

Flat Weight-for-age scale (lb) for 2025

| Dist  | Age | Jan |    | Feb |    | Mar |    | Apr |    | May |    | Jun |    | Jul |    | Aug |    | Sep |    | Oct |    | Nov |    | Dec |    |
|-------|-----|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|
|       |     | 1   | 2  | 1   | 2  | 1   | 2  | 1   | 2  | 1   | 2  | 1   | 2  | 1   | 2  | 1   | 2  | 1   | 2  | 1   | 2  | 1   | 2  | 1   | 2  |
| 5f    | 2   | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 26  | 24 | 22  | 20 | 18  | 18 | 17  | 17 | 16  | 16 |
| 1000m | 3   | 15  | 15 | 14  | 14 | 13  | 12 | 11  | 10 | 9   | 8  | 7   | 6  | 5   | 4  | 3   | 2  | 1   | 1  | 0   | 0  | 0   | 0  | 0   | 0  |
| 6f    | 2   | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 28  | 26 | 24  | 22 | 21  | 20 | 19  | 18 | 17  | 17 |
| 1200m | 3   | 16  | 16 | 15  | 15 | 14  | 13 | 12  | 11 | 10  | 9  | 8   | 7  | 6   | 5  | 4   | 3  | 2   | 2  | 1   | 1  | 0   | 0  | 0   | 0  |
| 7f    | 2   | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 30  | 28 | 26  | 24 | 23  | 22 | 21  | 20 | 19  | 19 |
| 1400m | 3   | 18  | 18 | 17  | 17 | 16  | 15 | 14  | 13 | 12  | 11 | 10  | 9  | 8   | 7  | 6   | 5  | 4   | 3  | 2   | 2  | 1   | 1  | 0   | 0  |
| 8f    | 2   | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 35  | 32 | 29  | 27 | 25  | 24 | 23  | 22 | 21  | 21 |
| 1600m | 3   | 20  | 20 | 19  | 19 | 18  | 17 | 15  | 14 | 13  | 12 | 11  | 10 | 9   | 8  | 7   | 6  | 5   | 4  | 3   | 3  | 2   | 2  | 1   | 1  |
| 9f    | 3   | 22  | 22 | 21  | 21 | 20  | 19 | 17  | 15 | 14  | 13 | 12  | 11 | 10  | 9  | 8   | 7  | 6   | 5  | 4   | 4  | 3   | 3  | 2   | 2  |
| 1800m | 4   | 1   | 1  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  |
| 10f   | 3   | 23  | 23 | 22  | 22 | 21  | 20 | 19  | 17 | 15  | 14 | 13  | 12 | 10  | 9  | 8   | 7  | 6   | 5  | 4   | 4  | 3   | 3  | 2   | 2  |
| 2000m | 4   | 1   | 1  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  |
| 11f   | 3   | 24  | 24 | 23  | 23 | 22  | 21 | 20  | 19 | 17  | 15 | 14  | 13 | 11  | 10 | 9   | 8  | 7   | 6  | 5   | 5  | 4   | 4  | 3   | 3  |
| 2200m | 4   | 2   | 2  | 1   | 1  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  |
| 12f   | 3   | 25  | 25 | 24  | 24 | 23  | 22 | 21  | 20 | 19  | 17 | 15  | 14 | 12  | 11 | 10  | 9  | 8   | 7  | 6   | 6  | 5   | 5  | 4   | 4  |
| 2400m | 4   | 3   | 3  | 2   | 2  | 1   | 1  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  |
| 13f   | 3   | 26  | 26 | 25  | 25 | 24  | 23 | 22  | 21 | 20  | 19 | 17  | 15 | 13  | 11 | 10  | 9  | 8   | 7  | 6   | 6  | 5   | 5  | 4   | 4  |
| 2600m | 4   | 3   | 3  | 2   | 2  | 1   | 1  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  |
| 14f   | 3   | 26  | 26 | 25  | 25 | 24  | 23 | 22  | 21 | 20  | 19 | 17  | 15 | 13  | 11 | 10  | 9  | 8   | 7  | 6   | 6  | 5   | 5  | 4   | 4  |
| 2800m | 4   | 3   | 3  | 2   | 2  | 1   | 1  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  |
| 15f   | 3   | 28  | 28 | 27  | 27 | 26  | 25 | 23  | 22 | 21  | 20 | 18  | 16 | 14  | 12 | 11  | 10 | 9   | 8  | 7   | 6  | 5   | 5  | 4   | 4  |
| 3000m | 4   | 3   | 3  | 2   | 2  | 2   | 2  | 1   | 1  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  |
| 16f   | 3   | 29  | 29 | 28  | 28 | 27  | 26 | 24  | 23 | 22  | 21 | 20  | 18 | 16  | 14 | 12  | 11 | 10  | 9  | 8   | 7  | 6   | 6  | 5   | 5  |
| 3200m | 4   | 4   | 4  | 4   | 4  | 3   | 3  | 2   | 2  | 1   | 1  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  |
| 18f   | 3   | 30  | 30 | 29  | 29 | 28  | 28 | 26  | 25 | 24  | 23 | 22  | 20 | 18  | 16 | 14  | 12 | 11  | 10 | 9   | 8  | 7   | 6  | 5   | 5  |
| 3600m | 4   | 4   | 4  | 4   | 4  | 3   | 3  | 2   | 2  | 1   | 1  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  |
| 20f   | 3   | 32  | 32 | 31  | 31 | 30  | 29 | 28  | 27 | 25  | 24 | 22  | 20 | 18  | 16 | 14  | 12 | 11  | 10 | 9   | 8  | 7   | 6  | 6   |    |
| 4000m | 4   | 5   | 5  | 5   | 5  | 4   | 4  | 3   | 2  | 2   | 2  | 1   | 1  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  | 0   | 0  |

- +1lb
- No change
- 1lb
- 2lb

