

Lakeland Junior Track & Field League

Triathlon Scoring Tables

Revised 1985

Boys 100m

Time	Points	Time	Points	Time	Points	Time	Points
13.00	1200	16.10	425				
13.10	1175	16.20	400				
13.20	1150	16.30	375				
13.30	1125	16.40	350				
13.40	1100	16.50	325				
13.50	1075	16.60	300				
13.60	1050	16.70	275				
13.70	1025	16.80	250				
13.80	1000	16.90	225				
13.90	975	17.00	200				
14.00	950	17.10	175				
14.10	925	17.20	150				
14.20	900	17.30	125				
14.30	875	17.40	100				
14.40	850	17.50	75				
14.50	825	17.60	50				
14.60	800	17.70	25				
14.70	775	17.80	0				
14.80	750						
14.90	725						
15.00	700						
15.10	675						
15.20	650						
15.30	625						
15.40	600						
15.50	575						
15.60	550						
15.70	525						
15.80	500						
15.90	475						
16.00	450						

Lakeland Junior Track & Field League

Triathlon Scoring Tables

Revised 1985

Girls 100m

Time	Points	Time	Points	Time	Points	Time	Points
13.40	1200	16.50	425				
13.50	1175	16.60	400				
13.60	1150	16.70	375				
13.70	1125	16.80	350				
13.80	1100	16.90	325				
13.90	1075	17.00	300				
14.00	1050	17.10	275				
14.10	1025	17.20	250				
14.20	1000	17.30	225				
14.30	975	17.40	200				
14.40	950	17.50	175				
14.50	925	17.60	150				
14.60	900	17.70	125				
14.70	875	17.80	100				
14.80	850	17.90	75				
14.90	825	18.00	50				
15.00	800	18.10	25				
15.10	775	18.20	0				
15.20	750						
15.30	725						
15.40	700						
15.50	675						
15.60	650						
15.70	625						
15.80	600						
15.90	575						
16.00	550						
16.10	525						
16.20	500						
16.30	475						
16.40	450						

Lakeland Junior Track & Field League

Triathlon Scoring Tables

Revised 1985

Boys 800m

Time	Points	Time	Points	Time	Points	Time	Points
218	1200	251	870	324	540	357	210
219	1190	252	860	325	530	358	200
220	1180	253	850	326	520	359	190
221	1170	254	840	327	510	400	180
222	1160	255	830	328	500	401	170
223	1150	256	820	329	490	402	160
224	1140	257	810	330	480	403	150
225	1130	258	800	331	470	404	140
226	1120	259	790	332	460	405	130
227	1110	300	780	333	450	406	120
228	1100	301	770	334	440	407	110
229	1090	302	760	335	430	408	100
230	1080	303	750	336	420	409	90
231	1070	304	740	337	410	410	80
232	1060	305	730	338	400	411	70
233	1050	306	720	339	390	412	60
234	1040	307	710	340	380	413	50
235	1030	308	700	341	370	414	40
236	1020	309	690	342	360	415	30
237	1010	310	680	343	350	416	20
238	1000	311	670	344	340	417	10
239	990	312	660	345	330	418	0
240	980	313	650	346	320		
241	970	314	640	347	310		
242	960	315	630	348	300		
243	950	316	620	349	290		
244	940	317	610	350	280		
245	930	318	600	351	270		
246	920	319	590	352	260		
247	910	320	580	353	250		
248	900	321	570	354	240		
249	890	322	560	355	230		
250	880	323	550	356	220		

Lakeland Junior Track & Field League

Triathlon Scoring Tables

Revised 1985

Girls 800m

Time	Points	Time	Points	Time	Points	Time	Points
227	1200	300	870	333	540	406	210
228	1190	301	860	334	530	407	200
229	1180	302	850	335	520	408	190
230	1170	303	840	336	510	409	180
231	1160	304	830	337	500	410	170
232	1150	305	820	338	490	411	160
233	1140	306	810	339	480	412	150
234	1130	307	800	340	470	413	140
235	1120	308	790	341	460	414	130
236	1110	309	780	342	450	415	120
237	1100	310	770	343	440	416	110
238	1090	311	760	344	430	417	100
239	1080	312	750	345	420	418	90
240	1070	313	740	346	410	419	80
241	1060	314	730	347	400	420	70
242	1050	315	720	348	390	421	60
243	1040	316	710	349	380	422	50
244	1030	317	700	350	370	423	40
245	1020	318	690	351	360	424	30
246	1010	319	680	352	350	425	20
247	1000	320	670	353	340	426	10
248	990	321	660	354	330	427	0
249	980	322	650	355	320		
250	970	323	640	356	310		
251	960	324	630	357	300		
252	950	325	620	358	290		
253	940	326	610	359	280		
254	930	327	600	400	270		
255	920	328	590	401	260		
256	910	329	580	402	250		
257	900	330	570	403	240		
258	890	331	560	404	230		
259	880	332	550	405	220		

