

Track & Field (Men)

(Aug 2025 Version)

Skills (54%)#: Results of each item 15% + Quality of skill of each item 3%						Attendance & Participation	Written Exam		
Examination	Marks	<u>100metres</u>	<u>* Shot put</u>	<u>Long jump</u>	<u>* Javelin</u>	26%	20%		
RESULTS	15	12.0 sec or below	10.00 meters or above	5.00 meters or above	27.00 meters or above				
	14	12.5	9.50	4.75	24.00				
	13	13.0	9.00	4.50	21.00				
	12	13.5	8.50	4.25	18.00				
	11	13.9	8.00	4.00	16.50				
	10	14.3	7.50	3.80	15.00				
	9	14.7	7.00	3.60	13.50				
	8	15.1	6.50	3.40	12.00				
	7	15.4	6.10	3.20	11.50				
	6	15.7	5.70	3.00	11.00				
	5	16.0	5.30	2.80	10.50				
	4	16.3	4.90	2.60	10.00				
	3	16.6	4.60	2.40	9.50				
	2	16.9	4.30	2.30	9.00				
	1	17.1	4.00	2.20	8.50				
Quality of Skills		3 pts – In the exam, students fulfill the requirements of skill quality and their performances are extremely smooth and skillful 2 pts – In the exam, students fairly fulfill the requirements of skill quality and their performances are fairly smooth and skillful 1 pt – In the exam, students fail to fulfill the requirements of skill quality and their performances are not smooth and skillful							
No. of Trials		Each track event takes the best score out of the two attempts ; Each field event takes the best score out of three attempts.							
Remarks		*The shot weights 5kg ; The javelin weights 800g. # The best 3 out of the 4 events will be scored.							

Track & Field (Women)

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