

# Army Physical Fitness Test Scorecard

For use of this form, see FM 21-20; the proponent agency is TRADOC

NAME (LAST, FIRST MIDDLE)

SSN

GENDER

UNIT

| TEST ONE   |   |   | TEST TWO   |   |   | TEST THREE   |   |   | TEST FOUR  |   |   |
|--|---|---|--|---|---|--|---|---|--|---|---|
| DATE   | GRADE   | AGE   | DATE   | GRADE   | AGE   | DATE   | GRADE   | AGE   | DATE   | GRADE   | AGE   |
| HEIGHT (IN INCHES)   | BODY COMPOSITION  |   | HEIGHT (IN INCHES)   | BODY COMPOSITION  |   | HEIGHT (IN INCHES)   | BODY COMPOSITION  |   | HEIGHT (IN INCHES)   | BODY COMPOSITION  |   |
|  | WEIGHT:<br>_____ lbs<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> | BODY FAT:<br>_____ %<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> |  | WEIGHT:<br>_____ lbs<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> | BODY FAT:<br>_____ %<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> |  | WEIGHT:<br>_____ lbs<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> | BODY FAT:<br>_____ %<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> |  | WEIGHT:<br>_____ lbs<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> | BODY FAT:<br>_____ %<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> |
| PU RAW SCORE   | INITIALS  | POINTS  | PU RAW SCORE   | INITIALS  | POINTS  | PU RAW SCORE   | INITIALS  | POINTS  | PU RAW SCORE   | INITIALS  | POINTS  |
| SU RAW SCORE   | INITIALS  | POINTS  | SU RAW SCORE   | INITIALS  | POINTS  | SU RAW SCORE   | INITIALS  | POINTS  | SU RAW SCORE   | INITIALS  | POINTS  |
| 2MR RAW SCORE  | INITIALS  | POINTS  | 2MR RAW SCORE  | INITIALS  | POINTS  | 2MR RAW SCORE  | INITIALS  | POINTS  | 2MR RAW SCORE  | INITIALS  | POINTS  |
| ALTERNATE AEROBIC EVENT<br>EVENT _____<br>TIME _____<br>GO <input type="checkbox"/> NO-GO <input type="checkbox"/> |   | TOTAL POINTS  | ALTERNATE AEROBIC EVENT<br>EVENT _____<br>TIME _____<br>GO <input type="checkbox"/> NO-GO <input type="checkbox"/> |   | TOTAL POINTS  | ALTERNATE AEROBIC EVENT<br>EVENT _____<br>TIME _____<br>GO <input type="checkbox"/> NO-GO <input type="checkbox"/> |   | TOTAL POINTS  | ALTERNATE AEROBIC EVENT<br>EVENT _____<br>TIME _____<br>GO <input type="checkbox"/> NO-GO <input type="checkbox"/> |   | TOTAL POINTS  |
| NCOIC/OIC SIGNATURE  |   |   | NCOIC/OIC SIGNATURE  |   |   | NCOIC/OIC SIGNATURE  |   |   | NCOIC/OIC SIGNATURE  |   |   |
| COMMENTS   |   |   | COMMENTS   |   |   | COMMENTS   |   |   | COMMENTS   |   |   |

**SPECIAL INSTRUCTION: USE INK**

**LEGEND:** PU - PUSHUPS      2MR - 2 MILE RUN  
SU - SIT UPS      APFT - ARMY PHYSICAL FITNESS TEST

**Data Required by the Privacy Act of 1974**

Title DA form 705  
Authority 5 USC Section 301  
Disclosure of requested information is mandatory.

Individuals not providing information cannot be rated/scored. The principal purpose and routine use of this information are to maintain a record of individual scores on physical fitness events.

# Army Physical Fitness Test Scorecard

For use of this form, see FM 21-20; the proponent agency is TRADOC

NAME (LAST, FIRST MIDDLE)

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UNIT

| TEST FIVE  |  |  | TEST SIX   |  |  | TEST SEVEN   |  |  | TEST EIGHT   |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|
| DATE   | GRADE  | AGE  | DATE   | GRADE  | AGE  | DATE   | GRADE  | AGE  | DATE   | GRADE  | AGE  |
| HEIGHT (IN INCHES)   | BODY COMPOSITION   |  | HEIGHT (IN INCHES)   | BODY COMPOSITION   |  | HEIGHT (IN INCHES)   | BODY COMPOSITION   |  | HEIGHT (IN INCHES)   | BODY COMPOSITION   |  |
|  | WEIGHT:<br>____ lbs<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> | BODY FAT:<br>____ %<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> |  | WEIGHT:<br>____ lbs<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> | BODY FAT:<br>____ %<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> |  | WEIGHT:<br>____ lbs<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> | BODY FAT:<br>____ %<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> |  | WEIGHT:<br>____ lbs<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> | BODY FAT:<br>____ %<br>GO / NO-GO<br><input type="checkbox"/> <input type="checkbox"/> |
| PU RAW SCORE   | INITIALS   | POINTS   | PU RAW SCORE   | INITIALS   | POINTS   | PU RAW SCORE   | INITIALS   | POINTS   | PU RAW SCORE   | INITIALS   | POINTS   |
| SU RAW SCORE   | INITIALS   | POINTS   | SU RAW SCORE   | INITIALS   | POINTS   | SU RAW SCORE   | INITIALS   | POINTS   | SU RAW SCORE   | INITIALS   | POINTS   |
| 2MR RAW SCORE  | INITIALS   | POINTS   | 2MR RAW SCORE  | INITIALS   | POINTS   | 2MR RAW SCORE  | INITIALS   | POINTS   | 2MR RAW SCORE  | INITIALS   | POINTS   |
| ALTERNATE AEROBIC EVENT<br>EVENT _____<br>TIME _____<br>GO <input type="checkbox"/> NO-GO <input type="checkbox"/> |  | TOTAL POINTS   | ALTERNATE AEROBIC EVENT<br>EVENT _____<br>TIME _____<br>GO <input type="checkbox"/> NO-GO <input type="checkbox"/> |  | TOTAL POINTS   | ALTERNATE AEROBIC EVENT<br>EVENT _____<br>TIME _____<br>GO <input type="checkbox"/> NO-GO <input type="checkbox"/> |  | TOTAL POINTS   | ALTERNATE AEROBIC EVENT<br>EVENT _____<br>TIME _____<br>GO <input type="checkbox"/> NO-GO <input type="checkbox"/> |  | TOTAL POINTS   |
| NCOIC/OIC SIGNATURE  |  |  | NCOIC/OIC SIGNATURE  |  |  | NCOIC/OIC SIGNATURE  |  |  | NCOIC/OIC SIGNATURE  |  |  |
| COMMENTS   |  |  | COMMENTS   |  |  | COMMENTS   |  |  | COMMENTS   |  |  |

