NTHS Distance Program Progression

	2017		2016		2015		2014		2013	
800m	Total	Return	Total	Return	Total	Return	Total	Return	Total	Return
Sub 2:10	24	15	22	12	21	13	27	21	21	18
Sub 2:05	6	2	15	7	10	5	13	8	11	9
Sub 2:00	1	0	5	1	4	2	6	2	2	2
Sub 1:58	0	0	1	0	3	2	4	1	1	1
Sub 1:55	0	0	1	0	1	1	1	0	0	0
Sub 1:52	0	0	0	0	0	0	0	0	0	0
1600m										
Sub 5:00	39	29	47	29	42	27	37	30	39	31
Sub 4:50	25	17	25	14	20	11	25	18	22	16
Sub 4:40	6	3	9	3	10	5	12	8	13	9
Sub 4:30	2	1	3	1	4	2	5	2	2	2
Sub 4:25	1	0	0	0	2	1	2	0	2	2
Sub 4:20	0	0	0	0	0	0	2	0	2	2
Sub 4:10	0	0	0	0	0	0	0	0	0	0
3200m										
Sub 11:00	34	25	22	11	29	20	30	21	34	25
Sub 10:30	22	17	18	10	16	9	21	14	18	11
Sub 10:00	9	5	8	3	7	4	12	8	8	5
Sub 9:50	3	1	3	1	5	3	5	3	2	2
Sub 9:40	2	1	2	1	4	2	3	2	2	2
Sub 9:30	1	1	1	1	3	1	2	1	0	0
Sub 9:20	0	0	0	0	0	0	1	0	0	0
Sub 9:10	0	0	0	0	0	0	1	0	0	0
Sub 9:00	0	0	0	0	0	0	0	0	0	0

	2012		2011		2010		2009		2008		2007	
800m	Total	Return	Total	Return	Total	Return	Total	Return	Total	Return	Total	Return
Sub 2:10	22	13	20	12	20	12	16	7	15	7	13	6
Sub 2:05	11	6	10	6	9	5	8	3	8	1	7	2
Sub 2:00	5	2	5	3	5	3	4	1	1	0	5	0
Sub 1:58	3	1	2	1	4	3	3	1	0	0	2	0
Sub 1:55	1	0	0	0	0	0	0	0	0	0	0	0

Sub 1:52	1	0	0	0	0	0	0	0	0	0	0	0

1600m

Sub 5:00	38	27	31	20	32	21	28	19	18	8	15	8
Sub 4:50	23	15	18	10	19	12	16	9	12	5	12	6
Sub 4:40	15	10	9	5	8	7	4	2	6	2	7	3
Sub 4:30	3	0	5	1	2	1	1	1	1	0	0	0
Sub 4:25	2	0	3	1	2	1	1	1	1	0	0	0
Sub 4:20	1	0	2	1	1	1	0	0	0	0	0	0
Sub 4:10	1	0	0	0	0	0	0	0	0	0	0	0

3200m

Sub 11:00	29	21	26	19	23	18	18	14	12	7	14	6
Sub 10:30	18	12	14	9	14	11	11	8	5	3	7	4
Sub 10:00	6	3	8	4	8	6	3	2	4	2	4	1
Sub 9:50	4	1	5	1	3	2	2	2	2	1	3	0
Sub 9:40	1	0	4	1	2	1	2	2	2	1	0	0
Sub 9:30	1	0	4	1	2	1	0	0	1	0	0	0
Sub 9:20	1	0	2	1	2	1	0	0	1	0	0	0
Sub 9:10	1	0	1	0	1	1	0	0	0	0	0	0
Sub 9:00	1	0	0	0	0	0	0	0	0	0	0	0