

Date					
1.5 mile run / 3.75 mile ride / 600m swim					
Box Hop (80 seconds)					
Pull ups-men					
Inverted row-women					
Push Up (80 seconds)					
Crunch Test (80 seconds)					
Planks (80 seconds)					
Wall Sit/10 lbs					
Flexibility					
Weight					
Level/ Total Pts					

1.5 mile run / 3.75 mile ride / 600m swim					
	Level V	Level IV	Level III	Level II	Level 1
Male	9:00<	09:00	9:30-	10:30	11:30
		09:30	10:30	11:30	13:00
Female	10:00<	10:00-	10:30	11:30	12:30-
		10:30	11:30	12:30	14:00
Points	50	40	30	20	10

Box Hop					
	Level V	Level IV	Level III	Level II	Level 1
Male	100	80	60	40	20
Female	100	80	60	40	20
Points	50	40	30	20	10

Pull Up / Inverted Row					
	Level V	Level IV	Level III	Level II	Level 1
Male	30	25-29	16-24	11-15	5-10
Female	30	25-29	18-24	15-17	10-14
Points	50	40	30	20	10

Push Ups					
	Level V	Level IV	Level III	Level II	Level 1
Male	70	60-69	40-59	30-39	20-29
Female	60	50-59	30-49	20-29	10-19
Points	50	40	30	20	10

Crunches					
	Level V	Level IV	Level III	Level II	Level 1
Male	80	70-79	60-69	50-59	40-49
Female	80	70-79	60-69	50-59	40-49
Points	50	40	30	20	10

Planks					
	Level V	Level IV	Level III	Level II	Level 1
Male	>8 min	>6 min	>3 min	>1 min	>30 sec
Female	>7 min	>5 min	>2 min	>45 sec	>15 sec
Points	50	40	30	20	10

Wall Sit					
	Level V	Level IV	Level III	Level II	Level 1
Male	>10 min	>8 min	>6 min	>4 min	>2 min
Female	>10 min	>8 min	>6 min	>4 min	>2 min
Points	50	40	30	20	10

Sit and Reach Test					
	Level V	Level IV	Level III	Level II	Level 1
Male	8	6	4	2	Touch Toes
Female	8	6	4	2	Touch Toes
Points	50	40	30	20	10