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### SIT-UP STANDARDS

| AGE GROUP   | 17-21 | 22-26 | 27-31 | 32-36 | 37-41 | AGE GROUP   | 42-46 | 47-51 | 52-56 | 57-61 | 62+ | AGE GROUP   |
|-------------|-------|-------|-------|-------|-------|-------------|-------|-------|-------|-------|-----|-------------|
| Repetitions | MF    | MF    | MF    | MF    | MF    | Repetitions | MF    | MF    | MF    | MF    | MF  | Repetitions |
| 82          |       |       | 100   |       |       | 82          |       |       |       |       |     | 82          |
| 81          |       |       | 99    |       |       | 81          |       |       |       |       |     | 81          |
| 80          |       | 100   | 98    |       |       | 80          |       |       |       |       |     | 80          |
| 79          |       | 99    | 97    |       |       | 79          |       |       |       |       |     | 79          |
| 78          | 100   | 97    | 96    |       |       | 78          |       |       |       |       |     | 78          |
| 77          | 98    | 96    | 95    |       |       | 77          |       |       |       |       |     | 77          |
| 76          | 97    | 95    | 94    | 100   | 100   | 76          |       |       |       |       |     | 76          |
| 75          | 95    | 93    | 92    | 99    | 99    | 75          |       |       |       |       |     | 75          |
| 74          | 94    | 92    | 91    | 98    | 98    | 74          |       |       |       |       |     | 74          |
| 73          | 92    | 91    | 90    | 96    | 97    | 73          |       |       |       |       |     | 73          |
| 72          | 90    | 89    | 88    | 95    | 96    | 72          | 100   |       |       |       |     | 72          |
| 71          | 89    | 88    | 88    | 94    | 95    | 71          | 99    |       |       |       |     | 71          |
| 70          | 87    | 87    | 87    | 93    | 94    | 70          | 98    |       |       |       |     | 70          |
| 69          | 86    | 85    | 86    | 92    | 93    | 69          | 97    |       |       |       |     | 69          |
| 68          | 84    | 84    | 85    | 91    | 92    | 68          | 96    |       |       |       |     | 68          |
| 67          | 82    | 83    | 84    | 89    | 91    | 67          | 95    |       |       |       |     | 67          |
| 66          | 81    | 81    | 83    | 88    | 89    | 66          | 94    | 100   | 100   |       |     | 66          |
| 65          | 79    | 80    | 82    | 87    | 88    | 65          | 93    | 99    | 99    |       |     | 65          |
| 64          | 78    | 79    | 81    | 86    | 87    | 64          | 92    | 98    | 98    | 100   |     | 64          |
| 63          | 76    | 77    | 79    | 85    | 86    | 63          | 91    | 97    | 97    | 99    | 100 | 63          |
| 62          | 74    | 76    | 78    | 84    | 85    | 62          | 90    | 96    | 96    | 98    | 99  | 62          |
| 61          | 73    | 75    | 77    | 82    | 84    | 61          | 89    | 94    | 95    | 97    | 98  | 61          |
| 60          | 71    | 73    | 76    | 81    | 83    | 60          | 88    | 93    | 94    | 96    | 97  | 60          |
| 59          | 70    | 72    | 75    | 80    | 82    | 59          | 87    | 92    | 93    | 95    | 96  | 59          |
| 58          | 68    | 71    | 74    | 79    | 81    | 58          | 86    | 91    | 92    | 94    | 95  | 58          |
| 57          | 66    | 69    | 73    | 78    | 80    | 57          | 85    | 90    | 91    | 92    | 94  | 57          |
| 56          | 65    | 68    | 72    | 76    | 79    | 56          | 84    | 89    | 89    | 91    | 92  | 56          |
| 55          | 63    | 67    | 71    | 75    | 78    | 55          | 83    | 88    | 88    | 90    | 91  | 55          |
| 54          | 62    | 65    | 70    | 74    | 77    | 54          | 82    | 87    | 87    | 89    | 90  | 54          |
| 53          | 60    | 64    | 69    | 73    | 76    | 53          | 81    | 86    | 86    | 88    | 89  | 53          |
| 52          | 58    | 63    | 68    | 72    | 75    | 52          | 80    | 84    | 85    | 87    | 88  | 52          |
| 51          | 57    | 61    | 66    | 71    | 74    | 51          | 79    | 83    | 84    | 86    | 87  | 51          |
| 50          | 55    | 60    | 65    | 69    | 73    | 50          | 78    | 82    | 83    | 85    | 86  | 50          |
| 49          | 54    | 59    | 64    | 68    | 72    | 49          | 77    | 81    | 82    | 84    | 85  | 49          |
| 48          | 52    | 57    | 63    | 67    | 71    | 48          | 76    | 80    | 81    | 83    | 84  | 48          |
| 47          | 50    | 56    | 62    | 66    | 69    | 47          | 75    | 79    | 80    | 82    | 83  | 47          |
| 46          | 49    | 55    | 61    | 65    | 68    | 46          | 74    | 78    | 79    | 81    | 82  | 46          |
| 45          | 47    | 53    | 60    | 64    | 67    | 45          | 73    | 77    | 78    | 79    | 81  | 45          |
| 44          | 46    | 52    | 59    | 62    | 66    | 44          | 72    | 76    | 77    | 78    | 79  | 44          |
| 43          | 44    | 50    | 58    | 61    | 65    | 43          | 71    | 74    | 76    | 77    | 78  | 43          |
| 42          | 42    | 49    | 57    | 60    | 64    | 42          | 70    | 73    | 75    | 76    | 77  | 42          |
| 41          | 41    | 48    | 56    | 59    | 63    | 41          | 69    | 72    | 74    | 75    | 76  | 41          |
| 40          | 39    | 47    | 55    | 58    | 62    | 40          | 68    | 71    | 73    | 74    | 75  | 40          |
| 39          | 38    | 45    | 54    | 56    | 61    | 39          | 67    | 70    | 72    | 73    | 74  | 39          |
| 38          | 36    | 44    | 52    | 55    | 60    | 38          | 66    | 69    | 71    | 72    | 73  | 38          |
| 37          | 34    | 43    | 51    | 54    | 59    | 37          | 65    | 68    | 69    | 71    | 72  | 37          |
| 36          | 33    | 41    | 50    | 53    | 58    | 36          | 64    | 67    | 68    | 70    | 71  | 36          |
| 35          | 31    | 40    | 49    | 52    | 57    | 35          | 63    | 66    | 67    | 69    | 70  | 35          |
| 34          | 30    | 39    | 48    | 50    | 56    | 34          | 62    | 64    | 66    | 68    | 69  | 34          |
| 33          | 28    | 37    | 47    | 49    | 55    | 33          | 61    | 63    | 65    | 66    | 68  | 33          |
| 32          | 26    | 36    | 46    | 48    | 54    | 32          | 60    | 62    | 64    | 65    | 66  | 32          |
| 31          | 25    | 35    | 45    | 47    | 53    | 31          | 59    | 61    | 63    | 64    | 65  | 31          |
| 30          | 23    | 33    | 44    | 46    | 52    | 30          | 58    | 60    | 62    | 63    | 64  | 30          |
| 29          | 22    | 32    | 43    | 45    | 50    | 29          | 57    | 59    | 61    | 62    | 63  | 29          |
| 28          | 20    | 31    | 42    | 44    | 49    | 28          | 56    | 58    | 60    | 61    | 62  | 28          |
| 27          | 18    | 29    | 41    | 42    | 48    | 27          | 55    | 57    | 59    | 60    | 61  | 27          |
| 26          | 17    | 28    | 39    | 41    | 47    | 26          | 54    | 56    | 58    | 59    | 60  | 26          |
| 25          | 15    | 27    | 38    | 40    | 46    | 25          | 53    | 54    | 57    | 58    | 59  | 25          |
| 24          | 14    | 25    | 37    | 39    | 45    | 24          | 52    | 53    | 56    | 57    | 58  | 24          |
| 23          | 12    | 24    | 36    | 38    | 44    | 23          | 51    | 52    | 55    | 56    | 57  | 23          |
| 22          | 10    | 23    | 35    | 38    | 43    | 22          | 50    | 51    | 54    | 55    | 56  | 22          |
| 21          | 9     | 21    | 34    | 35    | 42    | 21          | 49    | 50    | 53    | 54    | 55  | 21          |
| Repetitions | MF    | MF    | MF    | MF    | MF    | Repetitions | MF    | MF    | MF    | MF    | MF  | Repetitions |
| AGE GROUP   | 17-21 | 22-26 | 27-31 | 32-36 | 37-41 | AGE GROUP   | 42-46 | 47-51 | 52-56 | 57-61 | 62+ | AGE GROUP   |

Scoring standards are used to convert raw scores to point scores after test events are completed. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldier's appropriate age column. Record that number in the Sit-Up points block on the front of the scorecard.

