

KATEGORİLERE GÖRE DERECELER *

PUAN	KÜÇÜK (14-15 YAŞ)					
	KADIN			ERKEK		
	YÜZME		KOŞU	YÜZME		KOŞU
	200 (50m)	200 (25m)	1000	200 (50m)	200 (25m)	1000
100	<=02:03	<=01:59	<=02:51	<=01:56	<=01:53	<=02:30
99	02:04	02:01	02:53	01:57	01:54	02:31
98	02:05	02:02	02:54	01:58	01:55	02:33
97	02:07	02:03	02:56	01:59	01:56	02:35
96	02:08	02:04	02:58	02:01	01:57	02:36
95	02:09	02:05	03:00	02:02	01:58	02:38
94	02:10	02:06	03:01	02:03	01:59	02:39
93	02:12	02:08	03:03	02:04	02:00	02:40
92	02:13	02:09	03:05	02:05	02:02	02:42
91	02:14	02:10	03:06	02:06	02:03	02:44
90	02:15	02:11	03:08	02:08	02:04	02:45
89	02:17	02:12	03:10	02:09	02:05	02:46
88	02:18	02:14	03:12	02:10	02:06	02:48
87	02:19	02:15	03:13	02:11	02:07	02:49
86	02:20	02:16	03:15	02:12	02:08	02:51
85	02:21	02:17	03:17	02:13	02:09	02:53
84	02:23	02:18	03:18	02:15	02:11	02:54
83	02:24	02:20	03:20	02:16	02:12	02:55
82	02:25	02:21	03:22	02:17	02:13	02:57
81	02:26	02:22	03:23	02:18	02:14	02:59
80	02:28	02:23	03:25	02:19	02:15	03:00
79	02:29	02:24	03:27	02:20	02:16	03:01
78	02:30	02:26	03:29	02:22	02:17	03:03
77	02:31	02:27	03:30	02:23	02:18	03:04
76	02:33	02:28	03:32	02:24	02:20	03:06
75	02:34	02:29	03:34	02:25	02:21	03:08
74	02:35	02:30	03:35	02:26	02:22	03:09
73	02:36	02:32	03:37	02:27	02:23	03:11
72	02:37	02:33	03:39	02:28	02:24	03:12
71	02:39	02:34	03:41	02:30	02:25	03:14
70	02:40	02:35	03:42	02:31	02:26	03:15
69	02:41	02:36	03:44	02:32	02:27	03:17
68	02:42	02:37	03:46	02:33	02:29	03:18
67	02:44	02:39	03:47	02:34	02:30	03:20
66	02:45	02:40	03:49	02:35	02:31	03:21
65	02:46	02:41	03:51	02:37	02:32	03:23
64	02:47	02:42	03:53	02:38	02:33	03:24
63	02:49	02:43	03:54	02:39	02:34	03:26
62	02:50	02:45	03:56	02:40	02:35	03:27
61	02:51	02:46	03:58	02:41	02:36	03:28
60	02:52	02:47	03:59	02:42	02:38	03:30

