

As of March 23, 2022

[illegible]

As of March 23, 2022

		Standing Power Throw (SPT) (Distance - meters and centimeters)																			
		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61			
Points	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Points
100	12.6	8.4	13.0	8.5	13.1	8.7	12.9	8.6	12.8	8.2	12.3	8.1	11.6	7.8	10.6	7.4	9.9	6.6	9.0	6.6	100
99	12.4	8.2	12.9	8.4	12.9	8.5	12.6	8.4	12.6	8.0	12.1	7.9	11.4	7.6	10.4	7.1	9.7	6.4	8.8	6.4	99
98	12.0	7.7	12.5	7.9	12.6	8.2	12.4	8.0	12.2	7.5	11.7	7.4	11.0	7.1	10.2	6.6	9.5	6.3	---	6.3	98
97	11.7	7.5	12.2	7.7	12.4	8.0	12.2	7.8	12.0	7.3	11.4	7.2	10.7	6.8	10.0	6.5	9.4	6.2	8.7	6.2	97
96	11.5	7.3	12.0	7.5	12.2	7.7	12.0	7.6	11.8	7.2	11.3	7.1	10.6	6.5	9.8	6.3	9.3	6.1	---	6.1	96
95	11.3	7.2	11.8	7.4	12.0	7.5	11.8	7.4	11.6	7.0	11.1	6.9	10.4	6.4	9.6	6.2	9.1	6.0	8.6	6.0	95
94	11.0	7.0	11.5	7.2	11.7	7.3	11.6	7.3	11.4	6.8	10.8	6.8	10.2	6.2	9.5	6.1	9.0	5.9	8.5	5.9	94
93	10.9	6.9	11.4	7.1	11.6	7.2	11.4	7.1	11.2	6.7	10.7	6.7	10.1	---	9.3	6.0	8.9	5.8	8.3	5.8	93
92	10.7	6.8	11.3	7.0	11.4	7.1	11.3	7.0	11.1	---	10.6	6.6	10.0	---	9.2	5.9	8.8	5.7	8.2	5.7	92
91	10.6	6.6	11.1	6.9	11.3	7.0	11.2	6.9	10.9	6.6	10.5	6.5	9.9	6.1	9.1	5.8	8.7	5.6	8.1	5.6	91
90	10.5	6.5	11.0	6.8	11.1	6.9	11.0	6.8	10.7	6.4	10.4	6.4	9.7	6.0	9.0	5.7	8.5	5.5	8.0	5.5	90
89	10.4	---	10.7	6.7	11.0	6.8	10.8	6.7	10.6	---	10.3	6.3	9.6	5.9	8.9	5.6	---	5.4	---	---	89
88	10.3	6.4	10.6	6.6	10.9	6.7	10.7	6.5	10.5	6.3	10.1	6.2	9.5	---	8.8	---	8.4	---	7.9	5.4	88
87	10.0	6.3	10.4	6.5	10.7	6.6	10.5	6.4	10.4	6.2	9.9	6.1	9.4	5.8	8.7	5.5	8.3	5.3	---	---	87
86	9.9	6.2	10.3	6.4	10.6	6.5	10.4	---	10.3	6.1	9.8	6.0	9.3	5.7	8.6	---	8.2	---	7.8	5.3	86
85	9.8	6.1	10.2	6.3	10.5	---	10.3	6.3	10.2	---	9.7	---	9.2	5.6	---	5.4	8.1	---	---	---	85
84	9.7	---	10.1	6.2	10.4	6.4	10.2	---	10.1	6.0	9.6	5.9	9.1	---	8.5	---	---	5.2	7.7	---	84
83	9.6	6.0	10.0	6.1	10.2	6.3	10.1	6.2	9.9	5.9	9.5	5.8	9.0	5.5	8.4	5.3	8.0	---	7.6	5.2	83
82	9.5	---	9.9	---	10.1	---	10.0	6.1	9.8	5.8	9.4	---	8.9	---	8.3	5.2	7.9	---	---	---	82
81	9.4	5.9	9.8	6.0	10.0	6.2	9.9	6.0	9.7	---	9.3	---	8.8	5.4	8.2	---	7.8	---	7.5	---	81
80	9.3	5.8	9.7	5.9	9.8	6.1	9.8	5.9	9.6	5.7	9.2	5.7	8.7	5.3	8.1	---	7.7	5.1	---	5.1	80
79	9.2	---	9.6	5.8	---	5.9	9.7	---	9.5	---	9.1	5.6	---	---	---	5.1	7.6	---	7.4	---	79
78	9.1	5.7	9.5	---	9.7	---	9.6	5.8	9.4	5.6	9.0	---	8.6	5.2	8.0	---	7.5	---	---	---	78
77	9.0	---	9.4	---	9.6	5.8	9.5	---	9.3	---	8.9	5.5	8.5	---	7.9	5.0	---	5.0	7.3	5.0	77
76	8.9	5.6	9.3	5.7	9.4	5.7	9.4	5.7	9.2	5.5	8.8	5.4	8.4	---	7.8	---	7.4	---	7.2	---	76
75	8.8	5.5	9.2	5.6	9.3	---	9.3	---	9.1	5.4	8.7	---	8.3	5.1	---	4.9	7.3	4.9	---	4.9	75
74	8.6	5.4	9.1	5.5	---	5.6	9.2	5.6	9.0	---	---	5.3	8.2	---	7.7	---	7.2	---	7.1	---	74
73	8.5	---	9.0	---	9.2	---	9.1	5.5	8.9	5.3	8.6	---	---	5.0	7.6	4.8	7.1	---	7.0	4.8	73
72	8.4	5.3	8.9	5.4	9.0	5.5	8.9	---	8.8	5.2	8.4	5.2	8.1	---	7.5	4.7	7.0	4.8	6.8	4.7	72
71	8.3	5.2	8.8	5.3	8.9	5.4	8.8	5.4	8.7	---	8.3	---	8.0	4.9	7.4	---	---	4.6	6.7	4.6	71
70	8.2	---	8.6	---	8.8	5.3	8.7	5.3	8.6	---	8.2	5.1	7.9	---	7.3	4.6	6.9	---	6.6	---	70
69	8.1	5.1	8.5	5.2	8.6	---	8.6	---	8.5	5.1	8.1	5.1	7.7	4.8	7.1	---	6.8	4.5	6.4	4.5	69
68	8.0	5.0	8.3	---	8.5	5.2	8.5	5.2	8.3	5.0	8.0	5.0	7.6	4.7	7.0	4.5	6.7	4.4	6.2	4.4	68
67	7.9	---	8.2	5.1	8.4	---	8.3	---	8.2	4.9	7.9	4.9	7.5	4.6	---	4.4	6.6	4.3	---	4.3	67
66	7.7	4.9	8.1	5.0	8.3	5.1	8.2	5.1	8.1	---	7.8	4.8	7.4	---	6.9	---	6.5	4.2	6.1	4.2	66
65	7.5	4.8	7.8	4.9	8.1	5.0	8.1	5.0	7.8	4.8	7.6	4.7	7.2	---	6.7	4.3	6.3	4.1	---	4.1	65
64	7.4	---	7.7	4.8	7.9	4.9	7.9	4.9	7.7	4.7	7.4	---	7.1	4.5	6.6	4.2	6.2	4.0	5.9	---	64
63	7.2	4.7	7.5	4.7	7.7	4.8	7.6	4.8	7.5	4.6	7.3	4.6	6.9	4.4	6.4	---	6.1	3.9	5.7	4.0	63
62	6.9	4.6	7.3	4.6	7.5	4.7	7.4	4.7	7.3	4.5	7.1	4.5	6.7	4.2	6.2	4.1	6.0	3.8	5.4	3.9	62
61	6.6	4.4	6.9	4.4	7.1	4.6	7.1	4.5	7.0	4.4	6.7	4.2	6.4	4.1	6.0	3.9	5.7	3.6	5.1	3.6	61
60	6.0	3.9	6.3	4.0	6.5	4.2	6.5	4.1	6.4	4.1	6.2	3.9	6.0	3.7	5.7	3.5	5.3	3.4	4.9	3.4	60