## PUSH-UP STANDARDS

| Age group   |     | 17-21 |     | 22-26 |     | 27-31 |     | 32-36 |    | 37-41 |    | Age group   |     | 42-46 |     | 47-51 |     | 52-56 |     | 57-61 |     | 62+ |     | Age group   |  |
|-------------|-----|-------|-----|-------|-----|-------|-----|-------|----|-------|----|-------------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-----|-----|-------------|--|
| Repetitions |     | M     | F   | M     | F   | M     | F   | M     | F  | M     | F  | Repetitions |     | M     | F   | M     | F   | M     | F   | M     | F   | M   | F   | Repetitions |  |
| 77          |     |       |     |       | 100 |       |     |       |    |       |    | 77          |     |       |     |       |     |       |     |       |     |     |     | 77          |  |
| 76          |     |       |     |       | 99  |       |     |       |    |       |    | 76          |     |       |     |       |     |       |     |       |     |     |     | 76          |  |
| 75          |     |       | 100 |       | 98  |       | 100 |       |    |       |    | 75          |     |       |     |       |     |       |     |       |     |     |     | 75          |  |
| 74          |     |       |     |       | 99  |       | 97  |       | 99 |       |    | 74          |     |       |     |       |     |       |     |       |     |     |     | 74          |  |
| 73          |     |       |     | 98    |     | 98    |     | 98    |    | 100   |    | 73          |     |       |     |       |     |       |     |       |     |     |     | 73          |  |
| 72          |     |       |     |       | 97  |       | 95  |       | 97 |       | 99 | 72          |     |       |     |       |     |       |     |       |     |     |     | 72          |  |
| 71          | 100 |       |     |       | 95  |       | 94  |       | 96 |       | 98 | 71          |     |       |     |       |     |       |     |       |     |     |     | 71          |  |
| 70          | 99  |       |     |       | 94  |       | 93  |       | 95 |       | 97 | 70          |     |       |     |       |     |       |     |       |     |     |     | 70          |  |
| 69          | 97  |       |     |       | 93  |       | 92  |       | 94 |       | 96 | 69          |     |       |     |       |     |       |     |       |     |     |     | 69          |  |
| 68          | 96  |       |     |       | 92  |       | 91  |       | 93 |       | 95 | 68          |     |       |     |       |     |       |     |       |     |     |     | 68          |  |
| 67          | 94  |       |     |       | 91  |       | 89  |       | 92 |       | 94 | 67          |     |       |     |       |     |       |     |       |     |     |     | 67          |  |
| 66          | 93  |       |     |       | 90  |       | 88  |       | 91 |       | 93 | 66          | 100 |       |     |       |     |       |     |       |     |     |     | 66          |  |
| 65          | 92  |       |     |       | 89  |       | 87  |       | 90 |       | 92 | 65          | 99  |       |     |       |     |       |     |       |     |     |     | 65          |  |
| 64          | 90  |       |     |       | 87  |       | 86  |       | 89 |       | 91 | 64          | 98  |       |     |       |     |       |     |       |     |     |     | 64          |  |
| 63          | 89  |       |     |       | 86  |       | 85  |       | 88 |       | 90 | 63          | 97  |       |     |       |     |       |     |       |     |     |     | 63          |  |
| 62          | 88  |       |     |       | 85  |       | 84  |       | 87 |       | 89 | 62          | 96  |       |     |       |     |       |     |       |     |     |     | 62          |  |
| 61          | 86  |       |     |       | 84  |       | 83  |       | 86 |       | 88 | 61          | 94  |       |     |       |     |       |     |       |     |     |     | 61          |  |
| 60          | 85  |       |     |       | 83  |       | 82  |       | 85 |       | 87 | 60          | 93  |       |     |       |     |       |     |       |     |     |     | 60          |  |
| 59          | 83  |       |     |       | 82  |       | 81  |       | 84 |       | 86 | 59          | 92  | 100   |     |       |     |       |     |       |     |     |     | 59          |  |
| 58          | 82  |       |     |       | 81  |       | 80  |       | 83 |       | 85 | 58          | 91  | 99    |     |       |     |       |     |       |     |     |     | 58          |  |
| 57          | 81  |       |     |       | 79  |       | 79  |       | 82 |       | 84 | 57          | 90  | 98    |     |       |     |       |     |       |     |     |     | 57          |  |
| 56          | 79  |       |     |       | 78  |       | 78  |       | 81 |       | 83 | 56          | 89  | 96    |     | 100   |     |       |     |       |     |     |     | 56          |  |
| 55          | 78  |       |     |       | 77  |       | 77  |       | 79 |       | 82 | 55          | 88  | 95    |     | 99    |     |       |     |       |     |     |     | 55          |  |
| 54          | 77  |       |     |       | 76  |       | 76  |       | 78 |       | 81 | 54          | 87  | 94    |     | 98    |     |       |     |       |     |     |     | 54          |  |
| 53          | 75  |       |     |       | 75  |       | 75  |       | 77 |       | 79 | 53          | 86  | 93    |     | 97    |     | 100   |     |       |     |     |     | 53          |  |
| 52          | 74  |       |     |       | 74  |       | 74  |       | 76 |       | 78 | 52          | 84  | 92    |     | 96    |     | 99    |     |       |     |     |     | 52          |  |
| 51          | 72  |       |     |       | 73  |       | 73  |       | 75 |       | 77 | 51          | 83  | 91    |     | 94    |     | 98    |     |       |     |     |     | 51          |  |
| 50          | 71  |       |     |       | 71  |       | 72  | 100   | 74 |       | 76 | 50          | 82  | 89    |     | 93    |     | 97    |     | 100   |     |     |     | 50          |  |
| 49          | 70  |       |     |       | 70  |       | 71  | 99    | 73 |       | 75 | 49          | 81  | 88    |     | 92    |     | 95    |     | 99    |     |     |     | 49          |  |
| 48          | 68  |       |     |       | 69  |       | 69  | 98    | 72 |       | 74 | 48          | 80  | 87    |     | 91    |     | 94    |     | 98    |     |     |     | 48          |  |
| 47          | 67  |       |     |       | 68  |       | 68  | 96    | 71 |       | 73 | 47          | 79  | 86    |     | 90    |     | 93    |     | 96    |     |     |     | 47          |  |
| 46          | 66  |       |     |       | 67  | 100   | 67  | 95    | 70 |       | 72 | 46          | 78  | 85    |     | 89    |     | 92    |     | 95    |     |     |     | 46          |  |
| 45          | 64  |       |     |       | 66  | 99    | 66  | 94    | 69 | 100   | 71 | 45          | 77  | 84    |     | 88    |     | 91    |     | 94    |     |     |     | 45          |  |
| 44          | 63  |       |     |       | 65  | 97    | 65  | 93    | 68 | 99    | 70 | 44          | 76  | 82    |     | 87    |     | 90    |     | 93    |     |     |     | 44          |  |
| 43          | 61  |       |     |       | 63  | 96    | 64  | 92    | 67 | 97    | 69 | 43          | 74  | 81    |     | 86    |     | 89    |     | 92    |     |     |     | 43          |  |
| 42          | 60  | 100   |     |       | 62  | 94    | 63  | 90    | 66 | 96    | 68 | 42          | 73  | 80    |     | 84    |     | 87    |     | 91    |     |     |     | 42          |  |
| 41          | 59  | 98    |     |       | 61  | 93    | 62  | 89    | 65 | 95    | 67 | 41          | 72  | 79    |     | 83    |     | 86    |     | 89    |     |     |     | 41          |  |
| 40          | 57  | 97    |     |       | 60  | 92    | 61  | 88    | 64 | 93    | 66 | 100         | 40  | 71    |     | 78    |     | 82    |     | 85    |     |     |     | 40          |  |
