



The NFHS follow the International Association of Athletics Federations (IAAF) scoring table for the decathlon and pentathlon events. Please utilize their website to find these scoring tables. Below is ascoring table for the 1600 meter as the IAAF scoring table will only list the 1500 meter.

1,600-Meter Run

Minutes	Points	Minutes	Points	Minutes	Points
3:51	1097	4:46	617	5:41	301
3:52	1086	4:47	610	5:42	297
3:53	1075	4:48	603	5:43	292
3:54	1064	4:49	596	5:44	287
3:55	1053	4:50	589	5:45	282
3:56	1043	4:51	583	5:46	277
3:57	1032	4:52	576	5:47	273
3:58	1022	4:53	569	5:48	268
3:59	1012	4:54	563	5:49	264
4:00	1002	4:55	556	5:50	259
4:01	992	4:56	550	5:51	255
4:02	982	4:57	543	5:52	250
4:03	972	4:58	537	5:53	246
4:04	962	4:59	531	5:54	242
4:05	952	5:00	525	5:55	237
4:06	943	5:01	518	5:56	233
4:07	933	5:02	512	5:57	228
4:08	924	5:03	506	5:58	224
4:09	914	5:04	500	5:59	220
4:10	905	5:05	494	6:00	216
4:11	896	5:06	488	6:01	211
4:12	888	5:07	482	6:02	207
4:13	879	5:08	476	6:03	203
4:14	869	5:09	470	6:04	199
4:15	859	5:10	464	6:05	195
4:16	851	5:11	458	6:06	191
4:17	842	5:12	453	6:07	187
4:18	834	5:13	447	6:08	183
4:19	825	5:14	441	6:09	179
4:20	816	5:15	436	6:10	175
4:21	808	5:16	430	6:11	171
4:22	800	5:17	425	6:12	167
4:23	791	5:18	419	6:13	163
4:24	783	5:19	413	6:14	159
4:25	775	5:20	408	6:15	155
4:26	767	5:21	403	6:16	151
4:27	759	5:22	397	6:17	147
4:28	751	5:23	392	6:18	143
4:29	743	5:24	387	6:19	139
4:30	735	5:25	381	6:20	136
4:31	727	5:26	376	6:21	132
4:32	719	5:27	371	6:22	128
4:33	712	5:28	366	6:23	125
4:34	704	5:29	361	6:24	121

(continued)

1,600-Meter Run (continued)

Minutes	Points	Minutes	Points	Minutes	Points
4:35	696	5:30	355	6:25	117
4:36	689	5:31	350	6:26	113
4:37	681	5:32	345	6:27	110
4:38	674	5:33	340	6:28	106
4:39	667	5:34	335	6:29	103
4:40	660	5:35	330	6:30	99
4:41	652	5:36	325	6:31	95
4:42	645	5:37	320	6:32	92
4:43	638	5:38	316	6:33	88
4:44	631	5:39	311		
4:45	624	5:40	306		