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		Standing Power Throw (SPT) (Distance - meters and centimeters)																			
		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56				57-61	
Points	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Points
60	6.0	3.9	6.3	4.0	6.5	4.2	6.5	4.1	6.4	4.1	6.2	3.9	6.0	3.7	5.7	3.5	5.3	3.4	4.9	3.4	60
59	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	59
58	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	58
57	5.9	---	6.2	---	6.4	4.1	6.4	---	6.3	---	6.1	---	5.9	---	5.6	---	---	---	---	---	57
56	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	56
55	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	55
54	---	3.8	---	3.9	---	---	---	4.0	---	4.0	---	3.8	---	3.6	---	3.4	5.2	---	4.8	---	54
53	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	53
52	5.8	---	6.1	---	6.3	4.0	6.3	---	6.2	---	6.0	---	5.8	---	5.5	---	---	---	---	---	52
51	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	51
50	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	50
49	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	49
48	---	---	---	---	6.2	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	48
47	5.7	---	---	---	---	---	6.2	---	6.1	---	---	3.7	5.7	---	5.4	---	5.1	---	---	---	47
46	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	46
45	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	45
44	---	3.7	6.0	3.8	6.1	3.9	---	3.9	---	3.9	5.9	---	---	3.5	---	3.3	---	3.3	4.7	3.3	44
43	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	43
42	5.6	---	---	---	---	---	6.1	---	6.0	---	---	3.6	5.6	---	5.3	---	5.0	---	---	---	42
41	---	---	---	---	6.0	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	41
40	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	40
39	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	39
38	5.5	---	5.9	---	---	---	---	---	---	---	5.8	---	---	---	5.2	---	---	---	---	---	38
37	---	3.6	---	---	5.9	---	6.0	---	5.9	3.8	---	---	5.5	---	---	3.2	---	---	4.6	---	37
36	---	---	5.8	---	---	---	---	---	---	---	5.7	---	---	---	---	---	---	---	---	---	36
35	---	---	---	3.8	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	35
34	5.4	---	---	---	---	3.8	---	3.8	---	---	---	3.5	---	3.4	5.1	---	---	3.2	---	3.2	34
33	---	---	5.7	---	---	---	---	---	---	---	5.6	---	---	---	---	---	---	---	---	---	33
32	---	3.5	---	---	5.8	---	5.9	---	5.8	3.7	---	---	5.4	---	---	3.1	---	---	4.5	---	32
31	5.3	---	5.6	---	---	---	---	---	---	---	5.5	---	---	---	5.0	---	---	---	---	---	31
30	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	30
29	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	29
28	5.2	---	5.5	---	5.7	---	5.8	---	5.7	---	5.4	---	5.3	3.3	---	---	---	---	---	---	28
27	---	---	---	3.6	---	3.7	---	3.7	---	---	---	3.4	---	---	---	---	---	---	---	---	27
26	---	---	5.4	---	5.6	---	5.7	---	5.6	---	5.3	---	5.2	---	---	---	---	---	---	---	26
25	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	25
24	5.1	3.4	---	---	---	---	5.6	---	---	3.6	---	---	---	3.2	4.9	3.0	4.9	3.1	4.4	3.1	24
23	---	---	5.3	---	5.5	---	---	---	5.5	---	5.2	---	5.1	---	---	---	---	---	---	---	23
22	---	---	---	3.5	---	3.6	5.5	3.6	---	---	---	3.3	---	---	---	---	---	---	---	---	22
21	5.0	---	5.2	---	5.4	---	---	---	5.4	---	5.1	---	5.0	3.1	---	---	---	---	---	---	21
20	---	---	---	---	---	---	5.4	---	---	---	---	---	---	---	---	---	---	---	---	---	20
19	---	---	---	---	5.3	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	19
18	4.9	3.3	5.1	3.4	---	3.5	5.3	3.5	5.3	3.5	5.0	3.2	4.9	3.0	4.8	---	4.8	3.0	---	3.0	18
17	---	---	---	---	5.2	---	---	---	---	---	---	---	---	---	---	2.9	---	---	4.3	---	17
16	4.8	---	5.0	---	---	---	5.2	---	5.2	---	---	---	4.8	---	4.7	---	4.7	---	---	---	16
15	---	---	---	---	5.1	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	15
14	4.7	3.2	4.9	3.3	5.0	3.4	5.1	3.4	5.1	3.4	4.9	3.1	---	2.9	---	---	---	2.9	---	2.9	14
13	---	---	---	---	---	---	---	---	---	---	---	---	4.7	---	4.6	---	4.6	---	---	---	13
12	4.6	---	4.8	---	4.9	---	5.0	---	5.0	---	---	---	---	---	---	2.8	---	---	4.2	---	12
11	---	3.1	---	3.2	---	3.3	---	3.3	---	3.3	4.8	3.0	4.6	2.8	4.5	---	4.5	2.8	---	2.8	11
10	4.5	---	4.7	---	4.8	---	4.9	---	4.9	---	---	---	---	---	---	---	---	---	---	---	10
9	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	9
8	4.4	3.0	4.6	3.1	4.7	3.2	4.8	3.2	4.8	3.2	4.7	2.9	4.5	2.7	4.4	2.7	4.4	2.7	4.1	2.7	8
7	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	7
6	4.3	2.9	4.5	3.0	4.6	3.1	4.7	3.1	4.7	3.1	4.6	2.8	4.4	2.6	4.3	2.6	4.3	2.6	4.0	2.6	6
5	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	5
4	4.2	2.8	4.4	2.9	4.5	3.0	4.6	3.0	4.6	3.0	4.5	2.7	4.3	2.5	4.2	2.5	4.2	2.5	3.9	2.5	4
3	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	3
2	4.1	2.7	4.3	2.8	4.4	2.9	4.5	2.9	4.5	2.9	4.4	2.6	4.2	2.4	4.1	2.4	4.1	2.4	3.8	2.4	2
1	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	1
0	4.0	2.6	4.2	2.7	4.3	2.8	4.4	2.8	4.4	2.8	4.3	2.5	4.1	2.3	4.0	2.3	4.0	2.3	3.7	2.3	0