KATEGORİLERE GÖRE DERECELER *

PUAN	KÜÇÜK (14-15 YAŞ)					
	KADIN			ERKEK		
	YÜZME		KOŞU	YÜZME		KOŞU
	200 (50m)	200 (25m)	1000	200 (50m)	200 (25m)	1000
59	02:53	02:48	04:01	02:44	02:39	03:31
58	02:55	02:49	04:03	02:45	02:40	03:33
57	02:56	02:51	04:05	02:46	02:41	03:35
56	02:57	02:52	04:06	02:47	02:42	03:36
55	02:58	02:53	04:08	02:48	02:43	03:38
54	03:00	02:54	04:10	02:49	02:44	03:39
53	03:01	02:55	04:11	02:51	02:45	03:41
52	03:02	02:57	04:13	02:52	02:47	03:42
51	03:03	02:58	04:15	02:53	02:48	03:44
50	03:04	02:59	04:16	02:54	02:49	03:45
49	03:06	03:00	04:18	02:55	02:50	03:47
48	03:07	03:01	04:20	02:56	02:51	03:48
47	03:08	03:03	04:22	02:57	02:52	03:49
46	03:09	03:04	04:23	02:59	02:53	03:51
45	03:11	03:05	04:25	03:00	02:54	03:53
44	03:12	03:06	04:27	03:01	02:56	03:54
43	03:13	03:07	04:28	03:02	02:57	03:56
42	03:14	03:09	04:30	03:03	02:58	03:57
41	03:16	03:10	04:32	03:04	02:59	03:59
40	03:17	03:11	04:34	03:06	03:00	04:00
39	03:18	03:12	04:35	03:07	03:01	04:02
38	03:19	03:13	04:37	03:08	03:02	04:03
37	03:20	03:14	04:39	03:09	03:03	04:04
36	03:22	03:16	04:40	03:10	03:05	04:06
35	03:23	03:17	04:42	03:11	03:06	04:07
34	03:24	03:18	04:44	03:13	03:07	04:09
33	03:25	03:19	04:46	03:14	03:08	04:10
32	03:27	03:20	04:47	03:15	03:09	04:12
31	03:28	03:22	04:49	03:16	03:10	04:14
30	03:29	03:23	04:51	03:17	03:11	04:15
29	03:31	03:25	04:54	03:19	03:13	04:18
28	03:33	03:27	04:57	03:21	03:15	04:20
27	03:35	03:29	05:00	03:23	03:17	04:23
26	03:38	03:31	05:03	03:25	03:19	04:25
25	03:40	03:33	05:06	03:27	03:21	04:28
24	03:42	03:35	05:09	03:29	03:23	04:31
23	03:44	03:37	05:12	03:31	03:25	04:33
22	03:46	03:40	05:15	03:34	03:27	04:36
21	03:49	03:42	05:18	03:36	03:29	04:39

KATEGORİLERE GÖRE DERECELER *

PUAN	KÜÇÜK (14-15 YAŞ)					
	KADIN			ERKEK		
	YÜZME		KOŞU	YÜZME		KOŞU
	200 (50m)	200 (25m)	1000	200 (50m)	200 (25m)	1000
20	03:51	03:44	05:21	03:38	03:31	04:42
19	03:54	03:47	05:26	03:41	03:34	04:46
18	03:58	03:51	05:31	03:44	03:38	04:50
17	04:02	03:54	05:36	03:48	03:41	04:55
16	04:05	03:58	05:41	03:51	03:44	04:59
15	04:09	04:01	05:46	03:55	03:48	05:03
14	04:14	04:06	05:53	03:59	03:52	05:10
13	04:19	04:11	06:00	04:04	03:57	05:16
12	04:24	04:16	06:07	04:09	04:02	05:22
11	04:29	04:21	06:14	04:14	04:06	05:28
10	04:35	04:26	06:22	04:19	04:11	05:35
9	04:42	04:33	06:31	04:26	04:18	05:43
8	04:49	04:40	06:41	04:32	04:24	05:52
7	04:56	04:47	06:51	04:39	04:31	06:01
6	05:03	04:54	07:02	04:46	04:37	06:10
5	05:11	05:02	07:12	04:53	04:44	06:19
4	05:20	05:11	07:25	05:02	04:53	06:30
3	05:30	05:20	07:38	05:11	05:02	06:42
2	05:40	05:29	07:52	05:20	05:11	06:54
1	>= 05:50	>= 05:39	>= 08:02	>=05:30	>= 05:21	>= 07:04
0	DNS-DNF	DNS-DNF	DNS-DNF	DNS-DNF	DNS-DNF	DNS-DNF

* Yuvarlamalarda örnek olarak 1000 m koşu 2.45 olan ve 90 puan alan erkek sporcunun derecesi 2.45,00 – 2.34,99 arasındaki dereceyi kapsar. Yine kadın 200m yüzme, 25m havuzdaki 25 puan karşılığı olan 3.33 olan derecesi 3.33,00-3.34,99'u kapsar.

KATEGORİLERE GÖRE DERECELER *

PUAN	YILDIZ (16-17 YAŞ)					
	KADIN			ERKEK		
	YÜZME		KOŞU	YÜZME		KOŞU
	400 (50m)	400 (25m)	1500	400 (50m)	400 (25m)	1500
100	<=04:14	<=04:06	<=04:19	<=03:54	<=03:47	<=03:45
99	04:17	04:09	04:22	03:56	03:49	03:47
98	04:19	04:11	04:24	03:59	03:52	03:49
97	04:22	04:14	04:27	04:01	03:54	03:52
96	04:24	04:16	04:29	04:03	03:56	03:54
95	04:27	04:19	04:32	04:06	03:58	03:56
94	04:29	04:21	04:35	04:08	04:01	03:59
93	04:32	04:24	04:37	04:10	04:03	04:01
92	04:34	04:26	04:40	04:13	04:05	04:03
91	04:37	04:29	04:42	04:15	04:07	04:05
90	04:39	04:31	04:45	04:17	04:10	04:08
89	04:42	04:33	04:47	04:20	04:12	04:10
88	04:44	04:36	04:50	04:22	04:14	04:12
87	04:47	04:38	04:53	04:24	04:16	04:14
86	04:50	04:41	04:55	04:27	04:19	04:16
85	04:52	04:43	04:58	04:29	04:21	04:19
84	04:55	04:46	05:00	04:31	04:23	04:21
83	04:57	04:48	05:03	04:34	04:26	04:23
82	05:00	04:51	05:06	04:36	04:28	04:26
81	05:02	04:53	05:08	04:38	04:30	04:28
80	05:05	04:56	05:11	04:41	04:32	04:30
79	05:07	04:58	05:13	04:43	04:35	04:32
78	05:10	05:01	05:16	04:45	04:37	04:34
77	05:12	05:03	05:19	04:48	04:39	04:37
76	05:15	05:06	05:21	04:50	04:41	04:39
75	05:18	05:08	05:24	04:53	04:44	04:41
74	05:20	05:10	05:26	04:55	04:46	04:44
73	05:23	05:13	05:29	04:57	04:48	04:46
72	05:25	05:15	05:32	05:00	04:51	04:48
71	05:28	05:18	05:34	05:02	04:53	04:50
70	05:30	05:20	05:37	05:04	04:55	04:53
69	05:33	05:23	05:39	05:07	04:57	04:55
68	05:35	05:25	05:42	05:09	05:00	04:57
67	05:38	05:28	05:44	05:11	05:02	04:59
66	05:40	05:30	05:47	05:14	05:04	05:01
65	05:43	05:33	05:50	05:16	05:06	05:04
64	05:45	05:35	05:52	05:18	05:09	05:06
63	05:48	05:38	05:55	05:21	05:11	05:08
62	05:51	05:40	05:57	05:23	05:13	05:11
61	05:53	05:42	06:00	05:25	05:16	05:13

