20.70	721	17.80	616				
20.60	718	17.70	613				
20.50	715	17.60	610				
20.40	712	17.50	607				
20.30	709	17.40	604				
20.20	706	17.30	601				
20.10	703	17.20	598				
20.00	700	17.10	595				
19.11	697	17.00	592				
19.10	694	16.11	589				
19.90	691	16.10	586				
19.80	688	16.90	583				
19.70	685	16.80	580				
19.60	682	16.70	577				

## Lakeland Junior Track & Field League

### Pentathlon Scoring Tables

#### Original 1976

#### Boys Long Jump

Distance	Points	Distance	Points	Distance	Points	Distance	Points
20.00	1200	17.20	860	14.40	520	11.60	180
19.11	1190	17.10	850	14.30	510	11.50	170
19.10	1180	17.00	840	14.20	500	11.40	160
19.90	1170	16.11	830	14.10	490	11.30	150
19.80	1160	16.10	820	14.00	480	11.20	140
19.70	1150	16.90	810	13.11	470	11.10	130
19.60	1140	16.80	800	13.10	460	11.00	120
19.50	1130	16.70	790	13.90	450	10.11	110
19.40	1120	16.60	780	13.80	440	10.10	100
19.30	1110	16.50	770	13.70	430	10.90	90
19.20	1100	16.40	760	13.60	420	10.80	80
19.10	1090	16.30	750	13.50	410	10.70	70
19.00	1080	16.20	740	13.40	400	10.60	60
18.11	1070	16.10	730	13.30	390	10.50	50
18.10	1060	16.00	720	13.20	380	10.40	40
18.90	1050	15.11	710	13.10	370	10.30	30
18.80	1040	15.10	700	13.00	360	10.20	20
18.70	1030	15.90	690	12.11	350	10.10	10
18.60	1020	15.80	680	12.10	340	10.00	0
18.50	1010	15.70	670	12.90	330		
18.40	1000	15.60	660	12.80	320		
18.30	990	15.50	650	12.70	310		
18.20	980	15.40	640	12.60	300		
18.10	970	15.30	630	12.50	290		
18.00	960	15.20	620	12.40	280		
17.11	950	15.10	610	12.30	270		
17.10	940	15.00	600	12.20	260		
17.90	930	14.11	590	12.10	250		
17.80	920	14.10	580	12.00	240		
17.70	910	14.90	570	11.11	230		
17.60	900	14.80	560	11.10	220		
17.50	890	14.70	550	11.90	210		
17.40	880	14.60	540	11.80	200		
17.30	870	14.50	530	11.70	190		

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