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		Hand-release Push-up (HRP) (number of correctly performed repetitions in 2 minutes)																			
		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56			57-61		Over 62
Points	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Points
100	57	53	61	50	62	48	60	47	59	41	56	36	55	35	51	30	46	24	43	24	100
99	56	50	60	49	59	45	59	46	57	39	55	34	53	34	48	28	43	23	41	23	99
98	54	47	57	46	56	42	56	43	54	36	53	31	50	31	45	26	40	22	39	22	98
97	53	45	54	43	55	39	54	40	53	34	50	30	47	30	43	25	38	21	37	21	97
96	51	43	53	42	53	38	53	37	51	33	48	28	44	27	40	24	37	20	35	20	96
95	50	42	52	39	52	36	52	36	48	31	46	26	42	25	38	23	35	19	34	19	95
94	49	39	50	37	51	35	50	35	46	28	44	24	41	24	35	22	34	18	33	18	94
93	48	---	49	36	49	34	48	34	45	27	43	23	39	23	34	20	33	---	31	---	93
92	47	38	48	35	48	33	47	32	44	26	42	22	38	22	33	19	31	17	30	17	92
91	46	37	47	34	47	32	45	31	43	23	41	21	36	21	32	18	30	16	29	16	91
90	45	36	46	33	46	30	44	30	42	22	38	20	34	20	31	17	29	15	26	15	90
89	44	35	45	32	45	28	43	28	41	---	37	---	33	19	30	---	26	14	24	14	89
88	43	34	44	31	44	27	42	26	39	21	36	19	---	18	28	16	25	---	---	---	88
87	42	33	43	30	43	26	41	25	38	---	34	18	32	---	27	15	24	---	23	---	87
86	41	32	42	28	42	25	40	---	37	20	33	17	31	17	26	---	23	---	---	13	86
85	---	31	41	27	41	---	39	24	34	---	32	16	30	16	25	14	---	---	22	---	85
84	40	30	40	26	40	24	38	---	33	19	---	---	29	15	24	---	22	13	21	---	84
83	39	29	38	25	38	23	36	23	32	18	31	15	28	14	23	---	21	---	20	---	83
82	38	28	37	24	37	22	34	---	---	17	30	---	27	---	---	13	20	---	19	---	82
81	---	---	---	---	36	---	33	22	31	---	29	14	25	13	22	---	19	---	18	---	81
80	37	27	35	---	35	21	---	19	30	16	28	---	23	---	21	---	18	---	17	---	80
79	36	26	34	23	34	20	32	---	29	15	27	13	22	---	20	---	---	---	16	12	79
78	35	25	33	22	33	19	---	18	28	14	26	---	---	---	19	---	17	---	---	---	78
77	34	24	32	21	32	18	31	---	27	---	25	---	21	---	18	---	---	12	15	---	77
76	33	23	31	19	---	17	30	---	26	13	23	---	---	---	17	---	16	---	14	---	76
75	32	22	---	---	31	---	29	17	25	---	22	---	20	---	---	---	15	---	---	---	75
74	---	21	---	18	30	16	28	16	24	---	21	---	19	12	16	12	---	---	13	---	74
73	31	---	30	---	29	---	26	15	23	---	20	12	18	---	---	---	14	---	---	---	73
72	30	20	27	17	27	15	24	14	22	12	---	---	17	---	15	---	---	---	---	---	72
71	29	19	26	16	26	---	23	---	21	---	19	---	16	---	14	---	13	---	12	---	71
70	28	18	25	15	23	14	22	13	20	---	18	---	15	---	---	---	---	---	---	---	70
69	27	17	22	14	21	---	21	---	19	---	17	---	14	---	13	---	---	---	---	11	69
68	25	16	21	13	---	13	20	---	17	---	16	---	13	---	---	---	12	---	11	---	68
67	24	---	---	---	---	---	19	---	16	11	15	11	---	11	12	11	---	11	---	---	67
66	23	15	20	---	20	---	17	12	15	---	14	---	12	---	---	---	---	---	---	---	66
65	22	14	17	12	18	12	16	---	14	---	13	---	---	---	---	---	11	---	---	---	65
64	20	13	16	---	16	---	14	11	13	---	12	---	---	---	11	---	---	---	---	---	64
63	17	---	14	---	14	11	13	---	12	---	---	---	11	---	---	---	---	---	---	---	63
62	16	12	13	11	12	---	12	---	---	---	11	---	---	---	---	---	---	---	---	---	62
61	13	11	12	---	11	---	11	---	11	---	---	---	---	---	---	---	---	---	---	---	61
60	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	60
50	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	50
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10	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	10
0	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	0

