

TS-PECET – 2024

NORMS FOR MEN IN 100 METERS				
Time	Marks		Time	Marks
10.92	100		14.45	50
10.97	99		14.53	49
11.02	98		14.60	48
11.07	97		14.68	47
11.12	96		14.75	46
11.17	95		14.83	45
11.22	94		14.91	44
11.28	93		14.98	43
11.33	92		15.06	42
11.38	91		15.13	41
11.43	90		15.21	40
11.49	89		15.28	39
11.54	88		15.36	38
11.60	87		15.43	37
11.65	86		15.51	36
11.71	85		15.58	35
11.77	84		15.66	34
11.82	83		15.73	33
11.88	82		15.81	32
11.94	81		15.89	31
12.00	80		15.96	30
12.06	79		16.04	29
12.12	78		16.11	28
12.18	77		16.19	27
12.25	76		16.26	26
12.31	75		16.34	25
12.37	74		16.41	24
12.44	73		16.49	23
12.51	72		16.56	22
12.58	71		16.64	21
12.65	70		16.71	20
12.72	69		16.79	19
12.79	68		16.87	18
12.86	67		16.94	17
12.93	66		17.02	16
13.01	65		17.09	15
13.09	64		17.17	14
13.17	63		17.24	13
13.25	62		17.32	12
13.33	61		17.39	11
13.42	60		17.47	10
13.50	59		17.54	09
13.59	58		17.62	08
13.68	57		17.69	07
13.78	56		17.77	06
13.89	55		17.85	05
13.99	54		17.92	04
14.10	53		18.00	03
14.21	52		18.07	02
14.33	51		18.05	01

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NORMS FOR MEN IN 800 M RUN				
Time	Marks		Time	Marks
100	1.54.76		50	2.59.84
99	1.55.46		49	3.02.21
98	1.55..16		48	3.04.58
97	1.56.91		47	3.06.95
96	1.57.63		46	3.09.32
95	1.58.36		45	3.11.69
94	1.59.09		44	3.14.06
93	1.59.83		43	3.16.43
92	2.00.64		42	3.18.81
91	2.01.39		41	3.21.18
90	2.02.16		40	3.23.55
89	2.02.94		39	3.25.92
88	2.03.73		38	3.28.29
87	2.04.58		37	3.30.66
86	2.05.39		36	3.33.03
85	2.06.21		35	3.35.40
84	2.07.05		34	3.37.77
83	2.07.89		33	3.40.14
82	2.08.80		32	3.42.51
81	2.09.68		31	3.44.88
80	2.10.57		30	3.47.25
79	2.11.47		29	3.49.62
78	2.12.39		28	3.51.99
77	2.13.38		27	3.54.36
76	2.14.34		26	3.56.74
75	2.15.31		25	3.59.11
74	2.16.31		24	4.01.48
73	2.17.38		23	4.03.85
72	2.18.42		22	4.06.22
71	2.19.49		21	4.08.59
70	2.20.58		20	4.10.96
69	2.21.69		19	4.13.33
68	2.22.91		18	4.15.70
67	2.24.09		17	4.18.07
66	2.25.31		16	4.20.44
65	2.26.57		15	4.22.81
64	2.27.87		14	4.25.18
63	2.29.30		13	4.27.55
62	2.30.71		12	4.29.92
61	2.32.19		11	4.32.29
60	2.33.73		10	4.34.66
59	2.35.36		09	4.37.04
58	2.37.18		08	4.39.41
57	2.39.03		07	4.41.78
56	2.41.03		06	4.44.15
55	2.43.23		05	4.46.52
54	2.45.68		04	4.48.89
53	2.48.69		03	4.51.26
52	2.52.23		02	4.53.63
51	2.56.00		01	4.56.00

