

As of March 23, 2022

| Standing Power Throw (SPT) (Distance - meters and centimeters) | | | | | | | | | | | | | | | | | | | | | |
|--|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|---------|-----|--------|
| Points | 17-21 | | 22-26 | | 27-31 | | 32-36 | | 37-41 | | 42-46 | | 47-51 | | 52-56 | | 57-61 | | Over 62 | | Points |
| | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | | | |
| 100 | 12.6 | 8.4 | 13.0 | 8.5 | 13.1 | 8.7 | 12.9 | 8.6 | 12.8 | 8.2 | 12.3 | 8.1 | 11.6 | 7.8 | 10.6 | 7.4 | 9.9 | 6.6 | 9.0 | 6.6 | 100 |
| 99 | 12.4 | 8.2 | 12.9 | 8.4 | 12.9 | 8.5 | 12.6 | 8.4 | 12.6 | 8.0 | 12.1 | 7.9 | 11.4 | 7.6 | 10.4 | 7.1 | 9.7 | 6.4 | 8.8 | 6.4 | 99 |
| 98 | 12.0 | 7.7 | 12.5 | 7.9 | 12.6 | 8.2 | 12.4 | 8.0 | 12.2 | 7.5 | 11.7 | 7.4 | 11.0 | 7.1 | 10.2 | 6.6 | 9.5 | 6.3 | --- | 6.3 | 98 |
| 97 | 11.7 | 7.5 | 12.2 | 7.7 | 12.4 | 8.0 | 12.2 | 7.8 | 12.0 | 7.3 | 11.4 | 7.2 | 10.7 | 6.8 | 10.0 | 6.5 | 9.4 | 6.2 | 8.7 | 6.2 | 97 |
| 96 | 11.5 | 7.3 | 12.0 | 7.5 | 12.2 | 7.7 | 12.0 | 7.6 | 11.8 | 7.2 | 11.3 | 7.1 | 10.6 | 6.5 | 9.8 | 6.3 | 9.3 | 6.1 | --- | 6.1 | 96 |
| 95 | 11.3 | 7.2 | 11.8 | 7.4 | 12.0 | 7.5 | 11.8 | 7.4 | 11.6 | 7.0 | 11.1 | 6.9 | 10.4 | 6.4 | 9.6 | 6.2 | 9.1 | 6.0 | 8.6 | 6.0 | 95 |
| 94 | 11.0 | 7.0 | 11.5 | 7.2 | 11.7 | 7.3 | 11.6 | 7.3 | 11.4 | 6.8 | 10.8 | 6.8 | 10.2 | 6.2 | 9.5 | 6.1 | 9.0 | 5.9 | 8.5 | 5.9 | 94 |
| 93 | 10.9 | 6.9 | 11.4 | 7.1 | 11.6 | 7.2 | 11.4 | 7.1 | 11.2 | 6.7 | 10.7 | 6.7 | 10.1 | --- | 9.3 | 6.0 | 8.9 | 5.8 | 8.3 | 5.8 | 93 |
| 92 | 10.7 | 6.8 | 11.3 | 7.0 | 11.4 | 7.1 | 11.3 | 7.0 | 11.1 | --- | 10.6 | 6.6 | 10.0 | --- | 9.2 | 5.9 | 8.8 | 5.7 | 8.2 | 5.7 | 92 |
| 91 | 10.6 | 6.6 | 11.1 | 6.9 | 11.3 | 7.0 | 11.2 | 6.9 | 10.9 | 6.6 | 10.5 | 6.5 | 9.9 | 6.1 | 9.1 | 5.8 | 8.7 | 5.6 | 8.1 | 5.6 | 91 |
| 90 | 10.5 | 6.5 | 11.0 | 6.8 | 11.1 | 6.9 | 11.0 | 6.8 | 10.7 | 6.4 | 10.4 | 6.4 | 9.7 | 6.0 | 9.0 | 5.7 | 8.5 | 5.5 | 8.0 | 5.5 | 90 |
| 89 | 10.4 | --- | 10.7 | 6.7 | 11.0 | 6.8 | 10.8 | 6.7 | 10.6 | --- | 10.3 | 6.3 | 9.6 | 5.9 | 8.9 | 5.6 | --- | 5.4 | --- | --- | 89 |
| 88 | 10.3 | 6.4 | 10.6 | 6.6 | 10.9 | 6.7 | 10.7 | 6.5 | 10.5 | 6.3 | 10.1 | 6.2 | 9.5 | --- | 8.8 | --- | 8.4 | --- | 7.9 | 5.4 | 88 |
| 87 | 10.0 | 6.3 | 10.4 | 6.5 | 10.7 | 6.6 | 10.5 | 6.4 | 10.4 | 6.2 | 9.9 | 6.1 | 9.4 | 5.8 | 8.7 | 5.5 | 8.3 | 5.3 | --- | --- | 87 |
| 86 | 9.9 | 6.2 | 10.3 | 6.4 | 10.6 | 6.5 | 10.4 | --- | 10.3 | 6.1 | 9.8 | 6.0 | 9.3 | 5.7 | 8.6 | --- | 8.2 | --- | 7.8 | 5.3 | 86 |
| 85 | 9.8 | 6.1 | 10.2 | 6.3 | 10.5 | --- | 10.3 | 6.3 | 10.2 | --- | 9.7 | --- | 9.2 | 5.6 | --- | 5.4 | 8.1 | --- | --- | --- | 85 |
| 84 | 9.7 | --- | 10.1 | 6.2 | 10.4 | 6.4 | 10.2 | --- | 10.1 | 6.0 | 9.6 | 5.9 | 9.1 | --- | 8.5 | --- | --- | 5.2 | 7.7 | --- | 84 |
| 83 | 9.6 | 6.0 | 10.0 | 6.1 | 10.2 | 6.3 | 10.1 | 6.2 | 9.9 | 5.9 | 9.5 | 5.8 | 9.0 | 5.5 | 8.4 | 5.3 | 8.0 | --- | 7.6 | 5.2 | 83 |
| 82 | 9.5 | --- | 9.9 | --- | 10.1 | --- | 10.0 | 6.1 | 9.8 | 5.8 | 9.4 | --- | 8.9 | --- | 8.3 | 5.2 | 7.9 | --- | --- | --- | 82 |