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	Sprint / Drag / Carry (SDC) (Overall Time: minutes and seconds)																				
	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62		
Points	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Points
100	01:29	01:55	01:30	01:55	01:30	01:55	01:33	01:59	01:36	02:02	01:40	02:09	01:45	02:11	01:52	02:18	01:58	02:26	02:09	02:26	100
99	01:31	01:59	01:32	01:56	01:31	01:57	01:34	02:01	01:37	02:04	01:42	02:10	01:46	02:13	01:55	02:21	02:02	02:28	02:12	02:28	99
98	01:34	02:02	01:33	02:00	01:34	02:01	01:37	02:05	01:40	02:10	01:44	02:15	01:50	02:22	01:57	02:28	02:03	02:34	---	02:34	98
97	01:35	02:05	01:34	02:02	01:35	02:04	01:38	02:08	01:42	02:11	01:46	02:17	01:52	02:24	02:00	02:30	02:06	02:39	02:13	02:39	97
96	01:36	02:06	01:36	02:05	01:37	02:06	01:40	02:10	01:43	02:14	01:48	02:18	01:54	02:26	02:01	02:32	02:08	02:41	---	02:41	96
95	01:37	02:08	01:37	02:06	01:38	02:08	01:41	02:11	01:45	02:15	01:49	02:20	01:55	02:28	02:03	02:35	02:09	02:44	02:14	02:44	95
94	01:39	02:10	01:39	02:09	01:40	02:10	01:43	02:14	01:47	02:18	01:51	02:23	01:57	02:30	02:05	02:38	02:11	02:45	02:15	02:45	94
93	01:40	02:12	01:40	02:10	01:41	02:12	01:44	02:15	01:48	02:20	01:52	02:25	01:59	02:31	02:06	02:40	02:13	02:46	02:16	02:46	93
92	01:41	02:13	01:41	02:12	01:42	02:13	01:45	02:17	01:49	02:21	01:53	02:27	02:00	02:33	02:07	02:41	02:15	02:48	---	02:48	92
91	01:42	02:14	01:42	02:13	01:43	02:15	01:46	02:18	01:50	02:23	01:54	02:28	02:01	02:35	02:09	02:42	02:16	02:52	---	02:52	91
90	01:43	02:16	01:43	02:15	01:45	02:16	01:48	02:20	01:52	02:25	01:56	02:30	02:02	02:37	02:10	02:44	02:17	02:54	---	02:54	90
89	01:44	02:17	01:44	02:16	01:46	02:18	01:49	02:21	01:53	02:26	01:57	02:31	02:03	02:38	02:11	02:45	02:19	02:55	02:17	02:55	89
88	01:45	02:18	01:45	02:18	01:47	02:19	01:50	02:23	01:54	02:27	01:58	02:33	02:05	02:40	02:13	02:46	02:20	02:57	02:18	02:57	88
87	01:46	02:20	01:46	02:20	01:48	02:20	01:51	02:24	01:55	02:29	01:59	02:35	02:06	02:41	02:14	02:48	02:21	02:58	02:19	02:58	87
86	01:47	02:21	01:47	02:21	01:49	02:22	01:52	02:26	01:56	02:30	02:00	02:36	02:07	02:42	02:15	02:50	02:22	02:59	02:20	02:59	86
85	01:48	02:22	01:48	02:22	01:50	02:23	01:53	02:27	01:57	02:31	02:01	02:37	02:08	02:44	02:16	02:51	02:23	03:00	02:21	03:00	85
84	01:49	02:23	01:49	02:23	01:51	02:24	01:54	02:28	01:58	02:32	02:02	02:38	02:09	02:45	02:17	02:52	02:24	03:01	02:22	03:01	84
83	01:50	02:24	01:50	02:25	01:52	02:26	01:55	02:30	01:59	02:34	02:04	02:40	02:10	02:46	02:19	02:54	02:26	03:02	02:23	03:02	83
82	01:51	02:25	01:51	02:26	01:53	02:27	01:56	02:31	02:00	02:35	02:05	02:41	02:12	02:47	02:20	02:55	02:27	03:03	02:24	03:03	82
81	01:52	02:26	01:52	02:27	01:54	02:28	01:57	02:32	02:01	02:36	02:06	02:42	02:13	02:48	02:21	02:57	02:28	03:04	02:27	03:04	81
80	01:53	02:28	01:53	02:29	01:55	02:29	01:58	02:34	02:02	02:38	02:07	02:44	02:14	02:50	02:23	02:58	02:29	03:07	02:32	03:07	80
79	01:54	02:29	01:54	02:30	01:56	02:30	01:59	02:35	02:03	02:39	02:08	02:45	02:15	02:51	02:23	02:59	02:30	03:08	02:33	03:08	79
78	01:55	02:30	01:55	02:31	01:57	02:31	02:00	02:36	02:04	02:40	02:09	02:46	02:16	02:52	02:25	03:00	02:31	03:09	02:35	03:09	78
77	01:56	02:31	01:56	02:32	01:58	02:32	02:01	02:37	02:05	02:42	02:10	02:47	02:17	02:54	02:26	03:02	02:33	03:11	02:36	03:11	77
76	01:57	02:33	01:58	02:34	01:59	02:34	02:02	02:39	02:07	02:43	02:12	02:49	02:19	02:56	02:28	03:05	02:35	03:17	02:38	03:17	76
75	01:58	02:34	01:59	02:35	02:00	02:36	02:03	02:40	02:08	02:45	02:13	02:50	02:20	02:57	02:29	03:07	02:36	03:21	02:41	03:21	75
74	01:59	02:35	02:00	02:37	02:01	02:37	02:04	02:41	02:09	02:46	02:14	02:52	02:21	02:58	02:30	03:09	02:37	03:25	02:43	03:25	74
73	02:00	02:37	02:01	02:38	02:02	02:38	02:05	02:43	02:10	02:47	02:15	02:53	02:23	02:59	02:31	03:10	02:38	03:32	02:44	03:32	73
72	02:01	02:39	02:02	02:40	02:04	02:40	02:07	02:45	02:12	02:49	02:17	02:55	02:25	03:00	02:32	03:13	02:40	03:34	02:46	03:34	72
71	02:02	02:40	02:03	02:42	02:05	02:41	02:08	02:46	02:13	02:50	02:18	02:56	02:26	03:02	02:34	03:16	02:42	03:35	02:47	03:35	71
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69	02:04	02:44	02:07	02:45	02:08	02:45	02:11	02:50	02:16	02:55	02:22	03:00	02:29	03:08	02:37	03:25	02:45	03:40	02:52	03:40	69
68	02:06	02:45	02:08	02:47	02:10	02:47	02:13	02:51	02:18	02:56	02:23	03:01	02:30	03:10	02:38	03:27	02:47	03:41	02:56	03:41	68
67	02:07	02:47	02:10	02:49	02:11	02:49	02:15	02:53	02:20	02:58	02:25	03:02	02:32	03:14	02:40	03:29	02:48	03:43	02:57	03:43	67
66	02:08	02:49	02:11	02:51	02:13	02:51	02:16	02:55	02:21	03:00	02:26	03:06	02:34	03:16	02:41	03:33	02:50	03:46	03:00	03:46	66
65	02:11	02:53	02:14	02:54	02:15	02:54	02:19	02:58	02:24	03:02	02:29	03:10	02:37	03:21	02:44	03:38	02:53	03:54	03:03	03:54	65
64	02:13	02:55	02:16	02:57	02:17	02:56	02:21	03:00	02:26	03:05	02:31	03:12	02:39	03:24	02:46	03:42	02:55	04:00	03:09	04:00	64
63	02:15	02:58	02:18	02:59	02:20	02:59	02:24	03:02	02:28	03:09	02:33	03:17	02:41	03:29	02:48	03:45	02:57	04:08	03:11	04:08	63
62	02:17	03:00	02:21	03:01	02:22	03:00	02:26	03:06	02:31	03:13	02:36	03:21	02:44	03:32	02:50	03:50	02:59	04:16	03:12	04:16	62
61	02:22	03:08	02:26	03:09	02:28	03:07	02:31	03:15	02:36	03:21	02:41	03:31	02:48	03:42	02:57	03:58	03:04	04:21	03:14	04:21	61
60	02:28	03:15	02:31	03:15	02:32	03:15	02:36	03:22	02:41	03:27	02:45	03:42	02:53	03:51	03:00	04:03	03:12	04:48	03:16	04:48	60

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		Sprint / Drag / Carry (SDC) (Overall Time: minutes and seconds)																			
		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61			Over 62
Points	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Points
60	02:28	03:15	02:31	03:15	02:32	03:15	02:36	03:22	02:41	03:27	02:45	03:42	02:53	03:51	03:00	04:03	03:12	04:48	03:16	04:48	60
59	02:29	03:16	02:32	03:16	02:33	03:16	02:37	03:23	02:42	03:28	02:46	03:43	02:54	03:52	03:01	04:04	03:13	04:49	03:17	04:49	59
58	02:30	03:17	02:33	03:17	02:34	03:17	02:38	03:24	02:43	03:29	02:47	03:44	02:55	03:53	03:02	04:05	03:14	04:50	03:18	04:50	58
57	02:31	03:18	02:34	03:18	02:35	03:18	02:39	03:25	02:44	03:30	02:48	03:45	02:56	03:54	03:03	04:06	03:15	04:51	03:19	04:51	57
56	02:32	03:19	02:35	03:19	02:36	03:19	02:40	03:26	02:45	03:31	02:49	03:46	02:57	03:55	03:04	04:07	03:16	04:52	03:20	04:52	56
55	02:33	03:20	02:36	03:20	02:37	03:20	02:41	03:27	02:46	03:32	02:50	03:47	02:58	03:56	03:05	04:08	03:17	04:53	03:21	04:53	55
54	02:34	03:21	02:37	03:21	02:38	03:21	02:42	03:28	02:47	03:33	02:51	03:48	02:59	03:57	03:06	04:09	03:18	04:54	03:22	04:54	54
53	02:35	03:22	02:38	03:22	02:39	03:22	02:43	03:29	02:48	03:34	02:52	03:49	03:00	03:58	03:07	04:10	03:19	04:55	03:23	04:55	53
52	02:36	03:23	02:39	03:23	02:40	03:23	02:44	03:30	02:49	03:35	02:53	03:50	03:01	03:59	03:08	04:11	03:20	04:56	03:24	04:56	52
51	02:37	03:24	02:40	03:24	02:41	03:24	02:45	03:31	02:50	03:36	02:54	03:51	03:02	04:00	03:09	04:12	03:21	04:57	03:25	04:57	51
50	02:38	03:25	02:41	03:25	02:42	03:25	02:46	03:32	02:51	03:37	02:55	03:52	03:03	04:01	03:10	04:13	03:22	04:58	03:26	04:58	50
49	02:39	03:26	02:42	03:26	02:43	03:26	02:47	03:33	02:52	03:38	02:56	03:53	03:04	04:02	03:11	04:14	03:23	04:59	03:27	04:59	49
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28	03:00	03:47	03:03	03:47	03:04	03:47	03:08	03:54	03:13	03:59	03:17	04:14	03:25	04:23	03:32	04:35	03:44	05:20	03:48	05:20	28
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26	03:02	03:49	03:05	03:49	03:06	03:49	03:10	03:56	03:15	04:01	03:19	04:16	03:27	04:25	03:34	04:37	03:46	05:22	03:50	05:22	26
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23	03:05	03:52	03:08	03:52	03:09	03:52	03:13	03:59	03:18	04:04	03:22	04:19	03:30	04:28	03:37	04:40	03:49	05:25	03:53	05:25	23
22	03:06	03:53	03:09	03:53	03:10	03:53	03:14	04:00	03:19	04:05	03:23	04:20	03:31	04:29	03:38	04:41	03:50	05:26	03:54	05:26	22
21	03:07	03:54	03:10	03:54	03:11	03:54	03:15	04:01	03:20	04:06	03:24	04:21	03:32	04:30	03:39	04:42	03:51	05:27	03:55	05:27	21
20	03:08	03:55	03:11	03:55	03:12	03:55	03:16	04:02	03:21	04:07	03:25	04:22	03:33	04:31	03:40	04:43	03:52	05:28	03:56	05:28	20
19	03:09	03:56	03:12	03:56	03:13	03:56	03:17	04:03	03:22	04:08	03:26	04:23	03:34	04:32	03:41	04:44	03:53	05:29	03:57	05:29	19
18	03:10	03:57	03:13	03:57	03:14	03:57	03:18	04:04	03:23	04:09	03:27	04:24	03:35	04:33	03:42	04:45	03:54	05:30	03:58	05:30	18
17	03:11	03:58	03:14	03:58	03:15	03:58	03:19	04:05	03:24	04:10	03:28	04:25	03:36	04:34	03:43	04:46	03:55	05:31	03:59	05:31	17
16	03:12	03:59	03:15	03:59	03:16	03:59	03:20	04:06	03:25	04:11	03:29	04:26	03:37	04:35	03:44	04:47	03:56	05:32	04:00	05:32	16
15	03:13	04:00	03:16	04:00	03:17	04:00	03:21	04:07	03:26	04:12	03:30	04:27	03:38	04:36	03:45	04:48	03:57	05:33	04:01	05:33	15
14	03:14	04:01	03:17	04:01	03:18	04:01	03:22	04:08													

