Phys Ed - Run Day Time Sheet

Name:		Grade:	Period:
Run Dates	Distances	Time	Points

	1 Mile - 4 laps		3.2 Km - 8 laps		4 Km - Route	
15 Years of age & Under						
POINTS	**boys**	**girls**	**boys**	**girls**	**boys**	**girls**
5	< 6.59	< 7.29	< 13.59	< 14.59	< 20.29	< 22.29
4	7.00 - 7.59	7.30 - 8.29	14.00 - 15.59	15.00 - 16.59	20.30 - 23.29	22.30 - 25.29
3	8.00 - 8.59	8.30 - 9.29	16.00 - 17.59	17.00 - 18.59	23.30 - 26.29	25.30 - 28.29
2	9.00 - 9.59	9.30 - 10.29	18.00 - 19.59	19.00 - 20.59	26.30 - 29.29	28.30 - 31.29
1	> 10.00	> 10.30	> 20.00	> 21.00	> 29.30	> 31.30
16 Years of age						
POINTS	**boys**	**girls**	**boys**	**girls**	**boys**	**girls**
5	< 6.44	< 7.14	< 13.29	< 14.29	< 20.29	< 22.29
4	6.45 - 7.44	7.15 - 8.14	13.30 - 15.29	14.30 - 16.29	20.30 - 23.29	22.30 - 25.29
3	7.45 - 8.44	8.15 - 9.14	15.30 - 17.29	16.30 - 18.29	23.30 - 26.29	25.30 - 28.29
2	8.45 - 9.44	9.15 - 10.14	17.30 - 19.29	18.30 - 20.29	26.30 - 29.29	28.30 - 31.29
1	> 9.45	> 10.15	> 19.30	> 20.30	> 29.30	> 31.30
	1 Mile - 4 laps		**3.2 Km - 8 laps**		**4 Km - Route**	
17 Years of age						
POINTS	**boys**	**girls**	**boys**	**girls**	**boys**	**girls**
5	< 6.29	< 6.59	< 12.59	< 13.59	< 18.29	< 20.29
4	6.30 - 7.29	7.00 - 7.59	13.00 - 14.59	14.00 - 15.59	18.30 - 21.29	20.30 - 23.29
3	7.30 - 8.29	8.00 - 8.59	15.00 - 16.59	16.00 - 17.59	21.30 - 24.29	23.30 - 26.29
2	8.30 - 9.29	9.00 - 9.59	17.00 - 18.59	18.00 - 19.59	24.30 - 27.29	26.30 - 29.29
1	> 9.30	> 10.00	> 19.00	> 20.00	> 29.30	> 29.30
18 Years of age & Over						
POINTS	**boys**	**girls**	**boys**	**girls**	**boys**	**girls**
5	< 6.14	< 6.44	< 12.29	< 13.29	< 18.29	< 20.29
4	6.15 - 7.14	6.45 - 7.44	12.30 - 14.29	13.30 - 15.29	18.30 - 21.29	20.30 - 23.29
3	7.15 - 8.14	7.45 - 8.44	14.30 - 16.29	15.30 - 17.29	21.30 - 24.29	23.30 - 26.29
2	8.15 - 9.14	8.45 - 9.44	16.30 - 18.29	17.30 - 19.29	24.30 - 27.29	26.30 - 29.29
1	> 9.15	> 9.45	> 18.30	> 19.30	> 29.30	> 29.30