

**CONES COURSE MINIMUM TIME ALLOWED CHART**

ACDS(c)2017V9.1

**ACDS CDE ORGANISATION GUIDELINES FORM 1D**

SPEED MPM DISTANCE	250 MPM	240 MPM	230 MPM	SPEED MPM DISTANCE	250 MPM	240 MPM	230 MPM	SPEED MPM DISTANCE	250 MPM	240 MPM	230 MPM
480	1:55:00	2:00:00	2:05:00	600	2:24:00	2:30:00	2:37:00	720	2:53:00	3:00:00	3:08:00
490	1:58:00	2:02:00	2:08:00	610	2:26:00	2:32:00	2:39:00	730	2:55:00	3:02:00	3:10:00
500	2:00:00	2:05:00	2:10:00	620	2:29:00	2:35:00	2:42:00	740	2:58:00	3:05:00	3:13:00
510	2:02:00	2:07:00	2:13:00	630	2:31:00	2:37:00	2:44:00	750	3:00:00	3:07:00	3:16:00
520	2:05:00	2:10:00	2:16:00	640	2:34:00	2:40:00	2:47:00	760	3:02:00	3:10:00	3:18:00
530	2:07:00	2:12:00	2:18:00	650	2:36:00	2:42:00	2:50:00	770	3:05:00	3:12:00	3:21:00
540	2:10:00	2:15:00	2:21:00	660	2:38:00	2:45:00	2:52:00	780	3:07:00	3:15:00	3:23:00
550	2:12:00	2:17:00	2:23:00	670	2:41:00	2:47:00	2:55:00	790	3:10:00	3:17:00	3:26:00
560	2:14:00	2:20:00	2:26:00	680	2:43:00	2:50:00	2:57:00	800	3:12:00	3:20:00	3:29:00
570	2:17:00	2:22:00	2:29:00	690	2:46:00	2:52:00	3:00:00	810	3:14:00	3:22:00	3:31:00
580	2:19:00	2:25:00	2:31:00	700	2:48:00	2:55:00	3:03:00	820	3:17:00	3:25:00	3:34:00
590	2:22:00	2:27:00	2:34:00	710	2:50:00	2:57:00	3:05:00	830	3:19:00	3:27:00	3:37:00