

Mile 8th

	Boys	Girls
10	0-8:00	0-8:30
9	8:01-8:30	8:31-9:00
8	8:31-9:00	9:01-9:30
7	9:01-9:30	9:31-10:00
6	9:31-10:00	10:01-10:30
5	10:01-10:30	10:31-11:00
4	10:31-11:00	11:01-11:30
3	11:01-11:30	11:31-12:00
2	11:31-12:00	12:01-12:30
1	12:01+	12:31+

Mile 7th

	Boys	Girls
10	0-8:30	0-9:00
9	8:31-9:00	9:01-9:30
8	9:01-9:30	9:31-10:00
7	9:31-10:00	10:01-10:30
6	10:01-10:30	10:31-11:00
5	10:31-11:00	11:01-11:30
4	11:01-11:30	11:31-12:00
3	11:31-12:00	12:01-12:30
2	12:01-12:30	12:31-13:00
1	12:31+	13:01+

Mile 6th

	Boys	Girls
10	0-8:30	0-9:00
9	8:31-9:00	9:01-9:30
8	9:01-9:30	9:31-10:00
7	9:31-10:00	10:01-10:30
6	10:01-10:30	10:31-11:00
5	10:31-11:00	11:01-11:30
4	11:01-11:30	11:31-12:00
3	11:31-12:00	12:01-12:30
2	12:01-12:30	12:31-13:00
1	12:31+	13:01+

Pacer 8th

	Boys	Girls
10	75+	50+
9	74-65	49-45
8	64-55	44-40
7	54-45	39-35
6	44-35	34-30
5	34-30	29-25
4	29-20	24-20
3	19-15	19-15
2	14-10	14-10
1	9-1	9-0

Pacer 7th

	Boys	Girls
10	70+	45+
9	69-60	44-40
8	59-50	39-35
7	49-40	34-30
6	39-30	29-25
5	29-25	24-20
4	24-20	19-15
3	19-15	14-11
2	14-10	10-7
1	9-1	6-0

Pacer 6th

	Boys	Girls
10	65+	40+
9	64-60	39-35
8	59-50	34-30
7	49-40	29-25
6	39-30	24-20
5	29-25	19-15
4	24-20	14-11
3	19-15	10-7
2	14-10	6-4
1	9-1	3-0

Pushups 8th

	Boys	Girls
10	30+	15+
9	29-25	14-11
8	24-20	10-8
7	19-14	7
6	13-11	6
5	10-8	5
4	7-5	4
3	4-3	3
2	2	2
1	1	1

Pushups 7th

	Boys	Girls
10	25+	15+
9	24-20	14-11
8	19-16	10-8
7	15-12	7
6	11-10	6
5	9-8	5
4	7-6	4
3	5-4	3
2	3-2	2
1	1	1

Pushups 6th

	Boys	Girls
10	20+	15+
9	19-15	14-11
8	14-12	10-8
7	11-10	7
6	9-8	6
5	7-6	5
4	5-4	4
3	3	3
2	2	2
1	1	1

Curlups 8th

	Boys	Girls
10	45+	32+
9	44-40	31-26
8	39-30	25-22
7	29-24	21-18
6	23-20	17-14
5	19-15	13-10
4	14-10	9-7
3	9-6	6-4
2	5-3	3-2
1	2-1	1

Curlups 7th

	Boys	Girls
10	40+	32+
9	39-35	31-26
8	34-28	25-22
7	27-21	21-18
6	20-16	17-14
5	15-12	13-10
4	11-9	9-7
3	8-6	6-4
2	5-3	3-2
1	2-1	1

Curlups 6th

	Boys	Girls
10	36+	32+
9	35-30	31-26
8	29-24	25-22
7	23-18	21-18
6	17-14	17-14
5	13-10	13-10
4	9-7	9-7
3	6-4	6-4
2	3	3-2
1	2-1	1

Trunk Lift

	Boys	Girls
10	12	12
9	11	11
8	10	10
7	9	9
6	8	8
5	7	7
4	6	6
3	5	5
2	4-3	4-3
1	2-1	2-1

Sit and Reach

	Boys	Girls
5	8	12
4	7-6	11-9
3	5-4	8-5
2	3-2	4-2
1	1-0	1-0