

NISA Test Times for Medal Certification 2015-2016

		Inter Bronze British Standard	Bronze	Inter Silver	Silver	Inter Gold	Gold
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Men

500m		55.92	51.02	46.94	44.90	42.86	41.64
1000m		1.54.72	1.44.67	1.36.30	1.32.11	1.27.92	1.25.41
1500m		3.03.70	2.47.61	2.34.20	2.27.50	2.20.79	2.16.77

Ladies

500m		58.47	53.35	49.08	46.95	44.82	43.53
1000m		2.01.55	1.50.90	1.42.03	1.37.60	1.33.16	1.30.50
1500m		3.10.01	2.53.37	2.39.50	2.32.57	2.25.63	2.21.47

Junior Men

500m		58.01	52.93	48.69	46.58	44.46	43.19
1000m		1.57.89	1.47.56	1.38.96	1.34.65	1.30.35	1.27.77
1500m		3.06.62	2.50.27	2.36.65	2.29.84	2.23.03	2.18.94

Junior Ladies

500m		1.02.14	56.70	52.17	49.90	47.63	46.27
1000m		2.08.80	1.57.52	1.48.11	1.43.41	1.38.71	1.35.89
1500m		3.19.58	3.02.10	2.47.53	2.40.25	2.32.96	2.28.59

Jun C Men (Juvenile)

500m		1.02.46	56.99	52.43	50.15	47.87	46.50
777m		1.40.35	1.31.56	1.24.24	1.20.57	1.16.91	1.14.71
1000m		2.11.27	1.59.77	1.50.19	1.45.40	1.40.60	1.37.73

Jun C Ladies (Juvenile)

500m		1.05.62	59.88	55.09	52.69	50.30	48.86
777m		1.47.46	1.38.05	1.30.20	1.26.28	1.22.36	1.20.00
1000m		2.15.10	2.03.26	1.53.40	1.48.47	1.43.54	1.40.58

Jun D Men (Pee Wee 1)

333m		45.26	41.30	38.00	36.34	34.69	33.70
500m		1.04.48	58.84	54.13	51.77	49.42	48.01
777m		1.49.29	1.39.72	1.31.74	1.27.75	1.23.76	1.21.37

Jun D Ladies (Pee Wee 1)

333m		46.63	42.54	39.14	37.44	35.73	34.71
500m		1.08.54	1.02.53	57.53	55.03	52.53	51.03
777m		1.50.01	1.40.37	1.32.34	1.28.33	1.24.31	1.21.90

Jun E Combined (Pee Wee 2)

222m		34.73	31.01	28.53	27.29	26.05	25.30
333m		51.29	45.79	42.13	40.30	38.47	37.37
500m		1.15.00	1.06.96	1.01.61	58.93	56.25	54.64

Masters

500m		1.04.70	59.04	54.31	51.95	49.59	48.17
777m		1.45.00	1.35.80	1.28.14	1.24.31	1.20.47	1.18.17
1000m		2.18.56	2.06.42	1.56.31	1.51.25	1.46.20	1.43.16