

Appendix C: Performance Tables for GCE (H555)

Athletics – Male

Event	100m	200m	400m	800m	1500m	3000m	2000ms/c	110mH	400mH	HJ	LJ	TJ	PV	Shot 6kg	Discus 1.75kg	Javelin 800g	Hammer 6kg
	s	s	s	min/s	min/s	min/s	min/s	s	s	m	m	m	m	m	m	m	m
Mark																	
30	11.24	22.43	49.70	1.55.5	4.00	8.41	6.10	15.33	56.61	1.94	6.73	13.77	4.00	12.81	39.25	52.13	44.25
29	11.28	22.55	50.10	1.56	4.02	8.46	6.13	15.45	57.03	1.93	6.66	13.64	3.90	12.63	38.50	51.25	43.50
28	11.31	22.68	50.50	1.57	4.04	8.51	6.16	15.58	57.44	1.91	6.59	13.51	3.80	12.44	37.75	50.38	42.75
27	11.35	22.80	50.90	1.58	4.06	8.56	6.19	15.70	57.85	1.90	6.53	13.38	3.70	12.25	37.00	49.50	42.00
26	11.39	22.93	51.30	1.59	4.08	9.02	6.21	15.83	58.26	1.88	6.46	13.24	3.60	12.06	36.25	48.63	41.25
25	11.46	23.18	52.10	2.01	4.12	9.14	6.27	16.08	59.09	1.85	6.32	12.98	3.40	11.69	34.75	46.88	39.75
24	11.50	23.30	52.50	2.02	4.15	9.20	6.30	16.20	59.50	1.83	6.25	12.85	3.30	11.50	34.00	46.00	39.00
23	11.66	23.73	53.59	2.04	4.17	9.40	6.32	16.50	61.50	1.79	6.09	12.50	3.23	11.28	32.69	44.19	37.25
22	11.83	24.15	54.68	2.06	4.19	10.00	6.34	16.80	63.50	1.74	5.94	12.15	3.16	11.05	31.38	42.38	35.50
21	11.99	24.58	55.76	2.08	4.21	10.20	6.36	17.10	65.50	1.70	5.78	11.80	3.09	10.83	30.06	40.56	33.75
20	12.31	25.43	57.94	2.14	4.26	11.00	6.39	17.70	69.50	1.61	5.47	11.11	2.96	10.38	27.44	36.94	30.25
19	12.48	25.85	59.03	2.17	4.29	11.20	6.41	18.00	71.50	1.56	5.31	10.76	2.89	10.15	26.13	35.13	28.50
18	12.64	26.28	60.11	2.20	4.32	11.40	6.43	18.30	73.50	1.52	5.16	10.41	2.82	9.93	24.81	33.31	26.75
17	12.80	26.70	61.20	2.25	4.35	12.00	6.45	18.60	75.50	1.47	5.00	10.06	2.75	9.70	23.50	31.50	25.00