KATEGORİLERE GÖRE DERECELER *

PUAN	YILDIZ (16-17 YAŞ)					
	KADIN			ERKEK		
	YÜZME		KOŞU	YÜZME		KOŞU
	400 (50m)	400 (25m)	1500	400 (50m)	400 (25m)	1500
60	05:56	05:45	06:03	05:28	05:18	05:15
59	05:58	05:47	06:05	05:30	05:20	05:17
58	06:01	05:50	06:08	05:32	05:22	05:19
57	06:03	05:52	06:10	05:35	05:25	05:22
56	06:06	05:55	06:13	05:37	05:27	05:24
55	06:08	05:57	06:16	05:39	05:29	05:26
54	06:11	06:00	06:18	05:42	05:31	05:28
53	06:13	06:02	06:21	05:44	05:34	05:31
52	06:16	06:05	06:23	05:46	05:36	05:33
51	06:18	06:07	06:26	05:49	05:38	05:35
50	06:21	06:10	06:28	05:51	05:40	05:37
49	06:24	06:12	06:31	05:53	05:43	05:40
48	06:26	06:14	06:34	05:56	05:45	05:42
47	06:29	06:17	06:36	05:58	05:47	05:44
46	06:31	06:19	06:39	06:00	05:50	05:46
45	06:34	06:22	06:41	06:03	05:52	05:49
44	06:36	06:24	06:44	06:05	05:54	05:51
43	06:39	06:27	06:47	06:07	05:56	05:53
42	06:41	06:29	06:49	06:10	05:59	05:55
41	06:44	06:32	06:52	06:12	06:01	05:58
40	06:46	06:34	06:54	06:14	06:03	06:00
39	06:49	06:37	06:57	06:17	06:05	06:02
38	06:51	06:39	07:00	06:19	06:08	06:04
37	06:54	06:42	07:02	06:21	06:10	06:07
36	06:57	06:44	07:05	06:24	06:12	06:09
35	06:59	06:47	07:07	06:26	06:15	06:11
34	07:02	06:49	07:10	06:28	06:17	06:13
33	07:04	06:51	07:13	06:31	06:19	06:16
32	07:07	06:54	07:15	06:33	06:21	06:18
31	07:09	06:56	07:18	06:35	06:24	06:20
30	07:12	06:59	07:20	06:38	06:26	06:22
29	07:16	07:03	07:25	06:42	06:30	06:26
28	07:20	07:07	07:29	06:46	06:34	06:30
27	07:25	07:12	07:34	06:50	06:38	06:34
26	07:29	07:16	07:38	06:54	06:42	06:38
25	07:34	07:20	07:43	06:58	06:46	06:42
24	07:38	07:25	07:47	07:02	06:50	06:46
23	07:43	07:29	07:52	07:06	06:54	06:50
22	07:48	07:34	07:57	07:11	06:58	06:54
21	07:52	07:38	08:02	07:15	07:02	06:58

KATEGORİLERE GÖRE DERECELER *

PUAN	YILDIZ (16-17 YAŞ)					
	KADIN			ERKEK		
	YÜZME		KOŞU	YÜZME		KOŞU
	400 (50m)	400 (25m)	1500	400 (50m)	400 (25m)	1500
20	07:57	07:43	08:06	07:19	07:06	07:03
19	08:04	07:50	08:14	07:26	07:13	07:09
18	08:11	07:57	08:21	07:33	07:19	07:15
17	08:19	08:04	08:29	07:39	07:26	07:22
16	08:26	08:11	08:36	07:46	07:32	07:28
15	08:34	08:18	08:44	07:53	07:39	07:35
14	08:44	08:28	08:54	08:03	07:48	07:44
13	08:55	08:39	09:05	08:13	07:58	07:54
12	09:05	08:49	09:16	08:22	08:07	08:03
11	09:16	09:00	09:27	08:32	08:17	08:13
10	09:27	09:10	09:38	08:43	08:27	08:23
9	09:42	09:24	09:53	08:56	08:40	08:35
8	09:56	09:38	10:08	09:09	08:53	08:48
7	10:11	09:53	10:23	09:23	09:06	09:01
6	10:26	10:07	10:39	09:37	09:20	09:15
5	10:42	10:23	10:55	09:51	09:34	09:29
4	11:01	10:41	11:14	10:09	09:51	09:46
3	11:21	11:01	11:34	10:27	10:09	10:03
2	11:41	11:20	11:55	10:46	10:27	10:21
1	>= 11:51	>= 11:30	>= 12:05	>= 10:56	>=10:37	>= 10:31
0	DNS-DNF	DNS-DNF	DNS-DNF	DNS-DNF	DNS-DNF	DNS-DNF

* Yuvarlamalarda örnek olarak 1500 m koşu 4.08 olan ve 90 puan alan erkek sporcunun derecesi 4.08,00 - 4.09,99 arasındaki dereceyi kapsar. Yine kadın 400m yüzme, 25m havuzdaki 25 puan karşılığı olan 7.20 olan derecesi 7.20,00 - 7.24,99'u kapsar.

