

APPENDIX A

PEGGING TIME PENALTY POINTS

READY RECKONER 800 METERS PER MIN

TIME (SECONDS)	PENALTY POINTS	TIME (SECONDS)	PENALTY POINTS
00.00-07.50	0.00	27.51-28.50	10.50
07.51-08.50	0.50	28.51-29.50	11.00
08.51-09.50	1.00	29.51-30.50	11.50
09.51-10.50	1.50	30.51-31.50	12.00
10.51-11.50	2.00	31.51-32.50	12.50
11.51-12.50	2.50	32.51-33.50	13.00
12.51-13.50	3.00	33.51-34.50	13.50
13.51-14.50	3.50	34.51-35.50	14.00
14.51-15.50	4.00	35.51-36.50	14.50
15.51-16.50	4.50	36.51-37.50	15.00
16.51-17.50	5.00	37.51-38.50	15.00
17.51-18.50	5.50	38.51-39.50	16.00
18.51-19.50	6.00	39.51-40.50	16.50
19.51-20.50	6.50	40.51-41.50	17.00
21.51-21.50	7.00	41.51-42.50	17.50
21.51-22.50	7.50	42.51-43.50	18.00
22.51-23.50	8.00	43.51-44.50	18.50
23.51-24.50	8.50	44.51-45.50	19.00
24.51-25.50	9.00	45.51-46.50	19.50
25.51-26.50	9.50	46.51-47.50	20.00
26.51-27.50	10.00	10.00	