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NORMS FOR MEN IN LONG JUMP				
Performance	Marks		Performance	Marks
6.46	100		4.21	50
6.41	99		4.16	49
6.37	98		4.12	48
6.32	97		4.07	47
6.28	96		4.03	46
6.23	95		3.98	45
6.19	94		3.94	44
6.14	93		3.89	43
6.10	92		3.85	42
6.05	91		3.80	41
6.01	90		3.76	40
5.96	89		3.71	39
5.92	88		3.67	38
5.87	87		3.62	37
5.83	86		3.58	36
5.78	85		3.53	35
5.74	84		3.49	34
5.69	83		3.44	33
5.65	82		3.40	32
5.60	81		3.35	31
5.56	80		3.31	30
5.51	79		3.26	29
5.47	78		3.22	28
5.42	77		3.17	27
5.38	76		3.13	26
5.33	75		3.08	25
5.29	74		3.04	24
5.24	73		2.99	23
5.20	72		2.95	22
5.15	71		2.90	21
5.11	70		2.86	20
5.06	69		2.81	19
5.02	68		2.77	18
4.97	67		2.72	17
4.93	66		2.68	16
4.88	65		2.63	15
4.84	64		2.59	14
4.79	63		2.54	13
4.75	62		2.50	12
4.70	61		2.45	11
4.66	60		2.41	10
4.61	59		2.36	09
4.57	58		2.32	08
4.52	57		2.27	07
4.48	56		2.23	06
4.43	55		2.18	05
4.39	54		2.14	04
4.34	53		2.09	03
4.30	52		2.05	02
4.25	51		2.00	01

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NORMS FOR MEN IN HIGH JUMP				
Performance	Marks		Performance	Marks
2.25	100		1.23	50
2.23	99		1.21	49
2.20	98		1.19	48
2.18	97		1.17	47
2.16	96		1.15	46
2.14	95		1.13	45
2.12	94		1.11	44
2.10	93		1.09	43
2.08	92		1.07	42
2.06	91		1.05	41
2.04	90		1.03	40
2.02	89		1.01	39
2.00	88		0.99	38
1.98	87		0.97	37
1.96	86		0.95	36
1.94	85		0.93	35
1.92	84		0.91	34
1.09	83		0.89	33
1.88	82		0.87	32
1.86	81		0.84	31
1.84	80		0.82	30
1.82	79		0.80	29
1.80	78		0.78	28
1.78	77		0.76	27
1.76	76		0.74	26
1.74	75		0.72	25
1.72	74		0.70	24
1.70	73		0.68	23
1.68	72		0.66	22
1.66	71		0.64	21
1.64	70		0.62	20
1.62	69		0.60	19
1.60	68		0.58	18
1.58	67		0.56	17
1.56	66		0.54	16
1.54	65		0.52	15
1.51	64		0.50	14
1.49	63		0.48	13
1.47	62		0.46	12
1.45	61		0.44	11
1.43	60		0.42	10
1.41	59		0.40	09
1.39	58		0.38	08
1.37	57		0.36	07
1.35	56		0.34	06
1.33	55		0.32	05
1.31	54		0.30	04
1.29	53		0.28	03
1.27	52		0.26	02
1.25	51		0.24	01

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NORMS FOR MEN IN SHOTPUT				
Performance	Marks		Performance	Marks
15.16	100		7.74	50
15.02	99		7.60	49
14.87	98		7.45	48
14.72	97		7.30	47
14.57	96		7.15	46
14.42	95		7.00	45
14.27	94		6.85	44
14.13	93		6.71	43
13.98	92		6.56	42
13.83	91		6.41	41
13.68	90		6.26	40
13.53	89		6.11	39
13.38	88		5.96	38
13.24	87		5.82	37
13.09	86		5.67	36
12.94	85		5.52	35
12.79	84		5.37	34
12.64	83		5.22	33
12.49	82		5.07	32
12.34	81		4.92	31
12.20	80		4.78	30
12.05	79		4.63	29
11.90	78		4.48	28
11.75	77		4.33	27
11.60	76		4.18	26
11.45	75		4.03	25
11.31	74		3.89	24
11.16	73		3.74	23
11.01	72		3.59	22
10.86	71		3.44	21
10.71	70		3.29	20
10.56	69		3.14	19
10.42	68		3.00	18
10.27	67		2.85	17
10.12	66		2.70	16
9.97	65		2.55	15
9.82	64		2.40	14
9.67	63		2.25	13
9.53	62		2.11	12
9.38	61		1.96	11
9.23	60		1.81	10
9.08	59		1.66	09
8.93	58		1.51	08
8.78	57		1.36	07
8.63	56		1.21	06
8.49	55		1.07	05
8.34	54		0.92	04
8.19	53		0.77	03
8.04	52		0.62	02
7.89	51		0.47	01