| 39          | 56  | 95    |     |       | 59  | 90    | 60  | 87    | 63 | 92    | 65 | 99          | 39  | 70    |     | 76    |     | 81    |     | 84    |     |     |     | 39          |  |
| 38          | 54  | 93    |     |       | 58  | 89    | 59  | 85    | 62 | 91    | 64 | 97          | 38  | 69    |     | 75    |     | 80    |     | 83    |     |     |     | 38          |  |
| 37          | 53  | 91    |     |       | 57  | 88    | 58  | 84    | 61 | 89    | 63 | 96          | 37  | 68    | 100 | 74    |     | 79    |     | 82    |     |     |     | 37          |  |
| 36          | 52  | 90    |     |       | 56  | 86    | 57  | 83    | 60 | 88    | 62 | 94          | 36  | 67    | 98  | 73    |     | 78    |     | 81    |     |     |     | 36          |  |
| 35          | 50  | 88    |     |       | 54  | 85    | 56  | 82    | 59 | 87    | 61 | 93          | 35  | 66    | 97  | 72    |     | 77    |     | 79    |     |     |     | 35          |  |
| 34          | 49  | 86    |     |       | 53  | 83    | 55  | 81    | 58 | 85    | 60 | 91          | 34  | 64    | 95  | 71    | 100 | 76    |     | 78    |     |     |     | 34          |  |
| 33          | 48  | 84    |     |       | 52  | 82    | 54  | 79    | 57 | 84    | 59 | 90          | 33  | 63    | 94  | 69    | 98  | 74    |     | 77    |     |     |     | 33          |  |
| 32          | 46  | 83    |     |       | 51  | 81    | 53  | 78    | 56 | 83    | 58 | 88          | 32  | 62    | 92  | 68    | 97  | 73    |     | 76    |     |     |     | 32          |  |
| 31          | 45  | 81    |     |       | 50  | 79    | 52  | 77    | 55 | 81    | 57 | 87          | 31  | 61    | 90  | 67    | 95  | 72    | 100 | 75    |     |     |     | 31          |  |
| 30          | 43  | 79    |     |       | 49  | 78    | 50  | 76    | 54 | 80    | 56 | 85          | 30  | 60    | 89  | 66    | 93  | 71    | 98  | 74    |     |     |     | 30          |  |
| 29          | 42  | 77    |     |       | 47  | 77    | 49  | 75    | 53 | 79    | 55 | 84          | 29  | 59    | 87  | 65    | 92  | 70    | 96  | 73    |     |     |     | 29          |  |
| 28          | 41  | 76    |     |       | 46  | 76    | 48  | 73    | 52 | 77    | 54 | 82          | 28  | 58    | 86  | 64    | 90  | 69    | 95  | 71    | 100 | 74  |     | 28          |  |
| 27          | 39  | 74    |     |       | 45  | 74    | 47  | 72    | 51 | 76    | 53 | 81          | 27  | 57    | 84  | 62    | 88  | 68    | 93  | 70    | 96  | 73  |     | 27          |  |
| 26          | 38  | 72    |     |       | 44  | 72    | 46  | 71    | 50 | 75    | 52 | 79          | 26  | 56    | 82  | 61    | 87  | 67    | 91  | 69    | 96  | 72  |     | 26          |  |
| 25          | 37  | 70    |     |       | 43  | 71    | 45  | 70    | 49 | 73    | 51 | 78          | 25  | 54    | 81  | 60    | 85  | 66    | 89  | 68    | 94  | 71  | 100 | 25          |  |
| 24          | 35  | 69    |     |       | 42  | 70    | 44  | 68    | 48 | 72    | 50 | 76          | 24  | 53    | 79  | 59    | 83  | 64    | 87  | 67    | 92  | 69  | 98  | 24          |  |
| 23          | 34  | 67    |     |       | 41  | 68    | 43  | 67    | 47 | 71    | 49 | 75          | 23  | 52    | 78  | 58    | 82  | 63    | 85  | 66    | 90  | 68  | 96  | 23          |  |
| 22          | 32  | 65    |     |       | 39  | 67    | 42  | 66    | 46 | 69    | 48 | 73          | 22  | 51    | 76  | 56    | 80  | 62    | 84  | 65    | 88  | 67  | 93  | 22          |  |
| 21          | 31  | 63    |     |       | 38  | 66    | 41  | 65    | 45 | 68    | 47 | 72          | 21  | 50    | 74  | 55    | 78  | 61    | 82  | 63    | 86  | 66  | 91  | 21          |  |
| 20          | 30  | 62    |     |       | 37  | 64    | 40  | 64    | 44 | 67    | 46 | 70          | 20  | 49    | 73  | 54    | 77  | 60    | 80  | 62    | 84  | 65  | 89  | 20          |  |
| 19          | 28  | 60    |     |       | 36  | 63    | 39  | 62    | 43 | 65    | 45 | 69          | 19  | 48    | 71  | 53    | 75  | 59    | 78  | 61    | 82  | 64  | 87  | 19          |  |
| 18          | 27  | 58    |     |       | 35  | 61    | 38  | 61    | 42 | 64    | 44 | 67          | 18  | 47    | 70  | 52    | 73  | 58    | 76  | 60    | 80  | 62  | 84  | 18          |  |
| 17          | 26  | 57    |     |       | 34  | 60    | 37  | 60    | 41 | 63    | 43 | 66          | 17  | 46    | 68  | 51    | 72  | 57    | 75  | 59    | 78  | 61  | 82  | 17          |  |
| 16          | 24  | 55    |     |       | 33  | 58    | 36  | 59    | 39 | 61    | 42 | 64          | 16  | 44    | 66  | 49    | 70  | 56    | 73  | 58    | 76  | 60  | 80  | 16          |  |
| 15          | 23  | 53    |     |       | 31  | 57    | 35  | 58    | 38 | 60    | 41 | 63          | 15  | 43    | 65  | 48    | 68  | 54    | 71  | 57    | 74  | 59  | 78  | 15          |  |
| 14          | 21  | 51    |     |       | 30  | 56    | 34  | 56    | 37 | 59    | 39 | 61          | 14  | 42    | 63  | 47    | 67  | 53    | 69  | 55    | 72  | 58  | 76  | 14          |  |
| 13          | 20  | 50    |     |       | 29  | 54    | 33  | 55    | 36 | 58    | 38 | 60          | 13  | 41    | 62  | 46    | 65  | 52    | 67  | 54    | 70  | 56  | 73  | 13          |  |
| 12          | 19  | 48    |     |       | 28  | 52    | 32  | 54    | 35 | 56    | 37 | 59          | 12  | 40    | 60  | 45    | 63  | 51    | 65  | 53    | 68  | 55  | 71  | 12          |  |
| 11          | 17  | 46    |     |       | 27  | 50    | 31  | 52    | 34 | 54    | 36 | 57          | 11  | 39    | 58  | 44    | 62  | 50    | 64  | 52    | 66  | 54  | 69  | 11          |  |
| 10          | 16  | 44    |     |       | 26  | 49    | 29  | 50    | 33 | 52    | 35 | 56          | 10  | 38    | 57  | 42    | 60  | 49    | 62  | 51    | 64  | 53  | 67  | 10          |  |
| 9           | 14  | 43    |     |       | 25  | 49    | 28  | 49    | 32 | 50    | 34 | 54          | 9   | 37    | 55  | 41    | 58  | 48    | 60  | 50    | 62  | 52  | 64  | 9           |  |
| 8           | 13  | 41    |     |       | 23  | 48    | 27  | 49    | 31 | 49    | 33 | 53          | 8   | 36    | 54  | 40    | 57  | 47    | 58  | 49    | 60  | 51  | 62  | 8           |  |
| 7           | 12  | 39    |     |       | 22  | 46    | 26  | 48    | 30 | 49    | 32 | 51          | 7   | 34    | 52  | 39    | 55  | 46    | 56  | 47    | 58  | 49  | 60  | 7           |  |
| 6           | 10  | 37    |     |       | 21  | 45    | 25  | 47    | 29 | 48    | 31 | 50          | 6   | 33    | 50  | 38    | 53  | 44    | 55  | 46    | 56  | 48  | 59  | 6           |  |
| 5           | 9   | 36    |     |       | 20  | 43    | 24  | 45    | 28 | 47    | 30 | 48          | 5   | 32    | 49  | 36    | 52  | 43    | 53  | 45    | 54  | 47  | 58  | 5           |  |
| 4           | 8   | 34    |     |       | 19  | 42    | 23  | 44    | 27 | 45    | 29 | 47          |     |       |     |       |     |       |     |       |     |     |     |             |  |
| 3           | 6   | 32    |     |       | 18  | 41    | 22  | 43    | 26 | 44    | 28 | 45          |     |       |     |       |     |       |     |       |     |     |     |             |  |
| 2           | 5   | 30    |     |       | 17  | 39    | 21  | 42    | 25 | 43    | 27 | 44          |     |       |     |       |     |       |     |       |     |     |     |             |  |
| 1           | 3   | 29    |     |       | 15  | 38    | 20  | 41    | 24 | 41    | 26 | 42          |     |       |     |       |     |       |     |       |     |     |     |             |  |
| Repetitions |     | M     | F   | M     | F   | M     | F   | M     | F  | M     | F  | Repetitions |     | M     | F   | M     | F   | M     | F   | M     | F   | M   | F   | Repetitions |  |
| Age group   |     | 17-   |     |       |     |       |     |       |    |       |    |             |     |       |     |       |     |       |     |       |     |     |     |             |  |

### 2-MILE RUN STANDARDS

| AGE GROUP | 17-21 |     |   |    | 22-26 |   |   |    | 27-31 |   |    |     | 32-36 |    |     |   | 37-41 |   |     |       | AGE GROUP | 42-46 |   |     |     | 47-51 |     |   |   | 52-56 |   |      |       | 57-61 |  |  |  | AGE GROUP |
|-----------|-------|-----|---|----|-------|---|---|----|-------|---|----|-----|-------|----|-----|---|-------|---|-----|-------|-----------|-------|---|-----|-----|-------|-----|---|---|-------|---|------|-------|-------|--|--|--|-----------|
|           | Time  | M   | F | M  | F     | M | F | M  | F     | M | F  | M   | F     | M  | F   | M | F     | M | F   | Time  |           | M     | F | M   | F   | M     | F   | M | F | M     | F | Time |       |       |  |  |  |           |
| 12:54     |       |     |   |    |       |   |   |    |       |   |    |     |       |    |     |   |       |   |     | 12:54 |           |       |   |     |     |       |     |   |   |       |   |      |       | 12:54 |  |  |  |           |
| 13:00     | 100   |     |   |    | 100   |   |   |    |       |   |    |     |       |    |     |   |       |   |     | 13:00 |           |       |   |     |     |       |     |   |   |       |   |      | 13:00 |       |  |  |  |           |
| 13:06     | 99    |     |   |    |       |   |   |    |       |   |    |     |       |    |     |   |       |   |     | 13:06 |           |       |   |     |     |       |     |   |   |       |   |      | 13:06 |       |  |  |  |           |
| 13:12     | 97    |     |   |    | 96    |   |   |    |       |   |    |     |       |    |     |   |       |   |     | 13:12 |           |       |   |     |     |       |     |   |   |       |   |      | 13:12 |       |  |  |  |           |
| 13:18     | 96    |     |   |    | 97    |   |   |    | 100   |   |    | 100 |       |    |     |   |       |   |     | 13:18 |           |       |   |     |     |       |     |   |   |       |   |      | 13:18 |       |  |  |  |           |
| 13:24     | 94    |     |   |    | 96    |   |   |    | 99    |   |    | 99  |       |    |     |   |       |   |     | 13:24 |           |       |   |     |     |       |     |   |   |       |   |      | 13:24 |       |  |  |  |           |
| 13:30     | 93    |     |   |    | 94    |   |   |    | 96    |   |    | 96  |       |    |     |   |       |   |     | 13:30 |           |       |   |     |     |       |     |   |   |       |   |      | 13:30 |       |  |  |  |           |
| 13:36     | 92    |     |   |    | 93    |   |   |    | 97    |   |    | 97  |       |    |     |   |       |   | 100 | 13:36 |           |       |   |     |     |       |     |   |   |       |   |      | 13:36 |       |  |  |  |           |
| 13:42     | 90    |     |   |    | 92    |   |   |    | 96    |   |    | 96  |       |    |     |   |       |   | 99  | 13:42 |           |       |   |     |     |       |     |   |   |       |   |      | 13:42 |       |  |  |  |           |
| 13:48     | 89    |     |   |    | 91    |   |   |    | 95    |   |    | 95  |       |    |     |   |       |   | 98  | 13:48 |           |       |   |     |     |       |     |   |   |       |   |      | 13:48 |       |  |  |  |           |
| 13:54     | 88    |     |   |    | 90    |   |   |    | 94    |   |    | 94  |       |    |     |   |       |   | 97  | 13:54 |           |       |   |     |     |       |     |   |   |       |   |      | 13:54 |       |  |  |  |           |
| 14:00     | 86    |     |   |    | 89    |   |   |    | 92    |   |    | 94  |       |    |     |   |       |   | 97  | 14:00 |           |       |   |     |     |       |     |   |   |       |   |      | 14:00 |       |  |  |  |           |
| 14:06     | 85    |     |   |    | 88    |   |   |    | 91    |   |    | 93  |       |    |     |   |       |   | 96  | 14:06 | 100       |       |   |     |     |       |     |   |   |       |   |      | 14:06 |       |  |  |  |           |
| 14:12     | 83    |     |   |    | 87    |   |   |    | 90    |   |    | 92  |       |    |     |   |       |   | 95  | 14:12 | 99        |       |   |     |     |       |     |   |   |       |   |      | 14:12 |       |  |  |  |           |
| 14:18     | 82    |     |   |    | 86    |   |   |    | 89    |   |    | 91  |       |    |     |   |       |   | 94  | 14:18 | 96        |       |   |     |     |       |     |   |   |       |   |      | 14:18 |       |  |  |  |           |
| 14:24     | 81    |     |   |    | 84    |   |   |    | 88    |   |    | 90  |       |    |     |   |       |   | 93  | 14:24 | 97        |       |   | 100 |     |       |     |   |   |       |   |      | 14:24 |       |  |  |  |           |
| 14:30     | 79    |     |   |    | 83    |   |   |    | 87    |   |    | 89  |       |    |     |   |       |   | 92  | 14:30 | 97        |       |   | 99  |     |       |     |   |   |       |   |      | 14:30 |       |  |  |  |           |
| 14:36     | 78    |     |   |    | 82    |   |   |    | 86    |   |    | 88  |       |    |     |   |       |   | 91  | 14:36 | 96        |       |   | 96  |     |       |     |   |   |       |   |      | 14:36 |       |  |  |  |           |
| 14:42     | 77    |     |   |    | 81    |   |   |    | 85    |   |    | 87  |       |    |     |   |       |   | 90  | 14:42 | 95        |       |   | 98  |     |       | 100 |   |   |       |   |      | 14:42 |       |  |  |  |           |
| 14:48     | 75    |     |   |    | 80    |   |   |    | 84    |   |    | 86  |       |    |     |   |       |   | 89  | 14:48 | 94        |       |   | 97  |     |       | 99  |   |   |       |   |      | 14:48 |       |  |  |  |           |
| 14:54     | 74    |     |   |    | 79    |   |   |    | 83    |   |    | 85  |       |    |     |   |       |   | 88  | 14:54 | 93        |       |   | 96  |     |       | 96  |   |   |       |   |      | 14:54 |       |  |  |  |           |
| 15:00     | 72    |     |   |    | 78    |   |   |    | 82    |   |    | 85  |       |    |     |   |       |   | 88  | 15:00 | 92        |       |   | 95  |     |       | 98  |   |   |       |   |      | 15:00 |       |  |  |  |           |
| 15:06     | 71    |     |   |    | 77    |   |   |    | 81    |   |    | 84  |       |    |     |   |       |   | 87  | 15:06 | 91        |       |   | 95  |     |       | 97  |   |   |       |   |      | 15:06 |       |  |  |  |           |
| 15:12     | 70    |     |   |    | 76    |   |   |    | 79    |   |    | 83  |       |    |     |   |       |   | 86  | 15:12 | 90        |       |   | 94  |     |       | 96  |   |   |       |   |      | 15:12 |       |  |  |  |           |
| 15:18     | 68    |     |   |    | 74    |   |   |    | 78    |   |    | 82  |       |    |     |   |       |   | 86  | 15:18 | 90        |       |   | 93  |     |       | 96  |   |   | 100   |   |      | 15:18 |       |  |  |  |           |
| 15:24     | 67    |     |   |    | 73    |   |   |    | 77    |   |    | 81  |       |    |     |   |       |   | 85  | 15:24 | 89        |       |   | 92  |     |       | 95  |   |   | 99    |   |      | 15:24 |       |  |  |  |           |
| 15:30     | 66    |     |   |    | 72    |   |   |    | 76    |   |    | 80  |       |    |     |   |       |   | 84  | 15:30 | 88        |       |   | 91  |     |       | 94  |   |   | 98    |   |      | 15:30 |       |  |  |  |           |
| 15:36     | 64    | 100 |   | 71 | 100   |   |   | 75 |       |   | 79 |     |       | 83 |     |   |       |   | 87  | 15:36 | 87        |       |   | 91  |     |       | 93  |   |   | 97    |   |      | 15:36 |       |  |  |  |           |
| 15:42     | 63    | 99  |   | 70 | 99    |   |   | 74 |       |   | 78 |     |       | 82 |     |   |       |   | 86  | 15:42 | 86        |       |   | 90  |     |       | 92  |   |   | 97    |   | 100  | 15:42 |       |  |  |  |           |