| 81 | 9.4 | 5.9 | 9.8 | 6.0 | 10.0 | 6.2 | 9.9 | 6.0 | 9.7 | --- | 9.3 | --- | 8.8 | 5.4 | 8.2 | --- | 7.8 | --- | 7.5 | --- | 81 |
| 80 | 9.3 | 5.8 | 9.7 | 5.9 | 9.8 | 6.1 | 9.8 | 5.9 | 9.6 | 5.7 | 9.2 | 5.7 | 8.7 | 5.3 | 8.1 | --- | 7.7 | 5.1 | --- | 5.1 | 80 |
| 79 | 9.2 | --- | 9.6 | 5.8 | --- | 5.9 | 9.7 | --- | 9.5 | --- | 9.1 | 5.6 | --- | --- | --- | 5.1 | 7.6 | --- | 7.4 | --- | 79 |
| 78 | 9.1 | 5.7 | 9.5 | --- | 9.7 | --- | 9.6 | 5.8 | 9.4 | 5.6 | 9.0 | --- | 8.6 | 5.2 | 8.0 | --- | 7.5 | --- | --- | --- | 78 |
| 77 | 9.0 | --- | 9.4 | --- | 9.6 | 5.8 | 9.5 | --- | 9.3 | --- | 8.9 | 5.5 | 8.5 | --- | 7.9 | 5.0 | --- | 5.0 | 7.3 | 5.0 | 77 |
| 76 | 8.9 | 5.6 | 9.3 | 5.7 | 9.4 | 5.7 | 9.4 | 5.7 | 9.2 | 5.5 | 8.8 | 5.4 | 8.4 | --- | 7.8 | --- | 7.4 | --- | 7.2 | --- | 76 |
| 75 | 8.8 | 5.5 | 9.2 | 5.6 | 9.3 | --- | 9.3 | --- | 9.1 | 5.4 | 8.7 | --- | 8.3 | 5.1 | --- | 4.9 | 7.3 | 4.9 | --- | 4.9 | 75 |
| 74 | 8.6 | 5.4 | 9.1 | 5.5 | --- | 5.6 | 9.2 | 5.6 | 9.0 | --- | --- | 5.3 | 8.2 | --- | 7.7 | --- | 7.2 | --- | 7.1 | --- | 74 |
| 73 | 8.5 | --- | 9.0 | --- | 9.2 | --- | 9.1 | 5.5 | 8.9 | 5.3 | 8.6 | --- | --- | 5.0 | 7.6 | 4.8 | 7.1 | --- | 7.0 | 4.8 | 73 |
| 72 | 8.4 | 5.3 | 8.9 | 5.4 | 9.0 | 5.5 | 8.9 | --- | 8.8 | 5.2 | 8.4 | 5.2 | 8.1 | --- | 7.5 | 4.7 | 7.0 | 4.8 | 6.8 | 4.7 | 72 |
| 71 | 8.3 | 5.2 | 8.8 | 5.3 | 8.9 | 5.4 | 8.8 | 5.4 | 8.7 | --- | 8.3 | --- | 8.0 | 4.9 | 7.4 | --- | --- | 4.6 | 6.7 | 4.6 | 71 |
| 70 | 8.2 | --- | 8.6 | --- | 8.8 | 5.3 | 8.7 | 5.3 | 8.6 | --- | 8.2 | 5.1 | 7.9 | --- | 7.3 | 4.6 | 6.9 | --- | 6.6 | --- | 70 |
| 69 | 8.1 | 5.1 | 8.5 | 5.2 | 8.6 | --- | 8.6 | --- | 8.5 | 5.1 | 8.1 | 5.1 | 7.7 | 4.8 | 7.1 | --- | 6.8 | 4.5 | 6.4 | 4.5 | 69 |
| 68 | 8.0 | 5.0 | 8.3 | --- | 8.5 | 5.2 | 8.5 | 5.2 | 8.3 | 5.0 | 8.0 | 5.0 | 7.6 | 4.7 | 7.0 | 4.5 | 6.7 | 4.4 | 6.2 | 4.4 | 68 |
| 67 | 7.9 | --- | 8.2 | 5.1 | 8.4 | --- | 8.3 | --- | 8.2 | 4.9 | 7.9 | 4.9 | 7.5 | 4.6 | --- | 4.4 | 6.6 | 4.3 | --- | 4.3 | 67 |
| 66 | 7.7 | 4.9 | 8.1 | 5.0 | 8.3 | 5.1 | 8.2 | 5.1 | 8.1 | --- | 7.8 | 4.8 | 7.4 | --- | 6.9 | --- | 6.5 | 4.2 | 6.1 | 4.2 | 66 |
| 65 | 7.5 | 4.8 | 7.8 | 4.9 | 8.1 | 5.0 | 8.1 | 5.0 | 7.8 | 4.8 | 7.6 | 4.7 | 7.2 | --- | 6.7 | 4.3 | 6.3 | 4.1 | --- | 4.1 | 65 |
| 64 | 7.4 | --- | 7.7 | 4.8 | 7.9 | 4.9 | 7.9 | 4.9 | 7.7 | 4.7 | 7.4 | --- | 7.1 | 4.5 | 6.6 | 4.2 | 6.2 | 4.0 | 5.9 | --- | 64 |
| 63 | 7.2 | 4.7 | 7.5 | 4.7 | 7.7 | 4.8 | 7.6 | 4.8 | 7.5 | 4.6 | 7.3 | 4.6 | 6.9 | 4.4 | 6.4 | --- | 6.1 | 3.9 | 5.7 | 4.0 | 63 |
| 62 | 6.9 | 4.6 | 7.3 | 4.6 | 7.5 | 4.7 | 7.4 | 4.7 | 7.3 | 4.5 | 7.1 | 4.5 | 6.7 | 4.2 | 6.2 | 4.1 | 6.0 | 3.8 | 5.4 | 3.9 | 62 |
| 61 | 6.6 | 4.4 | 6.9 | 4.4 | 7.1 | 4.6 | 7.1 | 4.5 | 7.0 | 4.4 | 6.7 | 4.2 | 6.4 | 4.1 | 6.0 | 3.9 | 5.7 | 3.6 | 5.1 | 3.6 | 61 |
| 60 | 6.0 | 3.9 | 6.3 | 4.0 | 6.5 | 4.2 | 6.5 | 4.1 | 6.4 | 4.1 | 6.2 | 3.9 | 6.0 | 3.7 | 5.7 | 3.5 | 5.3 | 3.4 | 4.9 | 3.4 | 60 |

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As of March 23, 2022

| Standing Power Throw (SPT) (Distance - meters and centimeters) | | | | | | | | | | | | | | | | | | | | | | |
|--|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|---------|-----|--------|----|
| Points | 17-21 | | 22-26 | | 27-31 | | 32-36 | | 37-41 | | 42-46 | | 47-51 | | 52-56 | | 57-61 | | Over 62 | | Points | |
| | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | | | | |
| 60 | 6.0 | 3.9 | 6.3 | 4.0 | 6.5 | 4.2 | 6.5 | 4.1 | 6.4 | 4.1 | 6.2 | 3.9 | 6.0 | 3.7 | 5.7 | 3.5 | 5.3 | 3.4 | 4.9 | 3.4 | 60 | |
| 59 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 59 | |
| 58 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 58 | |
| 57 | 5.9 | --- | 6.2 | --- | 6.4 | 4.1 | 6.4 | --- | 6.3 | --- | 6.1 | --- | 5.9 | --- | 5.6 | --- | --- | --- | --- | --- | 57 | |
| 56 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 56 | |
| 55 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 55 | |
| 54 | --- | 3.8 | --- | 3.9 | --- | --- | --- | 4.0 | --- | 4.0 | --- | 3.8 | --- | 3.6 | --- | 3.4 | 5.2 | --- | 4.8 | --- | 54 | |
| 53 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 53 | |
| 52 | 5.8 | --- | 6.1 | --- | 6.3 | 4.0 | 6.3 | --- | 6.2 | --- | 6.0 | --- | 5.8 | --- | 5.5 | --- | --- | --- | --- | --- | 52 | |
| 51 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 51 | |
| 50 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 50 | |
| 49 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 49 | |
| 48 | --- | --- | --- | --- | 6.2 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 48 | |
| 47 | 5.7 | --- | --- | --- | --- | --- | 6.2 | --- | 6.1 | --- | --- | 3.7 | 5.7 | --- | 5.4 | --- | 5.1 | --- | --- | --- | 47 | |
| 46 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 46 | |
| 45 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 45 | |
| 44 | --- | 3.7 | 6.0 | 3.8 | 6.1 | 3.9 | --- | 3.9 | --- | 3.9 | 5.9 | --- | --- | 3.5 | --- | 3.3 | --- | 3.3 | 4.7 | 3.3 | 44 | |
| 43 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 43 | |
| 42 | 5.6 | --- | --- | --- | --- | --- | 6.1 | --- | 6.0 | --- | --- | 3.6 | 5.6 | --- | 5.3 | --- | 5.0 | --- | --- | --- | 42 | |
| 41 | --- | --- | --- | --- | 6.0 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 41 | |
| 40 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 40 | |
| 39 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 39 | |
| 38 | 5.5 | --- | 5.9 | --- | --- | --- | --- | --- | --- | --- | 5.8 | --- | --- | --- | 5.2 | --- | --- | --- | --- | --- | 38 | |
| 37 | --- | 3.6 | --- | --- | 5.9 | --- | 6.0 | --- | 5.9 | 3.8 | --- | --- | 5.5 | --- | --- | 3.2 | --- | --- | 4.6 | --- | 37 | |
| 36 | --- | --- | 5.8 | --- | --- | --- | --- | --- | --- | --- | 5.7 | --- | --- | --- | --- | --- | --- | --- | --- | --- | 36 | |
| 35 | --- | --- | --- | 3.8 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 35 | |
