



# USA Pentathlon Multisport Senior Athlete Selection Procedures

October 5, 2025

## **Fall 2025/2026 Senior International Competition Team Selection**

These selection procedures will go into effect immediately upon the date of publication by USA Pentathlon Multisport.

### **I. SELECTION SYSTEM**

#### **A. Minimum Eligibility Requirements**

1. Be eligible to compete, in accordance with the rules and regulations as set out in the 'UIPM Competition Rules and Regulations General Aspect Section 1.12.1"  
[https://www.uipmworld.org/sites/default/files/mp\\_competition\\_rules\\_and\\_equipment\\_regulations\\_2025\\_clean\\_final\\_0\\_1\\_1.pdf](https://www.uipmworld.org/sites/default/files/mp_competition_rules_and_equipment_regulations_2025_clean_final_0_1_1.pdf)
2. Athletes must be a member in good standing with USA Pentathlon Multisport (USAPM) and possess a valid UIPM Athlete License.
3. Participation in any USAPM or UIPM-sanctioned event constitutes the athlete's agreement to abide by the USA Pentathlon Multisport Code of Conduct <https://www.usapentathlon.org/code-of-conduct>
4. Comply with any USAPM Regulations, Code of Conduct, Policies, SafeSport and a Background Check
5. Not be subject to any sanction issued by USAPM, SafeSport, USADA, WADA, or the UIPM
6. Not serving a ban from participation in any sport for any reason at the time of selection and/or at the time of the event
7. Conduct themselves as suitable ambassadors for USAPM and the sport of Pentathlon, and act in a manner befitting a representative of USAPM and Team USA

## **B. Competition Categories, Qualification, and Eligibility**

1. UIPM World Cups (WC) and Senior World Championships (WCH). To automatically qualify for any WC/WCH competition, athletes must achieve a Senior Men or Women top 4 US Ranking and achieve either:

- A minimum overall pentathlon score of 1400 for men, 1300 for women, or
- A minimum swim + laser run combined score of 960 for men, 850 for women (points table for swim and laser run are located in Attachment B & C)

This score must be achieved at a USAPM or UIPM-approved event within 6 months prior to the start of the Category A competition. An approved event is any competition on USAPM's calendar, or any international competition hosted by a UIPM member nation with official results. For Category A events, athletes must notify USAPM of their intent to participate at least 30 days prior to the organizer's deadline.

2. Non WC/WCH international competitions include all other international competitions outside of WC/WCH (\*except 2026 PanAm Senior Championships). There is no minimum score requirement for these events and they are open to any athlete that meets the eligibility requirements outlined in Part I A. Athletes are responsible for their own entry and all associated costs. If USAPM is required to submit entries on behalf of athletes, the athlete must notify USAPM at least 10 days prior to the organizer's deadline and provide completed Form A, B, C located in the event invitation

3. The 2026 PanAm Championships team will be chosen by a combination of the National Ranking list and the PPC discretion. The top 3 male and top 3 female from the National Ranking List at or near the registration deadline will qualify for the 2026 PanAm Championships. Any remaining spots will be chosen by the PPC based on a holistic review, including but not limited to: recent performance relative to the current minimum overall score and/or swim + laser run score, adherence to USAPM rules and policies, coach recommendations, overall athletic potential, and prior competition results. The PPC may also consider extenuating circumstances such as injury recovery or unique competitive opportunities.

4. In the event that additional athlete slots remain available for any Category A competition (World Cups, or World Championships), the Pentathlon Performance Committee (PPC) reserves the right to allocate discretionary selection(s). Athletes wishing to apply for a discretionary spot must apply using the following form:

<https://forms.office.com/r/LZDtnDmZgU?origin=lprLink>

The PPC will evaluate athletes based on a holistic review, including but not limited to: performance relative to the current minimum overall score and/or swim + laser run score, competition and training trajectory, demonstrated commitment to training plans, adherence to USAPM rules and policies, coach recommendations, overall athletic potential, and prior competition results. The PPC may also consider extenuating circumstances such as injury recovery or unique competitive opportunities. Discretionary selections are not guaranteed and will only be utilized at the PPC's sole discretion when it is deemed to be in the best interest of Team USA's international representation.