| 15:48     | 61    | 98  |   | 69 | 98    |   |   | 73 | 100   |   | 77 |     |       | 81 |     |   |       |   | 85  | 15:48 | 85        |       |   | 89  |     |       | 91  |   |   | 96    |   | 99   | 15:48 |       |  |  |  |           |
| 15:54     | 60    | 96  |   | 68 | 97    |   |   | 72 | 99    |   | 76 | 100 |       | 80 |     |   |       |   | 84  | 15:54 | 84        |       |   | 88  |     |       | 91  |   |   | 95    |   | 98   | 15:54 |       |  |  |  |           |
| 16:00     | 59    | 95  |   | 67 | 96    |   |   | 71 | 98    |   | 75 | 99  |       | 80 |     |   |       |   | 83  | 16:00 | 83        |       |   | 87  |     |       | 90  |   |   | 94    |   | 97   | 16:00 |       |  |  |  |           |
| 16:06     | 57    | 94  |   | 66 | 95    |   |   | 70 | 97    |   | 75 | 99  |       | 79 |     |   |       |   | 83  | 16:06 | 83        |       |   | 87  |     |       | 89  |   |   | 93    |   | 96   | 16:06 |       |  |  |  |           |
| 16:12     | 56    | 93  |   | 64 | 94    |   |   | 69 | 97    |   | 74 | 98  |       | 78 |     |   |       |   | 82  | 16:12 | 82        |       |   | 86  |     |       | 88  |   |   | 92    |   | 95   | 16:12 |       |  |  |  |           |
| 16:18     | 54    | 92  |   | 63 | 93    |   |   | 68 | 96    |   | 73 | 97  |       | 77 |     |   |       |   | 81  | 16:18 | 81        |       |   | 85  |     |       | 87  |   |   | 91    |   | 94   | 16:18 |       |  |  |  |           |
| 16:24     | 53    | 90  |   | 62 | 92    |   |   | 66 | 95    |   | 72 | 97  |       | 76 |     |   |       |   | 80  | 16:24 | 80        |       |   | 84  |     |       | 87  |   |   | 90    |   | 93   | 16:24 |       |  |  |  |           |
| 16:30     | 52    | 89  |   | 61 | 91    |   |   | 65 | 94    |   | 71 | 96  |       | 75 |     |   |       |   | 79  | 16:30 | 79        |       |   | 84  |     |       | 86  |   |   | 90    |   | 93   | 16:30 |       |  |  |  |           |
| 16:36     | 50    | 88  |   | 60 | 90    |   |   | 64 | 93    |   | 70 | 95  |       | 74 |     |   |       |   | 78  | 16:36 | 78        |       |   | 83  |     |       | 85  |   |   | 89    |   | 92   | 16:36 |       |  |  |  |           |
| 16:42     | 49    | 87  |   | 59 | 89    |   |   | 63 | 92    |   | 69 | 94  |       | 74 |     |   |       |   | 77  | 16:42 | 77        |       |   | 82  |     |       | 84  |   |   | 88    |   | 91   | 16:42 |       |  |  |  |           |
| 16:48     | 48    | 85  |   | 56 | 88    |   |   | 62 | 91    |   | 68 | 94  |       | 73 |     |   |       |   | 77  | 16:48 | 77        |       |   | 81  |     |       | 84  |   |   | 87    |   | 90   | 16:48 |       |  |  |  |           |
| 16:54     | 46    | 84  |   | 57 | 87    |   |   | 61 | 91    |   | 67 | 93  |       | 72 |     |   |       |   | 76  | 16:54 | 76        |       |   | 80  |     |       | 83  |   |   | 86    |   | 89   | 16:54 |       |  |  |  |           |
| 17:00     | 45    | 83  |   | 56 | 86    |   |   | 60 | 90    |   | 66 | 92  |       | 71 | 100 |   |       |   | 75  | 17:00 | 75        |       |   | 80  |     |       | 82  |   |   | 85    |   | 88   | 17:00 |       |  |  |  |           |
| 17:06     | 43    | 82  |   | 54 | 85    |   |   | 59 | 89    |   | 65 | 92  |       | 70 | 99  |   |       |   | 74  | 17:06 | 74        |       |   | 79  |     |       | 81  |   |   | 84    |   | 87   | 17:06 |       |  |  |  |           |
| 17:12     | 42    | 81  |   | 53 | 84    |   |   | 58 | 88    |   | 65 | 91  |       | 69 | 98  |   |       |   | 73  | 17:12 | 73        |       |   | 78  |     |       | 80  |   |   | 83    |   | 86   | 17:12 |       |  |  |  |           |
| 17:18     | 41    | 79  |   | 52 | 83    |   |   | 57 | 87    |   | 64 | 90  |       | 69 | 98  |   |       |   | 72  | 17:18 | 72        |       |   | 77  |     |       | 80  |   |   | 83    |   | 85   | 17:18 |       |  |  |  |           |
| 17:24     | 39    | 78  |   | 51 | 82    |   |   | 56 | 86    |   | 63 | 90  |       | 68 | 97  |   |       |   | 71  | 17:24 | 71        | 100   |   | 76  |     |       | 79  |   |   | 82    |   | 84   | 17:24 |       |  |  |  |           |
| 17:30     | 38    | 77  |   | 50 | 81    |   |   | 55 | 85    |   | 62 | 89  |       | 67 | 96  |   |       |   | 70  | 17:30 | 70        |       |   | 75  |     |       | 78  |   |   | 81    |   | 83   | 17:30 |       |  |  |  |           |
| 17:36     | 37    | 76  |   | 49 | 80    |   |   | 54 | 85    |   | 61 | 88  |       | 66 | 96  |   |       |   | 70  | 17:36 | 70        |       |   | 75  | 100 |       | 77  |   |   | 80    |   | 82   | 17:36 |       |  |  |  |           |
| 17:42     | 35    | 75  |   | 48 | 79    |   |   | 52 | 84    |   | 60 | 88  |       | 65 | 95  |   |       |   | 70  | 17:42 | 69        |       |   | 74  |     |       | 76  |   |   | 79    |   | 81   | 17:42 |       |  |  |  |           |
| 17:48     | 34    | 73  |   | 47 | 78    |   |   | 51 | 83    |   | 59 | 87  |       | 64 | 94  |   |       |   | 70  | 17:48 | 68        |       |   | 73  |     |       | 76  |   |   | 78    |   | 80   | 17:48 |       |  |  |  |           |
| 17:54     | 32    | 72  |   | 46 | 77    |   |   | 50 | 82    |   | 58 | 86  |       | 63 | 94  |   |       |   | 70  | 17:54 | 67        |       |   | 73  |     |       | 75  |   |   | 77    |   | 80   | 17:54 |       |  |  |  |           |
| 18:00     | 31    | 71  |   | 44 | 76    |   |   | 49 | 81    |   | 57 | 86  |       | 63 | 93  |   |       |   | 70  | 18:00 | 66        |       |   | 72  |     |       | 74  |   |   | 77    |   | 79   | 18:00 |       |  |  |  |           |
| 18:06     | 30    | 70  |   | 43 | 75    |   |   | 48 | 80    |   | 56 | 85  |       | 62 | 92  |   |       |   | 70  | 18:06 | 65        |       |   | 71  |     |       | 73  |   |   | 76    |   | 78   | 18:06 |       |  |  |  |           |
| 18:12     | 28    | 68  |   | 42 | 74    |   |   | 47 | 80    |   | 55 | 84  |       | 61 | 92  |   |       |   | 70  | 18:12 | 64        |       |   | 70  |     |       | 73  |   |   | 75    |   | 77   | 18:12 |       |  |  |  |           |
| 18:18     | 27    | 67  |   | 41 | 73    |   |   | 46 | 79    |   | 55 | 83  |       | 60 | 91  |   |       |   | 70  | 18:18 | 63        |       |   | 70  |     |       | 72  |   |   | 74    |   | 76   | 18:18 |       |  |  |  |           |
| 18:24     | 26    | 66  |   | 40 | 72    |   |   | 45 | 78    |   | 54 | 83  |       | 59 | 90  |   |       |   | 70  | 18:24 | 63        |       |   | 70  |     |       | 71  |   |   | 73    |   | 75   | 18:24 |       |  |  |  |           |
| 18:30     | 24    | 65  |   | 39 | 71    |   |   | 44 | 77    |   | 53 | 82  |       | 58 | 89  |   |       |   | 70  | 18:30 | 62        |       |   | 70  |     |       | 70  |   |   | 72    |   | 74   | 18:30 |       |  |  |  |           |
| 18:36     | 23    | 64  |   | 38 | 70    |   |   | 43 | 76    |   | 52 | 81  |       | 57 | 89  |   |       |   | 70  | 18:36 | 61        |       |   | 70  |     |       | 70  |   |   | 71    |   | 73   | 18:36 |       |  |  |  |           |
| 18:42     | 21    | 62  |   | 37 | 69    |   |   | 42 | 75    |   | 51 | 81  |       | 57 | 88  |   |       |   | 70  | 18:42 | 60        |       |   | 70  |     |       | 70  |   |   | 70    |   | 72   | 18:42 |       |  |  |  |           |
| 18:48     | 20    | 61  |   | 36 | 68    |   |   | 41 | 74    |   | 50 | 80  |       | 56 | 87  |   |       |   | 70  | 18:48 | 59        |       |   | 70  |     |       | 70  |   |   | 70    |   | 71   | 18:48 |       |  |  |  |           |
| 18:54     | 19    | 60  |   | 34 | 67    |   |   | 39 | 74    |   | 49 | 79  |       | 55 | 87  |   |       |   | 70  | 18:54 | 58        |       |   | 70  |     |       | 70  |   |   | 70    |   | 70   | 18:54 |       |  |  |  |           |
| 19:00     | 17    | 59  |   | 33 | 66    |   |   | 38 | 73    |   | 48 | 78  |       | 54 | 86  |   |       |   | 70  | 19:00 | 57        |       |   | 70  |     |       |     |   |   |       |   |      |       |       |  |  |  |           |