KATEGORİLERE GÖRE DERECELER *

PUAN	GENÇ (18-19 YAŞ)					
	KADIN			ERKEK		
	YÜZME		KOŞU	YÜZME		KOŞU
	400 (50m)	400 (25m)	3000	400 (50m)	400 (25m)	3000
100	<=04:07	<=04:00	<=09:13	<=03:47	<=03:40	<=07:49
99	04:09	04:02	09:19	03:49	03:42	07:54
98	04:12	04:04	09:24	03:52	03:45	07:58
97	04:14	04:07	09:30	03:54	03:47	08:03
96	04:17	04:09	09:35	03:56	03:49	08:08
95	04:19	04:12	09:41	03:58	03:51	08:12
94	04:22	04:14	09:46	04:01	03:53	08:17
93	04:24	04:16	09:52	04:03	03:56	08:22
92	04:27	04:19	09:57	04:05	03:58	08:27
91	04:29	04:21	10:03	04:07	04:00	08:31
90	04:32	04:24	10:08	04:10	04:02	08:36
89	04:34	04:26	10:14	04:12	04:04	08:41
88	04:37	04:28	10:19	04:14	04:07	08:45
87	04:39	04:31	10:25	04:17	04:09	08:50
86	04:42	04:33	10:30	04:19	04:11	08:55
85	04:44	04:36	10:36	04:21	04:13	08:59
84	04:47	04:38	10:41	04:23	04:15	09:04
83	04:49	04:40	10:47	04:26	04:18	09:09
82	04:51	04:43	10:53	04:28	04:20	09:13
81	04:54	04:45	10:58	04:30	04:22	09:18
80	04:56	04:48	11:04	04:32	04:24	09:23
79	04:59	04:50	11:09	04:35	04:26	09:27
78	05:01	04:52	11:15	04:37	04:29	09:32
77	05:04	04:55	11:20	04:39	04:31	09:37
76	05:06	04:57	11:26	04:41	04:33	09:42
75	05:09	04:59	11:31	04:44	04:35	09:46
74	05:11	05:02	11:37	04:46	04:37	09:51
73	05:14	05:04	11:42	04:48	04:40	09:56
72	05:16	05:07	11:48	04:51	04:42	10:00
71	05:19	05:09	11:53	04:53	04:44	10:05
70	05:21	05:11	11:59	04:55	04:46	10:10
69	05:24	05:14	12:04	04:57	04:48	10:14
68	05:26	05:16	12:10	05:00	04:51	10:19
67	05:29	05:19	12:15	05:02	04:53	10:24
66	05:31	05:21	12:21	05:04	04:55	10:28
65	05:33	05:23	12:27	05:06	04:57	10:33
64	05:36	05:26	12:32	05:09	04:59	10:38
63	05:38	05:28	12:38	05:11	05:02	10:43
62	05:41	05:31	12:43	05:13	05:04	10:47
61	05:43	05:33	12:49	05:16	05:06	10:52