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NORMS FOR WOMEN IN 100 METERS				
Time	Marks		Time	Marks
12.80	100		19.01	50
12.89	99		19.19	49
12.99	98		19.31	48
13.08	97		19.40	47
13.17	96		19.48	46
13.27	95		19.55	45
13.37	94		19.62	44
13.47	93		19.70	43
13.57	92		19.78	42
13.67	91		19.87	41
13.77	90		19.95	40
13.87	89		20.03	39
13.97	88		20.12	38
14.07	87		20.20	37
14.18	86		20.28	36
14.29	85		20.37	35
14.40	84		20.45	34
14.51	83		20.53	33
14.62	82		20.62	32
14.73	81		20.70	31
14.84	80		20.78	30
14.96	79		20.87	29
15.07	78		20.95	28
15.19	77		21.03	27
15.31	76		21.12	26
14.43	75		21.20	25
15.55	74		21.28	24
15.67	73		21.37	23
15.79	72		21.45	22
15.92	71		21.54	21
16.05	70		21.62	20
16.17	69		21.70	19
16.31	68		21.79	18
16.45	67		21.87	17
16.59	66		21.95	16
16.73	65		22.04	15
16.87	64		22.12.	14
17.01	63		22.20	13
17.16	62		22.29	12
17.31	61		22.37	11
17.46	60		22.45	10
17.62	59		22.54	09
17.78	58		22.62	08
17.94	57		22.70	07
18.11	56		22.79	06
18.28	55		22.87	05
18.44	54		22.95	04
18.56	53		23.04	03
18.70	52		23.12	02
18.85	51		23.21	01

TS-PECET – 2024

NORMS FOR WOMEN IN 400 RUN				
Time	Marks		Time	Marks
0.59.42	100		1.43.30	50
1.00.00	99		1.46.66	49
1.00.54	98		1.46.02	48
1.01.13	97		1.47.38	47
1.01.72	96		1.48.75	46
1.02.32	95		1.50.11	45
1.02.89	94		1.51.47	44
1.03.50	93		1.52.83	43
1.04.11	92		1.54.19	42
1.04.74	91		1.55.55	41
1.05.33	90		1.56.91	40
1.05.97	89		1.58.21	39
1.06.61	88		1.59.64	38
1.07.27	87		2.01.00	37
1.07.89	86		2.02.36	36
1.08.56	85		2.03.72	35
1.09.24	84		2.05.08	34
1.09.92	83		2.06.44	33
1.10.58	82		2.07.80	32
1.11.29	81		2.09.16	31
1.12.00	80		2.10.53	30
1.12.73	79		2.11.89	29
1.13.42	78		2.13.25	28
1.14.18	77		2.14.61	27
1.14.94	76		2.15.97	26
1.15.67	75		2.17.33	25
1.16.46	74		2.18.69	24
1.17.26	73		2.20.05	23
1.18.08	72		2.21.41	22
1.18.86	71		2.22.78	21
1.19.71	70		2.24.14	20
1.20.58	69		2.25.50	19
1.21.47	68		2.26.86	18
1.22.33	67		2.28.22	17
1.23.26	66		2.29.58	16
1.24.22	65		2.30.94	15
1.25.20	64		2.32.30	14
1.26.15	63		2.33.67	13
1.27.19	62		2.35.03	12
1.28.26	61		2.36.39	11
1.29.37	60		2.37.75	10
1.30.46	59		2.39.11	09
1.31.66	58		2.40.47	08
1.32.91	57		2.41.83	07
1.34.22	56		2.43.19	06
1.35.52	55		2.44.56	05
1.36.97	54		2.45.96	04
1.38.53	53		2.47.28	03
1.40.21	52		2.48.64	02
1.41.94	51		2.50.00	01

