

NAME: _____

SCHOOL: _____

SCORE: _____

MALE

FEMALE

PLACE: _____

Pull-Ups	Shuttle	Mile Run	Mile Run	Mile Run	Mile Run	Mile Run	Mile Run	Mile Run	Mile Run
1 = 5	11:2 = 5	9:40 = 0	9:10 = 30	8:39 = 61	8:09 = 91	7:39 = 121	7:09 = 151	6:39 = 181	6:09 = 211
2 = 5	11:01 = 10	9:39 = 1	9:09 = 31	8:38 = 62	8:08 = 92	7:38 = 122	7:08 = 152	6:38 = 182	6:08 = 212
3 = 15	11:00 = 15	9:38 = 2	9:08 = 32	8:37 = 63	8:07 = 93	7:37 = 123	7:07 = 153	6:37 = 183	6:07 = 213
4 = 20	10:9 = 20	9:37 = 3	9:07 = 33	8:36 = 64	8:06 = 94	7:36 = 124	7:06 = 154	6:36 = 184	6:06 = 214
5 = 25	10:8 = 25	9:36 = 4	9:06 = 34	8:35 = 65	8:05 = 95	7:35 = 125	7:05 = 155	6:35 = 185	6:05 = 215
6 = 30	10:7 = 30	9:35 = 5	9:05 = 35	8:34 = 66	8:04 = 96	7:34 = 126	7:04 = 156	6:34 = 186	6:04 = 216
7 = 35	10:6 = 35	9:34 = 6	9:04 = 36	8:33 = 67	8:03 = 97	7:33 = 127	7:03 = 157	6:33 = 187	6:03 = 217
8 = 40	10:5 = 40	9:33 = 7	9:03 = 37	8:32 = 68	8:02 = 98	7:32 = 128	7:02 = 158	6:32 = 188	6:02 = 218
9 = 45	10:4 = 45	9:32 = 8	9:02 = 38	8:31 = 69	8:01 = 99	7:31 = 129	7:01 = 159	6:31 = 189	6:01 = 219
10 = 50	10:3 = 50	9:31 = 9	9:01 = 39	8:30 = 70	8:00 = 100	7:30 = 130	7:00 = 160	6:30 = 190	6:00 = 220
11 = 55	10:2 = 55	9:30 = 10	9:00 = 40	8:29 = 71	7:59 = 101	7:29 = 131	6:59 = 161	6:29 = 191	5:59 = 221
12 = 60	10:1 = 60	9:29 = 11	8:59 = 41	8:28 = 72	7:58 = 102	7:28 = 132	6:58 = 162	6:28 = 192	5:58 = 222
13 = 65	10:0 = 65	9:28 = 12	8:57 = 42	8:27 = 73	7:57 = 103	7:27 = 133	6:57 = 163	6:27 = 193	5:57 = 223
14 = 70	9:9 = 70	9:27 = 13	8:56 = 44	8:26 = 74	7:56 = 104	7:26 = 134	6:56 = 164	6:26 = 194	5:56 = 224
15 = 75	9:8 = 75	9:26 = 14	8:55 = 45	8:25 = 75	7:55 = 105	7:25 = 135	6:55 = 165	6:25 = 195	5:55 = 225
16 = 80	9:7 = 80	9:25 = 15	8:54 = 46	8:24 = 76	7:54 = 106	7:24 = 136	6:54 = 166	6:24 = 196	5:54 = 226
17 = 85	9:6 = 85	9:24 = 16	8:53 = 47	8:23 = 77	7:53 = 107	7:23 = 137	6:53 = 167	6:23 = 197	5:53 = 227
18 = 90	9:5 = 90	9:23 = 17	8:52 = 48	8:22 = 78	7:52 = 108	7:22 = 138	6:52 = 168	6:22 = 198	5:52 = 228
19 = 95	9:4 = 95	9:22 = 18	8:51 = 49	8:21 = 79	7:51 = 109	7:21 = 139	6:51 = 169	6:21 = 199	5:51 = 229
20 = 100	9:3 = 100	9:21 = 19	8:50 = 50	8:20 = 80	7:50 = 110	7:20 = 140	6:50 = 170	6:20 = 200	5:50 = 230
21 = 105	9:2 = 105	9:20 = 20	8:49 = 51	8:19 = 81	7:49 = 111	7:19 = 141	6:49 = 171	6:19 = 201	
22 = 110	9:1 = 110	9:19 = 21	8:48 = 52	8:18 = 82	7:48 = 112	7:18 = 142	6:48 = 172	6:18 = 202	
23 = 115	9:0 = 115	9:18 = 22	8:47 = 53	8:17 = 83	7:47 = 113	7:17 = 143	6:47 = 173	6:17 = 203	
24 = 120	8:9 = 120	9:17 = 23	8:46 = 54	8:16 = 84	7:46 = 114	7:16 = 144	6:46 = 174	6:16 = 204	
25 = 125	8:8 = 125	9:16 = 24	8:45 = 55	8:15 = 85	7:45 = 115	7:15 = 145	6:45 = 175	6:15 = 205	
26 = 130	8:7 = 130	9:15 = 25	8:44 = 56	8:14 = 86	7:44 = 116	7:14 = 146	6:44 = 176	6:14 = 206	
27 = 135	8:6 = 135	9:14 = 26	8:43 = 57	8:13 = 87	7:43 = 117	7:13 = 147	6:43 = 177	6:13 = 207	
28 = 140	8:5 = 140	9:13 = 27	8:42 = 58	8:12 = 88	7:42 = 118	7:12 = 148	6:42 = 178	6:12 = 208	
29 = 145		9:12 = 28	8:41 = 59	8:11 = 89	7:41 = 119	7:11 = 149	6:41 = 179	6:11 = 209	
30 = 150		9:11 = 29	8:40 = 60	8:10 = 90	7:40 = 120	7:10 = 150	6:40 = 180	6:10 = 210	