## **C. Team Size and Tie Breakers**

Each Category A (World Cup or World Championships) event may include up to 8 male and 8 female athletes. If more than 4 athletes of a gender meet the automatic qualification eligibility criteria, the national ranking list will serve as the tiebreaker. Any remaining spots will be at the discretion of the PPC.

For non WC/WCH international competitions, if the LOC limits the amount of athletes allowed to enter, then the National Ranking List will be used to rank athletes in the event that more athletes request to go to the competition than what the LOC allows.

## **D. National Ranking List**

A National Ranking List will be established for the purpose of ranking US athletes. Only USAPM members will be eligible to receive ranking points. The national ranking list will be updated following each qualifying competition; official results must come from USAPM, UIPM, or the official international LOC. Ranking points are earned from the following events.

- Top 2 UIPM Wc/WCH events
- 2025 US National Championships
- Top 2 USAPM Invitationals
- Top 2 UIPM Non WC/WCH Events
- Top 2 USAPM Regionals

Points Table located in Attachment A.

The highest two ranking point results per category will be counted toward each athlete's overall ranking score. A competition will remain on the ranking list for 365 days or when the following year's same competition takes place, whichever occurs first. The National Ranking List used for any Category A competition will be based on results available as of the event's stated registration deadline. Any competition results occurring after the registration deadline will not be considered for that event's selection, even if they take place prior to the event itself.

**\*\*\*\*Athletes must be ranked in the top 4 AND achieve the required minimum scores to automatically qualify for UIPM WC/WCH competitions.**

## **E. Relay Team Selection**

Relay teams (mixed or gender) will be selected from athletes attending the event and will be selected prior to the event. Relay selection will be determined based on performance history and availability at the event.

## **II. REMOVAL OF ATHLETES**

USA Pentathlon Multisport has jurisdiction over potential nominees.

An athlete may be removed for any of the following reasons:

- Voluntary withdrawal with written notice
- Injury or illness as certified by USAPM medical personnel
- Violation of the USAPM Competition Code of Conduct

Athletes may also be removed for violations of anti-doping regulations. Athletes have the right to a hearing per USAPM Bylaws

## **III. REPLACEMENT OF ATHLETES**

For UIPM WC/WCH competitions, replacement athletes will be selected from the National Ranking List, provided they have met the required minimum score within the eligibility window.

Decisions on replacements will be made by the Pentathlon Performance Committee.

## **IV. ANTI-DOPING REQUIREMENTS**

Athletes must comply with IOC, WADA, USADA, UIPM, and USOPC anti-doping protocols, including out-of-competition testing.

## **V. DEVELOPMENT OF SELECTION PROCEDURES**

These procedures were developed by:

- Kevin Montford, USA Pentathlon Multisport CEO
- Brendan Anderson, USA Pentathlon AC Representative

## **VI. INTERNATIONAL DISCLAIMER**

These procedures are based on current IOC, UIPM, and USOPC rules and are subject to change. Any revisions will be communicated to affected athletes. In the case of force majeure, the selection procedures will be revised accordingly and resubmitted if necessary.

## VII. NGB SIGNATURES

I certify that I have read and understand the standards/criteria set by the UIPM and have incorporated those into our Selection Procedures.

I further certify that the information provided herein represents the approved method of selection by USA Pentathlon Multisport.

