

North West Athletics

Jumps Decathlon

Advanced Levels (100—50)

(49—1 point levels available)



See also: The Jumps Quadathlon

	1 Stand Long Jump	2 Stand Triple Jump	3 2 Hops Step & Jump	4 2 Hops 2 Steps & Jump	5 2 Hops 2 Steps 2 Jumps	6 5 Spring Jumps	7 Stand 4 Hops & Jump	8 Run 4 Hops & Jump	9 25 meter Hop	10 5 Stride Long Jump
100	3.73	10.51	13.0	15.54	19.15	17.06	17.67	23.77	2.7	7.28
99	—	10.43	12.90	15.46	18.99	16.91	17.52	23.62	—	—
98	3.65	10.36	12.80	15.39	18.84	16.76	17.37	23.46	2.8	—
97	—	10.28	12.69	15.31	18.69	16.61	17.22	23.31	—	7.26
96	3.58	10.21	12.59	15.08	18.54	16.45	17.06	23.16	3.0	—
95	—	10.13	12.49	15.01	18.38	16.40	16.96	23.01	—	—
94	3.50	10.05	12.39	14.88	18.23	16.25	16.86	22.85	3.1	7.23
93	—	9.98	12.39	14.78	18.08	16.15	16.76	22.70	—	—
92	3.42	9.90	12.19	14.68	17.93	16.00	16.61	22.55	3.2	—
91	—	9.82	12.09	14.57	17.77	15.84	16.45	22.34	—	7.21
90	3.35	9.75	11.98	14.47	17.62	15.79	16.35	21.99	3.3	—
89	—	9.98	11.88	14.37	17.47	15.64	16.25	21.79	—	—
88	3.27	9.60	11.78	14.27	17.32	15.54	16.15	21.64	3.4	7.18
87	—	9.52	11.68	14.17	17.17	15.39	16.00	21.48	—	—
86	3.20	9.44	11.58	14.07	17.01	15.23	15.84	21.33	3.5	—
85	—	9.37	11.48	13.96	16.91	15.18	15.74	21.18	—	7.16
84	3.12	9.29	11.37	13.86	16.76	15.03	15.64	21.03	3.6	—
83	—	9.22	11.27	13.76	16.66	14.93	15.54	20.80	3.7	7.13
82	3.04	9.14	11.17	13.66	16.50	14.83	15.44	20.65	3.8	—
81	—	9.06	11.07	13.56	16.35	14.68	15.34	20.42	3.9	7.11
80	2.97	8.99	10.97	13.46	16.20	14.57	15.23	20.26	4.0	—
79	—	8.91	10.87	13.36	16.10	14.42	15.08	20.11	4.2	7.08
78	2.89	8.83	10.76	13.25	16.00	14.32	14.93	19.96	4.3	—
77	—	8.76	10.66	13.15	15.84	14.22	14.83	19.81	4.4	7.06
76	2.81	8.68	10.56	13.05	15.69	14.07	14.73	19.58	4.5	7.03
75	—	8.61	10.46	12.95	15.54	13.96	14.63	19.43	4.6	7.01
74	2.74	8.53	10.36	12.85	15.39	13.86	14.47	19.20	4.7	6.95
73	2.69	8.45	10.26	12.75	15.23	13.71	14.32	19.04	4.8	6.90
72	2.66	8.38	10.15	12.64	15.13	13.61	14.22	18.89	4.9	6.85
71	2.64	8.30	10.05	12.49	15.03	13.51	14.12	18.74	5.0	6.80
70	2.61	8.22	9.95	12.42	14.88	13.41	14.02	18.59	5.1	6.75
69	2.59	8.16	9.85	12.34	14.73	13.25	13.86	18.44	5.2	6.70
68	2.56	8.07	9.75	12.19	14.63	13.10	13.71	18.28	5.4	6.62
67	2.53	8.00	9.65	12.09	14.47	13.00	13.61	18.13	5.5	6.55
66	2.51	7.92	9.55	11.98	14.32	12.90	13.51	17.98	5.6	6.47
65	2.48	7.84	9.44	11.88	14.22	12.80	13.41	17.75	5.7	6.40
64	2.46	7.77	9.34	11.78	14.07	12.69	13.30	17.60	5.8	6.32
63	2.43	7.69	9.24	11.68	13.96	12.59	13.20	17.37	5.9	6.24
62	2.41	7.61	9.14	11.58	13.81	12.49	13.10	17.22	6.0	6.17
61	2.38	7.54	9.04	11.48	13.71	12.34	12.95	17.06	6.1	6.09
60	2.36	7.46	8.94	11.37	13.56	12.19	12.80	16.91	6.2	6.01
59	2.33	7.39	8.83	11.27	13.41	12.03	12.64	16.76	6.3	5.94
58	2.31	7.31	8.73	11.17	13.25	11.88	12.49	16.53	6.5	5.86
57	2.28	7.23	8.63	11.07	13.10	11.78	12.39	16.38	6.6	5.79
56	2.26	7.16	8.53	10.97	12.95	11.68	12.29	16.15	6.7	5.71
55	2.23	7.08	8.45	10.87	12.60	11.58	12.19	16.00	6.8	5.63
54	2.20	7.01	8.38	10.76	12.64	11.48	12.09	15.84	6.9	5.56
53	2.18	6.93	8.30	10.66	12.49	11.37	11.98	15.69	7.0	5.48
52	2.15	6.85	8.22	10.56	12.34	11.27	11.58	15.54	7.1	5.41
51	2.13	6.78	8.15	10.46	12.19	11.17	11.42	15.39	7.2	5.33
50	2.10	6.70	8.07	10.36	12.03	11.07	11.27	15.23	7.3	5.25