16	12.86	26.84	61.51	2.26	4.38	12.04	6.48	18.73	75.87	1.46	4.96	10.01	2.73	9.59	23.32	31.16	24.89
15	12.99	27.11	62.12	2.28	4.44	12.12	6.54	18.98	76.61	1.44	4.89	9.92	2.69	9.37	22.95	30.47	24.68
14	13.05	27.25	62.42	2.29	4.47	12.16	6.57	19.11	76.97	1.43	4.85	9.88	2.68	9.26	22.76	30.13	24.58
13	13.12	27.38	62.73	2.30	4.50	12.20	7.00	19.23	77.34	1.41	4.82	9.83	2.66	9.15	22.58	29.79	24.47
12	13.18	27.52	63.03	2.31	4.53	12.24	7.04	19.36	77.71	1.40	4.78	9.79	2.64	9.04	22.39	29.45	24.37
11	13.24	27.66	63.34	2.32	4.56	12.28	7.08	19.48	78.08	1.39	4.74	9.74	2.62	8.93	22.21	29.11	24.26
10	13.37	27.93	63.95	2.34	5.02	12.36	7.16	19.74	78.82	1.37	4.67	9.65	2.58	8.71	21.84	28.42	24.05
9	13.43	28.07	64.25	2.35	5.05	12.40	7.20	19.86	79.18	1.36	4.63	9.61	2.57	8.59	21.66	28.08	23.95
8	13.49	28.21	64.56	2.36	5.08	12.45	7.24	19.99	79.55	1.35	4.59	9.56	2.55	8.48	21.47	27.74	23.84
7	13.56	28.34	64.86	2.37	5.10	12.50	7.28	20.12	79.92	1.34	4.56	9.52	2.53	8.37	21.29	27.39	23.74
6	13.62	28.48	65.17	2.38	5.13	12.55	7.31	20.24	80.29	1.33	4.52	9.47	2.51	8.26	21.11	27.05	23.63
5	13.75	28.75	65.78	2.40	5.19	13.05	7.39	20.49	81.03	1.30	4.45	9.38	2.47	8.04	20.74	26.37	23.42
4	13.81	28.89	66.08	2.41	5.22	13.10	7.43	20.62	81.39	1.29	4.41	9.34	2.46	7.93	20.55	26.03	23.32
3	13.87	29.03	66.39	2.42	5.24	13.15	7.47	20.75	81.76	1.28	4.37	9.29	2.44	7.82	20.37	25.68	23.21
2	13.94	29.16	66.69	2.44	5.27	13.20	7.51	20.87	82.13	1.27	4.34	9.25	2.42	7.71	20.18	25.34	23.11
1	14.00	29.30	67.00	2.46	5.30	13.25	7.55	21.00	82.50	1.26	4.30	9.20	2.40	7.60	20.00	25.00	23.00

