

Bandon AC U23 Women Indoor Rankings

Last updated 30 December 2015

Event	Result	Athlete	Date	Venue
60m	7.36	Phil Healy	07/02/2014	Athlone
	7.64	Joan Healy	26/01/2014	Athlone
150m	17.90	Phil Healy	16/12/2015	Athlone
200m	24.21	Phil Healy	25/01/2015	Athlone
	27.81	Roisin Howard	13/02/2010	Nenagh
300m	39.17	Phil Healy	16/12/2015	Athlone
400m	62.59	Roisin Howard	07/02/2010	Belfast
800m	2.42.66	Roisin Howard	04/02/2012	Nenagh
1500m		<i>No performance yet</i>		
4x200 Relay		<i>No performance yet</i>		
3000m Walk		<i>No performance yet</i>		
60mH	9.58	Roisin Howard	04/02/2012	Nenagh
Long Jump	5.10	Roisin Howard	04/02/2012	Nenagh
Triple Jump		<i>No performance yet</i>		
High Jump	1.56	Roisin Howard	05/02/2011	Nenagh
Pole Vault		<i>No performance yet</i>		
Shot Putt (4kg)	12.24	Laura Mc Sweeney	06/02/2015	Athlone
	10.05	Roisin Howard	13/02/2010	Nenagh
Weight For Distance (8kg/20lb)	6.97	Laura Mc Sweeney	06/02/2015	Athlone
	6.75	Roisin Howard	13/02/2010	Nenagh

Pentathlon (60H, LJ, SP, HJ, 800)	3057 (9.58 (792), 5.10 (587), 9.08 (469), 1.54 (666), 2.42.66 (543))	Roisin Howard	04/02/2012	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	17.00	1.835
800m		0.11193	254.00	1.88
Score=INT(A*(Distance-B)**C)				
Long Jump		0.188807	210.00	1.41
High Jump		1.84523	75.00	1.348
Shot Putt		56.0211	1.50	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.