

PHYSICAL EFFICIENCY TEST SCORES

100 YARD PICK-A-BACK

<u>Time Seconds</u>	<u>Point Score</u>
18-	100
19	95
20	90
21	84
22	78
23	72
24	66
25	58
26	50
27	42
28	36
29	32
30	28
31	24
32	20
33	16
34	13
35	10
36	8
37	6
38	4
39	2
40	1

BURPEE - 20 SECONDS

<u>No. Burpees</u>	<u>Point Scores</u>
13.75+	100
13.5	97
13.25	94
13.0	90
12.75	86
12.5	82
12.25	78
12.0	74
11.75	70
11.5	66
11.25	62
11.0	58
10.75	54
10.5	50
10.25	46
10.0	42
9.75	38
9.5	34
9.25	30
9.0	26
8.75	22
8.5	19
8.25	16
8.0	13
7.75	10
7.5	7
7.25	4
7.0	2

300 YARD RUN

<u>Time Seconds</u>	<u>Point Score</u>
35-	100
36	97
37	94
38	90
39	86
40	82
41	78
42	74
43	68
44	62
45	56
46	50
47	42
48	36
49	32
50	28
51	24
52	20
53	16
54	13
55	10
56	8
57	6
58	4
59	2
60	1

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