

## ONE MILE RUN

<b>FEMALE</b>	<b>F14</b>	<b>F15</b>	<b>F16</b>	<b>F17</b>	<b>MALE</b>	<b>M14</b>	<b>M15</b>	<b>M16</b>	<b>M17</b>
100	7:59	8:08	8:23	8:15	100	6:26	6:20	6:08	6:06
99	8:07	8:18	8:31	8:27	99	6:33	6:29	6:16	6:12
98	8:15	8:28	8:39	8:39	98	6:40	6:38	6:24	6:18
97	8:23	8:38	8:47	8:51	97	6:47	6:47	6:32	6:24
96	8:31	8:48	8:55	9:03	96	6:54	6:56	6:40	6:30
95	8:39	8:58	9:03	9:15	95	7:01	7:05	6:48	6:36
94	8:47	9:08	9:11	9:27	94	7:08	7:14	6:56	6:42
93	8:55	9:18	9:19	9:39	93	7:15	7:23	7:04	6:48
92	9:03	9:28	9:27	9:51	92	7:22	7:32	7:12	6:54
91	9:11	9:38	9:35	10:03	91	7:29	7:41	7:20	7:00
90	9:19	9:48	9:43	10:15	90	7:36	7:50	7:28	7:06
89	9:27	9:58	9:51	10:27	89	7:43	7:59	7:36	7:12
88	9:35	10:08	9:59	10:39	88	7:50	8:18	7:44	7:18
87	9:43	10:18	10:07	10:51	87	7:57	8:27	7:52	7:24
86	9:51	10:28	10:15	11:03	86	8:14	8:36	8:00	7:30
85	9:59	10:38	10:23	11:15	85	8:21	8:45	8:08	7:36
84	10:07	10:48	10:31	11:27	84	8:28	8:54	8:16	7:42
83	10:15	10:58	10:39	11:39	83	8:35	9:03	8:24	7:48
82	10:23	11:08	10:47	11:51	82	8:42	9:12	8:32	7:54
81	10:31	11:18	10:55	12:03	81	8:49	9:21	8:40	8:00
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77	11:03	11:58	11:27	12:51	77	9:17	9:57	9:12	8:24
76	11:11	12:08	11:35	13:03	76	9:24	10:06	9:20	8:30
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74	11:27	12:28	11:51	13:27	74	9:38	10:24	9:36	8:42
73	11:35	12:38	11:59	13:39	73	9:45	10:33	9:44	8:48
72	11:43	12:48	12:07	13:51	72	9:52	10:42	9:52	8:54
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56	13:51	15:28	14:15	17:03	56	11:44	13:06	11:00	10:30
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52	14:23	16:08	14:47	17:51	52	12:12	13:42	11:32	10:54
51	14:31	16:18	14:55	18:03	51	12:19	13:51	11:40	11:00

MALE

FEMALE					MALE				
	14	15	16	17	ONE MILE RUN	14	15	16	17
50	14:39	16:28	15:03	18:15	50	12:26	14:00	11:48	11:06
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0	21:21	24:48:00	21:35	28:03:00	0	18:29	21:21	17:48	16:00