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		Plank (PLK) (maintain proper straightline position (Time: minutes and seconds))																			
		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61			
Points	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Points
100	03:40	03:40	03:35	03:35	03:30	03:30	03:25	03:25	03:20	03:20	03:20	03:20	03:20	03:20	03:20	03:20	03:20	03:20	03:20	03:20	100
99	03:37	03:37	03:32	03:32	03:27	03:27	03:22	03:22	03:17	03:17	03:17	03:17	03:17	03:17	03:17	03:17	03:17	03:17	03:17	03:17	99
98	03:34	03:34	03:29	03:29	03:24	03:24	03:19	03:19	03:14	03:14	03:14	03:14	03:14	03:14	03:14	03:14	03:14	03:14	03:14	03:14	98
97	03:30	03:30	03:25	03:25	03:20	03:20	03:15	03:15	03:10	03:10	03:10	03:10	03:10	03:10	03:10	03:10	03:10	03:10	03:10	03:10	97
96	03:27	03:27	03:22	03:22	03:17	03:17	03:12	03:12	03:07	03:07	03:07	03:07	03:07	03:07	03:07	03:07	03:07	03:07	03:07	03:07	96
95	03:24	03:24	03:19	03:19	03:14	03:14	03:09	03:09	03:04	03:04	03:04	03:04	03:04	03:04	03:04	03:04	03:04	03:04	03:04	03:04	95
94	03:21	03:21	03:16	03:16	03:11	03:11	03:06	03:06	03:01	03:01	03:01	03:01	03:01	03:01	03:01	03:01	03:01	03:01	03:01	03:01	94
93	03:17	03:17	03:12	03:12	03:07	03:07	03:02	03:02	02:57	02:57	02:57	02:57	02:57	02:57	02:57	02:57	02:57	02:57	02:57	02:57	93
92	03:14	03:14	03:09	03:09	03:04	03:04	02:59	02:59	02:54	02:54	02:54	02:54	02:54	02:54	02:54	02:54	02:54	02:54	02:54	02:54	92
91	03:11	03:11	03:06	03:06	03:01	03:01	02:56	02:56	02:51	02:51	02:51	02:51	02:51	02:51	02:51	02:51	02:51	02:51	02:51	02:51	91
90	03:08	03:08	03:03	03:03	02:58	02:58	02:53	02:53	02:47	02:47	02:47	02:47	02:47	02:47	02:47	02:47	02:47	02:47	02:47	02:47	90
89	03:04	03:04	02:59	02:59	02:54	02:54	02:49	02:49	02:44	02:44	02:44	02:44	02:44	02:44	02:44	02:44	02:44	02:44	02:44	02:44	89
88	03:01	03:01	02:56	02:56	02:51	02:51	02:46	02:46	02:41	02:41	02:41	02:41	02:41	02:41	02:41	02:41	02:41	02:41	02:41	02:41	88
87	02:58	02:58	02:53	02:53	02:48	02:48	02:43	02:43	02:38	02:38	02:38	02:38	02:38	02:38	02:38	02:38	02:38	02:38	02:38	02:38	87
86	02:55	02:55	02:50	02:50	02:45	02:45	02:40	02:40	02:35	02:35	02:35	02:35	02:35	02:35	02:35	02:35	02:35	02:35	02:35	02:35	86
85	02:51	02:51	02:46	02:46	02:41	02:41	02:36	02:36	02:31	02:31	02:31	02:31	02:31	02:31	02:31	02:31	02:31	02:31	02:31	02:31	85
84	02:48	02:48	02:43	02:43	02:38	02:38	02:33	02:33	02:28	02:28	02:28	02:28	02:28	02:28	02:28	02:28	02:28	02:28	02:28	02:28	84
83	02:45	02:45	02:40	02:40	02:35	02:35	02:30	02:30	02:25	02:25	02:25	02:25	02:25	02:25	02:25	02:25	02:25	02:25	02:25	02:25	83
82	02:41	02:41	02:37	02:37	02:31	02:31	02:27	02:27	02:22	02:22	02:22	02:22	02:22	02:22	02:22	02:22	02:22	02:22	02:22	02:22	82
81	02:38	02:38	02:33	02:33	02:28	02:28	02:23	02:23	02:18	02:18	02:18	02:18	02:18	02:18	02:18	02:18	02:18	02:18	02:18	02:18	81
80	02:35	02:35	02:30	02:30	02:25	02:25	02:20	02:20	02:15	02:15	02:15	02:15	02:15	02:15	02:15	02:15	02:15	02:15	02:15	02:15	80
79	02:32	02:32	02:27	02:27	02:22	02:22	02:17	02:17	02:12	02:12	02:12	02:12	02:12	02:12	02:12	02:12	02:12	02:12	02:12	02:12	79
78	02:29	02:29	02:23	02:23	02:18	02:18	02:13	02:13	02:08	02:08	02:08	02:08	02:08	02:08	02:08	02:08	02:08	02:08	02:08	02:08	78
77	02:25	02:25	02:20	02:20	02:15	02:15	02:10	02:10	02:05	02:05	02:05	02:05	02:05	02:05	02:05	02:05	02:05	02:05	02:05	02:05	77
76	02:22	02:22	02:17	02:17	02:12	02:12	02:07	02:07	02:02	02:02	02:02	02:02	02:02	02:02	02:02	02:02	02:02	02:02	02:02	02:02	76
75	02:19	02:19	02:14	02:14	02:09	02:09	02:04	02:04	01:59	01:59	01:59	01:59	01:59	01:59	01:59	01:59	01:59	01:59	01:59	01:59	75
74	02:15	02:15	02:10	02:10	02:06	02:06	02:00	02:00	01:56	01:56	01:56	01:56	01:56	01:56	01:56	01:56	01:56	01:56	01:56	01:56	74
73	02:12	02:12	02:07	02:07	02:02	02:02	01:57	01:57	01:52	01:52	01:52	01:52	01:52	01:52	01:52	01:52	01:52	01:52	01:52	01:52	73
72	02:09	02:09	02:04	02:04	01:59	01:59	01:54	01:54	01:49	01:49	01:49	01:49	01:49	01:49	01:49	01:49	01:49	01:49	01:49	01:49	72
71	02:06	02:06	02:01	02:01	01:56	01:56	01:51	01:51	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:46	71
70	02:02	02:02	01:58	01:58	01:52	01:52	01:47	01:47	01:42	01:42	01:42	01:42	01:42	01:42	01:42	01:42	01:42	01:42	01:42	01:42	70
69	01:59	01:59	01:54	01:54	01:49	01:49	01:44	01:44	01:39	01:39	01:39	01:39	01:39	01:39	01:39	01:39	01:39	01:39	01:39	01:39	69
68	01:56	01:56	01:51	01:51	01:46	01:46	01:41	01:41	01:36	01:36	01:36	01:36	01:36	01:36	01:36	01:36	01:36	01:36	01:36	01:36	68
67	01:53	01:53	01:48	01:48	01:43	01:43	01:38	01:38	01:33	01:33	01:33	01:33	01:33	01:33	01:33	01:33	01:33	01:33	01:33	01:33	67
66	01:49	01:49	01:45	01:45	01:39	01:39	01:35	01:35	01:30	01:30	01:30	01:30	01:30	01:30	01:30	01:30	01:30	01:30	01:30	01:30	66
65	01:46	01:46	01:41	01:41	01:36	01:36	01:31	01:31	01:26	01:26	01:26	01:26	01:26	01:26	01:26	01:26	01:26	01:26	01:26	01:26	65
64	01:43	01:43	01:38	01:38	01:33	01:33	01:28	01:28	01:23	01:23	01:23	01:23	01:23	01:23	01:23	01:23	01:23	01:23	01:23	01:23	64
63	01:40	01:40	01:35	01:35	01:30	01:30	01:25	01:25	01:20	01:20	01:20	01:20	01:20	01:20	01:20	01:20	01:20	01:20	01:20	01:20	63
62	01:37	01:37	01:32	01:32	01:26	01:26	01:22	01:22	01:16	01:16	01:16	01:16	01:16	01:16	01:16	01:16	01:16	01:16	01:16	01:16	62
61	01:33	01:33	01:28	01:28	01:23	01:23	01:18	01:18	01:13	01:13	01:13	01:13	01:13	01:13	01:13	01:13	01:13	01:13	01:13	01:13	61
60	01:30	01:30	01:25	01:25	01:20	01:20	01:15	01:15	01:10	01:10	01:10	01:10	01:10	01:10	01:10	01:10	01:10	01:10	01:10	01:10	60