Athletics – Female

Event	100m	200m	400m	800m	1500m	3000m	2000ms/c	110mH	400mH	HJ	LJ	TJ	PV	Shot 4kg	Discus 1kg	Javelin 600g	Hammer 4kg
	s	s	s	min/s	min/s	min/s	min/s	s	s	m	m	m	m	m	m	m	m
Mark																	
30	12.55	25.85	59.2	2.16	4.46	10.21	5.42	15.40	66.40	1.67	5.40	10.20	2.85	10.4	35.00	36.50	38.00
29	12.60	25.90	59.6	2.17	4.48	10.24	5.44	15.60	66.80	1.66	5.35	10.00	2.80	10.2	34.00	36.00	37.00
28	12.65	26.00	60.0	2.18	4.50	10.28	5.46	15.80	67.20	1.65	5.30	9.90	2.75	10.0	33.00	35.50	36.00
27	12.70	26.10	60.2	2.19	4.52	10.32	5.48	16.00	67.60	1.64	5.25	9.80	2.70	9.80	32.00	35.00	35.00
26	12.75	26.20	60.4	2.20	4.54	10.36	5.50	16.20	68.00	1.63	5.20	9.70	2.65	9.60	31.00	34.50	34.00
25	12.90	26.50	60.8	2.24	4.58	10.44	5.54	16.60	68.80	1.61	5.10	9.50	2.55	9.20	29.00	33.00	32.00
24	13.00	26.60	61.0	2.26	5.00	10:48	5.56	16.80	69.20	1.60	5.05	9.40	2.50	9.00	28.00	32.00	31.00
23	13.10	26.80	61.5	2.27	5.02	10.52	5.58	17.00	69.60	1.59	5.00	9.30	2.45	8.80	27.00	31.50	30.50
22	13.15	27.00	62.0	2.28	5.04	10.56	6.00	17.10	70.00	1.58	4.95	9.20	2.40	8.60	26.00	31.00	30.00
21	13.20	27.20	63.0	2.29	5.06	11.08	6.04	17.20	70.40	1.57	4.90	9.10	2.35	8.40	25.00	30.50	29.50
20	13.40	27.60	65.0	2.32	5.10	11.24	6.12	17.40	71.20	1.53	4.80	8.90	2.25	8.20	24.00	29.00	28.50
19	13.50	27.80	66.0	2.34	5.13	11.32	6.16	17.50	71.60	1.51	4.75	8.80	2.20	8.10	23.50	28.00	28.00
18	13.55	28.00	67.0	2.36	5.16	11.40	6.20	17.60	72.00	1.49	4.70	8.70	2.15	8.00	23.00	27.00	27.50
17	13.60	28.20	68.0	2.38	5.19	11.48	6.24	17.70	72.40	1.47	4.65	8.60	2.10	7.90	22.50	26.00	27.00
16	13.65	28.40	68.5	2.40	5.22	11.56	6.28	17.80	72.80	1.45	4.60	8.55	2.05	7.80	22.00	25.00	26.50
15	13.75	28.80	69.5	2.42	5.28	12.12	6.36	18.00	73.60	1.41	4.50	8.45	1.98	7.60	21.00	23.00	25.50
14	13.80	29.00	70.0	2.43	5.31	12.20	6.40	18.10	74.00	1.39	4.45	8.40	1.96	7.50	20.50	22.00	25.00
13	13.85	29.20	70.5	2.44	5.34	12.28	6.44	18.20	74.50	1.37	4.40	8.35	1.94	7.40	20.00	21.00	24.50
12	13.90	29.40	71.0	2.45	5.37	12.36	6.48	18.30	75.00	1.35	4.35	8.30	1.92	7.30	19.75	20.00	24.00
11	13.95	29.60	71.5	2.46	5.40	12.44	6.52	18.40	75.50	1.33	4.30	8.25	1.90	7.20	19.50	19.75	23.50
10	14.05	30.00	72.5	2.48	5.46	13.00	7.00	18.60	76.50	1.29	4.20	8.15	1.86	7.00	19.00	19.25	22.50
9	14.10	30.20	73.0	2.49	5.49	13.08	7.04	18.70	77.00	1.27	4.15	8.10	1.84	6.90	18.75	19.00	22.00
8	14.20	30.40	73.5	2.50	5.52	13.16	7.08	18.80	77.50	1.25	4.10	8.05	1.82	6.80	18.50	18.75	21.50
7	14.30	30.60	74.0	2.51	5.55	13.24	7.12	18.90	78.00	1.23	4.05	8.00	1.80	6.70	18.25	18.50	21.00
6	14.35	30.80	74.5	2.52	5.58	13.32	7.16	19.00	78.50	1.22	4.00	7.95	1.79	6.60	18.00	18.25	20.50
5	14.45	31.20	75.5	2.54	6.04	13.48	7.24	19.20	79.50	1.20	3.90	7.85	1.77	6.40	17.50	17.75	19.50
4	14.50	31.40	76.0	2.55	6.07	13.56	7.28	19.30	80.00	1.19	3.85	7.80	1.76	6.30	17.25	17.50	19.00
3	14.55	31.60	76.5	2.56	6.10	14.04	7.32	19.40	80.50	1.18	3.80	7.75	1.75	6.20	17.00	17.25	18.50
2	14.60	31.80	77.0	2.57	6.13	14.12	7.36	19.50	81.00	1.17	3.75	7.70	1.74	6.10	16.75	17.00	18.00
1	14.65	32.00	77.5	2.58	6.16	14.20	7.40	19.60	81.50	1.16	3.70	7.65	1.73	6.00	16.50	16.75	17.50

