

Weight for Age Scale in terms of the NHA Rules (kgs) - (5 year olds to carry 58.0kgs)

Dist	AGE	August	116	Relative Diff.	September	Relative Diff.	October	Relative Diff.	November	Relative Diff.	December	Relative Diff.	January
=<1200 m	2	14	51.0 58.0	13	51.5	11	52.5	10	53.0	8	54.0	7	54.5
	3												
	4												
1201 TO 1400 m	2	17	49.5 57.5	16 1	50.0 57.5	14 1	51.0 57.5	12	52.0 58.0	10	53.0 58.0	9	53.5 58.0
	3												
	4												
1401 TO 1600m	2	18	49.0 57.5	17 1	49.5 57.5	16 1	50.0 57.5	14	51.0 58.0	12	52.0 58.0	10	53.0 58.0
	3												
	4												
1601 TO 2000m	2	20	48.0 57.0	19 2	48.5 57.0	18 2	49.0 57.0	16 1	50.0 57.5	14 1	51.0 57.5	12 1	52.0 57.5
	3												
	4												
2001 TO 2400m	2	21	47.5 56.5	20 3	48.0 56.5	19 3	48.5 56.5	17 2	49.5 57.0	16 2	50.0 57.0	14 2	51.0 57.0
	3												
	4												
2401 TO 3600m	2	23	46.5 56.0	22 4	47.0 56.0	21 4	47.5 56.0	19 3	48.5 56.5	18 3	49.0 56.5	16 3	50.0 56.5
	3												
	4												

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Dist	AGE	Relative Diff.	February	Relative Diff.	March	Relative Diff.	April	Relative Diff.	May	Relative Diff.	June	Relative Diff.	July
=<1200 m	2					21	47.5	19	48.5	17	49.5	15	50.5
	3	6	55.0	5	55.5	4	56.0	3	56.5	2	57.0	1	57.5
	4		58.0		58.0		58.0		58.0		58.0		58.0
1201 TO 1400 m	2					24	46.0	22	47.0	20	48.0	18	49.0
	3	7	54.5	6	55.0	5	55.5	4	56.0	3	56.5	2	57.0
	4		58.0		58.0		58.0		58.0		58.0		58.0
1401 TO 1600m	2					25	45.5	23	46.5	21	47.5	19	48.5
	3	8	54.0	6	55.0	5	55.5	4	56.0	3	56.5	2	57.0
	4		58.0		58.0		58.0		58.0		58.0		58.0
1601 TO 2000m	2					27	44.5	25	45.5	23	46.5	21	47.5
	3	10	53.0	9	53.5	7	54.5	5	55.5	4	56.0	3	56.5
	4		58.0		58.0		58.0		58.0		58.0		58.0
2001 TO 2400m	2												
	3	12	52.0	10	53.0	9	53.5	7	54.5	6	55.0	4	56.0
	4	1	57.5	1	57.5	1	57.5		58.0		58.0		58.0
2401 TO 3600m	2												
	3	14	51.0	12	52.0	11	52.5	9	53.5	8	54.0	7	54.5
	4	2	57.0	2	57.0	2	57.0	1	57.5	1	57.5	1	57.5