TS-PECET – 2024

NORMS FOR WOMEN IN LONGJUMP				
Performance	Marks		Performance	Marks
4.86	100		2.97	50
4.82	99		2.93	49
4.78	98		2.89	48
4.74	97		2.86	47
4.71	96		2.82	46
4.67	95		2.78	45
4.63	94		2.74	44
4.59	93		2.71	43
4.55	92		2.67	42
4.52	91		2.63	41
4.48	90		2.59	40
4.44	89		2.55	39
4.40	88		2.52	38
4.37	87		2.48	37
4.33	86		2.44	36
4.29	85		2.40	35
4.25	84		2.37	34
4.21	83		2.33	33
4.18	82		2.29	32
4.14	81		2.25	31
4.10	80		2.21	30
4.06	79		2.18	29
4.03	78		2.14	28
3.99	77		2.10	27
3.95	76		2.06	26
3.91	75		2.03	25
3.89	74		1.99	24
3.84	73		1.95	23
3.80	72		1.91	22
3.76	71		1.88	21
3.72	70		1.84	20
3.69	69		1.80	19
3.65	68		1.76	18
3.61	67		1.72	17
3.57	66		1.69	16
3.54	65		1.65	15
3.50	64		1.61	14
3.46	63		1.57	13
3.42	62		1.54	12
3.38	61		1.50	11
3.35	60		1.46	10
3.31	59		1.42	09
3.27	58		1.38	08
3.23	57		1.35	07
3.29	56		1.31	06
3.16	55		1.27	05
3.12	54		1.23	04
3.08	53		1.20	03
3.04	52		1.16	02
3.01	51		1.12	01

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NORMS FOR WOMEN IN HIGH JUMP				
Performance	Marks		Performance	Marks
1.57	100		1.05	50
1.56	99		1.04	49
1.55	98		1.03	48
1.54	97		1.02	47
1.53	96		1.01	46
1.52	95		1.00	45
1.51	94		0.99	44
1.50	93		0.98	43
1.49	92		0.97	42
1.48	91		0.96	41
1.47	90		0.95	40
1.46	89		0.94	39
1.45	88		0.93	38
1.43	87		0.91	37
1.42	86		0.90	36
1.41	85		0.89	35
1.40	84		0.88	34
1.39	83		0.87	33
1.38	82		0.86	32
1.37	81		0.85	31
1.36	80		0.84	30
1.35	79		0.83	29
1.34	78		0.82	28
1.33	77		0.81	27
1.32	76		0.80	26
1.31	75		0.79	25
1.30	74		0.78	24
1.29	73		0.77	23
1.28	72		0.76	22
1.27	71		0.75	21
1.26	70		0.74	20
1.25	69		0.73	19
1.24	68		0.72	18
1.23	67		0.71	17
1.22	66		0.70	16
1.21	65		0.69	15
1.20	64		0.68	14
1.19	63		0.67	13
1.17	62		0.65	12
1.16	61		0.64	11
1.15	60		0.63	10
1.14	59		0.62	09
1.13	58		0.61	08
1.12	57		0.60	07
1.11	56		0.59	06
1.10	55		0.58	05
1.09	54		0.57	04
1.08	53		0.56	03
1.07	52		0.55	02
1.06	51		0.54	01

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NORMS FOR WOMEN IN SHOTPUT				
Performance	Marks		Performance	Marks
9.33	100		5.37	50
9.26	99		5.29	49
9.18	98		5.21	48
9.10	97		5.13	47
9.02	96		5.06	46
8.94	95		4.98	45
8.86	94		4.90	44
8.78	93		4.82	43
8.70	92		4.74	42
8.62	91		4.66	41
8.54	90		4.58	40
8.46	89		4.50	39
8.38	88		4.42	38
8.30	87		4.34	37
8.23	86		4.26	36
8.15	85		4.18	35
8.07	84		4.10	34
7.99	83		4.03	33
7.91	82		3.95	32
7.83	81		3.87	31
7.75	80		3.79	30
7.67	79		3.71	29
7.59	78		3.63	28
7.51	77		3.55	27
7.43	76		3.47	26
7.35	75		3.39	25
7.27	74		3.31	24
7.20	73		3.23	23
7.12	72		3.15	22
7.04	71		3.07	21
6.96	70		3.00	20
6.88	69		2.92	19
6.80	68		2.84	18
6.72	67		2.76	17
6.64	66		2.68	16
6.56	65		2.60	15
6.48	64		2.52	14
6.40	63		2.44	13
6.32	62		2.36	12
6.24	61		2.28	11
6.16	60		2.20	10
6.09	59		2.12	09
6.01	58		2.04	08
5.93	57		1.97	07
5.85	56		1.89	06
5.77	55		1.81	05
5.69	54		1.73	04
5.61	53		1.65	03
5.53	52		1.57	02
5.45	51		1.49	01