

# Bandon AC Junior (U20) Women Indoor Club Records

Last updated 26 February 2018

Event	Result	Athlete	Date	Venue
<b>60m</b>	7.57	Joan Healy (U19)	06-02-2010	Belfast
<b>200m</b>	24.94	Joan Healy (U17)	24-02-2008	Birmingham
<b>400m</b>	59.70	Aoibhin O'Connor (U18)	26-03-2017	Athlone
<b>800m</b>	2.21.04	Margaret Crowley (U19)	25-01-1998	Nenagh
<b>1500m</b>	4.49.37	Laura Nicholson (U18)	28-01-2017	Athlone
<b>3000m</b>	9.38.48	Laura Nicholson (U19)	04-02-2018	Abbotstown
<b>4x200 Relay</b>	1.51.2	Margaret Crowley (U19),	21-03-1998	Nenagh
<b>3000m Walk</b>		No performance yet		
<b>60mH</b> (84/13/8.5)	9.90	Roisin Howard (U19)	06-01-2008	Nenagh
<b>Long Jump</b>	5.19	Roisin Howard (U19)	19-01-2008	Nenagh
<b>Triple Jump</b>	9.71	Amy Crowley (U19)	01-04-2017	Athlone
<b>High Jump</b>	1.55	Roisin Howard	04-01-2009	Nenagh
	1.55	Aisling Cassidy (U17)	25-02-2017	Nenagh
<b>Pole Vault</b>	2.20	Ella Stack (U17)	04-02-2017	Abbotstown
<b>Shot Putt</b> (4kg)	13.10	Laura McSweeney	26-01-2014	Athlone
<b>Weight For Distance</b> (8kg)	8.06	Laura McSweeney	07-02-2014	Athlone
<b>Pentathlon</b> (60H, HJ, SP, LJ, 800)	<b>2780</b> (10.67 (592), 1.52 (644), 8.83 (453). 4.95 (546), 2.42.47 (545))	Roisin Howard	10-01-2009	Nenagh

Additional information and corrections are welcome.

Hand times and electronic times are compared as follows: 0.24 seconds

added to hand times up to 400m and 0.14 seconds added for distances 400m and up.

Identical results are listed in order of decreasing age.

For Combined Events Senior Women's IAAF Scoring Tables are used (ed. 2001)

Score=INT(A*(B-Time)**C)	A	B	C
60H	20.0479	17	1.835
800m	0.11193	254	1.88
Score=INT(A*(Distance-B)**C)			
Long Jump	0.188807	210	1.41
High Jump	1.84523	75	1.348
Shot Putt	56.0211	1.5	1.05

Time in seconds (electronic); Distance in centimeters for jumps and in meters for throws  
\*=multiplied by; \*\*=raised to the power of  
Scores to be rounded down to nearest whole number.