Kevin Montford  
USAPM-CEO



Date: October 5, 2025

Brendan Anderson  
AC Representative



Date: October 5, 2025

## ATTACHMENT A

Place	UIPM WC/WCH Competition	US Nationals	Invitational	UIPM Non WC/WCH Competition	US Regional
1	60	40	20	5	3
2	55	36	17	3	2
3	51	33	15	2	1
4	48	31	13	1	1
5	46	29	11	1	1
6	44	27	10	1	1
7	42	25	9	1	1
8	40	23	8	1	1
9	39	22	7	1	1
10	38	21	6	1	1
11	37	20	5	1	1
12	36	19	4	1	1
13	35	18	3	1	1
14	34	17	2	1	1
15	33	16	1	1	1
16	32	15	1	1	1
17	31	14	1	1	1
18	30	13	1	1	1
19	25	9	1	1	1
20	24	8	1	1	1
21	23	7	1	1	1
22	22	6	1	1	1
23	21	5	1	1	1
24	20	4	1	1	1
25	19	3	1	1	1
26	18	2	1	1	1
27	17	1	1	1	1
28	16	1	1	1	1
29	15	1	1	1	1
30	14	1	1	1	1
31	13	1	1	1	1
32	12	1	1	1	1
33	11	1	1	1	1
34	10	1	1	1	1
35	9	1	1	1	1
36	8	1	1	1	1
37	7	1	1	1	1
38	6	1	1	1	1
39	5	1	1	1	1
40	4	1	1	1	1
41	3	1	1	1	1
42	2	1	1	1	1
43/44/45/...	1	1	1	1	1

## Attachment B- Swim Points

### POINTS TABLE

SWIMMING: 200m and 2 x 100m

Appendix 4B2

Men and Women Individual: Seniors, Juniors, Under 19 & 17

Relay: Seniors, Juniors, Under 19 & 17

time	pts	time	pts														
1.39.00	352	2.01.50	307	2.24.00	262	2.46.50	217	3.09.00	172	3.31.50	127	3.54.00	82	4.16.50	37		
1.39.50	351	2.02.00	306	2.24.50	261	2.47.00	216	3.09.50	171	3.32.00	126	3.54.50	81	4.17.00	36		
1.40.00	350	2.02.50	305	2.25.00	260	2.47.50	215	3.10.00	170	3.32.50	125	3.55.00	80	4.17.50	35		
1.40.50	349	2.03.00	304	2.25.50	259	2.48.00	214	3.10.50	169	3.33.00	124	3.55.50	79	4.18.00	34		
1.41.00	348	2.03.50	303	2.26.00	258	2.48.50	213	3.11.00	168	3.33.50	123	3.56.00	78	4.18.50	33		
1.41.50	347	2.04.00	302	2.26.50	257	2.49.00	212	3.11.50	167	3.34.00	122	3.56.50	77	4.19.00	32		
1.42.00	346	2.04.50	301	2.27.00	256	2.49.50	211	3.12.00	166	3.34.50	121	3.57.00	76	4.19.50	31		
1.42.50	345	2.05.00	300	2.27.50	255	2.50.00	210	3.12.50	165	3.35.00	120	3.57.50	75	4.20.00	30		
1.43.00	344	2.05.50	299	2.28.00	254	2.50.50	209	3.13.00	164	3.35.50	119	3.58.00	74	4.20.50	29		
1.43.50	343	2.06.00	298	2.28.50	253	2.51.00	208	3.13.50	163	3.36.00	118	3.58.50	73	4.21.00	28		
1.44.00	342	2.06.50	297	2.29.00	252	2.51.50	207	3.14.00	162	3.36.50	117	3.59.00	72	4.21.50	27		
1.44.50	341	2.07.00	296	2.29.50	251	2.52.00	206	3.14.50	161	3.37.00	116	3.59.50	71	4.22.00	26		
1.45.00	340	2.07.50	295	2.30.00	250	2.52.50	205	3.15.00	160	3.37.50	115	4.00.00	70	4.22.50	25		
1.45.50	339	2.08.00	294	2.30.50	249	2.53.00	204	3.15.50	159	3.38.00	114	4.00.50	69	4.23.00	24		
1.46.00	338	2.08.50	293	2.31.00	248	2.53.50	203	3.16.00	158	3.38.50	113	4.01.00	68	4.23.50	23		
1.46.50	337	2.09.00	292	2.31.50	247	2.54.00	202	3.16.50	157	3.39.00	112	4.01.50	67	4.24.00	22		
1.47.00	336	2.09.50	291	2.32.00	246	2.54.50	201	3.17.00	156	3.39.50	111	4.02.00	66	4.24.50	21		
1.47.50	335	2.10.00	290	2.32.50	245	2.55.00	200	3.17.50	155	3.40.00	110	4.02.50	65	4.25.00	20		
1.48.00	334	2.10.50	289	2.33.00	244	2.55.50	199	3.18.00	154	3.40.50	109	4.03.00	64	4.25.50	19		
1.48.50	333	2.11.00	288	2.33.50	243	2.56.00	198	3.18.50	153	3.41.00	108	4.03.50	63	4.26.00	18		
1.49.00	332	2.11.50	287	2.34.00	242	2.56.50	197	3.19.00	152	3.41.50	107	4.04.00	62	4.26.50	17		
1.49.50	331	2.12.00	286	2.34.50	241	2.57.00	196	3.19.50	151	3.42.00	106	4.04.50	61	4.27.00	16		
1.50.00	330	2.12.50	285	2.35.00	240	2.57.50	195	3.20.00	150	3.42.50	105	4.05.00	60	4.27.50	15		
1.50.50	329	2.13.00	284	2.35.50	239	2.58.00	194	3.20.50	149	3.43.00	104	4.05.50	59	4.28.00	14		
1.51.00	328	2.13.50	283	2.36.00	238	2.58.50	193	3.21.00	148	3.43.50	103	4.06.00	58	4.28.50	13		
1.51.50	327	2.14.00	282	2.36.50	237	2.59.00	192	3.21.50	147	3.44.00	102	4.06.50	57	4.29.00	12		
1.52.00	326	2.14.50	281	2.37.00	236	2.59.50	191	3.22.00	146	3.44.50	101	4.07.00	56	4.29.50	11		
1.52.50	325	2.15.00	280	2.37.50	235	3.00.00	190	3.22.50	145	3.45.00	100	4.07.50	55	4.30.00	10		
1.53.00	324	2.15.50	279	2.38.00	234	3.00.50	189	3.23.00	144	3.45.50	99	4.08.00	54	4.30.50	9		
1.53.50	323	2.16.00	278	2.38.50	233	3.01.00	188	3.23.50	143	3.46.00	98	4.08.50	53	4.31.00	8		
1.54.00	322	2.16.50	277	2.39.00	232	3.01.50	187	3.24.00	142	3.46.50	97	4.09.00	52	4.31.50	7		
1.54.50	321	2.17.00	276	2.39.50	231	3.02.00	186	3.24.50	141	3.47.00	96	4.09.50	51	4.32.00	6		
1.55.00	320	2.17.50	275	2.40.00	230	3.02.50	185	3.25.00	140	3.47.50	95	4.10.00	50	4.32.50	5		
1.55.50	319	2.18.00	274	2.40.50	229	3.03.00	184	3.25.50	139	3.48.00	94	4.10.50	49	4.33.00	4		
1.56.00	318	2.18.50	273	2.41.00	228	3.03.50	183	3.26.00	138	3.48.50	93	4.11.00	48	4.33.50	3		
1.56.50	317	2.19.00	272	2.41.50	227	3.04.00	182	3.26.50	137	3.49.00	92	4.11.50	47	4.34.00	2		
1.57.00	316	2.19.50	271	2.42.00	226	3.04.50	181	3.27.00	136	3.49.50	91	4.12.00	46	4.34.50	1		
1.57.50	315	2.20.00	270	2.42.50	225	3.05.00	180	3.27.50	135	3.50.00	90	4.12.50	45	4.35.00	0		
1.58.00	314	2.20.50	269	2.43.00	224	3.05.50	179	3.28.00	134	3.50.50	89	4.13.00	44				
1.58.50	313	2.21.00	268	2.43.50	223	3.06.00	178	3.28.50	133	3.51.00	88	4.13.50	43				
1.59.00	312	2.21.50	267	2.44.00	222	3.06.50	177	3.29.00	132	3.51.50	87	4.14.00	42				
1.59.50	311	2.22.00	266	2.44.50	221	3.07.00	176	3.29.50	131	3.52.00	86	4.14.50	41				
2.00.00	310	2.22.50	265	2.45.00	220	3.07.50	175	3.30.00	130	3.52.50	85	4.15.00	40				
2.00.50	309	2.23.00	264	2.45.50	219	3.08.00	174	3.30.50	129	3.53.00	84	4.15.50	39				
2.01.00	308	2.23.50	263	2.46.00	218	3.08.50	173	3.31.00	128	3.53.50	83	4.16.00	38				

## Attachment C- Laser Run Points

TIME	PTS										
<u>10:00</u>	700	<u>10:40</u>	660	<u>11:20</u>	620	<u>12:00</u>	580	<u>12:40</u>	540	<u>13:20</u>	500
10:01	699	10:41	659	11:21	619	12:01	579	12:41	539	13:21	499
10:02	698	10:42	658	11:22	618	12:02	578	12:42	538	13:22	498
10:03	697	10:43	657	11:23	617	12:03	577	12:43	537	13:23	497
10:04	696	10:44	656	11:24	616	12:04	576	12:44	536	13:24	496
10:05	695	10:45	655	11:25	615	12:05	575	12:45	535	13:25	495
10:06	694	10:46	654	11:26	614	12:06	574	12:46	534	13:26	494
10:07	693	10:47	653	11:27	613	12:07	573	12:47	533	13:27	493
10:08	692	10:48	652	11:28	612	12:08	572	12:48	532	13:28	492
10:09	691	10:49	651	11:29	611	12:09	571	12:49	531	13:29	491
10:10	690	<u>10:50</u>	650	<u>11:30</u>	610	<u>12:10</u>	570	<u>12:50</u>	530	<u>13:30</u>	490
10:11	689	10:51	649	11:31	609	12:11	569	12:51	529	13:31	489
10:12	688	10:52	648	11:32	608	12:12	568	12:52	528	13:32	488
10:13	687	10:53	647	11:33	607	12:13	567	12:53	527	13:33	487
10:14	686	10:54	646	11:34	606	12:14	566	12:54	526	13:34	486
10:15	685	10:55	645	11:35	605	12:15	565	12:55	525	13:35	485
10:16	684	10:56	644	11:36	604	12:16	564	12:56	524	13:36	484
10:17	683	10:57	643	11:37	603	12:17	563	12:57	523	13:37	483
10:18	682	10:58	642	11:38	602	12:18	562	12:58	522	13:38	482
10:19	681	10:59	641	11:39	601	12:19	561	12:59	521	13:39	481
10:20	680	<u>11:00</u>	640	<u>11:40</u>	600	<u>12:20</u>	560	<u>13:00</u>	520	<u>13:40</u>	480
10:21	679	11:01	639	11:41	599	12:21	559	13:01	519	13:41	479
10:22	678	11:02	638	11:42	598	12:22	558	13:02	518	13:42	478
10:23	677	11:03	637	11:43	597	12:23	557	13:03	517	13:43	477
10:24	676	11:04	636	11:44	596	12:24	556	13:04	516	13:44	476
10:25	675	11:05	635	11:45	595	12:25	555	13:05	515	13:45	475
10:26	674	11:06	634	11:46	594	12:26	554	13:06	514	13:46	474
10:27	673	11:07	633	11:47	593	12:27	553	13:07	513	13:47	473
10:28	672	11:08	632	11:48	592	12:28	552	13:08	512	13:48	472
10:29	671	11:09	631	11:49	591	12:29	551	13:09	511	13:49	471
10:30	670	<u>11:10</u>	630	<u>11:50</u>	590	<u>12:30</u>	550	<u>13:10</u>	510	<u>13:50</u>	470
10:31	669	11:11	629	11:51	589	12:31	549	13:11	509	13:51	469
10:32	668	11:12	628	11:52	588	12:32	548	13:12	508	13:52	468
10:33	667	11:13	627	11:53	587	12:33	547	13:13	507	13:53	467
10:34	666	11:14	626	11:54	586	12:34	546	13:14	506	13:54	466
10:35	665	11:15	625	11:55	585	12:35	545	13:15	505	13:55	465
10:36	664	11:16	624	11:56	584	12:36	544	13:16	504	13:56	464
10:37	663	11:17	623	11:57	583	12:37	543	13:17	503	13:57	463
10:38	662	11:18	622	11:58	582	12:38	542	13:18	502	13:58	462
10:39	661	11:19	621	11:59	581	12:39	541	13:19	501	13:59	461