| 34 | 5.4 | --- | --- | --- | --- | 3.8 | --- | 3.8 | --- | --- | --- | 3.5 | --- | 3.4 | 5.1 | --- | --- | 3.2 | --- | 3.2 | 34 | |
| 33 | --- | --- | 5.7 | --- | --- | --- | --- | --- | --- | --- | 5.6 | --- | --- | --- | --- | --- | --- | --- | --- | --- | 33 | |
| 32 | --- | 3.5 | --- | --- | 5.8 | --- | 5.9 | --- | 5.8 | 3.7 | --- | --- | 5.4 | --- | --- | 3.1 | --- | --- | 4.5 | --- | 32 | |
| 31 | 5.3 | --- | 5.6 | --- | --- | --- | --- | --- | --- | --- | 5.5 | --- | --- | --- | 5.0 | --- | --- | --- | --- | --- | 31 | |
| 30 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 30 | |
| 29 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 29 | |
| 28 | 5.2 | --- | 5.5 | --- | 5.7 | --- | 5.8 | --- | 5.7 | --- | 5.4 | --- | 5.3 | 3.3 | --- | --- | --- | --- | --- | --- | 28 | |
| 27 | --- | --- | --- | 3.6 | --- | 3.7 | --- | 3.7 | --- | --- | --- | 3.4 | --- | --- | --- | --- | --- | --- | --- | --- | 27 | |
| 26 | --- | --- | 5.4 | --- | 5.6 | --- | 5.7 | --- | 5.6 | --- | 5.3 | --- | 5.2 | --- | --- | --- | --- | --- | --- | --- | 26 | |
| 25 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 25 | |
| 24 | 5.1 | 3.4 | --- | --- | --- | --- | 5.6 | --- | --- | 3.6 | --- | --- | --- | 3.2 | 4.9 | 3.0 | 4.9 | 3.1 | 4.4 | 3.1 | 24 | |
| 23 | --- | --- | 5.3 | --- | 5.5 | --- | --- | --- | 5.5 | --- | 5.2 | --- | 5.1 | --- | --- | --- | --- | --- | --- | --- | 23 | |
| 22 | --- | --- | --- | 3.5 | --- | 3.6 | 5.5 | 3.6 | --- | --- | --- | 3.3 | --- | --- | --- | --- | --- | --- | --- | --- | 22 | |
| 21 | 5.0 | --- | 5.2 | --- | 5.4 | --- | --- | --- | 5.4 | --- | 5.1 | --- | 5.0 | 3.1 | --- | --- | --- | --- | --- | --- | 21 | |
| 20 | --- | --- | --- | --- | --- | --- | 5.4 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 20 | |
| 19 | --- | --- | --- | --- | 5.3 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 19 | |
| 18 | 4.9 | 3.3 | 5.1 | 3.4 | --- | 3.5 | 5.3 | 3.5 | 5.3 | 3.5 | 5.0 | 3.2 | 4.9 | 3.0 | 4.8 | --- | 4.8 | 3.0 | --- | 3.0 | 18 | |
| 17 | --- | --- | --- | --- | 5.2 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 2.9 | --- | --- | 4.3 | --- | --- | 17 |
| 16 | 4.8 | --- | 5.0 | --- | --- | --- | 5.2 | --- | 5.2 | --- | --- | --- | 4.8 | --- | 4.7 | --- | 4.7 | --- | --- | --- | 16 | |
| 15 | --- | --- | --- | --- | 5.1 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 15 | |
| 14 | 4.7 | 3.2 | 4.9 | 3.3 | 5.0 | 3.4 | 5.1 | 3.4 | 5.1 | 3.4 | 4.9 | 3.1 | --- | 2.9 | --- | --- | --- | 2.9 | --- | 2.9 | 14 | |
| 13 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 4.7 | --- | 4.6 | --- | 4.6 | --- | --- | --- | 13 | |
| 12 | 4.6 | --- | 4.8 | --- | 4.9 | --- | 5.0 | --- | 5.0 | --- | --- | --- | --- | --- | --- | 2.8 | --- | --- | 4.2 | --- | 12 | |
| 11 | --- | 3.1 | --- | 3.2 | --- | 3.3 | --- | 3.3 | --- | 3.3 | 4.8 | 3.0 | 4.6 | 2.8 | 4.5 | --- | 4.5 | 2.8 | --- | 2.8 | 11 | |
| 10 | 4.5 | --- | 4.7 | --- | 4.8 | --- | 4.9 | --- | 4.9 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 10 | |
