

NISA Test Times for Medal Certification 2018-2019

	Inter Bronze	Bronze	Inter Silver	Silver	Inter Gold	Gold
	British Standard					

Men

500m	56.81	50.73	46.67	44.64	42.61	41.39
1000m	1.56.87	1.44.35	1.36.00	1.31.82	1.27.65	1.25.15
1500m	3.06.59	2.46.60	2.33.27	2.26.61	2.19.94	2.15.94

Ladies

500m	59.27	52.92	48.69	46.57	44.45	43.18
1000m	2.04.21	1.50.90	1.42.03	1.37.60	1.33.16	1.30.50
1500m	3.14.17	2.53.37	2.39.50	2.32.57	2.25.63	2.21.47

Junior Men

500m	58.74	52.45	48.25	46.15	44.06	43.80
1000m	2.00.47	1.47.56	1.38.96	1.34.65	1.30.35	1.27.77
1500m	3.10.19	2.49.82	2.36.23	2.29.44	2.22.64	2.18.57

Junior Ladies

500m	1.03.51	56.70	52.17	49.90	47.63	46.27
1000m	2.11.62	1.57.52	1.48.11	1.43.41	1.38.71	1.35.89
1500m	3.23.95	3.02.10	2.47.53	2.40.25	2.32.96	2.28.59

Jun C Men (Juvenile)

500m	1.02.73	56.01	51.53	49.29	47.05	45.71
777m	1.41.59	1.30.70	1.23.45	1.19.82	1.16.19	1.14.01
1000m	2.08.61	1.54.83	1.45.64	1.41.05	1.36.46	1.33.70

Jun C Ladies (Juvenile)

500m	1.07.06	59.88	55.09	52.69	50.30	48.86
777m	1.49.81	1.38.05	1.30.20	1.26.28	1.22.36	1.20.00
1000m	2.18.06	2.03.26	1.53.40	1.48.47	1.43.54	1.40.58

Jun D Men (Pee Wee 1)

333m	46.26	41.30	38.00	36.34	34.69	33.70
500m	1.05.90	58.84	54.13	51.77	49.42	48.01
777m	1.46.53	1.35.12	1.27.51	1.23.70	1.19.90	1.17.62

Jun D Ladies (Pee Wee 1)

333m	47.65	42.54	39.14	37.44	35.73	34.71
500m	1.10.04	1.02.53	57.53	55.03	52.53	51.03
777m	1.52.42	1.40.37	1.32.34	1.28.33	1.24.31	1.21.90

Jun E Combined (Pee Wee 2)

222m	34.77	30.60	28.16	26.93	25.71	24.97
333m	49.71	43.76	40.26	38.51	36.76	35.71
500m	1.13.11	1.04.36	59.21	56.64	54.06	52.52

Masters

500m	1.05.81	58.76	54.06	51.71	49.36	47.95
777m	1.45.00	1.33.75	1.26.25	1.22.50	1.18.75	1.16.50
1000m	2.19.41	2.04.48	1.54.52	1.49.54	1.44.56	1.41.57

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