Lakeland Junior Track & Field League

Triathlon Scoring Tables

Revised 1985

Boys Shot Put

Distance	Points	Distance	Points	Distance	Points	Distance	Points
41.00	1200	38.10	1025	33.60	850	24.90	510
40.11	1195	38.00	1020	33.30	845	24.60	500
40.10	1190	37.11	1015	33.00	840	24.30	490
40.90	1185	37.10	1010	32.90	835	24.00	480
40.80	1180	37.90	1005	32.60	820	23.90	470
40.70	1175	37.80	1000	32.30	810	23.60	460
40.60	1170	37.70	995	32.00	800	23.30	450
40.50	1165	37.60	990	31.90	790	23.00	440
40.40	1160	37.50	985	31.60	780	22.90	430
40.30	1155	37.40	980	31.30	770	22.60	420
40.20	1150	37.30	975	31.00	760	22.30	410
40.10	1145	37.20	970	30.90	750	22.00	400
40.00	1140	37.10	965	30.60	740	21.90	390
39.11	1135	37.00	960	30.30	730	21.60	380
39.10	1130	36.11	955	30.00	720	21.30	370
39.90	1125	36.10	950	29.90	710	21.00	360
39.80	1120	36.90	945	29.60	700	20.90	350
39.70	1115	36.80	940	29.30	690	20.60	340
39.60	1110	36.70	935	29.00	680	20.30	330
39.50	1105	36.60	930	28.90	670	20.00	320
39.40	1100	36.50	925	28.60	660	19.90	310
39.30	1095	36.40	920	28.30	650	19.60	300
39.20	1090	36.30	915	28.00	640	19.30	290
39.10	1085	36.20	910	27.90	630	19.00	280
39.00	1080	36.10	905	27.60	620	18.90	270
28.11	1075	36.00	900	27.30	610	18.60	260
38.10	1070	35.90	895	27.00	600	18.30	250
38.90	1065	35.60	890	26.90	590	18.00	240
38.80	1060	35.30	885	26.60	580	17.90	230
38.70	1055	35.00	880	26.30	570	17.60	220
38.60	1050	34.90	875	26.00	560	17.30	210
38.50	1045	34.60	870	25.90	550	17.00	200
38.40	1040	34.30	865	25.60	540	16.90	190
38.30	1035	34.00	860	25.30	530	16.60	180
38.20	1030	33.90	855	25.00	520	16.30	170

Lakeland Junior Track & Field League

Triathlon Scoring Tables

Revised 1985

Girls Shot Put

Distance	Points	Distance	Points	Distance	Points	Distance	Points
30.70	1200	27.80	1096	24.90	985	21.10	810
30.60	1198	27.70	1093	24.80	980	21.90	805
30.50	1195	27.60	1090	24.70	975	21.80	800
30.40	1192	27.50	1087	24.60	970	21.70	790
30.30	1189	27.40	1084	24.50	965	21.60	780
30.20	1186	27.30	1081	24.40	960	21.50	770
30.10	1183	27.20	1078	24.30	955	21.40	760
30.00	1180	27.10	1075	24.20	950	21.30	750
29.11	1177	27.00	1072	24.10	945	21.20	740
29.10	1174	26.11	1069	24.00	940	21.10	730
29.90	1171	26.10	1066	23.11	935	21.00	720
29.80	1168	26.90	1063	23.10	930	20.11	710
29.70	1165	26.80	1060	23.90	925	20.10	700
29.60	1162	26.70	1057	23.80	920	20.90	690
29.50	1159	26.60	1054	23.70	915	20.80	680
29.40	1156	26.50	1051	23.60	910	20.70	670
29.30	1153	26.40	1048	23.50	905	20.60	660
29.20	1150	26.30	1045	23.40	900	20.50	650
29.10	1147	26.20	1042	23.30	895	20.40	640
29.00	1144	26.10	1039	23.20	890	20.30	630
28.11	1141	26.00	1036	23.10	885	20.20	620
28.10	1138	25.11	1033	23.00	880	20.10	610
28.90	1135	25.10	1030	22.11	875	20.00	600
28.80	1132	25.90	1027	22.10	870	19.90	590
28.70	1129	25.80	1024	22.90	865	19.60	580
28.60	1126	25.70	1021	22.80	860	19.30	570
28.50	1123	25.60	1018	22.70	855	19.00	560
28.40	1120	25.50	1015	22.60	850	18.90	550
28.30	1117	25.40	1012	22.50	845	18.60	540
28.20	1114	25.30	1009	22.40	840	18.30	530
28.10	1111	25.20	1006	22.30	835	18.00	520
28.00	1108	25.10	1003	22.20	830	17.90	510
27.11	1105	25.00	1000	22.10	825	17.60	500
27.10	1102	24.11	995	22.00	820	17.30	490
27.90	1099	24.10	990	21.11	815	17.00	480

Lakeland Junior Track & Field League

Triathlon Scoring Tables

Revised 1985

Girls Shot Put

Distance	Points	Distance	Points	Distance	Points	Distance	Points
16.90	470						
16.60	460						
16.30	450						
16.00	440						
15.90	430						
15.60	420						
15.30	410						
15.00	400						
14.90	380						
14.60	360						
14.30	340						
14.00	320						
13.90	300						
13.60	280						
13.30	260						
13.00	240						
12.90	220						
12.60	200						
12.30	180						
12.00	160						