Swimming – Male

Mark	FREESTYLE/FRONT CRAWL						BREASTSTROKE			BUTTERFLY			BACK		
	50m (s)	100m (s)	200m (mins/s)	400m (mins/s)	800m (mins/s)	1500m (mins/s)	50m (s)	100m (s)	200m (mins/s)	50m (s)	100m (s)	200m (mins/s)	50m (s)	100m (s)	200m (mins/s)
30	25.7	55.60	2.02	4.17	9.00	17.01	32.46	69.65	2.31	27.98	60.84	2.14	29.28	60.02	2.14
29	25.9	56.00	2.03	4.19	9.04	17.08	32.68	70.10	2.32	28.15	61.23	2.15	29.45	60.10	2.15
28	26.1	56.40	2.03.5	4.21	9.06	17.15	32.89	70.55	2.33	28.33	61.61	2.16	29.63	60.19	2.16
27	26.3	56.80	2.04	4.22	9.08	17.20	33.10	71.00	2.34	28.50	62.00	2.17	29.80	60.27	2.17
26	26.5	57.21	2.05	4.23	9.14	17.29	33.34	71.51	2.35	28.70	62.45	2.18	30.01	61.02	2.18
25	26.9	58.04	2.07	4.27	9.25	17.43	33.81	72.54	2.37	29.10	63.35	2.20	30.44	62.53	2.20
24	27.1	58.45	2.08	4.29	9.29	17.50	34.05	73.05	2.38	29.30	63.80	2.21	30.65	63.29	2.21
23	27.2	58.86	2.09	4.31	9.34	17.57	34.29	73.56	2.39	29.50	64.25	2.22	30.86	64.04	2.22
22	27.4	59.28	2.10	4.33	9.38	18.04	34.53	74.08	2.40	29.70	64.70	2.23	31.08	64.79	2.23
21	27.6	59.69	2.11	4.35	9.40	18.11	34.76	74.59	2.41	29.90	65.15	2.24	31.29	65.55	2.24
20	28.1	60.80	2.13	4.40	9.48	18.31	35.39	75.96	2.44	30.45	66.35	2.27	31.85	67.05	2.27
19	28.4	61.50	2.14	4.43	9.56	18.44	35.78	76.83	2.46	30.80	67.10	2.28	32.20	67.80	2.28
18	28.7	62.20	2.15	4.46	10.04	18.57	36.16	77.69	2.48	31.15	67.85	2.30	32.55	68.55	2.30
17	29.1	62.90	2.16	4.49	10.10	19.10	36.55	78.55	2.50	31.50	68.60	2.31	32.90	69.30	2.31
16	29.4	63.60	2.17	4.52	10.16	19.23	36.94	79.41	2.52	31.85	69.35	2.33	33.25	70.05	2.33
15	30.0	65.00	2.19	4.59	10.28	19.49	37.71	81.14	2.56	32.55	70.85	2.36	33.95	71.55	2.36
14	30.3	65.70	2.21	5.03	10.34	20.02	38.10	82.00	2.58	32.90	71.60	2.38	34.30	72.30	2.37
13	30.7	66.49	2.23	5.06	10.42	20.17	38.73	83.00	2.59	33.40	72.40	2.40	34.80	74.01	2.39
12	31.2	67.28	2.25	5.09	10.50	20.32	39.35	84.00	3.00	33.90	73.20	2.42	35.30	75.73	2.41
11	31.6	68.06	2.27	5.12	10.58	20.47	39.98	85.00	3.01	34.40	74.00	2.44	35.80	77.44	2.43
10	32.5	69.64	2.31	5.18	11.14	21.17	41.23	87.00	3.03	35.40	75.60	2.48	36.80	80.86	2.47
9	32.9	70.43	2.33	5.21	11.22	21.32	41.85	88.00	3.04	35.90	76.40	2.50	37.30	82.58	2.49
8	33.4	71.21	2.35	5.24	11.30	21.47	42.48	89.00	3.05	36.40	77.20	2.52	37.80	84.29	2.51
7	33.8	72.00	2.37	5.27	11.38	22.02	43.10	90.00	3.06	36.90	78.00	2.54	38.30	86.00	2.53
6	34.4	73.00	2.39	5.30	11.46	22.19	44.09	91.00	3.07	37.76	79.00	2.55	39.16	87.00	2.55
5	35.7	75.00	2.43	5.36	12.02	22.53	46.06	93.00	3.09	39.47	81.00	2.57	40.87	89.00	2.59
4	36.4	76.00	2.45	5.39	12.10	23.10	47.04	94.00	3.10	40.33	82.00	2.58	41.73	90.00	3.01
3	37.0	77.00	2.47	5.42	12.18	23.27	48.03	95.00	3.11	41.19	83.00	2.59	42.59	91.00	3.03
2	37.7	78.00	2.49	5.45	12.26	23.44	49.01	96.00	3.12	42.04	84.00	3.00	43.44	92.00	3.05
1	38.3	79.00	2.51	5.48	12.34	24.01	50.00	97.00	3.13	42.90	85.00	3.01	44.30	93.00	3.07

