

## Bandon AC U23 Women Indoor Rankings

Last updated 26 February 2018

Event	Result	Athlete	Date	Venue
<b>60m</b>	<b>7.35</b>	<b>Phil Healy</b>	<b>06-02-2016</b>	<b>Athlone</b>
	7.64	Joan Healy	26-01-2014	Athlone
<b>150m</b>	<b>17.90</b>	<b>Phil Healy</b>	<b>16-12-2015</b>	<b>Athlone</b>
<b>200m</b>	<b>23.74</b>	<b>Phil Healy</b>	<b>07-02-2016</b>	<b>Athlone</b>
	27.81	Roisin Howard	13-02-2010	Nenagh
<b>300m</b>	<b>38.68</b>	<b>Phil Healy</b>	<b>14-12-2016</b>	<b>Athlone</b>
<b>400m</b>	<b>62.59</b>	<b>Roisin Howard</b>	<b>07-02-2010</b>	<b>Belfast</b>
<b>800m</b>	<b>2.42.66</b>	<b>Roisin Howard</b>	<b>04-02-2012</b>	<b>Nenagh</b>
<b>1500m</b>	<b>4.52.19</b>	<b>Fiona Everard</b>	<b>28-01-2018</b>	<b>Athlone</b>
<b>3000m</b>	<b>10.39.17</b>	<b>Fiona Everard</b>	<b>09-02-2018</b>	<b>Athlone</b>
<b>4x200 Relay</b>		<i>No performance yet</i>		
<b>3000m Walk</b>		<i>No performance yet</i>		
<b>60mH</b>	<b>9.58</b>	<b>Roisin Howard</b>	<b>04-02-2012</b>	<b>Nenagh</b>
84/13/8.5				
<b>Long Jump</b>	<b>5.10</b>	<b>Roisin Howard</b>	<b>04-02-2012</b>	<b>Nenagh</b>
<b>Triple Jump</b>		<i>No performance yet</i>		
<b>High Jump</b>	<b>1.56</b>	<b>Roisin Howard</b>	<b>05-02-2011</b>	<b>Nenagh</b>
<b>Pole Vault</b>		<i>No performance yet</i>		
<b>Shot Putt</b> (4kg)	<b>12.38</b>	<b>Laura Mc Sweeney</b>	<b>04-02-2017</b>	<b>Abbotstown</b>
	10.05	Roisin Howard	13-02-2010	Nenagh
<b>Weight For Distance</b> (8kg/20lb)	<b>7.24</b>	<b>Laura Mc Sweeney</b>	<b>12-02-2016</b>	<b>Athlone</b>
	6.75	Roisin Howard	13-02-2010	Nenagh

<b>Pentathlon</b> (60H, LJ, SP, HJ, 800)	<b>3057</b> (9.58 (792), 5.10 (587), 9.08 (469), 1.54 (666), 2.42.66 (543))	<b>Roisin Howard</b>	<b>04-02-2012</b>	<b>Nenagh</b>

**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)**

<b>Score=INT(A*(B-Time)**C)</b>	<b>A</b>	<b>B</b>	<b>C</b>
60H	20.0479	17	1.835
800m	0.11193	254	1.88
<b>Score=INT(A*(Distance-B)**C)</b>			
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.