

**100 Meter**

Group	%	SB	Speed	S	R	Dist	TIME	R-Rest	RAT	S-Rest	RAT
Group 1	100%	00:10.3	00:10.3	1	6	x 60	00:06.2	00:30.9	1 : 5	00:30.9	1 : 5
Group 2	95%	00:10.7	00:11.3	1	6	x 100	00:11.3	00:56.3	1 : 5	00:56.3	1 : 5
Group 3	90%	00:11.1	00:12.3	1	6	x 150	00:18.5	01:32.5	1 : 5	01:32.5	1 : 5
Group 4	85%	00:12.0	00:14.1	1	6	x 200	00:28.2	02:21.2	1 : 5	02:21.2	1 : 5
Group 5	80%	00:12.8	00:16.0	1	6	x 250	00:40.0	03:20.0	1 : 5	03:20.0	1 : 5
Group 6	80%	00:13.4	00:16.7	1	6	x 300	00:50.2	04:11.2	1 : 5	04:11.2	1 : 5

**NOTES:

200 Meter

Group	%	SB	Speed	S	R	Dist	TIME	R-Rest	RAT	S-Rest	RAT
Group 1	100%	00:20.5	00:20.5	1	8	x 600	01:01.5	05:07.5	1 : 5	03:04.5	1 : 3
Group 2	90%	00:21.3	00:23.7	1	8	x 600	01:11.0	05:55.0	1 : 5	03:33.0	1 : 3
Group 3	80%	00:22.0	00:27.5	1	8	x 600	01:22.5	06:52.5	1 : 5	04:07.5	1 : 3
Group 4	75%	00:22.4	00:29.9	1	6	x 500	01:14.7	06:13.3	1 : 5	03:44.0	1 : 3
Group 5	70%	00:23.3	00:33.3	1	6	x 400	01:06.6	05:32.9	1 : 5	03:19.7	1 : 3
Group 6	65%	00:24.0	00:36.9	1	6	x 400	01:13.8	06:09.2	1 : 5	03:41.5	1 : 3

**NOTES:

400 Meter

Group	%	SB	Speed	S	R	Dist	TIME	R-Rest	RAT	S-Rest	RAT
Group 1	95%	00:48.0	00:50.5	1	10	x 400	00:50.5	04:12.6	1 : 5	01:41.1	1 : 2
Group 2	85%	00:48.5	00:57.1	1	10	x 400	00:57.1	04:45.3	1 : 5	01:54.1	1 : 2
Group 3	80%	00:50.2	01:02.7	1	8	x 400	01:02.7	05:13.7	1 : 5	02:05.5	1 : 2
Group 4	75%	00:51.2	01:08.3	1	8	x 300	00:51.2	04:16.0	1 : 5	01:42.4	1 : 2
Group 5	70%	00:51.8	01:14.0	1	12	x 200	00:37.0	03:05.0	1 : 5	01:14.0	1 : 2
Group 6	60%	00:52.8	01:28.0	1	12	x 200	00:44.0	03:40.0	1 : 5	01:28.0	1 : 2

**NOTES: