Instructions											
	A	Type age as number									
	D	Select sex from pulldown (click in cell to see and use pulldown)									
	E	Select event from pulldown (click in cell to see and use pulldown)									
	F	Type performance: - Time, height or distance as number - Time in minutes and seconds (mm:ss.xx). Example: 5 minutes and 25.37 seconds as 5:25.37 - Time in hours must be typed using one of the above. Example: 2 hours, 35 minutes and 25 seconds as 155:25 or 9325									

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score

Ref	Sex	Event	a	b	c
F100m	Female	100m	17.8570	21.0000	1.8100
F1500m	Female	1500m	0.0288	535.0000	1.8800
F200m	Female	200m	4.9909	42.5000	1.8100
F400m	Female	400m	1.3429	91.7000	1.8100
F60mH	Female	60mH	20.0479	17.0000	1.8350
F800m	Female	800m	0.1119	254.0000	1.8800
FDT	Female	DT	12.3311	3.0000	1.1000
FHJ	Female	HJ	1.8452	75.0000	1.3480
FHT	Female	HT	13.3174	5.0000	1.0500
FJT	Female	JT	15.9803	3.8000	1.0400
FLJ	Female	LJ	0.1888	210.0000	1.4100
FPV	Female	PV	0.4413	100.0000	1.3500
FSH	Female	SH	9.2308	26.7000	1.8350
FSP	Female	SP	56.0211	1.5000	1.0500
FWT	Female	WT	44.2593	1.5000	1.0500
M1000m	Male	1000m	0.0871	305.5000	1.8500
M100m	Male	100m	25.4347	18.0000	1.8100
M1500m	Male	1500m	0.0377	480.0000	1.8500
M200m	Male	200m	5.8425	38.0000	1.8100
M400m	Male	400m	1.5378	82.0000	1.8100
M60m	Male	60m	58.0150	11.5000	1.8100
M60mH	Male	60mH	20.5173	15.5000	1.9200
MDT	Male	DT	12.9100	4.0000	1.1000
MHJ	Male	HJ	0.8465	75.0000	1.4200
MHT	Male	HT	13.0941	5.5000	1.0500
MJT	Male	JT	10.1400	7.0000	1.0800
MLJ	Male	LJ	0.1435	220.0000	1.4000
MPV	Male	PV	0.2797	100.0000	1.3500
MSH	Male	SH	5.7435	28.5000	1.9200
MSP	Male	SP	51.3900	1.5000	1.0500
MWT	Male	WT	47.8338	1.5000	1.0500

Event Code	Event	Standard	Type
F60m	60m	6.95	Time
F100m	100m	10.64	Time
F200m	200m	21.63	Time
F400m	400m	48.14	Time
F800m	800m	114.01	Time
F1000m	1000m	148.98	Time
F1500m	1500m	230.07	Time
FMile	Mile	252.33	Time
F2000m	2000m	323.75	Time
F3000m	3000m	498.94	Time
F5000m	5000m	851.15	Time
F10000m	10000m	1757.45	Time
F10K	10K	1783.00	Time
FHalf Marathon	Half Marathon	3871.00	Time
FMarathon	Marathon	8044.00	Time
FHJ	HJ	2.09	Jump
FPV	PV	5.06	Jump
FLJ	LJ	7.42	Jump
FTJ	TJ	15.50	Jump
FSP	SP	21.24	Throw
FDT	DT	71.41	Throw
FHT	HT	82.98	Throw
FJT	JT	72.28	Throw
FWT	WT	25.60	Throw
F60mH	60mH	7.68	Time
FSH	SH	12.20	Time
FLH	LH	52.20	Time
FSC	SC	524.32	Time
F3000 Walk	3000 Walk	700.33	Time
F5000 Walk	5000 Walk	1202.60	Time
F10K Walk	10K Walk	2498.00	Time
F20K Walk	20K Walk	5078.00	Time
M60m	60m	6.34	Time
M100m	100m	9.58	Time
M200m	200m	19.19	Time
M400m	400m	43.03	Time
M800m	800m	100.91	Time
M1000m	1000m	131.96	Time
M1500m	1500m	206.00	Time
MMile	Mile	223.13	Time
M2000m	2000m	284.79	Time
M3000m	3000m	440.67	Time
M5000m	5000m	757.35	Time
M10000m	10000m	1577.53	Time
M10K	10K	1584.00	Time
MHalf Marathon	Half Marathon	3481.00	Time
MMarathon	Marathon	7299.00	Time
MHJ	HJ	2.45	Jump
MPV	PV	6.18	Jump
MLJ	LJ	8.95	Jump

Event Code	Event	Standard	Type
MTJ	TJ	18.29	Jump
MSP	SP	22.91	Throw
MDT	DT	71.86	Throw
MHT	HT	84.86	Throw
MJT	JT	98.48	Throw
MWT	WT	25.86	Throw
M60mH	60mH	7.30	Time
MSH	SH	12.80	Time
MLH	LH	46.78	Time
MSC	SC	473.63	Time
M3000 Walk	3000 Walk	647.11	Time
M5000 Walk	5000 Walk	1085.49	Time
M10K Walk	10K Walk	2231.00	Time
M20K Walk	20K Walk	4596.00	Time

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type

Event Code	Event	Standard	Type