TIME	PTS										
14:00	460	14:40	420	15:20	380	16:00	340	16:40	300	17:20	260
14:01	459	14:41	419	15:21	379	16:01	339	16:41	299	17:21	259
14:02	458	14:42	418	15:22	378	16:02	338	16:42	298	17:22	258
14:03	457	14:43	417	15:23	377	16:03	337	16:43	297	17:23	257
14:04	456	14:44	416	15:24	376	16:04	336	16:44	296	17:24	256
14:05	455	14:45	415	15:25	375	16:05	335	16:45	295	17:25	255
14:06	454	14:46	414	15:26	374	16:06	334	16:46	294	17:26	254
14:07	453	14:47	413	15:27	373	16:07	333	16:47	293	17:27	253
14:08	452	14:48	412	15:28	372	16:08	332	16:48	292	17:28	252
14:09	451	14:49	411	15:29	371	16:09	331	16:49	291	17:29	251
14:10	450	14:50	410	15:30	370	16:10	330	16:50	290	17:30	250
14:11	449	14:51	409	15:31	369	16:11	329	16:51	289	17:31	249
14:12	448	14:52	408	15:32	368	16:12	328	16:52	288	17:32	248
14:13	447	14:53	407	15:33	367	16:13	327	16:53	287	17:33	247
14:14	446	14:54	406	15:34	366	16:14	326	16:54	286	17:34	246
14:15	445	14:55	405	15:35	365	16:15	325	16:55	285	17:35	245
14:16	444	14:56	404	15:36	364	16:16	324	16:56	284	17:36	244
14:17	443	14:57	403	15:37	363	16:17	323	16:57	283	17:37	243
14:18	442	14:58	402	15:38	362	16:18	322	16:58	282	17:38	242
14:19	441	14:59	401	15:39	361	16:19	321	16:59	281	17:39	241
14:20	440	15:00	400	15:40	360	16:20	320	17:00	280	17:40	240
14:21	439	15:01	399	15:41	359	16:21	319	17:01	279	17:41	239
14:22	438	15:02	398	15:42	358	16:22	318	17:02	278	17:42	238
14:23	437	15:03	397	15:43	357	16:23	317	17:03	277	17:43	237
14:24	436	15:04	396	15:44	356	16:24	316	17:04	276	17:44	236
14:25	435	15:05	395	15:45	355	16:25	315	17:05	275	17:45	235
14:26	434	15:06	394	15:46	354	16:26	314	17:06	274	17:46	234
14:27	433	15:07	393	15:47	353	16:27	313	17:07	273	17:47	233
14:28	432	15:08	392	15:48	352	16:28	312	17:08	272	17:48	232
14:29	431	15:09	391	15:49	351	16:29	311	17:09	271	17:49	231
14:30	430	15:10	390	15:50	350	16:30	310	17:10	270	17:50	230
14:31	429	15:11	389	15:51	349	16:31	309	17:11	269	17:51	229
14:32	428	15:12	388	15:52	348	16:32	308	17:12	268	17:52	228
14:33	427	15:13	387	15:53	347	16:33	307	17:13	267	17:53	227
14:34	426	15:14	386	15:54	346	16:34	306	17:14	266	17:54	226
14:35	425	15:15	385	15:55	345	16:35	305	17:15	265	17:55	225
14:36	424	15:16	384	15:56	344	16:36	304	17:16	264	17:56	224
14:37	423	15:17	383	15:57	343	16:37	303	17:17	263	17:57	223
14:38	422	15:18	382	15:58	342	16:38	302	17:18	262	17:58	222
14:39	421	15:19	381	15:59	341	16:39	301	17:19	261	17:59	221