Swimming – Female

Mark	FREESTYLE/FRONT CRAWL						BREASTSTROKE			BUTTERFLY			BACK		
	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m
	(s)	(s)	(mins/s)	(mins/s)	(mins/s)	(mins/s)	(s)	(s)	(mins/s)	(s)	(s)	(mins/s)	(s)	(s)	(mins/s)
30	28.90	61.73	2.12	4.36	9.32	18.23	36.15	76.63	2.47	31.30	67.50	2.27	32.36	68.25	2.25
29	29.10	62.15	2.13	4.38	9.36	18.31	36.40	77.15	2.48	31.50	68.00	2.28	32.58	68.70	2.26
28	29.30	62.58	2.14	4.40	9.40	18.38	36.65	77.68	2.49	31.70	68.50	2.29	32.79	69.15	2.27
27	29.50	63.00	2.15	4.42	9.44	18.46	36.90	78.20	2.50	31.90	69.00	2.30	33.00	69.60	2.28
36	29.73	63.50	2.16	4.44	9.49	18.55	37.18	78.81	2.51	32.15	69.54	2.31	33.26	70.15	2.29
25	30.18	64.50	2.18	4.49	9.59	19.13	37.73	80.04	2.53	32.65	70.61	2.33	33.79	71.25	2.31
24	30.40	65.00	2.19	4.52	10.05	19.22	38.00	80.65	2.54	32.90	71.15	2.35	34.05	71.80	2.33
23	30.63	65.50	2.20	4.54	10.09	19.31	38.28	81.26	2.55	33.15	71.69	2.36	34.31	72.35	2.34
22	30.85	66.00	2.21	4.57	10.14	19.40	38.55	81.88	2.56	33.40	72.23	2.37	34.58	72.90	2.35
21	31.08	66.50	2.22	4.59	10.18	19.49	38.83	82.49	2.57	33.65	72.76	2.38	34.84	73.45	2.36
20	31.68	67.88	2.25	5.05	10.30	20.13	39.59	84.14	3.01	34.30	74.20	2.41	35.53	74.91	2.39
19	32.05	68.75	2.27	5.09	10.38	20.28	40.08	85.18	3.03	34.70	75.10	2.43	35.95	75.83	2.41
18	32.43	69.63	2.29	5.12	10.45	20.43	40.56	86.21	3.06	35.10	76.00	2.45	36.38	76.74	2.43
17	32.80	70.50	2.31	5.16	10.52	20.58	41.05	87.25	3.08	35.50	76.90	2.47	36.80	77.65	2.45
16	33.18	71.38	2.32	5.20	10.59	21.13	41.54	88.29	3.11	35.90	77.80	2.49	37.23	78.56	2.47
15	33.93	73.13	2.36	5.27	11.13	21.43	42.51	90.36	3.16	36.70	79.60	2.53	38.08	80.39	2.51
14	34.30	74.00	2.38	5.31	11.20	21.58	43.00	91.40	3.18	37.10	80.50	2.55	38.50	81.30	2.53
13	34.80	74.95	2.41	5.35	11.28	22.14	43.60	92.40	3.21	37.60	81.50	2.57	39.00	82.30	2.55
12	35.30	75.90	2.44	5.40	11.35	22.30	44.20	93.40	3.24	38.10	82.50	2.59	39.50	83.30	2.57
11	35.80	76.85	2.47	5.44	11.43	22.46	44.80	94.40	3.27	38.60	83.50	3.01	40.00	84.30	2.59
10	36.80	78.75	2.53	5.53	11.57	23.18	46.00	96.40	3.33	39.60	85.50	3.07	41.00	86.30	3.04
9	37.30	79.70	2.56	5.57	12.05	23.34	46.60	97.40	3.36	40.10	86.50	3.09	41.50	87.30	3.07
8	37.80	80.65	2.59	6.00	12.12	23.50	47.20	98.40	3.39	40.60	87.50	3.12	42.00	88.30	3.10
7	38.30	81.60	3.02	6.03	12.20	24.06	47.80	99.40	3.42	41.10	88.50	3.15	42.50	89.30	3.13
6	39.01	83.09	3.05	6.06	12.28	24.22	48.80	100.40	3.45	42.10	89.50	3.17	43.00	90.80	3.15
5	40.44	86.06	3.11	6.12	12.45	24.54	50.80	102.40	3.51	44.10	91.50	3.22	44.00	93.80	3.20
4	41.16	87.54	3.13	6.15	12.52	25.10	51.80	103.40	3.54	45.10	92.50	3.24	44.50	95.30	3.23
3	41.87	89.03	3.16	6.18	13.00	25.26	52.80	104.40	3.57	46.10	93.50	3.26	45.00	96.80	3.25
2	42.59	90.51	3.19	6.21	13.07	25.40	53.80	105.40	4.00	47.10	94.50	3.29	45.50	98.30	3.28
1	43.30	92.00	3.22	6.24	13.15	25.56	54.80	106.40	4.03	48.10	95.50	3.31	46.00	99.80	3.30

