

Bandon AC U23 Women Indoor Rankings

Last updated 5 February 2024

Event	Result	Athlete	Date	Venue
60m	7.35	<i>Phil Healy</i>	06-02-2016	<i>Athlone</i>
150m	17.90	<i>Phil Healy</i>	16-12-2015	<i>Athlone</i>
200m	23.74	<i>Phil Healy</i>	07-02-2016	<i>Athlone</i>
300m	38.68	<i>Phil Healy</i>	14-12-2016	<i>Athlone</i>
400m	55.60	<i>Lauren McCourt</i>	28-01-2023	<i>Abbotstown, Dublin</i>
800m	2.42.66	<i>Roisin Howard</i>	04-02-2012	<i>Nenagh</i>
1500m	4.52.19	<i>Fiona Everard</i>	28-01-2018	<i>Athlone</i>
1 Mile	4.56.09	<i>Laura Nicholson</i>	05-02-2022	<i>Armory, New York, USA</i>
3000m	9.55.39	<i>Laura Nicholson</i>	11-02-2022	<i>Boston, MA, USA</i>
4x200 Relay		<i>No performance yet</i>		
3000m Walk		<i>No performance yet</i>		
60mH 84/13/8.5	9.58	<i>Roisin Howard</i>	04-02-2012	<i>Nenagh</i>
Long Jump	5.10	<i>Roisin Howard</i>	04-02-2012	<i>Nenagh</i>
Triple Jump		<i>No performance yet</i>		
High Jump	1.56	<i>Roisin Howard</i>	05-02-2011	<i>Nenagh</i>
Pole Vault		<i>No performance yet</i>		
Shot Putt (4kg)	12.38	<i>Laura Mc Sweeney</i>	04-02-2017	<i>Abbotstown, Dublin</i>
Weight For Distance (8kg/20lb)	7.24	<i>Laura Mc Sweeney</i>	12-02-2016	<i>Athlone</i>
Pentathlon (60H, LJ, SP, HJ, 800)	3057 (9.58 (792), 5.10 (587), 9.08 (469), 1.54 (666), 2.42.66 (543))	<i>Roisin Howard</i>	04-02-2012	<i>Nenagh</i>

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.