|           |   |       |    |       |    |       |    |       |    |       |       |           |       |    |       |    |       |    |       |    |     |       |           |
|-----------|---|-------|----|-------|----|-------|----|-------|----|-------|-------|-----------|-------|----|-------|----|-------|----|-------|----|-----|-------|-----------|
| 20:18     | 0 | 43    | 19 | 53    | 24 | 62    | 36 | 70    | 43 | 77    | 20:18 | 46        | 82    | 54 | 83    | 56 | 90    | 57 | 95    | 57 | 98  | 20:18 |           |
| 20:24     |   | 42    | 18 | 52    | 23 | 61    | 35 | 69    | 42 | 76    | 20:24 | 45        | 81    | 53 | 82    | 55 | 90    | 56 | 95    | 56 | 97  | 20:24 |           |
| 20:30     |   | 41    | 17 | 51    | 22 | 60    | 35 | 68    | 41 | 75    | 20:30 | 44        | 80    | 52 | 82    | 55 | 89    | 55 | 94    | 55 | 96  | 20:30 |           |
| 20:36     |   | 39    | 16 | 50    | 21 | 59    | 34 | 68    | 40 | 75    | 20:36 | 43        | 80    | 51 | 81    | 54 | 88    | 54 | 93    | 54 | 95  | 20:36 |           |
| 20:42     |   | 38    | 14 | 49    | 20 | 58    | 33 | 67    | 40 | 74    | 20:42 | 43        | 79    | 51 | 81    | 53 | 87    | 53 | 92    | 53 | 94  | 20:42 |           |
| 20:48     |   | 37    | 13 | 48    | 19 | 57    | 32 | 66    | 39 | 73    | 20:48 | 42        | 78    | 50 | 80    | 52 | 87    | 52 | 91    | 53 | 94  | 20:48 |           |
| 20:54     |   | 36    | 12 | 47    | 18 | 57    | 31 | 66    | 38 | 73    | 20:54 | 41        | 78    | 49 | 79    | 51 | 86    | 51 | 91    | 52 | 93  | 20:54 |           |
| 21:00     |   | 35    | 11 | 46    | 17 | 56    | 30 | 65    | 37 | 72    | 21:00 | 40        | 77    | 48 | 79    | 51 | 85    | 50 | 90    | 51 | 92  | 21:00 |           |
| 21:06     |   | 33    | 10 | 45    | 16 | 55    | 29 | 64    | 36 | 71    | 21:06 | 39        | 77    | 47 | 78    | 50 | 84    | 50 | 89    | 50 | 91  | 21:06 |           |
| 21:12     |   | 32    | 9  | 44    | 15 | 54    | 28 | 63    | 35 | 71    | 21:12 | 38        | 76    | 47 | 77    | 49 | 84    | 49 | 88    | 49 | 90  | 21:12 |           |
| 21:18     |   | 31    | 8  | 43    | 14 | 53    | 27 | 63    | 34 | 70    | 21:18 | 37        | 75    | 46 | 77    | 48 | 83    | 48 | 87    | 48 | 90  | 21:18 |           |
| 21:24     |   | 30    | 7  | 42    | 12 | 52    | 26 | 62    | 34 | 69    | 21:24 | 37        | 75    | 45 | 76    | 47 | 82    | 47 | 87    | 47 | 89  | 21:24 |           |
| 21:30     |   | 28    | 6  | 41    | 11 | 51    | 25 | 61    | 33 | 68    | 21:30 | 36        | 74    | 44 | 76    | 47 | 81    | 46 | 86    | 46 | 88  | 21:30 |           |
| 21:36     |   | 27    | 4  | 40    | 10 | 51    | 25 | 61    | 32 | 68    | 21:36 | 35        | 73    | 44 | 75    | 46 | 81    | 45 | 85    | 45 | 87  | 21:36 |           |
| 21:42     |   | 26    | 3  | 39    | 9  | 50    | 24 | 60    | 31 | 67    | 21:42 | 34        | 73    | 43 | 74    | 45 | 80    | 44 | 84    | 44 | 86  | 21:42 |           |
| 21:48     |   | 25    | 2  | 38    | 8  | 49    | 23 | 59    | 30 | 66    | 21:48 | 33        | 72    | 42 | 74    | 44 | 79    | 43 | 84    | 43 | 86  | 21:48 |           |
| 21:54     |   | 24    | 1  | 37    | 7  | 48    | 22 | 59    | 29 | 66    | 21:54 | 32        | 71    | 41 | 73    | 44 | 79    | 43 | 83    | 42 | 85  | 21:54 |           |
| 22:00     |   | 22    | 0  | 36    | 6  | 47    | 21 | 58    | 29 | 65    | 22:00 | 31        | 71    | 40 | 72    | 43 | 78    | 42 | 82    | 41 | 84  | 22:00 |           |
| 22:06     |   | 21    |    | 35    | 5  | 46    | 20 | 57    | 28 | 64    | 22:06 | 30        | 70    | 40 | 72    | 42 | 77    | 41 | 81    | 40 | 83  | 22:06 |           |
| 22:12     |   | 20    |    | 34    | 4  | 46    | 19 | 57    | 27 | 64    | 22:12 | 30        | 70    | 39 | 71    | 41 | 76    | 40 | 80    | 40 | 82  | 22:12 |           |
| 22:18     |   | 19    |    | 33    | 3  | 45    | 18 | 56    | 26 | 63    | 22:18 | 29        | 69    | 38 | 71    | 40 | 76    | 39 | 80    | 39 | 82  | 22:18 |           |
| 22:24     |   | 18    |    | 32    | 2  | 44    | 17 | 55    | 25 | 62    | 22:24 | 28        | 68    | 37 | 70    | 40 | 75    | 38 | 79    | 38 | 81  | 22:24 |           |
| 22:30     |   | 16    |    | 31    | 1  | 43    | 16 | 54    | 24 | 61    | 22:30 | 27        | 68    | 36 | 69    | 39 | 74    | 37 | 78    | 37 | 80  | 22:30 |           |
| 22:36     |   | 15    |    | 30    | 0  | 42    | 15 | 54    | 23 | 61    | 22:36 | 26        | 67    | 36 | 69    | 38 | 73    | 37 | 77    | 36 | 79  | 22:36 |           |
| 22:42     |   | 14    |    | 29    |    | 41    | 15 | 53    | 23 | 60    | 22:42 | 25        | 66    | 35 | 68    | 37 | 73    | 36 | 76    | 35 | 78  | 22:42 |           |
| 22:48     |   | 13    |    | 28    |    | 40    | 14 | 52    | 22 | 59    | 22:48 | 24        | 66    | 34 | 67    | 36 | 72    | 35 | 76    | 34 | 78  | 22:48 |           |
| 22:54     |   | 12    |    | 27    |    | 40    | 13 | 52    | 21 | 59    | 22:54 | 23        | 65    | 33 | 67    | 36 | 71    | 34 | 75    | 33 | 77  | 22:54 |           |
| 23:00     |   | 10    |    | 26    |    | 39    | 12 | 51    | 20 | 58    | 23:00 | 23        | 64    | 33 | 66    | 35 | 70    | 33 | 74    | 32 | 76  | 23:00 |           |
| 23:06     |   | 9     |    | 25    |    | 38    | 11 | 50    | 19 | 57    | 23:06 | 22        | 64    | 32 | 66    | 34 | 70    | 32 | 73    | 31 | 75  | 23:06 |           |
| 23:12     |   | 8     |    | 24    |    | 37    | 10 | 49    | 18 | 56    | 23:12 | 21        | 63    | 31 | 65    | 33 | 69    | 31 | 73    | 30 | 74  | 23:12 |           |
| 23:18     |   | 7     |    | 23    |    | 36    | 9  | 49    | 17 | 56    | 23:18 | 20        | 63    | 30 | 64    | 33 | 68    | 30 | 72    | 29 | 74  | 23:18 |           |
| 23:24     |   | 5     |    | 22    |    | 35    | 8  | 48    | 17 | 55    | 23:24 | 19        | 62    | 29 | 64    | 32 | 67    | 30 | 71    | 28 | 73  | 23:24 |           |
| 23:30     |   | 4     |    | 21    |    | 34    | 7  | 48    | 16 | 54    | 23:30 | 18        | 61    | 29 | 63    | 31 | 67    | 29 | 70    | 27 | 72  | 23:30 |           |