KATEGORİLERE GÖRE DERECELER *

PUAN	GENÇ (18-19 YAŞ)					
	KADIN			ERKEK		
	YÜZME		KOŞU	YÜZME		KOŞU
	400 (50m)	400 (25m)	3000	400 (50m)	400 (25m)	3000
60	05:46	05:35	12:54	05:18	05:08	10:57
59	05:48	05:38	13:00	05:20	05:10	11:01
58	05:51	05:40	13:05	05:22	05:13	11:06
57	05:53	05:43	13:11	05:25	05:15	11:11
56	05:56	05:45	13:16	05:27	05:17	11:15
55	05:58	05:47	13:22	05:29	05:19	11:20
54	06:01	05:50	13:27	05:31	05:21	11:25
53	06:03	05:52	13:33	05:34	05:24	11:29
52	06:06	05:55	13:38	05:36	05:26	11:34
51	06:08	05:57	13:44	05:38	05:28	11:39
50	06:10	05:59	13:50	05:41	05:30	11:43
49	06:13	06:02	13:55	05:43	05:32	11:48
48	06:15	06:04	14:01	05:45	05:35	11:53
47	06:18	06:07	14:06	05:47	05:37	11:58
46	06:20	06:09	14:12	05:50	05:39	12:02
45	06:23	06:11	14:17	05:52	05:41	12:07
44	06:25	06:14	14:23	05:54	05:43	12:12
43	06:28	06:16	14:28	05:56	05:46	12:16
42	06:30	06:19	14:34	05:59	05:48	12:21
41	06:33	06:21	14:39	06:01	05:50	12:26
40	06:35	06:23	14:45	06:03	05:52	12:30
39	06:38	06:26	14:50	06:05	05:55	12:35
38	06:40	06:28	14:56	06:08	05:57	12:40
37	06:43	06:31	15:01	06:10	05:59	12:44
36	06:45	06:33	15:07	06:12	06:01	12:49
35	06:48	06:35	15:12	06:15	06:03	12:54
34	06:50	06:38	15:18	06:17	06:06	12:59
33	06:52	06:40	15:24	06:19	06:08	13:03
32	06:55	06:43	15:29	06:21	06:10	13:08
31	06:57	06:45	15:35	06:24	06:12	13:13
30	07:00	06:47	15:40	06:26	06:14	13:17
29	07:04	06:51	15:50	06:30	06:18	13:25
28	07:08	06:55	15:59	06:34	06:22	13:33
27	07:13	07:00	16:09	06:38	06:26	13:41
26	07:17	07:04	16:18	06:42	06:30	13:50
25	07:21	07:08	16:28	06:46	06:33	13:58
24	07:26	07:12	16:38	06:50	06:37	14:06
23	07:30	07:17	16:48	06:54	06:41	14:15
22	07:35	07:21	16:58	06:58	06:45	14:23
21	07:39	07:25	17:08	07:02	06:49	14:32

KATEGORİLERE GÖRE DERECELER *

PUAN	GENÇ (18-19 YAŞ)					
	KADIN			ERKEK		
	YÜZME		KOŞU	YÜZME		KOŞU
	400 (50m)	400 (25m)	3000	400 (50m)	400 (25m)	3000
20	07:44	07:30	17:18	07:06	06:53	14:41
19	07:51	07:37	17:34	07:13	07:00	14:54
18	07:58	07:44	17:50	07:19	07:06	15:07
17	08:05	07:50	18:06	07:26	07:12	15:21
16	08:12	07:58	18:22	07:32	07:19	15:35
15	08:20	08:05	18:39	07:39	07:25	15:49
14	08:30	08:14	19:01	07:48	07:34	16:08
13	08:40	08:24	19:24	07:58	07:43	16:27
12	08:50	08:34	19:47	08:07	07:53	16:47
11	09:01	08:45	20:11	08:17	08:02	17:07
10	09:12	08:55	20:35	08:27	08:12	17:28
9	09:25	09:09	21:06	08:40	08:24	17:54
8	09:40	09:22	21:38	08:53	08:37	18:21
7	09:54	09:36	22:10	09:06	08:50	18:48
6	10:09	09:51	22:43	09:20	09:03	19:16
5	10:24	10:05	23:17	09:34	09:16	19:45
4	10:43	10:24	23:59	09:51	09:33	20:21
3	11:02	10:42	24:43	10:09	09:50	20:57
2	11:22	11:02	25:27	10:27	10:08	21:35
1	>= 11:32	>= 11:12	>= 25:37	>= 10:37	>= 10:18	>= 21:45
0	DNS-DNF	DNS-DNF	DNS-DNF	DNS-DNF	DNS-DNF	DNS-DNF

* Yuvarlamalarda örnek olarak 3000 m koşu 8.36 olan ve 90 puan alan erkek sporcunun derecesi 8.36,00 - 8.40,99 arasındaki dereceyi kapsar. Yine kadın 400m yüzme, 25m havuzdaki 25 puan karşılığı olan 7.08 olan derecesi 7.08,00 - 7.11,99'u kapsar.

