



MA scoring table

		Canter					
		Example: 33.75s over 150m scores 29					
Score ↓							
Distance (m) →	150	75	90	100	125	135	
30	33.8	16.9	20.28	22.53	28.17	30.42	
29	33.6	16.8	20.16	22.40	28.00	30.24	
28	33.5	16.75	20.1	22.33	27.92	30.15	
27	33.3	16.65	19.98	22.20	27.75	29.97	
26	33.2	16.6	19.92	22.13	27.67	29.88	
25	33	16.5	19.8	22	27.5	29.7	
24	32.9	16.45	19.74	21.93	27.42	29.61	
23	32.7	16.35	19.62	21.80	27.25	29.43	
22	32.6	16.3	19.56	21.73	27.17	29.34	
21	32.4	16.2	19.44	21.60	27.00	29.16	
20	32.3	16.15	19.38	21.53	26.92	29.07	
19	32.1	16.05	19.26	21.40	26.75	28.89	
18	32	16	19.2	21.33	26.67	28.8	
17	31.8	15.9	19.08	21.20	26.50	28.62	
16	31.7	15.85	19.02	21.13	26.42	28.53	
15	31.5	15.75	18.9	21	26.25	28.35	
14	31.4	15.7	18.84	20.93	26.17	28.26	
13	31.2	15.6	18.72	20.80	26.00	28.08	
12	31.1	15.55	18.66	20.73	25.92	27.99	
11	30.9	15.45	18.54	20.60	25.75	27.81	
10	30.8	15.4	18.48	20.53	25.67	27.72	
9	30.6	15.3	18.36	20.40	25.50	27.54	
8	30.5	15.25	18.3	20.33	25.42	27.45	
7	30.3	15.15	18.18	20.20	25.25	27.27	
6	30.2	15.1	18.12	20.13	25.17	27.18	
5	30	15	18	20	25	27	
4	29.3	14.65	17.58	19.53	24.42	26.37	
3	28.5	14.25	17.1	19.00	23.75	25.65	
2	27.8	13.9	16.68	18.53	23.17	25.02	
1	27	13.5	16.2	18.00	22.50	24.3	



MA scoring table

		Walk					
		Example: 67.25s over 150m scores 29					
Score ↓							
Distance (m) →	150	75	90	100	125	135	
30	67	33.5	40.2	44.67	55.83	60.3	
29	68	34	40.8	45.33	56.67	61.2	
28	69	34.5	41.4	46	57.5	62.1	
27	70	35	42	46.67	58.33	63	
26	71	35.5	42.6	47.33	59.17	63.9	
25	72	36	43.2	48	60	64.8	
24	73	36.5	43.8	48.67	60.83	65.7	
23	74	37	44.4	49.33	61.67	66.6	
22	75	37.5	45	50	62.5	67.5	
21	76	38	45.6	50.67	63.33	68.4	
20	77	38.5	46.2	51.33	64.17	69.3	
19	78	39	46.8	52	65	70.2	
18	79	39.5	47.4	52.67	65.83	71.1	
17	80	40	48	53.33	66.67	72	
16	81	40.5	48.6	54	67.5	72.9	
15	82	41	49.2	54.67	68.33	73.8	
14	83	41.5	49.8	55.33	69.17	74.7	
13	84	42	50.4	56	70	75.6	
12	85	42.5	51	56.67	70.83	76.5	
11	86	43	51.6	57.33	71.67	77.4	
10	87	43.5	52.2	58	72.5	78.3	
9	88	44	52.8	58.67	73.33	79.2	
8	89	44.5	53.4	59.33	74.17	80.1	
7	90	45	54	60	75	81	
6	91	45.5	54.6	60.67	75.83	81.9	
5	92	46	55.2	61.33	76.67	82.8	
4	93	46.5	55.8	62	77.5	83.7	
3	94	47	56.4	62.67	78.33	84.6	
2	95	47.5	57	63.33	79.17	85.5	
1	96	48	57.6	64	80	86.4	