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	Plank(PLK) (maintain proper straightline position (Time: minutes and seconds))																				
	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62		
Points	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Points
60	01:30	01:30	01:25	01:25	01:20	01:20	01:15	01:15	01:10	01:10	01:10	01:10	01:10	01:10	01:10	01:10	01:10	01:10	01:10	01:10	60
59	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	59
58	01:29	01:29	01:24	01:24	01:19	01:19	01:14	01:14	01:09	01:09	01:09	01:09	01:09	01:09	01:09	01:09	01:09	01:09	01:09	01:09	58
57	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	57
56	01:28	01:28	01:23	01:23	01:18	01:18	01:13	01:13	01:08	01:08	01:08	01:08	01:08	01:08	01:08	01:08	01:08	01:08	01:08	01:08	56
55	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	55
54	01:27	01:27	01:22	01:22	01:17	01:17	01:12	01:12	01:07	01:07	01:07	01:07	01:07	01:07	01:07	01:07	01:07	01:07	01:07	01:07	54
53	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	53
52	01:26	01:26	01:21	01:21	01:16	01:16	01:11	01:11	01:06	01:06	01:06	01:06	01:06	01:06	01:06	01:06	01:06	01:06	01:06	01:06	52
51	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	51
50	01:25	01:25	01:20	01:20	01:15	01:15	01:10	01:10	01:05	01:05	01:05	01:05	01:05	01:05	01:05	01:05	01:05	01:05	01:05	01:05	60
49	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	49
48	01:24	01:24	01:19	01:19	01:14	01:14	01:09	01:09	01:04	01:04	01:04	01:04	01:04	01:04	01:04	01:04	01:04	01:04	01:04	01:04	48
47	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	47
46	01:23	01:23	01:18	01:18	01:13	01:13	01:08	01:08	01:03	01:03	01:03	01:03	01:03	01:03	01:03	01:03	01:03	01:03	01:03	01:03	46
45	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	45
44	01:22	01:22	01:17	01:17	01:12	01:12	01:07	01:07	01:02	01:02	01:02	01:02	01:02	01:02	01:02	01:02	01:02	01:02	01:02	01:02	44
43	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	43
42	01:21	01:21	01:16	01:16	01:11	01:11	01:06	01:06	01:01	01:01	01:01	01:01	01:01	01:01	01:01	01:01	01:01	01:01	01:01	01:01	42
41	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	41
40	01:20	01:20	01:15	01:15	01:10	01:10	01:05	01:05	01:00	01:00	01:00	01:00	01:00	01:00	01:00	01:00	01:00	01:00	01:00	01:00	40
39	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	39
38	01:19	01:19	01:14	01:14	01:09	01:09	01:04	01:04	00:59	00:59	00:59	00:59	00:59	00:59	00:59	00:59	00:59	00:59	00:59	00:59	38
37	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	37
36	01:18	01:18	01:13	01:13	01:08	01:08	01:03	01:03	00:58	00:58	00:58	00:58	00:58	00:58	00:58	00:58	00:58	00:58	00:58	00:58	36
35	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	35
34	01:17	01:17	01:12	01:12	01:07	01:07	01:02	01:02	00:57	00:57	00:57	00:57	00:57	00:57	00:57	00:57	00:57	00:57	00:57	00:57	34
33	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	33
32	01:16	01:16	01:11	01:11	01:06	01:06	01:01	01:01	00:56	00:56	00:56	00:56	00:56	00:56	00:56	00:56	00:56	00:56	00:56	00:56	32
31	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	31
30	01:15	01:15	01:10	01:10	01:05	01:05	01:00	01:00	00:55	00:55	00:55	00:55	00:55	00:55	00:55	00:55	00:55	00:55	00:55	00:55	30
29	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	29
28	01:14	01:14	01:09	01:09	01:04	01:04	00:59	00:59	00:54	00:54	00:54	00:54	00:54	00:54	00:54	00:54	00:54	00:54	00:54	00:54	28
27	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	27
26	01:13	01:13	01:08	01:08	01:03	01:03	00:58	00:58	00:53	00:53	00:53	00:53	00:53	00:53	00:53	00:53	00:53	00:53	00:53	00:53	26
25	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	25
24	01:12	01:12	01:07	01:07	01:02	01:02	00:57	00:57	00:52	00:52	00:52	00:52	00:52	00:52	00:52	00:52	00:52	00:52	00:52	00:52	24
23	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	23
22	01:11	01:11	01:06	01:06	01:01	01:01	00:56	00:56	00:51	00:51	00:51	00:51	00:51	00:51	00:51	00:51	00:51	00:51	00:51	00:51	22
21	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	21
20	01:10	01:10	01:05	01:05	01:00	01:00	00:55	00:55	00:50	00:50	00:50	00:50	00:50	00:50	00:50	00:50	00:50	00:50	00:50	00:50	20
19	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	19
18	01:09	01:09	01:04	01:04	00:59	00:59	00:54	00:54	00:49	00:49	00:49	00:49	00:49	00:49	00:49	00:49	00:49	00:49	00:49	00:49	18
17	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	17
16	01:08	01:08	01:03	01:03	00:58	00:58	00:53	00:53	00:48	00:48	00:48	00:48	00:48	00:48	00:48	00:48	00:48	00:48	00:48	00:48	16
15	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	15
14	01:07	01:07	01:02	01:02	00:57	00:57	00:52	00:52	00:47	00:47	00:47	00:47	00:47	00:47	00:47	00:47	00:47	00:47	00:47	00:47	14
13	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	13
12	01:06	01:06	01:01	01:01	00:56	00:56	00:51	00:51	00:46	00:46	00:46	00:46	00:46	00:46	00:46	00:46	00:46	00:46	00:46	00:46	12
11	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	11
10	01:05	01:05	01:00	01:00	00:55	00:55	00:50	00:50	00:45	00:45	00:45	00:45	00:45	00:45	00:45	00:45	00:45	00:45	00:45	00:45	10
9	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	9
8	01:04	01:04	00:59	00:59	00:54	00:54	00:49	00:49	00:44	00:44	00:44	00:44	00:44	00:44	00:44	00:44	00:44	00:44	00:44	00:44	8
7	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	7
6	01:03	01:03	00:58	00:58	00:53	00:53	00:48	00:48	00:43	00:43	00:43	00:43	00:43	00:43	00:43	00:43	00:43	00:43	00:43	00:43	6
5	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	5
4	01:02	01:02	00:57	00:57	00:52	00:52	00:47	00:47	00:42	00:42	00:42	00:42	00:42	00:42	00:42	00:42	00:42	00:42	00:42	00:42	4
3	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	3
2	01:01	01:01	00:56	00:56	00:51	00:51	00:46	00:46	00:41	00:41	00:41	00:41	00:41	00:41	00:41	00:41	00:41	00:41	00:41	00:41	2
1	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	1
0	01:00	01:00	00:55	00:55	00:50	00:50	00:45	00:45	00:40	00:40	00:40	00:40	00:40	00:40	00:40	00:40	00:40	00:40	00:40	00:40	0