KATEGORİLERE GÖRE DERECELER *

PUAN	ELİT (20+ YAŞ)					
	KADIN			ERKEK		
	YÜZME		KOŞU	YÜZME		KOŞU
	800 (50m)	800 (25m)	5000	800 (50m)	800 (25m)	5000
100	<=08:50	<=08:35	<=16:15	<=08:15	<=08:00	<=13:45
99	08:53	08:38	16:21	08:18	08:03	13:50
98	08:57	08:42	16:26	08:22	08:07	13:54
97	09:00	08:45	16:32	08:25	08:10	13:59
96	09:04	08:49	16:37	08:29	08:14	14:03
95	09:07	08:52	16:43	08:32	08:17	14:08
94	09:11	08:56	16:48	08:36	08:21	14:12
93	09:14	08:59	16:54	08:39	08:24	14:17
92	09:18	09:03	16:59	08:43	08:28	14:21
91	09:21	09:06	17:05	08:46	08:31	14:26
90	09:25	09:10	17:10	08:50	08:35	14:30
89	09:28	09:13	17:16	08:53	08:38	14:35
88	09:32	09:17	17:21	08:57	08:42	14:39
87	09:35	09:20	17:27	09:00	08:45	14:44
86	09:39	09:24	17:32	09:04	08:49	14:48
85	09:42	09:27	17:38	09:07	08:52	14:53
84	09:46	09:31	17:43	09:11	08:56	14:57
83	09:49	09:34	17:49	09:14	08:59	15:02
82	09:53	09:38	17:54	09:18	09:03	15:06
81	09:56	09:41	18:00	09:21	09:06	15:11
80	10:00	09:45	18:05	09:25	09:10	15:15
79	10:03	09:48	18:11	09:28	09:13	15:20
78	10:07	09:52	18:16	09:32	09:17	15:24
77	10:10	09:55	18:22	09:35	09:20	15:29
76	10:14	09:59	18:27	09:39	09:24	15:33
75	10:17	10:02	18:33	09:42	09:27	15:38
74	10:21	10:06	18:38	09:46	09:31	15:42
73	10:24	10:09	18:44	09:49	09:34	15:47
72	10:28	10:13	18:49	09:53	09:38	15:51
71	10:31	10:16	18:55	09:56	09:41	15:56
70	10:35	10:20	19:00	10:00	09:45	16:00
69	10:38	10:23	19:06	10:03	09:48	16:05
68	10:42	10:27	19:11	10:07	09:52	16:09
67	10:45	10:30	19:17	10:10	09:55	16:14
66	10:49	10:34	19:22	10:14	09:59	16:18
65	10:52	10:37	19:28	10:17	10:02	16:23
64	10:56	10:41	19:33	10:21	10:06	16:27
63	10:59	10:44	19:39	10:24	10:09	16:32
62	11:03	10:48	19:44	10:28	10:13	16:36
61	11:06	10:51	19:50	10:31	10:16	16:41