| 23:36     |   | 3     |    | 20    |    | 34    | 6  | 47    | 15 | 54    | 23:36 | 17        | 61    | 28 | 62    | 30 | 66    | 28 | 69    | 27 | 71  | 23:36 |           |
| 23:42     |   | 2     |    | 19    |    | 33    | 5  | 46    | 14 | 53    | 23:42 | 17        | 60    | 27 | 62    | 29 | 65    | 27 | 69    | 26 | 70  | 23:42 |           |
| 23:48     |   | 1     |    | 18    |    | 32    | 5  | 46    | 13 | 52    | 23:48 | 16        | 59    | 26 | 61    | 29 | 64    | 26 | 68    | 25 | 70  | 23:48 |           |
| 23:54     |   | 0     |    | 17    |    | 31    | 4  | 45    | 12 | 52    | 23:54 | 15        | 59    | 25 | 61    | 28 | 64    | 25 | 67    | 24 | 69  | 23:54 |           |
| 24:00     |   |       |    | 16    |    | 30    | 3  | 44    | 11 | 51    | 24:00 | 14        | 58    | 25 | 60    | 27 | 63    | 24 | 66    | 23 | 68  | 24:00 |           |
| 24:06     |   |       |    | 15    |    | 29    | 2  | 43    | 11 | 50    | 24:06 | 13        | 57    | 24 | 59    | 26 | 62    | 23 | 65    | 22 | 67  | 24:06 |           |
| 24:12     |   |       |    | 14    |    | 29    | 1  | 43    | 10 | 49    | 24:12 | 12        | 57    | 23 | 59    | 25 | 61    | 23 | 65    | 21 | 66  | 24:12 |           |
| 24:18     |   |       |    | 13    |    | 28    | 0  | 42    | 9  | 49    | 24:18 | 11        | 56    | 22 | 58    | 25 | 61    | 22 | 64    | 20 | 66  | 24:18 |           |
| 24:24     |   |       |    | 12    |    | 27    |    | 41    | 8  | 48    | 24:24 | 10        | 56    | 22 | 57    | 24 | 60    | 21 | 63    | 19 | 65  | 24:24 |           |
| 24:30     |   |       |    | 11    |    | 26    |    | 41    | 7  | 47    | 24:30 | 10        | 55    | 21 | 57    | 23 | 59    | 20 | 62    | 18 | 64  | 24:30 |           |
| 24:36     |   |       |    | 10    |    | 25    |    | 40    | 6  | 47    | 24:36 | 9         | 54    | 20 | 56    | 22 | 59    | 19 | 62    | 17 | 63  | 24:36 |           |
| 24:42     |   |       |    | 9     |    | 24    |    | 39    | 6  | 46    | 24:42 | 8         | 54    | 19 | 56    | 22 | 58    | 18 | 61    | 16 | 62  | 24:42 |           |
| 24:48     |   |       |    | 8     |    | 23    |    | 39    | 5  | 45    | 24:48 | 7         | 53    | 18 | 55    | 21 | 57    | 17 | 60    | 15 | 62  | 24:48 |           |
| 24:54     |   |       |    | 7     |    | 23    |    | 38    | 4  | 45    | 24:54 | 6         | 52    | 18 | 54    | 20 | 56    | 17 | 59    | 14 | 61  | 24:54 |           |
| 25:00     |   |       |    | 6     |    | 22    |    | 37    | 3  | 44    | 25:00 | 5         | 52    | 17 | 54    | 19 | 56    | 16 | 58    | 13 | 60  | 25:00 |           |
| 25:06     |   |       |    | 5     |    | 21    |    | 37    | 2  | 43    | 25:06 | 4         | 51    | 16 | 53    | 18 | 55    | 15 | 58    | 13 | 59  | 25:06 |           |
| 25:12     |   |       |    | 4     |    | 20    |    | 36    | 1  | 42    | 25:12 | 3         | 50    | 15 | 52    | 18 | 54    | 14 | 57    | 12 | 58  | 25:12 |           |
| 25:18     |   |       |    | 3     |    | 19    |    | 35    | 0  | 42    | 25:18 | 3         | 50    | 15 | 52    | 17 | 53    | 13 | 56    | 11 | 58  | 25:18 |           |
| 25:24     |   |       |    | 2     |    | 18    |    | 34    |    | 41    | 25:24 | 2         | 49    | 14 | 51    | 16 | 53    | 12 | 55    | 10 | 57  | 25:24 |           |
| 25:30     |   |       |    | 1     |    | 17    |    | 34    |    | 40    | 25:30 | 1         | 49    | 13 | 51    | 15 | 52    | 11 | 55    | 9  | 56  | 25:30 |           |
| 25:36     |   |       |    | 0     |    | 17    |    | 33    |    | 40    | 25:36 | 0         | 48    | 12 | 50    | 15 | 51    | 10 | 54    | 8  | 55  | 25:36 |           |
| 25:42     |   |       |    |       |    | 16    |    | 32    |    | 39    | 25:42 |           | 47    | 11 | 49    | 14 | 50    | 10 | 53    | 7  | 54  | 25:42 |           |
| 25:48     |   |       |    |       |    | 15    |    | 32    |    | 38    | 25:48 |           | 47    | 11 | 49    | 13 | 50    | 9  | 52    | 6  | 54  | 25:48 |           |
| 25:54     |   |       |    |       |    | 14    |    | 31    |    | 38    | 25:54 |           | 46    | 10 | 48    | 12 | 49    | 8  | 51    | 5  | 53  | 25:54 |           |
| 26:00     |   |       |    |       |    | 13    |    | 30    |    | 37    | 26:00 |           | 45    | 9  | 47    | 11 | 48    | 7  | 51    | 4  | 52  | 26:00 |           |
| 26:06     |   |       |    |       |    | 12    |    | 30    |    | 36    | 26:06 |           | 45    | 8  | 47    | 11 | 47    | 6  | 50    | 3  | 51  | 26:06 |           |
| 26:12     |   |       |    |       |    | 11    |    | 29    |    | 35    | 26:12 |           | 44    | 7  | 46    | 10 | 47    | 5  | 49    | 2  | 50  | 26:12 |           |
| 26:18     |   |       |    |       |    | 11    |    | 28    |    | 35    | 26:18 |           | 43    | 7  | 46    | 9  | 46    | 4  | 48    | 1  | 50  | 26:18 |           |
| 26:24     |   |       |    |       |    | 10    |    | 28    |    | 34    | 26:24 |           | 43    | 6  | 45    | 8  | 45    | 3  | 47    | 0  | 49  | 26:24 |           |
| 26:30     |   |       |    |       |    | 9     |    | 27    |    | 33    | 26:30 |           | 42    | 5  | 44    | 7  | 44    | 3  | 47    | 0  | 48  | 26:30 |           |
| Time      |   | M     | F  | M     | F  | M     | F  | M     | F  | M     | F     | Time      | M     | F  | M     | F  | M     | F  | M     | F  | M   | F     | Time      |
| AGE GROUP |   | 17-21 |    | 22-26 |    | 27-31 |    | 32-36 |    | 37-41 |       | AGE GROUP | 42-46 |    | 47-51 |    | 52-56 |    | 57-61 |    | 62+ |       | AGE GROUP |

Scoring standards are used to convert raw scores to point scores after test events are completed. Male point scores are indicated by the M at the top and bottom of the shaded column. Female point scores are indicated by the F at the top and bottom of the unshaded column. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldier's appropriate age column. In all cases, when a time falls between two point values, the lower point value is used. Record that number in the 2MR points block on the front of the scorecard.