Track Cycling – Male

MARK	200 metre sprint (seconds)	3 kilometre pursuit (minutes/seconds)	1 kilometre time trial (minutes/seconds)
30	12.10	3.47.50	1.10.50
29	12.12	3.48.00	1.10.60
28	12.14	3.48.50	1.10.70
27	12.16	3.49.00	1.10.80
26	12.18	3.49.50	1.10.90
25	12.22	3.50.50	1.11.10
24	12.24	3.51.00	1.11.20
23	12.26	3.51.50	1.11.30
22	12.28	3.52.00	1.11.40
21	12.30	3.52.50	1.11.50
20	12.34	3.53.50	1.11.70
19	12.36	3.54.00	1.11.80
18	12.38	3.54.50	1.11.90
17	12.40	3.55.00	1.12.00
16	12.42	3.55.50	1.12.10
15	12.46	3.56.50	1.12.30
14	12.48	3.57.00	1.12.40
13	12.50	3.57.50	1.12.50
12	12.52	3.58.00	1.12.60
11	12.54	3.58.50	1.12.70
10	12.58	3.59.50	1.12.90
9	12.60	4.00.00	1.13.00
8	12.62	4.00.50	1.13.10
7	12.64	4.01.00	1.13.20
6	12.66	4.01.50	1.13.30
5	12.70	4.02.50	1.13.50
4	12.72	4.03.00	1.13.60
3	12.74	4.03.50	1.13.70
2	12.76	4.04.00	1.13.80
1	12.78	4.04.50	1.13.90

Track Cycling – Female

MARK	200 metre sprint (seconds)	500 metre time trial (seconds)	2 kilometre pursuit (minutes/seconds)
30	13.95	42.00	2.48.00
29	14.00	42.10	2.48.50
28	14.05	42.20	2.49.00
27	14.10	42.30	2.49.50
26	14.15	42.40	2.50.00
25	14.25	42.60	2.51.00
24	14.30	42.70	2.51.50
23	14.35	42.80	2.52.00
22	14.40	42.90	2.52.50
21	14.45	43.00	2.53.00
20	14.55	43.20	2.54.00
19	14.60	43.30	2.54.50
18	14.65	43.40	2.55.00
17	14.70	43.50	2.55.50
16	14.75	43.60	2.56.00
15	14.85	43.80	2.57.00
14	14.90	43.90	2.57.50
13	14.95	44.00	2.58.00
12	15.00	44.10	2.58.50
11	15.05	44.20	2.59.00
10	15.15	44.40	3.00.00
9	15.20	44.50	3.00.50
8	15.25	44.60	3.01.00
7	15.30	44.70	3.01.50
6	15.35	44.80	3.02.00
5	15.45	45.00	3.03.00
4	15.50	45.20	3.04.00
3	15.55	45.40	3.05.00
2	15.60	45.60	3.06.00
1	15.65	45.80	3.07.00