

PHYSICAL EFFICIENCY TEST SCORES

<u>SIT-UPS</u>				<u>PULL-UPS</u>	
<u>No.</u>	<u>Point</u>	<u>No.</u>	<u>Point</u>	<u>No. Pull-</u>	<u>Point</u>
<u>Sit-ups</u>	<u>Score</u>	<u>Sit-ups</u>	<u>Score</u>	<u>ups</u>	<u>Score</u>
85	100	44	59	18	100
84	99	43	58		
83	98	42	57	17	98
82	97	41	56		
81	96	40	55	16	96
80	95	39	54		
79	94	38	53	15	94
78	93	37	52		
77	92	36	51	14	92
76	91	35	50		
75	90	34	48	13	90
74	89	33	46		
73	88	32	44	12	86
72	87	31	42		
71	86	30	40	11	82
70	85	29	38		
69	84	28	36	10	78
68	83	27	34		
67	82	26	32	9	72
66	81	25	30		
65	80	24	28	8	66
64	79	23	26		
63	78	22	24	7	58
62	77	21	22		
61	76	20	20	6	50
60	75	19	19		
59	74	18	18	5	40
58	73	17	17		
57	72	16	16	4	32
56	71	15	15		
55	70	14	14	3	24
54	69	13	13		
53	68	12	12	2	18
52	67	11	11		
51	66	10	10	1	12
50	65	9	9		
49	64	8	8	$\frac{1}{2}$	4
48	63	7	7		
47	62	6	6		
46	61	5	5		
45	60	4	4		
		3	3		
		2	2		
		1	1		

Point scores will not be scored in excess of 100. Performances which better the top scores above are to be scored 100.