KATEGORİLERE GÖRE DERECELER *

PUAN	ELİT (20+ YAŞ)					
	KADIN			ERKEK		
	YÜZME		KOŞU	YÜZME		KOŞU
	800 (50m)	800 (25m)	5000	800 (50m)	800 (25m)	5000
60	11:10	10:55	19:55	10:35	10:20	16:45
59	11:13	10:58	20:01	10:38	10:23	16:50
58	11:17	11:02	20:06	10:42	10:27	16:54
57	11:20	11:05	20:12	10:45	10:30	16:59
56	11:24	11:09	20:17	10:49	10:34	17:03
55	11:27	11:12	20:23	10:52	10:37	17:08
54	11:31	11:16	20:28	10:56	10:41	17:12
53	11:34	11:19	20:34	10:59	10:44	17:17
52	11:38	11:23	20:39	11:03	10:48	17:21
51	11:41	11:26	20:45	11:06	10:51	17:26
50	11:45	11:30	20:50	11:10	10:55	17:30
49	11:48	11:33	20:56	11:13	10:58	17:35
48	11:52	11:37	21:01	11:17	11:02	17:39
47	11:55	11:40	21:07	11:20	11:05	17:44
46	11:59	11:44	21:12	11:24	11:09	17:48
45	12:02	11:47	21:18	11:27	11:12	17:53
44	12:06	11:51	21:23	11:31	11:16	17:57
43	12:09	11:54	21:29	11:34	11:19	18:02
42	12:13	11:58	21:34	11:38	11:23	18:06
41	12:16	12:01	21:40	11:41	11:26	18:11
40	12:20	12:05	21:45	11:45	11:30	18:15
39	12:23	12:08	21:51	11:48	11:33	18:20
38	12:27	12:12	21:56	11:52	11:37	18:24
37	12:30	12:15	22:02	11:55	11:40	18:29
36	12:34	12:19	22:07	11:59	11:44	18:33
35	12:37	12:22	22:13	12:02	11:47	18:38
34	12:41	12:26	22:18	12:06	11:51	18:42
33	12:44	12:29	22:24	12:09	11:54	18:47
32	12:48	12:33	22:29	12:13	11:58	18:51
31	12:51	12:36	22:35	12:16	12:01	18:56
30	12:55	12:40	22:40	12:20	12:05	19:00
29	12:58	12:43	22:46	12:23	12:08	19:05
28	13:02	12:47	22:51	12:27	12:12	19:09
27	13:05	12:50	22:57	12:30	12:15	19:14
26	13:09	12:54	23:02	12:34	12:19	19:18
25	13:12	12:57	23:08	12:37	12:22	19:23
24	13:16	13:01	23:13	12:41	12:26	19:27
23	13:19	13:04	23:19	12:44	12:29	19:32
22	13:23	13:08	23:24	12:48	12:33	19:36
21	13:26	13:11	23:30	12:51	12:36	19:41

KATEGORİLERE GÖRE DERECELER *

PUAN	ELİT (20+ YAŞ)					
	KADIN			ERKEK		
	YÜZME		KOŞU	YÜZME		KOŞU
	800 (50m)	800 (25m)	5000	800 (50m)	800 (25m)	5000
20	13:30	13:15	23:35	12:55	12:40	19:45
19	13:33	13:18	23:41	12:58	12:43	19:50
18	13:37	13:22	23:46	13:02	12:47	19:54
17	13:40	13:25	23:52	13:05	12:50	19:59
16	13:44	13:29	23:57	13:09	12:54	20:03
15	13:47	13:32	24:03	13:12	12:57	20:08
14	13:51	13:36	24:08	13:16	13:01	20:12
13	13:54	13:39	24:14	13:19	13:04	20:17
12	13:58	13:43	24:19	13:23	13:08	20:21
11	14:01	13:46	24:25	13:26	13:11	20:26
10	14:05	13:50	24:30	13:30	13:15	20:30
9	14:08	13:53	24:36	13:33	13:18	20:35
8	14:12	13:57	24:41	13:37	13:22	20:39
7	14:15	14:00	24:47	13:40	13:25	20:44
6	14:19	14:04	24:52	13:44	13:29	20:48
5	14:22	14:07	24:58	13:47	13:32	20:53
4	14:26	14:11	25:03	13:51	13:36	20:57
3	14:29	14:14	25:09	13:54	13:39	21:02
2	14:33	14:18	25:14	13:58	13:43	21:06
1	>= 14:43	>= 14:28	>= 25:24	>= 14:08	>= 13:53	>= 21:16
0	DNS-DNF	DNS-DNF	DNS-DNF	DNS-DNF	DNS-DNF	DNS-DNF

* Yuvarlamalarda örnek olarak 5000 m koşu 14.30 olan ve 90 puan alan erkek sporcunun derecesi 14.30,00 - 14.34,99 arasındaki dereceyi kapsar. Yine kadın 800m yüzme, 25m havuzdaki 25 puan karşılığı olan 12.57 olan derecesi 12.57,00 - 13.00,99'u kapsar.