TIME	PTS										
18:00	220	18:40	180	19:20	140	20:00	100	20:40	60	21:20	20
18:01	219	18:41	179	19:21	139	20:01	99	20:41	59	21:21	19
18:02	218	18:42	178	19:22	138	20:02	98	20:42	58	21:22	18
18:03	217	18:43	177	19:23	137	20:03	97	20:43	57	21:23	17
18:04	216	18:44	176	19:24	136	20:04	96	20:44	56	21:24	16
18:05	215	18:45	175	19:25	135	20:05	95	20:45	55	21:25	15
18:06	214	18:46	174	19:26	134	20:06	94	20:46	54	21:26	14
18:07	213	18:47	173	19:27	133	20:07	93	20:47	53	21:27	13
18:08	212	18:48	172	19:28	132	20:08	92	20:48	52	21:28	12
18:09	211	18:49	171	19:29	131	20:09	91	20:49	51	21:29	11
18:10	210	18:50	170	19:30	130	20:10	90	20:50	50	21:30	10
18:11	209	18:51	169	19:31	129	20:11	89	20:51	49	21:31	9
18:12	208	18:52	168	19:32	128	20:12	88	20:52	48	21:32	8
18:13	207	18:53	167	19:33	127	20:13	87	20:53	47	21:33	7
18:14	206	18:54	166	19:34	126	20:14	86	20:54	46	21:34	6
18:15	205	18:55	165	19:35	125	20:15	85	20:55	45	21:35	5
18:16	204	18:56	164	19:36	124	20:16	84	20:56	44	21:36	4
18:17	203	18:57	163	19:37	123	20:17	83	20:57	43	21:37	3
18:18	202	18:58	162	19:38	122	20:18	82	20:58	42	21:38	2
18:19	201	18:59	161	19:39	121	20:19	81	20:59	41	21:39	1
18:20	200	19:00	160	19:40	120	20:20	80	21:00	40	21:40	0
18:21	199	19:01	159	19:41	119	20:21	79	21:01	39		
18:22	198	19:02	158	19:42	118	20:22	78	21:02	38		
18:23	197	19:03	157	19:43	117	20:23	77	21:03	37		
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18:25	195	19:05	155	19:45	115	20:25	75	21:05	35		
18:26	194	19:06	154	19:46	114	20:26	74	21:06	34		
18:27	193	19:07	153	19:47	113	20:27	73	21:07	33		
18:28	192	19:08	152	19:48	112	20:28	72	21:08	32		
18:29	191	19:09	151	19:49	111	20:29	71	21:09	31		
18:30	190	19:10	150	19:50	110	20:30	70	21:10	30		
18:31	189	19:11	149	19:51	109	20:31	69	21:11	29		
18:32	188	19:12	148	19:52	108	20:32	68	21:12	28		
18:33	187	19:13	147	19:53	107	20:33	67	21:13	27		
18:34	186	19:14	146	19:54	106	20:34	66	21:14	26		
18:35	185	19:15	145	19:55	105	20:35	65	21:15	25		
18:36	184	19:16	144	19:56	104	20:36	64	21:16	24		
18:37	183	19:17	143	19:57	103	20:37	63	21:17	23		
18:38	182	19:18	142	19:58	102	20:38	62	21:18	22		
18:39	181	19:19	141	19:59	101	20:39	61	21:19	21		