| 9 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 9 | |
| 8 | 4.4 | 3.0 | 4.6 | 3.1 | 4.7 | 3.2 | 4.8 | 3.2 | 4.8 | 3.2 | 4.7 | 2.9 | 4.5 | 2.7 | 4.4 | 2.7 | 4.4 | 2.7 | 4.1 | 2.7 | 8 | |
| 7 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 7 | |
| 6 | 4.3 | 2.9 | 4.5 | 3.0 | 4.6 | 3.1 | 4.7 | 3.1 | 4.7 | 3.1 | 4.6 | 2.8 | 4.4 | 2.6 | 4.3 | 2.6 | 4.3 | 2.6 | 4.0 | 2.6 | 6 | |
| 5 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 5 | |
| 4 | 4.2 | 2.8 | 4.4 | 2.9 | 4.5 | 3.0 | 4.6 | 3.0 | 4.6 | 3.0 | 4.5 | 2.7 | 4.3 | 2.5 | 4.2 | 2.5 | 4.2 | 2.5 | 3.9 | 2.5 | 4 | |
| 3 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 3 | |
| 2 | 4.1 | 2.7 | 4.3 | 2.8 | 4.4 | 2.9 | 4.5 | 2.9 | 4.5 | 2.9 | 4.4 | 2.6 | 4.2 | 2.4 | 4.1 | 2.4 | 4.1 | 2.4 | 3.8 | 2.4 | 2 | |
| 1 | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | 1 | |
| 0 | 4.0 | 2.6 | 4.2 | 2.7 | 4.3 | 2.8 | 4.4 | 2.8 | 4.4 | 2.8 | 4.3 | 2.5 | 4.1 | 2.3 | 4.0 | 2.3 | 4.0 | 2.3 | 3.7 | 2.3 | 0 | |

As of March 23, 2022

| Sprint / Drag / Carry (SDC) (Overall Time: minutes and seconds) | | | | | | | | | | | | | | | | | | | | | |
|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|-------|--------|
| Points | 17-21 | | 22-26 | | 27-31 | | 32-36 | | 37-41 | | 42-46 | | 47-51 | | 52-56 | | 57-61 | | Over 62 | | Points |
| | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | |
| 100 | 01:29 | 01:55 | 01:30 | 01:55 | 01:30 | 01:55 | 01:33 | 01:59 | 01:36 | 02:02 | 01:40 | 02:09 | 01:45 | 02:11 | 01:52 | 02:18 | 01:58 | 02:26 | 02:09 | 02:26 | 100 |
| 99 | 01:31 | 01:59 | 01:32 | 01:56 | 01:31 | 01:57 | 01:34 | 02:01 | 01:37 | 02:04 | 01:42 | 02:10 | 01:46 | 02:13 | 01:55 | 02:21 | 02:02 | 02:28 | 02:12 | 02:28 | 99 |
| 98 | 01:34 | 02:02 | 01:33 | 02:00 | 01:34 | 02:01 | 01:37 | 02:05 | 01:40 | 02:10 | 01:44 | 02:15 | 01:50 | 02:22 | 01:57 | 02:28 | 02:03 | 02:34 | --- | 02:34 | 98 |
| 97 | 01:35 | 02:05 | 01:34 | 02:02 | 01:35 | 02:04 | 01:38 | 02:08 | 01:42 | 02:11 | 01:46 | 02:17 | 01:52 | 02:24 | 02:00 | 02:30 | 02:06 | 02:39 | 02:13 | 02:39 | 97 |
| 96 | 01:36 | 02:06 | 01:36 | 02:05 | 01:37 | 02:06 | 01:40 | 02:10 | 01:43 | 02:14 | 01:48 | 02:18 | 01:54 | 02:26 | 02:01 | 02:32 | 02:08 | 02:41 | --- | 02:41 | 96 |
| 95 | 01:37 | 02:08 | 01:37 | 02:06 | 01:38 | 02:08 | 01:41 | 02:11 | 01:45 | 02:15 | 01:49 | 02:20 | 01:55 | 02:28 | 02:03 | 02:35 | 02:09 | 02:44 | 02:14 | 02:44 | 95 |
| 94 | 01:39 | 02:10 | 01:39 | 02:09 | 01:40 | 02:10 | 01:43 | 02:14 | 01:47 | 02:18 | 01:51 | 02:23 | 01:57 | 02:30 | 02:05 | 02:38 | 02:11 | 02:45 | 02:15 | 02:45 | 94 |
| 93 | 01:40 | 02:12 | 01:40 | 02:10 | 01:41 | 02:12 | 01:44 | 02:15 | 01:48 | 02:20 | 01:52 | 02:25 | 01:59 | 02:31 | 02:06 | 02:40 | 02:13 | 02:46 | 02:16 | 02:46 | 93 |
| 92 | 01:41 | 02:13 | 01:41 | 02:12 | 01:42 | 02:13 | 01:45 | 02:17 | 01:49 | 02:21 | 01:53 | 02:27 | 02:00 | 02:33 | 02:07 | 02:41 | 02:15 | 02:48 | --- | 02:48 | 92 |
