

# Track Exponent Sheet

Age as April 1, 2025

| Year        | Jan  | Feb  | Mar  | Apr  | May   | June  | July | Aug  | Sept | Oct  | Nov  | Dec  |
|-------------|------|------|------|------|-------|-------|------|------|------|------|------|------|
| <b>2009</b> |      |      |      |      | 15-11 | 15-10 | 15-9 | 15-8 | 15-7 | 15-6 | 15-5 | 15-4 |
|             |      |      |      |      | 32    | 32    | 32   | 31   | 31   | 31   | 31   | 31   |
| <b>2010</b> | 15-3 | 15-2 | 15-1 | 15-0 | 14-11 | 14-10 | 14-9 | 14-8 | 14-7 | 14-6 | 14-5 | 14-4 |
|             | 31   | 30   | 30   | 30   | 30    | 30    | 30   | 29   | 29   | 29   | 29   | 29   |
| <b>2011</b> | 14-3 | 14-2 | 14-1 | 14-0 | 13-11 | 13-10 | 13-9 | 13-8 | 13-7 | 13-6 | 13-5 | 13-4 |
|             | 29   | 28   | 28   | 28   | 28    | 28    | 28   | 27   | 27   | 27   | 27   | 27   |
| <b>2012</b> | 13-3 | 13-2 | 13-1 | 13-0 | 12-11 | 12-10 | 12-9 | 12-8 | 12-7 | 12-6 | 12-5 | 12-4 |
|             | 27   | 26   | 26   | 26   | 26    | 26    | 26   | 25   | 25   | 25   | 25   | 25   |
| <b>2013</b> | 12-3 | 12-2 | 12-1 | 12-0 | 11-11 | 11-10 | 11-9 | 11-8 | 11-7 | 11-6 | 11-5 | 11-4 |
|             | 25   | 24   | 24   | 24   | 24    | 24    | 24   | 23   | 23   | 23   | 23   | 23   |

## Height Chart

| Inches           | Points |
|------------------|--------|
| 47 - under ----  | 22     |
| 47.5 - 49 ----   | 23     |
| 49.5 - 51.5 ---- | 24     |
| 52 - 53.5 ----   | 25     |
| 54 - 55.5 ----   | 26     |
| 56 - 57.5 ----   | 27     |
| 58 - 59.5 ----   | 28     |
| 60 - 62 ----     | 29     |
| 62.5 - 64 ----   | 30     |
| 64.5 - 66 ----   | 31     |
| 66.5 - 68 ----   | 32     |
| 68.5 - 70.5 ---- | 33     |
| 71 - 72.5 ----   | 34     |
| 73 - 74.5 ----   | 35     |
| 75 -Up ----      | 36     |

## Weight Chart

| Weight         | Points |
|----------------|--------|
| Under-59 ----  | 9      |
| 60 - 65 ----   | 10     |
| 66 - 71 ----   | 11     |
| 72 - 78 ----   | 12     |
| 79 - 84 ----   | 13     |
| 85 - 90 ----   | 14     |
| 91 - 96 ----   | 15     |
| 97 - 103 ----  | 16     |
| 104 - 109 ---- | 17     |
| 110 - 115 ---- | 18     |
| 116 - 121 ---- | 19     |
| 122 - 128 ---- | 20     |
| 129 - 134 ---- | 21     |
| 135 - 140 ---- | 22     |
| 141 - 146 ---- | 23     |
| 147 - 153 ---- | 24     |
| 154 - 159 ---- | 25     |
| 160 - 165 ---- | 26     |
| 166 - 171 ---- | 27     |
| 172 - 178 ---- | 28     |
| 179 - 184 ---- | 29     |
| 185 - 190 ---- | 30     |
| 191 - Up ----  | 31     |

A boy must have attained the listed height and weight before the exponent value changes

- "A" Team = 77+ points
- "B" Team = 76 – 72 points
- "C" Team = 71 and below
- "C" girls are 5'0" and below.