

Sääntötaulukko lajeittain

Laji	Kuinka monta kisaa lasketaan	Kuinka pitkä aikaväli	Kuinka monta kisaa oltava vähintään pääajasta	Hyväksyttävät muut lajit ("Similar event")	Pisteet A-kategoriassa (PNG, jne)	Pisteet B-kategoriassa (maan mestaruuskisa/rankingkilpailu, KuortaneGP, ...)	Pisteet C-kategoriassa (Continental Bronze)	Pisteet D-kategoriassa (Continental Challengerissa Lahti, Tampere, Espoo, Jyväskylä, Lappeenranta, ...)	Eri pistetaulukko "similar events"-ille
100m	5	12kk	3	50m, 55m, 60m	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
200m	5	12kk	3	200m-indoor	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
400m	5	12kk	3	300m, 300m-indoor, 400m-indoor, 500m, 500m-indoor	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
800m	5	12kk	3	600m, 600m-indoor, 800m-indoor, 1000m, 1000m-indoor	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
1500m	5	12kk	3	1500m-indoor, Mile, Mile-indoor, 2000m, 2000m-indoor	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
5000m	3	12kk	2	3000m, 3000m-indoor, 2Miles, 2Miles-indoor, 5000m-indoor, 5km road	100-90-80-70-60-50-45-40	70-60-50-45-40-35-30-25	50-40-35-30-26-23-20-18	35-27-22-19-16-14-12-10	Ei
10000m	2	18kk	1	10km road	80-70-60-50-45-40-35-30	60-50-45-40-35-30-25-20	45-38-32-26-22-19-17-15	30-22-18-16-14-12-11-10	Kyllä
maraton	2	18kk	1	Half Marathon, 25km, 30km	70-60-50-40-30-25-20-15	45-35-30-25-20-17-14-10	30-25-20-15-12-10-8-6	20-15-12-10-8-6-5-4	Kyllä
100mH/110mH	5	12kk	3	50mH, 55mH, 60mH	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
400mH	5	12kk	3	-	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
3000mSC	3	12kk	2	2000mSC	100-90-80-70-60-50-45-40	70-60-50-45-40-35-30-25	50-40-35-30-26-23-20-18	35-27-22-19-16-14-12-10	Ei
HJ	5	12kk	3	HJ-indoor	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
PV	5	12kk	3	PV-indoor	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
LJ	5	12kk	3	LJ-indoor	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
TJ	5	12kk	3	TJ-indoor	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
SP	5	12kk	3	SP-indoor	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
DT	5	12kk	3	-	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
HT	5	12kk	3	-	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
JT	5	12kk	3	-	140-120-110-100-90-80-70-60	100-80-70-60-55-50-45-40	60-50-45-40-35-30-27-25	40-35-30-25-22-19-17-15	Ei
Decathlon (M)	2	18kk	1	Heptathlon-indoor	80-70-60-50-45-40-35-30	60-50-45-40-35-30-25-20	45-38-32-26-22-19-17-15	30-22-18-16-14-12-11-10	Ei
Heptathlon (W)	2	18kk	1	Pentathlon-indoor	80-70-60-50-45-40-35-30	60-50-45-40-35-30-25-20	45-38-32-26-22-19-17-15	30-22-18-16-14-12-11-10	Ei
20km RW (20km / 20.000m)	3	18kk	2	5km, 10km, 15km, 5.000m, 10.000m, 15.000m	80-70-60-50-45-40-35-30	60-50-45-40-35-30-25-20	45-38-32-26-22-19-17-15	30-22-18-16-14-12-11-10	Ei
35km RW (35km / 35.000m)	2	18kk	1	20km*, 30km, 50km, 20.000m*, 30.000m, 50.000m	70-60-50-40-30-25-20-15	45-35-30-25-20-17-14-10	30-25-20-15-12-10-8-6	20-15-12-10-8-6-5-4	Kyllä
4*100m									
4*400m									

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