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| 88 | 01:45 | 02:18 | 01:45 | 02:18 | 01:47 | 02:19 | 01:50 | 02:23 | 01:54 | 02:27 | 01:58 | 02:33 | 02:05 | 02:40 | 02:13 | 02:46 | 02:20 | 02:57 | 02:18 | 02:57 | 88 |
| 87 | 01:46 | 02:20 | 01:46 | 02:20 | 01:48 | 02:20 | 01:51 | 02:24 | 01:55 | 02:29 | 01:59 | 02:35 | 02:06 | 02:41 | 02:14 | 02:48 | 02:21 | 02:58 | 02:19 | 02:58 | 87 |
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| 81 | 01:52 | 02:26 | 01:52 | 02:27 | 01:54 | 02:28 | 01:57 | 02:32 | 02:01 | 02:36 | 02:06 | 02:42 | 02:13 | 02:48 | 02:21 | 02:57 | 02:28 | 03:04 | 02:27 | 03:04 | 81 |
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| 79 | 01:54 | 02:29 | 01:54 | 02:30 | 01:56 | 02:30 | 01:59 | 02:35 | 02:03 | 02:39 | 02:08 | 02:45 | 02:15 | 02:51 | 02:23 | 02:59 | 02:30 | 03:08 | 02:33 | 03:08 | 79 |
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| 75 | 01:58 | 02:34 | 01:59 | 02:35 | 02:00 | 02:36 | 02:03 | 02:40 | 02:08 | 02:45 | 02:13 | 02:50 | 02:20 | 02:57 | 02:29 | 03:07 | 02:36 | 03:21 | 02:41 | 03:21 | 75 |
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| 68 | 02:06 | 02:45 | 02:08 | 02:47 | 02:10 | 02:47 | 02:13 | 02:51 | 02:18 | 02:56 | 02:23 | 03:01 | 02:30 | 03:10 | 02:38 | 03:27 | 02:47 | 03:41 | 02:56 | 03:41 | 68 |
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| 93 | 03:17 | 03:17 | 03:12 | 03:12 | 03:07 | 03:07 | 03:02 | 03:02 | 02:57 | 02:57 | 02:57 | 02:57 | 02:57 | 02:57 | 02:57 | 02:57 | 02:57 | 02:57 | 02:57 | 02:57 | 93 |
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| 72 | 02:09 | 02:09 | 02:04 | 02:04 | 01:59 | 01:59 | 01:54 | 01:54 | 01:49 | 01:49 | 01:49 | 01:49 | 01:49 | 01:49 | 01:49 | 01:49 | 01:49 | 01:49 | 01:49 | 01:49 | 72 |
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| 68 | 01:56 | 01:56 | 01:51 | 01:51 | 01:46 | 01:46 | 01:41 | 01:41 | 01:36 | 01:36 | 01:36 | 01:36 | 01:36 | 01:36 | 01:36 | 01:36 | 01:36 | 01:36 | 01:36 | 01:36 | 68 |
| 67 | 01:53 | 01:53 | 01:48 | 01:48 | 01:43 | 01:43 | 01:38 | 01:38 | 01:33 | 01:33 | 01:33 | 01:33 | 01:33 | 01:33 | 01:33 | 01:33 | 01:33 | 01:33 | 01:33 | 01:33 | 67 |
| 66 | 01:49 | 01:49 | 01:45 | 01:45 | 01:39 | 01:39 | 01:35 | 01:35 | 01:30 | 01:30 | 01:30 | 01:30 | 01:30 | 01:30 | 01:30 | 01:30 | 01:30 | 01:30 | 01:30 | 01:30 | 66 |
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| 60 | 01:30 | 01:30 | 01:25 | 01:25 | 01:20 | 01:20 | 01:15 | 01:15 | 01:10 | 01:10 | 01:10 | 01:10 | 01:10 | 01:10 | 01:10 | 01:10 | 01:10 | 01:10 | 01:10 | 01:10 | 60 |

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| 90 | 15:30 | 17:56 | 15:43 | 17:37 | 15:48 | 17:35 | 15:58 | 17:50 | 16:10 | 18:00 | 16:28 | 18:16 | 16:57 | 18:24 | 17:36 | 18:53 | 18:17 | 18:59 | 18:17 | 18:59 | 90 |
| 89 | 15:39 | 18:04 | 15:53 | 17:47 | 15:58 | 17:46 | 16:07 | 18:00 | 16:20 | 18:10 | 16:38 | 18:26 | 17:07 | 18:34 | 17:48 | 19:02 | 18:25 | 19:04 | 18:25 | 19:04 | 89 |
| 88 | 15:48 | 18:13 | 16:01 | 17:57 | 16:05 | 17:55 | 16:16 | 18:09 | 16:30 | 18:20 | 16:47 | 18:35 | 17:16 | 18:44 | 17:57 | 19:14 | 18:36 | 19:14 | 18:36 | 19:14 | 88 |