As of March 23, 2022

		Two-Mile Run (2MR) (Overall time - minutes and seconds)																				
		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61				Over 62
Points		M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Points
100		13:22	15:29	13:27	15:00	13:31	15:00	13:42	15:18	13:58	15:30	14:05	15:49	14:30	15:58	15:09	16:29	15:28	17:18	15:28	17:18	100
99		13:42	15:55	13:50	15:30	13:58	15:30	14:06	15:46	14:20	15:56	14:29	16:12	14:54	16:14	15:34	17:01	15:55	17:47	15:55	17:47	99
98		14:00	16:16	14:08	15:51	14:15	15:53	14:25	16:07	14:37	16:18	14:48	16:35	15:14	16:36	15:55	17:22	16:22	17:56	16:22	17:56	98
97		14:15	16:34	14:25	16:09	14:31	16:10	14:40	16:28	14:53	16:36	15:04	16:50	15:32	16:56	16:14	17:38	16:44	18:00	16:44	18:00	97
96		14:28	16:48	14:38	16:26	14:45	16:26	14:54	16:43	15:06	16:51	15:20	17:07	15:48	17:15	16:28	17:50	16:58	18:25	16:58	18:25	96
95		14:40	17:01	14:50	16:39	14:57	16:40	15:06	16:57	15:19	17:04	15:33	17:24	16:02	17:28	16:42	18:00	17:14	18:31	17:14	18:31	95
94		14:51	17:14	15:01	16:52	15:07	16:54	15:18	17:08	15:30	17:18	15:45	17:35	16:15	17:39	16:55	18:13	17:27	18:36	17:27	18:36	94
93		15:00	17:27	15:13	17:04	15:19	17:05	15:30	17:20	15:41	17:30	15:56	17:47	16:27	17:53	17:06	18:20	17:45	18:46	17:45	18:46	93
92		15:11	17:37	15:23	17:16	15:30	17:17	15:39	17:30	15:51	17:41	16:06	17:56	16:36	18:00	17:16	18:30	17:57	18:48	17:57	18:48	92
91		15:20	17:47	15:32	17:28	15:39	17:27	15:49	17:41	16:00	17:52	16:18	18:06	16:46	18:12	17:26	18:40	18:07	18:56	18:07	18:56	91
90		15:30	17:56	15:43	17:37	15:48	17:35	15:58	17:50	16:10	18:00	16:28	18:16	16:57	18:24	17:36	18:53	18:17	18:59	18:17	18:59	90
89		15:39	18:04	15:53	17:47	15:58	17:46	16:07	18:00	16:20	18:10	16:38	18:26	17:07	18:34	17:48	19:02	18:25	19:04	18:25	19:04	89
88		15:48	18:13	16:01	17:57	16:05	17:55	16:16	18:09	16:30	18:20	16:47	18:35	17:16	18:44	17:57	19:14	18:36	19:14	18:36	19:14	88
87		15:57	18:22	16:10	18:04	16:15	18:02	16:25	18:18	16:38	18:30	16:55	18:44	17:26	18:55	18:04	19:29	18:45	19:29	18:45	19:29	87
86		16:05	18:30	16:20	18:13	16:24	18:12	16:32	18:27	16:46	18:36	17:04	18:53	17:34	19:04	18:15	19:36	18:53	19:41	18:53	19:41	86
85		16:14	18:39	16:29	18:23	16:32	18:21	16:41	18:36	16:55	18:45	17:12	19:01	17:43	19:13	18:24	19:45	19:00	19:45	19:00	19:45	85
84		16:22	18:46	16:37	18:30	16:41	18:30	16:49	18:45	17:03	18:52	17:21	19:10	17:51	19:22	18:32	19:58	19:07	19:58	19:07	19:58	84
83		16:30	18:54	16:46	18:39	16:49	18:37	16:58	18:52	17:13	19:00	17:30	19:19	18:00	19:30	18:40	20:02	19:17	20:02	19:17	20:02	83
82		16:39	19:00	16:55	18:48	16:58	18:46	17:05	19:00	17:21	19:05	17:38	19:27	18:06	19:40	18:49	20:07	19:27	20:07	19:27	20:07	82
81		16:48	19:09	17:04	18:56	17:05	18:54	17:15	19:07	17:30	19:14	17:47	19:36	18:16	19:45	18:56	20:17	19:36	20:17	19:36	20:17	81
80		16:57	19:17	17:13	19:03	17:14	19:00	17:23	19:15	17:38	19:22	17:55	19:45	18:26	19:52	19:03	20:22	19:45	20:22	19:45	20:22	80
79		17:05	19:24	17:22	19:12	17:23	19:08	17:31	19:23	17:45	19:30	18:00	19:51	18:33	19:59	19:13	20:31	19:51	20:31	19:51	20:31	79
78		17:15	19:32	17:30	19:21	17:31	19:16	17:40	19:31	17:54	19:37	18:10	19:58	18:42	20:06	19:21	20:38	19:59	20:38	19:59	20:38	78
77		17:24	19:40	17:40	19:30	17:41	19:25	17:48	19:40	18:00	19:48	18:20	20:02	18:51	20:14	19:30	20:43	20:07	20:43	20:07	20:43	77
76		17:33	19:48	17:49	19:39	17:50	19:33	17:56	19:47	18:10	19:56	18:29	20:12	19:00	20:20	19:36	20:44	20:14	20:44	20:14	20:44	76
75		17:43	19:56	17:59	19:47	17:58	19:42	18:03	19:55	18:18	20:02	18:37	20:21	19:07	20:29	19:45	20:44	20:22	20:44	20:22	20:44	75
74		17:52	20:03	18:07	19:56	18:05	19:50	18:12	20:01	18:28	20:12	18:46	20:32	19:17	20:36	19:53	20:50	20:31	20:50	20:31	20:50	74
73		18:01	20:12	18:17	20:04	18:15	19:59	18:23	20:10	18:37	20:20	18:56	20:38	19:27	20:43	20:00	21:03	20:41	21:03	20:41	21:03	73
72		18:12	20:21	18:28	20:14	18:25	20:07	18:33	20:18	18:47	20:30	19:04	20:47	19:36	20:44	20:08	21:15	20:46	21:15	20:46	21:15	72
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69		18:47	20:49	19:00	20:43	18:58	20:36	19:03	20:44	19:19	20:55	19:38	21:08	20:06	21:24	20:39	21:43	21:01	21:43	21:01	21:43	69
68		19:00	20:58	19:13	20:53	19:09	20:45	19:16	20:54	19:30	21:00	19:50	21:20	20:17	21:36	20:49	21:59	21:19	21:59	21:19	22:02	68
67		19:12	21:03	19:26	21:00	19:22	20:56	19:28	21:00	19:42	21:04	20:00	21:35	20:28	21:49	20:59	22:09	21:35	22:09	21:35	22:15	67
66		19:27	21:20	19:40	21:06	19:36	21:00	19:41	21:05	19:55	21:20	20:10	21:51	20:40	22:01	21:00	22:23	21:47	22:23	21:47	22:31	66
65		19:43	21:37	19:56	21:24	19:51	21:15	19:56	21:27	20:07	21:36	20:25	22:05	20:53	22:13	21:16	22:33	22:03	22:33	22:03	22:44	65
64		20:00	21:54	20:12	21:44	20:06	21:34	20:11	21:48	20:22	21:56	20:40	22:20	21:00	22:28	21:39	22:43	22:21	22:43	22:21	22:50	64
63		20:19	22:11	20:30	22:03	20:25	21:56	20:29	22:06	20:41	22:11	20:58	22:36	21:13	22:35	22:00	22:52	22:39	23:01	22:39	23:04	63
62		20:42	22:35	20:52	22:24	20:46	22:18	20:49	22:30	21:00	22:34	21:00	22:53	21:43	22:50	22:24	23:04	22:58	23:22	22:58	23:22	62
61		21:03	22:58	21:14	22:50	21:00	22:46	21:01	22:55	21:17	23:00	21:44	23:10	22:17	23:25	22:53	23:44	23:12	24:05	23:12	24:11	61
60		22:00	23:22	22:00	23:15	22:00	23:13	22:00	23:19	22:11	23:23	22:32	23:42	22:55	24:00	23:20	24:24	23:36	24:48	23:36	25:00	60

