

# NISA Test Times for Medal Certification 2016-2017

	Inter Bronze <small>British Standard</small>	Bronze	Inter Silver	Silver	Inter Gold	Gold
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## Men

500m	55.60	50.73	46.67	44.64	42.61	41.39
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	58.43	53.31	49.05	46.92	44.78	43.50
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	1.47.43	1.38.02	1.30.18	1.26.26	1.22.33	1.19.98

## 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	1.42.75	1.33.75	1.26.25	1.22.50	1.18.75	1.16.50
1000m	2.16.43	2.04.48	1.54.52	1.49.54	1.44.56	1.41.57