| 87 | 15:57 | 18:22 | 16:10 | 18:04 | 16:15 | 18:02 | 16:25 | 18:18 | 16:38 | 18:30 | 16:55 | 18:44 | 17:26 | 18:55 | 18:04 | 19:29 | 18:45 | 19:29 | 18:45 | 19:29 | 87 |
| 86 | 16:05 | 18:30 | 16:20 | 18:13 | 16:24 | 18:12 | 16:32 | 18:27 | 16:46 | 18:36 | 17:04 | 18:53 | 17:34 | 19:04 | 18:15 | 19:36 | 18:53 | 19:41 | 18:53 | 19:41 | 86 |
| 85 | 16:14 | 18:39 | 16:29 | 18:23 | 16:32 | 18:21 | 16:41 | 18:36 | 16:55 | 18:45 | 17:12 | 19:01 | 17:43 | 19:13 | 18:24 | 19:45 | 19:00 | 19:45 | 19:00 | 19:45 | 85 |
| 84 | 16:22 | 18:46 | 16:37 | 18:30 | 16:41 | 18:30 | 16:49 | 18:45 | 17:03 | 18:52 | 17:21 | 19:10 | 17:51 | 19:22 | 18:32 | 19:58 | 19:07 | 19:58 | 19:07 | 19:58 | 84 |
| 83 | 16:30 | 18:54 | 16:46 | 18:39 | 16:49 | 18:37 | 16:58 | 18:52 | 17:13 | 19:00 | 17:30 | 19:19 | 18:00 | 19:30 | 18:40 | 20:02 | 19:17 | 20:02 | 19:17 | 20:02 | 83 |
| 82 | 16:39 | 19:00 | 16:55 | 18:48 | 16:58 | 18:46 | 17:05 | 19:00 | 17:21 | 19:05 | 17:38 | 19:27 | 18:06 | 19:40 | 18:49 | 20:07 | 19:27 | 20:07 | 19:27 | 20:07 | 82 |
| 81 | 16:48 | 19:09 | 17:04 | 18:56 | 17:05 | 18:54 | 17:15 | 19:07 | 17:30 | 19:14 | 17:47 | 19:36 | 18:16 | 19:45 | 18:56 | 20:17 | 19:36 | 20:17 | 19:36 | 20:17 | 81 |
| 80 | 16:57 | 19:17 | 17:13 | 19:03 | 17:14 | 19:00 | 17:23 | 19:15 | 17:38 | 19:22 | 17:55 | 19:45 | 18:26 | 19:52 | 19:03 | 20:22 | 19:45 | 20:22 | 19:45 | 20:22 | 80 |
| 79 | 17:05 | 19:24 | 17:22 | 19:12 | 17:23 | 19:08 | 17:31 | 19:23 | 17:45 | 19:30 | 18:00 | 19:51 | 18:33 | 19:59 | 19:13 | 20:31 | 19:51 | 20:31 | 19:51 | 20:31 | 79 |
| 78 | 17:15 | 19:32 | 17:30 | 19:21 | 17:31 | 19:16 | 17:40 | 19:31 | 17:54 | 19:37 | 18:10 | 19:58 | 18:42 | 20:06 | 19:21 | 20:38 | 19:59 | 20:38 | 19:59 | 20:38 | 78 |
| 77 | 17:24 | 19:40 | 17:40 | 19:30 | 17:41 | 19:25 | 17:48 | 19:40 | 18:00 | 19:48 | 18:20 | 20:02 | 18:51 | 20:14 | 19:30 | 20:43 | 20:07 | 20:43 | 20:07 | 20:43 | 77 |
| 76 | 17:33 | 19:48 | 17:49 | 19:39 | 17:50 | 19:33 | 17:56 | 19:47 | 18:10 | 19:56 | 18:29 | 20:12 | 19:00 | 20:20 | 19:36 | 20:44 | 20:14 | 20:44 | 20:14 | 20:44 | 76 |
| 75 | 17:43 | 19:56 | 17:59 | 19:47 | 17:58 | 19:42 | 18:03 | 19:55 | 18:18 | 20:02 | 18:37 | 20:21 | 19:07 | 20:29 | 19:45 | 20:44 | 20:22 | 20:44 | 20:22 | 20:44 | 75 |
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| 73 | 18:01 | 20:12 | 18:17 | 20:04 | 18:15 | 19:59 | 18:23 | 20:10 | 18:37 | 20:20 | 18:56 | 20:38 | 19:27 | 20:43 | 20:00 | 21:03 | 20:41 | 21:03 | 20:41 | 21:03 | 73 |
| 72 | 18:12 | 20:21 | 18:28 | 20:14 | 18:25 | 20:07 | 18:33 | 20:18 | 18:47 | 20:30 | 19:04 | 20:47 | 19:36 | 20:44 | 20:08 | 21:15 | 20:46 | 21:15 | 20:46 | 21:15 | 72 |
| 71 | 18:23 | 20:30 | 18:38 | 20:23 | 18:35 | 20:16 | 18:43 | 20:27 | 18:57 | 20:38 | 19:16 | 20:57 | 19:47 | 20:52 | 20:18 | 21:32 | 20:54 | 21:32 | 20:54 | 21:32 | 71 |
| 70 | 18:35 | 20:40 | 18:50 | 20:32 | 18:46 | 20:25 | 18:53 | 20:35 | 19:06 | 20:46 | 19:26 | 21:00 | 19:57 | 21:09 | 20:27 | 21:40 | 21:00 | 21:40 | 21:00 | 21:40 | 70 |
