

## Middle Distance Grading Bands

	525	500	550	570	575	600	620
<b>AAO</b>	<=28.49	<=27.14	<=29.84	<=30.92	<=31.19	<=32.54	<=33.62
<b>A0</b>	28.50 - 28.69	27.15 - 27.34	29.85 - 30.04	30.93 - 31.12	31.20 - 31.39	32.55 - 32.74	33.63 - 33.82
<b>A1</b>	28.70 - 28.89	27.35 - 27.54	30.05 - 30.24	31.13 - 31.32	31.40 - 31.59	32.75 - 32.94	33.83 - 34.02
<b>A2</b>	28.90 - 29.09	27.55 - 27.74	30.25 - 30.44	31.33 - 31.52	31.60 - 31.79	32.95 - 33.14	34.03 - 34.22
<b>A3</b>	29.10 - 29.29	27.75 - 27.94	30.45 - 30.64	31.53 - 31.72	31.80 - 31.99	33.15 - 33.34	34.23 - 34.42
<b>A4</b>	29.30 - 29.49	27.95 - 28.14	30.65 - 30.84	31.73 - 31.92	32.00 - 32.19	33.35 - 33.54	34.43 - 34.62
<b>A5</b>	29.50 - 29.69	28.15 - 28.34	30.85 - 31.04	31.93 - 32.12	32.20 - 32.39	33.55 - 33.74	34.63 - 34.82
<b>A6</b>	29.70 - 29.89	28.35 - 28.54	31.05 - 31.24	32.13 - 32.32	32.40 - 32.59	33.75 - 33.94	34.83 - 35.02
<b>A7</b>	29.90 - 30.09	28.55 - 28.74	31.25 - 31.44	32.33 - 32.52	32.60 - 32.79	33.95 - 34.14	35.03 - 35.22
<b>A8</b>	30.10 - 30.29	28.75 - 28.94	31.45 - 31.64	32.53 - 32.72	32.80 - 32.99	34.15 - 34.34	35.23 - 35.42
<b>A9</b>	30.30 - 30.49	28.95 - 29.14	31.65 - 31.84	32.73 - 32.92	33.00 - 33.19	34.35 - 34.54	35.43 - 35.62
<b>A10</b>	30.50 - 30.70	29.15 - 29.35	31.85 - 32.05	32.93 - 33.13	33.20 - 33.40	34.55 - 34.75	35.63 - 35.83

## Sprint Distance Grading Bands

	300	325	330	335	350	360	375	400	410
SSO	<=16.20	<=17.49	<=17.75	<=18.01	<=18.79	<=19.31	<=20.09	<=21.39	<=21.91
S0	16.20 - 16.29	17.50 - 17.59	17.76 - 17.85	18.02 - 18.11	18.80 - 18.89	19.32 - 19.41	20.10 - 20.19	21.40 - 21.49	21.92 - 22.01
S1	16.30 - 16.39	17.60 - 17.69	17.86 - 17.95	18.12 - 18.21	18.90 - 18.99	19.42 - 19.51	20.20 - 20.29	21.50 - 21.59	22.02 - 22.11
S2	16.40 - 16.49	17.70 - 17.79	17.96 - 18.05	18.22 - 18.31	19.00 - 19.09	19.52 - 19.61	20.30 - 20.39	21.60 - 21.69	22.12 - 22.21
S3	16.50 - 16.59	17.80 - 17.89	18.06 - 18.15	18.32 - 18.41	19.10 - 19.19	19.62 - 19.71	20.40 - 20.49	21.70 - 21.79	22.22 - 22.31
S4	16.60 - 16.69	17.90 - 17.99	18.16 - 18.25	18.42 - 18.51	19.20 - 19.29	19.72 - 19.81	20.50 - 20.59	21.80 - 21.89	22.32 - 22.41
S5	16.70 - 16.79	18.00 - 18.09	18.26 - 18.35	18.52 - 18.61	19.30 - 19.39	19.82 - 19.91	20.60 - 20.69	21.90 - 21.99	22.42 - 22.51
S6	16.80 - 16.89	18.10 - 18.19	18.36 - 18.45	18.62 - 18.71	19.40 - 19.49	19.92 - 20.01	20.70 - 20.79	22.00 - 22.09	22.52 - 22.61
S7	16.90 - 16.99	18.20 - 18.29	18.46 - 18.55	18.72 - 18.81	19.50 - 19.59	20.02 - 20.11	20.80 - 20.89	22.10 - 22.19	22.62 - 22.71
S8	17.00 - 17.09	18.30 - 18.39	18.56 - 18.65	18.82 - 18.91	19.60 - 19.69	20.12 - 20.21	20.90 - 20.99	22.20 - 22.29	22.72 - 22.81
S9	17.10 - 17.29	18.40 - 18.59	18.66 - 18.85	18.92 - 19.11	19.70 - 19.89	20.22 - 20.41	21.00 - 21.19	22.30 - 22.49	22.82 - 23.01
S10	17.30 - 17.50	18.60 - 18.80	18.86 - 19.06	19.12 - 19.32	19.90 - 20.10	20.42 - 20.62	21.20 - 21.40	22.50 - 22.70	23.02 - 23.22

## Long Distance Grading Bands

	700	750	805	810	830	845	850	1010
<b>DDO</b>	<=38.99	<=41.99	<=45.29	<=45.59	<=46.79	<=47.69	<=47.99	<=57.59
<b>D0</b>	39.00 - 39.19	42.00 - 42.19	45.30 - 45.49	45.60 - 45.79	46.80 - 46.99	47.70 - 47.89	48.00 - 48.19	57.60 - 57.79
<b>D1</b>	39.20 - 39.39	42.20 - 42.39	45.50 - 45.69	45.80 - 45.99	47.00 - 47.19	47.90 - 48.09	48.20 - 48.39	57.80 - 57.99
<b>D2</b>	39.40 - 39.69	42.40 - 42.69	45.70 - 45.99	46.00 - 46.29	47.20 - 47.49	48.10 - 48.39	48.40 - 48.69	58.00 - 58.29
<b>D3</b>	39.70 - 39.99	42.70 - 42.99	46.00 - 46.29	46.30 - 46.59	47.50 - 47.79	48.40 - 48.69	48.70 - 48.99	58.30 - 58.59
<b>D4</b>	40.00 - 40.29	43.00 - 43.29	46.30 - 46.59	46.60 - 46.89	47.80 - 48.09	48.70 - 48.99	49.00 - 49.29	58.60 - 58.89
<b>D5</b>	40.30 - 40.59	43.30 - 43.59	46.60 - 46.89	46.90 - 47.19	48.10 - 48.39	49.00 - 49.29	49.30 - 49.59	58.90 - 59.19
<b>D6</b>	40.60 - 40.89	43.60 - 43.89	46.90 - 47.19	47.20 - 47.49	48.40 - 48.69	49.30 - 49.59	49.60 - 49.89	59.20 - 59.49
<b>D7</b>	40.90 - 41.19	43.90 - 44.19	47.20 - 47.49	47.50 - 47.79	48.70 - 48.99	49.60 - 49.89	49.90 - 50.09	59.50 - 59.79
<b>D8</b>	41.20 - 41.50	44.20 - 44.50	47.50 - 47.80	47.80 - 48.10	49.00 - 49.30	49.90 - 50.20	50.10 - 50.40	59.80 - 60.10

# Hurdle Grading Bands

	300	525	550	575
H0	<16.70	<29.50	<30.80	<32.10
H1	16.70 - 16.89	29.50 - 29.89	30.80 - 31.19	32.10 - 32.49
H2	16.90 - 16.99	29.90 - 30.19	31.20 - 31.49	32.50 - 32.79
H3	17.00 - 17.29	30.20 - 30.49	31.50 - 31.79	32.80 - 33.09
H4	17.30 - 18.70	30.50 - 32.00	31.80 - 33.30	33.10 - 34.60

# Novice Grading Bands

	<b>500</b>	<b>525</b>	<b>550</b>	<b>300</b>	<b>325</b>	<b>330</b>	<b>335</b>	<b>350</b>	<b>360</b>	<b>375</b>	<b>400</b>
<b>ON1</b>	<27.55	<28.90	<30.25	<16.40	<17.70	<17.96	<18.22	<19.00	<19.52	<20.30	<21.60
<b>ON2</b>	27.55-28.44	28.90-29.79	30.25-31.14	16.40-16.79	17.70-18.09	17.96-18.35	18.22-18.61	19.00-19.39	19.52-19.91	20.30-20.69	21.60-21.99
<b>ON3</b>	28.45-29.35	29.80-30.70	31.15-32.05	16.80-17.50	18.10-18.80	18.36-19.06	18.62-19.32	19.40-20.10	19.92-20.62	20.70-21.40	22.00-22.70