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As of March 23, 2022

		Two-Mile Run (2MR) (Overall time - minutes and seconds)																			
		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61			Over 62
Points	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Points
60	22:00	23:22	22:00	23:15	22:00	23:13	22:00	23:19	22:11	23:23	22:32	23:42	22:55	24:00	23:20	24:24	23:36	24:48	23:36	25:00	60
59	22:01	23:23	22:01	23:16	22:01	23:14	22:01	23:20	22:12	23:24	22:33	23:43	22:56	24:01	23:21	24:25	23:37	24:49	23:37	25:01	59
58	22:03	23:25	22:03	23:18	22:03	23:16	22:03	23:22	22:14	23:26	22:35	23:45	22:58	24:03	23:23	24:27	23:39	24:51	23:39	25:03	58
57	22:05	23:27	22:05	23:20	22:05	23:18	22:05	23:24	22:16	23:28	22:37	23:47	23:00	24:05	23:25	24:29	23:41	24:53	23:41	25:05	57
56	22:07	23:29	22:07	23:22	22:07	23:20	22:07	23:26	22:18	23:30	22:39	23:49	23:02	24:07	23:27	24:31	23:43	24:55	23:43	25:07	56
55	22:09	23:31	22:09	23:24	22:09	23:22	22:09	23:28	22:20	23:32	22:41	23:51	23:04	24:09	23:29	24:33	23:45	24:57	23:45	25:09	55
54	22:11	23:33	22:11	23:26	22:11	23:24	22:11	23:30	22:22	23:34	22:43	23:53	23:06	24:11	23:31	24:35	23:47	24:59	23:47	25:11	54
53	22:13	23:35	22:13	23:28	22:13	23:26	22:13	23:32	22:24	23:36	22:45	23:55	23:08	24:13	23:33	24:37	23:49	25:01	23:49	25:13	53
52	22:15	23:37	22:15	23:30	22:15	23:28	22:15	23:34	22:26	23:38	22:47	23:57	23:10	24:15	23:35	24:39	23:51	25:03	23:51	25:15	52
51	22:17	23:39	22:17	23:32	22:17	23:30	22:17	23:36	22:28	23:40	22:49	23:59	23:12	24:17	23:37	24:41	23:53	25:05	23:53	25:17	51
50	22:19	23:41	22:19	23:34	22:19	23:32	22:19	23:38	22:30	23:42	22:51	24:01	23:14	24:19	23:39	24:43	23:55	25:07	23:55	25:19	50
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48	22:23	23:45	22:23	23:38	22:23	23:36	22:23	23:42	22:34	23:46	22:55	24:05	23:18	24:23	23:43	24:47	23:59	25:11	23:59	25:23	48
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46	22:27	23:49	22:27	23:42	22:27	23:40	22:27	23:46	22:38	23:50	22:59	24:09	23:22	24:27	23:47	24:51	24:03	25:15	24:03	25:27	46
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41	22:37	23:59	22:37	23:52	22:37	23:50	22:37	23:56	22:48	24:00	23:09	24:19	23:32	24:37	23:57	25:01	24:13	25:25	24:13	25:37	41
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17	23:26	24:48	23:26	24:41	23:26	24:39	23:26	24:45	23:37	24:49	23:58	25:08	24:21	25:26	24:46	25:50	25:02	26:14	25:02	26:26	17
16	23:28	24:50	23:28	24:43	23:28	24:41	23:28	24:47	23:39	24:51	24:00	25:10	24:23	25:28	24:48	25:52	25:04	26:16	25:04	26:28	16
15	23:30	24:52	23:30	24:45	23:30	24:43	23:30	24:49	23:41	24:53	24:02	25:12	24:25	25:30	24:50	25:54	25:06	26:18	25:06	26:30	15
14	23:32	24:54	23:32	24:47	23:32	24:45	23:32	24:51	23:43	24:54:											

As of March 23, 2022

TABLES FOR PERMANENT PROFILE BASED ALTERNATE AEROBIC EVENTS ARE AS FOLLOWS:

Event	Alternate Events (Go/No-Go) (Overall time for required distance - minutes and seconds)																			
	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
2.5-mile Walk	31:00	34:00	30:45	33:30	30:30	33:00	30:45	33:30	31:00	34:00	31:00	34:00	32:00	35:00	32:00	35:00	33:00	36:00	33:00	36:00
12 km Bike	26:25	28:58	26:12	28:31	26:00	28:07	26:12	28:31	26:25	28:58	26:25	28:58	27:16	29:50	27:16	29:50	28:07	30:41	28:07	30:41
1 km Swim	30:48	33:48	30:30	33:18	30:20	32:48	30:30	33:18	30:48	33:48	30:48	33:48	31:48	34:48	31:48	34:48	32:50	35:48	32:50	35:48
5 km Row	30:48	33:48	30:30	33:18	30:20	32:48	30:30	33:18	30:48	33:48	30:48	33:48	31:48	34:48	31:48	34:48	32:50	35:48	32:50	35:48