| 69 | 18:47 | 20:49 | 19:00 | 20:43 | 18:58 | 20:36 | 19:03 | 20:44 | 19:19 | 20:55 | 19:38 | 21:08 | 20:06 | 21:24 | 20:39 | 21:43 | 21:01 | 21:43 | 21:01 | 21:43 | 69 |
| 68 | 19:00 | 20:58 | 19:13 | 20:53 | 19:09 | 20:45 | 19:16 | 20:54 | 19:30 | 21:00 | 19:50 | 21:20 | 20:17 | 21:36 | 20:49 | 21:59 | 21:19 | 21:59 | 21:19 | 22:02 | 68 |
| 67 | 19:12 | 21:03 | 19:26 | 21:00 | 19:22 | 20:56 | 19:28 | 21:00 | 19:42 | 21:04 | 20:00 | 21:35 | 20:28 | 21:49 | 20:59 | 22:09 | 21:35 | 22:09 | 21:35 | 22:15 | 67 |
| 66 | 19:27 | 21:20 | 19:40 | 21:06 | 19:36 | 21:00 | 19:41 | 21:05 | 19:55 | 21:20 | 20:10 | 21:51 | 20:40 | 22:01 | 21:00 | 22:23 | 21:47 | 22:23 | 21:47 | 22:31 | 66 |
| 65 | 19:43 | 21:37 | 19:56 | 21:24 | 19:51 | 21:15 | 19:56 | 21:27 | 20:07 | 21:36 | 20:25 | 22:05 | 20:53 | 22:13 | 21:16 | 22:33 | 22:03 | 22:33 | 22:03 | 22:44 | 65 |
| 64 | 20:00 | 21:54 | 20:12 | 21:44 | 20:06 | 21:34 | 20:11 | 21:48 | 20:22 | 21:56 | 20:40 | 22:20 | 21:00 | 22:28 | 21:39 | 22:43 | 22:21 | 22:43 | 22:21 | 22:50 | 64 |
| 63 | 20:19 | 22:11 | 20:30 | 22:03 | 20:25 | 21:56 | 20:29 | 22:06 | 20:41 | 22:11 | 20:58 | 22:36 | 21:13 | 22:35 | 22:00 | 22:52 | 22:39 | 23:01 | 22:39 | 23:04 | 63 |
| 62 | 20:42 | 22:35 | 20:52 | 22:24 | 20:46 | 22:18 | 20:49 | 22:30 | 21:00 | 22:34 | 21:00 | 22:53 | 21:43 | 22:50 | 22:24 | 23:04 | 22:58 | 23:22 | 22:58 | 23:22 | 62 |
| 61 | 21:03 | 22:58 | 21:14 | 22:50 | 21:00 | 22:46 | 21:01 | 22:55 | 21:17 | 23:00 | 21:44 | 23:10 | 22:17 | 23:25 | 22:53 | 23:44 | 23:12 | 24:05 | 23:12 | 24:11 | 61 |
| 60 | 22:00 | 23:22 | 22:00 | 23:15 | 22:00 | 23:13 | 22:00 | 23:19 | 22:11 | 23:23 | 22:32 | 23:42 | 22:55 | 24:00 | 23:20 | 24:24 | 23:36 | 24:48 | 23:36 | 25:00 | 60 |

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As of March 23, 2022

TABLES FOR PERMANENT PROFILE BASED ALTERNATE AEROBIC EVENTS ARE AS FOLLOWS:

| Alternate Events (Go/No-Go) (Overall time for required distance - minutes and seconds) | | | | | | | | | | | | | | | | | | | | |
|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|-------|
| Event | 17-21 | | 22-26 | | 27-31 | | 32-36 | | 37-41 | | 42-46 | | 47-51 | | 52-56 | | 57-61 | | Over 62 | |
| | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F |
| 2.5-mile Walk | 31:00 | 34:00 | 30:45 | 33:30 | 30:30 | 33:00 | 30:45 | 33:30 | 31:00 | 34:00 | 31:00 | 34:00 | 32:00 | 35:00 | 32:00 | 35:00 | 33:00 | 36:00 | 33:00 | 36:00 |
| 12 km Bike | 26:25 | 28:58 | 26:12 | 28:31 | 26:00 | 28:07 | 26:12 | 28:31 | 26:25 | 28:58 | 26:25 | 28:58 | 27:16 | 29:50 | 27:16 | 29:50 | 28:07 | 30:41 | 28:07 | 30:41 |
| 1 km Swim | 30:48 | 33:48 | 30:30 | 33:18 | 30:20 | 32:48 | 30:30 | 33:18 | 30:48 | 33:48 | 30:48 | 33:48 | 31:48 | 34:48 | 31:48 | 34:48 | 32:50 | 35:48 | 32:50 | 35:48 |
| 5 km Row | 30:48 | 33:48 | 30:30 | 33:18 | 30:20 | 32:48 | 30:30 | 33:18 | 30:48 | 33:48 | 30:48 | 33:48 | 31:48 | 34:48 | 31:48 | 34:48 | 32:50 | 35:48 | 32:50 | 35:48 |